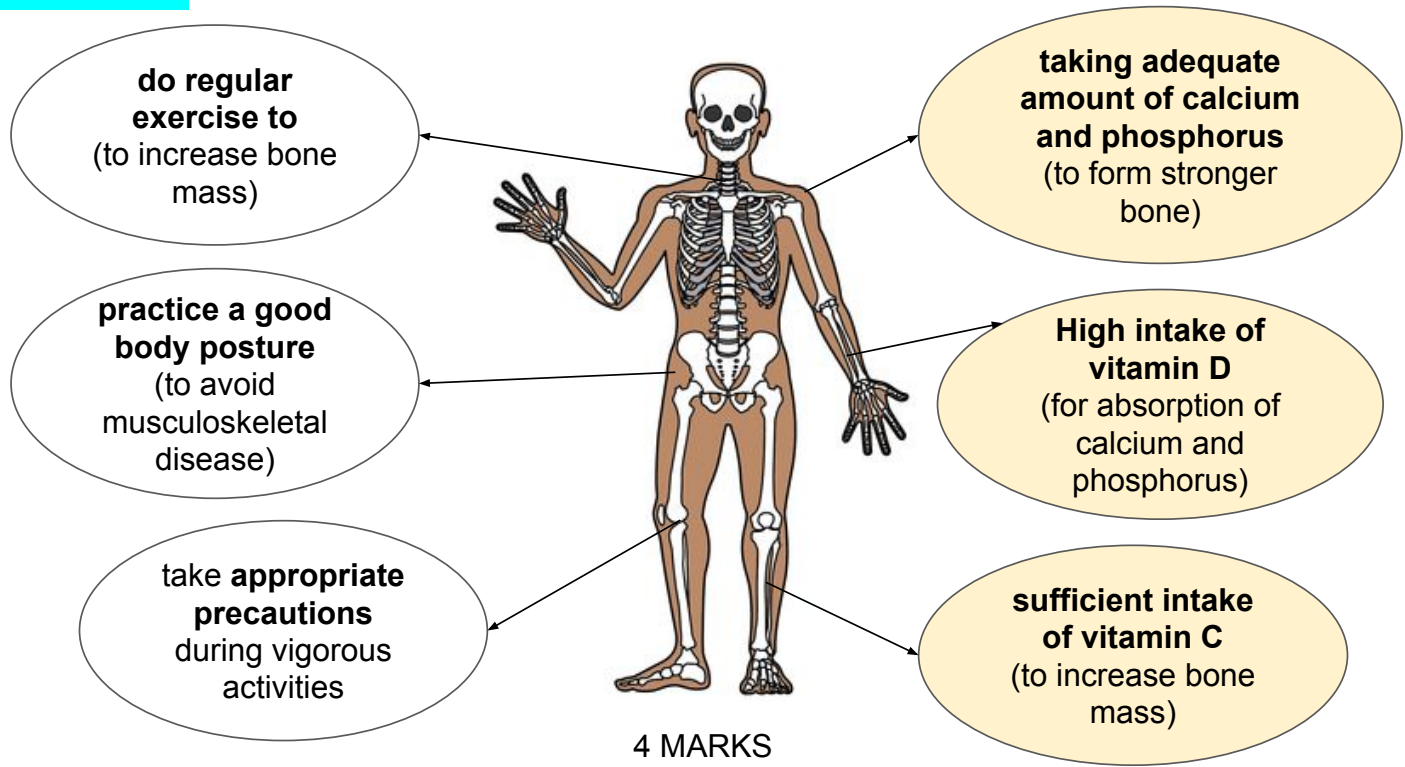


MELAKA 2020

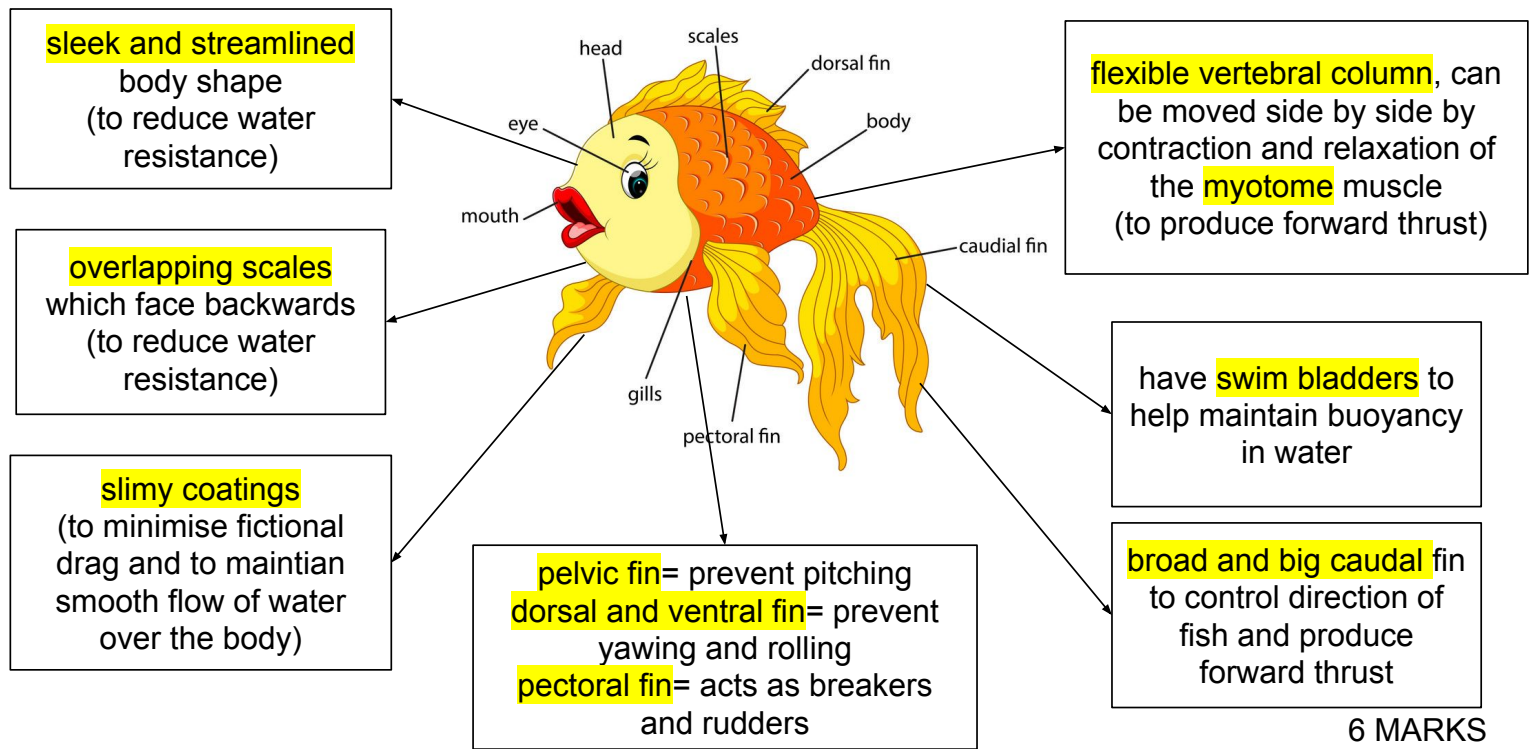
ESSAY BIOLOGY

QUESTION 6

WAYS TO IMPROVE HEALTHY BONE (LIFESTYLE & EATING HABIT)



ADAPTATIONS OF FISH TO MOVE IN WATER



WAYS TO TAKE CARE FOR THE MUSCULOSKELETAL SYSTEM FOR MSD PATIENT

HAVING A GOOD BODY POSTURE

WHY?

