

Value Based Questions

Q. 1. Aanchal loves to eat chips, burgers and chocolates. Her parents always discourage her to eat junk food.

Answer the following questions based on the situation mentioned above.

- (i) Why do you think Aanchal's parents do not let her eat junk food?**
- (ii) What values are they promoting?**
- (iii) How can children be persuaded to eat healthy food?**

Ans. (i) (a) Junk food makes the person obese.
(b) He/She may suffer from loss of appetite.
(c) He/She may develop the problems related to his/her physical or mental growth.
(d) It leads to wastage of money.
(ii) Awareness regarding health, caring, loving nature.
(iii) Inform them about advantages of eating healthy food and the health problems posed by junk food.

Q. 2. Rahul wants to build up his body very quickly without following right exercise regime and balanced diet. Instead he started eating readymade food supplements.

Answer the following questions based on the situation mentioned above.

- (i) In your opinion did Rahul take the right step?**
- (ii) What are the harmful effects of taking artificial health supplement without consulting a physician.**
- (iii) What values are being ignored by Rahul?**

Ans. (i) No, the step taken by Rahul was not right.
(ii) It can lead to addiction and can affect the health adversely.
(ii) Concern for health, prudence.

Q. 3. Om, Rohit and Kishore always remain in a hurry. One day, during lunch hour Om and Rohit started gulping food quickly. Kishore told them to eat slowly. But they didn't listen to him and went out to play. Om suddenly developed stomach ache while playing.

Answer the following questions based on the situation mentioned above.

- (i) What according to you might have gone wrong with him?**
- (ii) What advice would you give to him?**
- (iii) What values are promoted by Kishore?**

Ans. (i) Om developed stomach ache as he had not chewed his food properly. Chewing food properly helps in proper breakdown of food and mixing it with saliva. Large food pieces if enter the stomach might cause damage.
(ii) Chew your food properly for healthy digestion.
(iii) Caring, health conscious and aware.

Q. 4. It is said, 'Excess of everything is bad'.

Examine the following situations in the light of above statement.

(a) A plant is watered 4-5 times a day excessively.

(b) A person overeats for more than 6 months.

(c) A student watches television for 6 hours a day regularly.

Answer the following questions based on the above information:

(i) Which life sustaining values are getting neglected in the above situations?

(ii) What are the adverse effects of activity (c) above? How can the adverse effect of this activity (c) be minimised?

(iii) Suggestive one more similar situation from everyday which should be avoided.

Ans. (i) Respect for nature of life processes.

(ii) Damage to eyesight, environmental degradation due to excessive use of electricity, minimising the time for watching television.

(iii) Overuse of electronic gadgets/oversleeping/excessive intake of medicines for minor problems.

Q. 5. Meena who is studying in Class-X gets tired very soon and her skin colour is turning pale, her haemoglobin content in the blood is also low. She is really confused about this situation. She goes to the doctor and he gives her a diet plan along with some medicines.

Answer the following questions based on the above information:

(i) Which disease is she suffering from?

(ii) What kind of diet should she take to overcome this problem?

(iii) What values were neglected by Meena that resulted in the present condition?

Ans. (i) Meena is suffering from anaemia.

(ii) She should take fruits and vegetables (spinach) which is rich in iron. Iron is an essential component of haemoglobin and is required for its proper functioning.

(iii) Respect for health, taking care of diet.

Q. 6. Sohan went to his town, Agra, 200 km away from Delhi with his father in a car. On the way there was lot of traffic jam. Sohan, after reaching his town, felt nauseated and had a headache because he had inhaled lots of toxic polluted gases.

Answer the following questions based on the above information:

(i) Which system/part of his body has been affected?

(ii) What steps could be taken to reduce air pollution?

(iii) What values are exhibited by people?

Ans. (i) Respiratory system/lungs are affected.

(ii) (a) Factories should treat harmful wastes and filter it before releasing it in the environment.

(b) Less polluting fuels like CNG should be used in vehicles.

(c) Regular pollution check and proper service and maintenance should be done for private

vehicles.

(iii) No regard for environment, disregard for health.