

FOOD HEALTH AND DISEASES

SUBJECT TEACHER-SONI KUMARI

D . Answer the following questions :

4 . What is roughage ?

Ans : - Roughage is like a fibre it helps the food and waste to move ahead easily through the digestive system . All fruits and vegetables come from Plants . These food items contain a lot of fibre or roughage .

5 . What is adulteration of food ?

Ans : - Adulteration of food means addition of Unwanted and unsafe substances to food items . These substances are usually added to make more profit or to make the food items look fresh and attractive .

HOME WORK

Do CW in HW .

To remember CW .