because bad posture can cause tiredness and worse backaches

WEARING PROPER ATTIRE

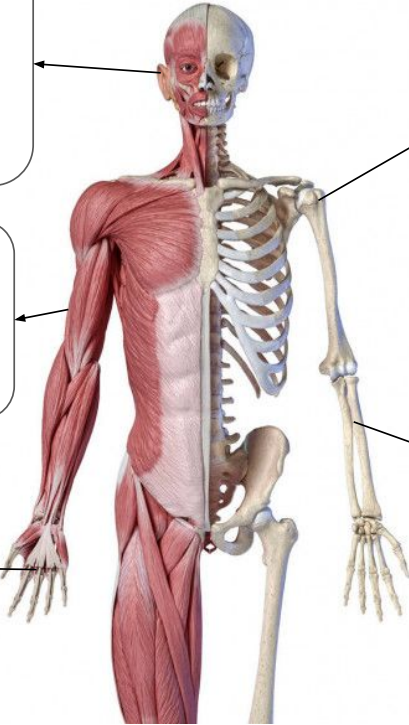
WHY?

tight clothing can restrict blood circulation

TAKE A BALANCED DIET

WHY?

to delay osteoporosis



ALWAYS WEAR FLAT SHOES

WHY?

high heels make the body lean forward and causes pressure on the spine and knee joint.

