

Worksheet

Class 10th (science)

Chapter 1st Food and Human Health

3. Alcohol

Alcohol is manufactured in many ways, but the main component in all is ethyl alcohol (C_2H_5OH). Its percentage is different in different type of alcohol.

The trend of consuming alcohol is increasing day by day.

Harmful side effects of using alcohol

- After drinking alcohol it reaches liver through blood. Liver converts excess alcohol into acetaldehyde, which is poisonous.
- Control and coordination of the body is affected by the consumption of alcohol, which reduce work efficiency, probability of accident also increases.
- Consumption of alcohol reduces memory power, affect the nervous system.
- Alcohol causes fatty liver disease, which has an effect on the synthesis of protein and carbohydrates.
- Due to use the economic condition of a person falls and it also hurts the person's social status.

4. Opium (*Papaver somniferum*)

Opium is the dried latex obtained from the opium's capsule. The latex contains about 30 types of alkaloids, among them morphine, codeine, nicotine, somniferine and papaverine are main.

Morphine and codeine are used to make painkiller medicines that's why it is cultivated .

Many people use opium and its toxic product heroine to get the feeling of peace and happiness.

Offering opium is the common custom in the rural areas on occasion of mourning or happiness.

Many mother in rural area gives opium to their small children for sleeping.

Many people are addicted to drinking boiled opium dried capsule(fruit).

Harmful effects

- Use of opium makes a person addicted. Initially less quantity is taken but gradually the person is forced to increase its quantity.
- A person continues to remain sick because of his decreased immunity power, ultimately the person dies untimely.

Doctors and NGO's can help to overcome this habit.

5. Other intoxicant substances

Cocaine, cannabis, charas, hemp, hasis, LSD (lysergic acid diethyl amide) etc. are also intoxicants in trend.

Harmful effects

- Distance from family,
- Increased criminal tendency,
- Physical and mental weakness