

## **HOTS (Higher Order Thinking Skills)**

**Q.1. Why should sports persons and athletes drink more water?**

**Ans.** Sports persons expend a lot of energy and, therefore, larger amount of water is evaporated from their bodies. To prevent dehydration they should drink more water.

**Q.2. Why plants absorb a large quantity of water from the soil, then give it off by transpiration?**

**Ans.** Because plant utilise the absorbed water in various activities like photosynthesis, regulation of temperature and for movement of nutrients.