WARM UP BEFORE DOING VIGOROUS ACTIVITIES

WHY?

to increase muscle mass

10 MARKS

QUESTION 7

IMBALANCE GROWTH HORMONE (X HORMONE)

UNDER SECRETION

- experience **dwarfism**
- caused by **undersecretion** of growth hormone
- organ often **fail to to grow**
- cause body is like that of a child



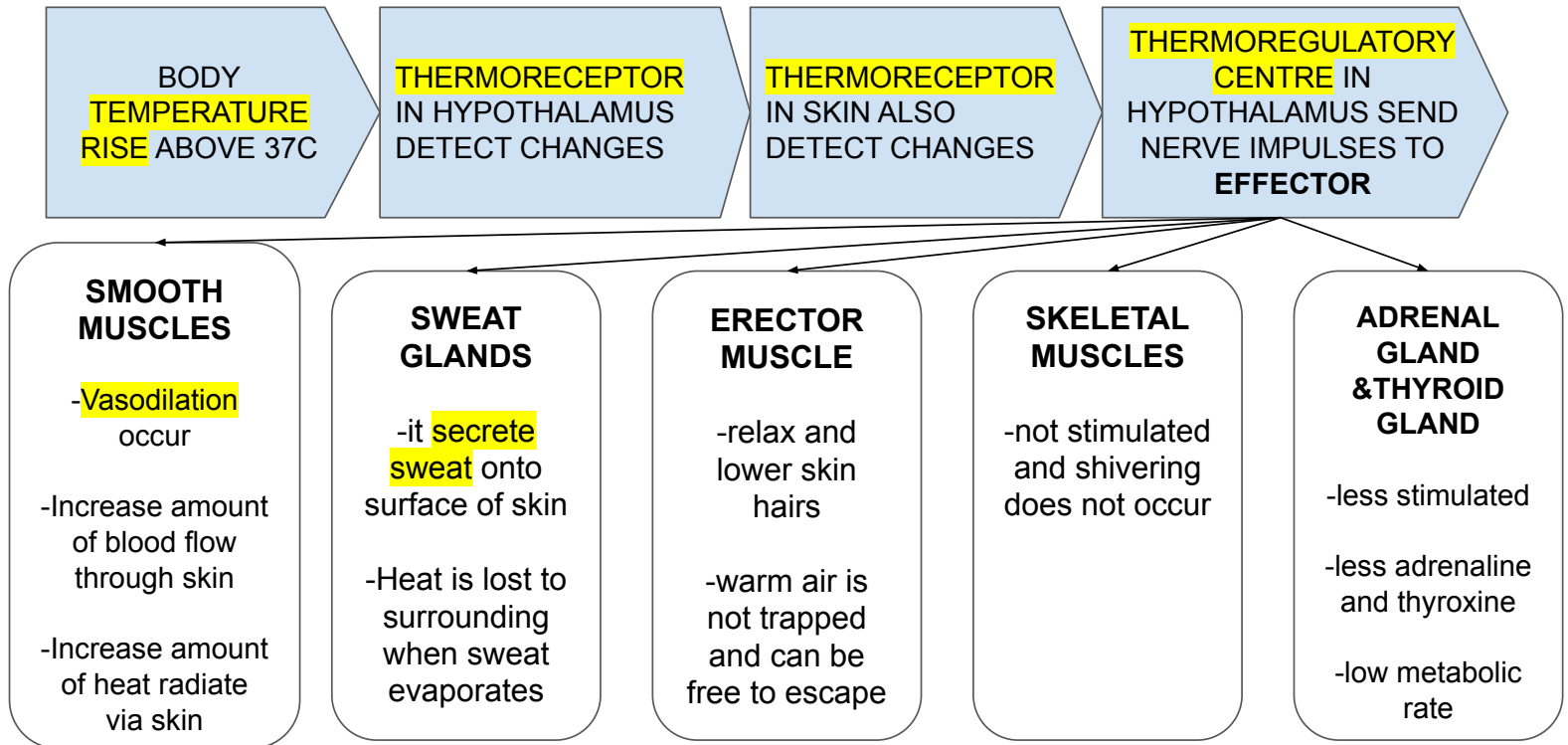
OVER SECRETION

- experience **gigantism** during childhood
- experience **akromegali** during adulthood (a condition in which hand bones,feets, jaws thickens and tissue enlarges)
- they grow abnormally tall
- caused by **oversecretion** of growth hormone
- this cause abnormal **increase in length of bone**

