



Daily Article (Bharath's Reading list) - Answers and Explanations 15.04.2023

Article link : <https://bit.ly/3KwBWAY> (Why Is Removing Meat and Eggs From School Midday Meals Casteist? We Ask an Expert.)

1. Which of the following options does not contribute to debunking the idea that Indians have a "small body frame"?

- A. Populations in India that have had good food over generations have consistently shown an increase in height
- B. Due to the widespread problem of poor sanitation in the country, Indian children are more likely to fall sick and hence are stunted
- C. There is a lot of variation in terms of build between the elites in India and others
- D. If adequate nutrient-dense foods are given to the mother during pregnancy and the child through the growing years, Indians wouldn't have small frames

Explanation : B

Refer to the lines, "Most children in India have multi-nutrient malnutrition, because of which they have stunting and a lot of other problems — they are more likely to fall sick and have respiratory infections or diarrheal diseases more often. People blame this on poor sanitation — but even children in the same circumstances, if they were well nourished, are better able to handle infections."

2. The author is least likely to agree with which of the following statements?

- A. The prevalence of stunting and multi-nutrient malnutrition in Indian children is not a problem of lifestyle but policy
- B. As the main food, cereals and millets should form the main source of calories in the diet
- C. The question of "gene-diet" interaction cannot be used in India due to the widespread malnutrition in the country.
- D. The bioavailability of iron from animal sources is far superior to that of plant sources.

Explanation: B

Note the lines, “ However, the main source of those calories should first come from non-cereal and non-millet foods. Cereals and millets can only meet the additional requirements.”

3.Removing meat and eggs from school Midday Meals scheme is casteist as:

- A.It approaches food from a very non-scientific basis
- B.India doesn't have like one homogeneous, sathvik culture
- C.It inculcates shame in children for consuming what they traditionally have been eating
- D.All the above

Explanation:

Correct option **D**

All given reasons are mentioned in the article.

