

Hots (Higher Order Thinking Skills)

Q. 1. Lila always eats only dal and rice in every meal. She often falls ill and has become prone to diseases. Can you suggest changes in her diet which can make her healthy and free from disease? [NCERT Exemplar]

Ans. Lila's diet is not a balanced diet because her meals do not contain the adequate nutritional requirement. She takes only proteins and carbohydrates in every meal. She requires to take vitamins and minerals in her meals to protect her from various diseases. Thus, I would suggest her to include fruits and vegetables in her meals.

Q. 2. Why many of the boys have a hoarse voice?

Ans. At puberty, the voice box or the larynx begins to grow. So that boys develop larger voice boxes. It can be seen as a protruding part of the throat called Adam's apple. In adolescent boys, sometimes, the muscles of the growing voice box go out of control and the voice becomes hoarse.