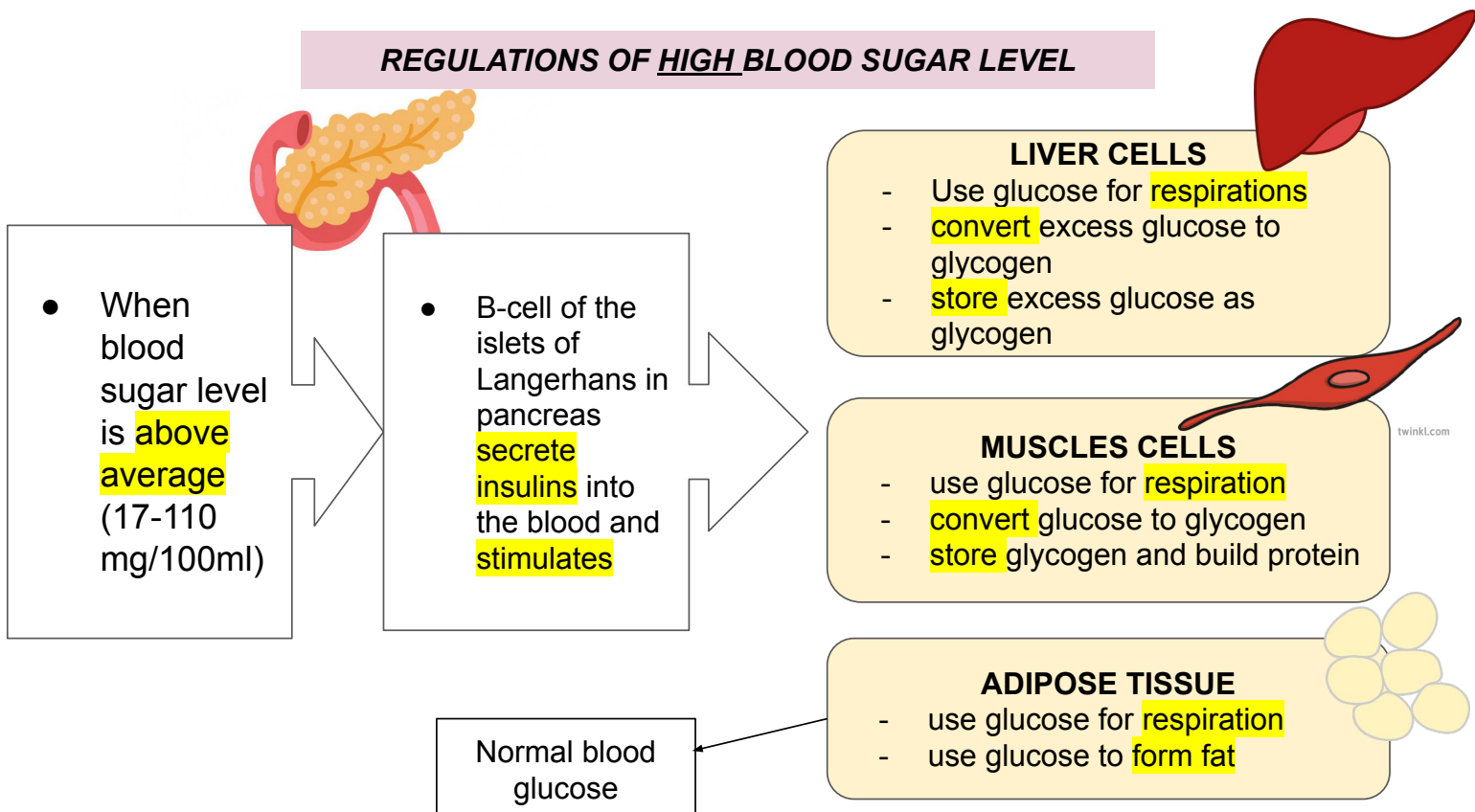
4 MARKS

REGULATIONS OF BODY TEMPERATURE DURING HOT DAYS

10 MARKS



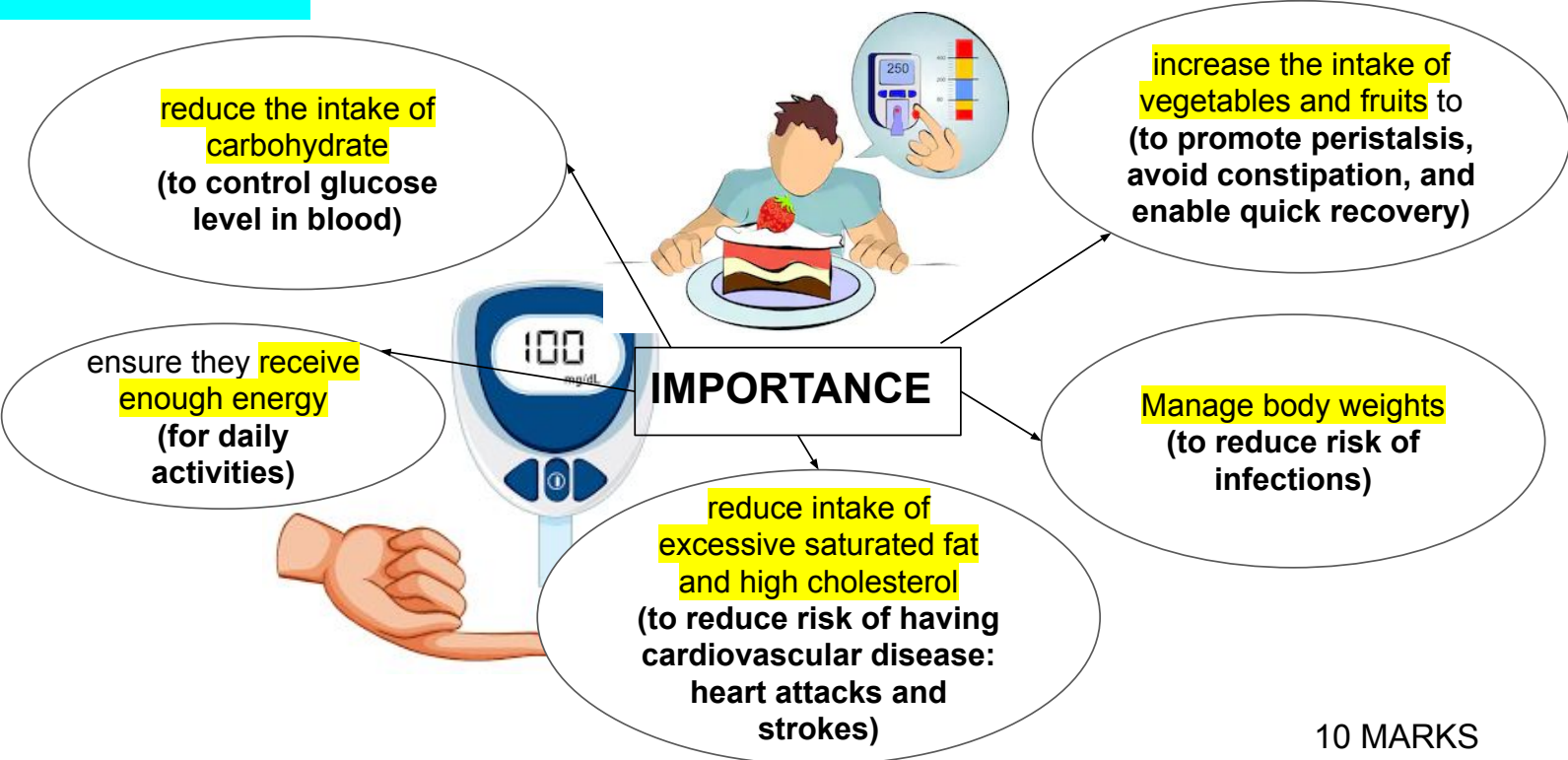
REGULATIONS OF HIGH BLOOD SUGAR LEVEL



6 MARKS

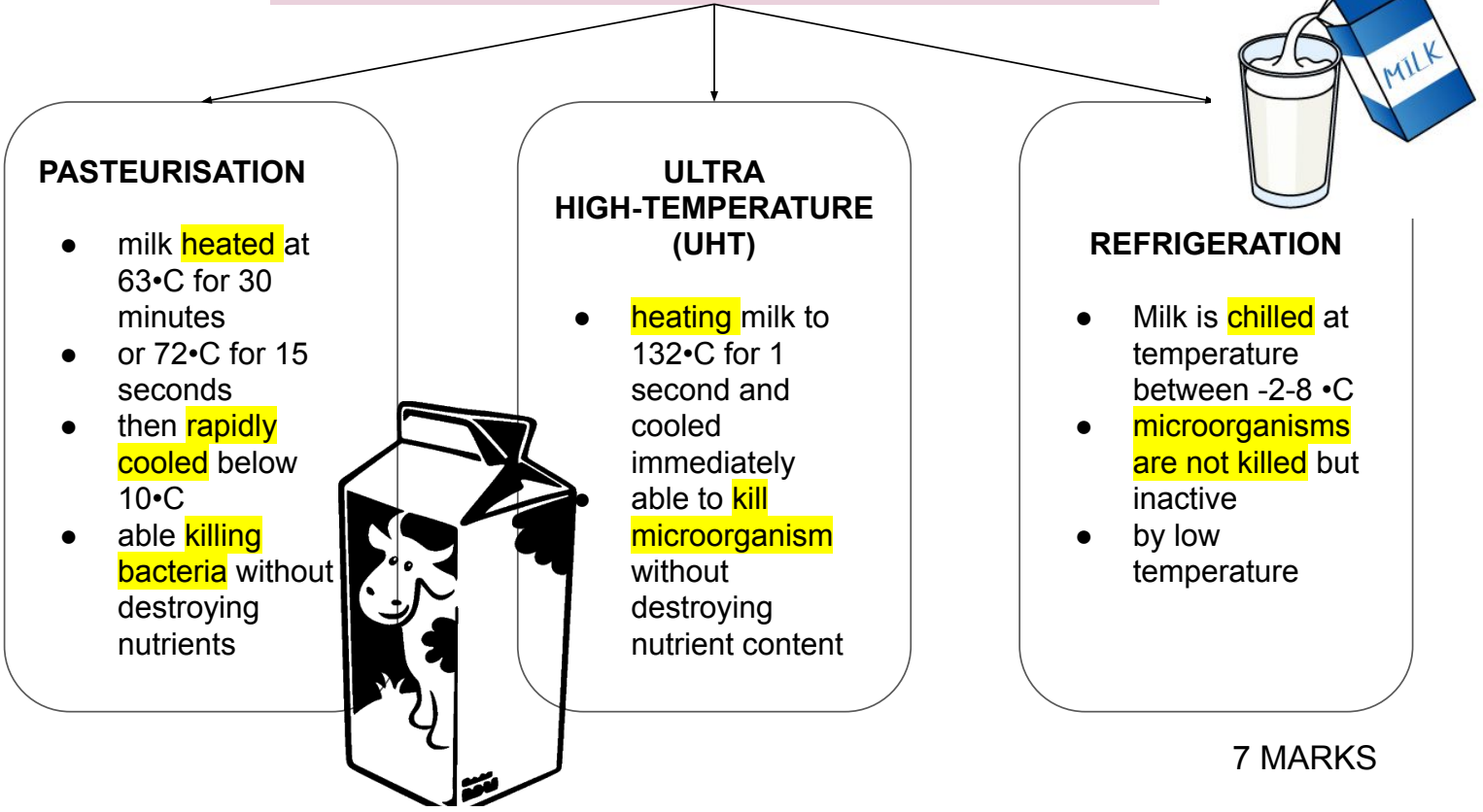
QUESTION 8

IMPORTANCE OF HAVING A BALANCED DIET TO A DIABETIC PATIENT



10 MARKS

METHODS OF MILK PROCESSING SO IT LAST LONGER



7 MARKS

QUESTION 9

EFFECTS OF UNPLANNED WASTE DISPOSAL ON HUMAN HEALTH FROM GARBAGE DUMPING GROUND AND WAYS TO OVERCOME

EFFECTS

- **Plastic water** bottle **breakdown and release harmful component** and seeps into soil and water bodies which will then harm animal and plants life and also the biological chain
- **landfill gases** such as methane gas will be released and causing **respiratory problems, visibility problems and cancer**
- **flies** which **carries illnesses** after breeding on solid waste will cause disease such as **cholera, diarrhoea and food poisoning**
- **mosquitoes** find breeding grounds like water and **spread disease** such as **malaria and dengue**
- **rats** will **spread disease** like Hantavirus Pulmonary Syndrome, Leptopirosis, Rat-bite Fever and Salmonellosis

WAYS OVERCOME

- **Reduce** the amount of waste by only purchasing and use essential products
- **Reuse** products that in good condition by donating or selling
- **Recycling** by doing alternative ways to use products
- build efficient **landfills**
- use **incinerators** in process of burning solid waste
- use **biological processing**

10 MARKS

TYPES OF POLLUTION AND STEPS TO PREVENT THE POLLUTION



10 MARKS