



BIOLOGY

BOOKS - SURA BIOLOGY (TAMIL ENGLISH)

HEALTH AND DISEASES

Textbook Evaluation Choose The Correct Answer

1. A highly poisonous chemical derived from tobacco is _____.

A. Nicotine

B. Tannic acid

C. Curcumin

D. Leptin

Answer: A



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2. World 'No Tobacco Day ' is observed on

A. May 31

B. June 6

C. April 22

D. October 2

Answer: A



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3. Cancer cells are more easily damaged by radiations than normal cells because they are

A. Different in structure

B. Non-dividing

C. Mutated cells

D. Undergoing rapid division

Answer: D



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4. Which type of cancer affects lymph nodes and spleen ?

A. Carcinoma

B. Sarcoma

C. Leukemia

D. Lymphoma

Answer: D



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5. Excessive consumption of alcohol leads to

A. Loss of memory

B. Cirrhosis of liver

C. State of hallucination

D. Supression of brain function

Answer: B



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6. Coronary heart disease is due to

A. Streptococci bacteria

B. Inflammation of pericardium

C. Weakening of heart valves

D. Insufficient blood supply to heart muscles

Answer: D



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7. Cancer of the epithelial cells is called

A. Leukemia

B. Sarcoma

C. Carcinoma

D. Lipoma

Answer: C



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8. Metastasis is associated with

A. Malignant tumour

B. Benign tumour

C. Both (a) and (b)

D. Crown gall tumour

Answer: A



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9. Polyphagia is a condition seen in

- A. Obesity
- B. Diabetes mellitus
- C. Diabetes insipidus
- D. AIDS

Answer: B



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10. Where does alcohol effect immediately after drinking ?

A. Eyes

B. Auditory region

C. Liver

D. Central nervous system

Answer: D



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Textbook Evaluation State Whether True Or False If False Write The Correct Statement

1. AIDS is an epidemic disease



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2. Cancer causing genes are called Oncogenes.



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3. Obesity is characterized by tumour formation



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4. In Leukemia both WBCs and RBCs increase in number.



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5. Study of cause of disease is called etiology



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6. AIDS is not transmitted by contact with a patient's clothes.



[Watch Video Solution](#)

7. Type 2 diabetes mellitus results due to insulin deficiency.



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8. Carcinogens are cancer causing agents.



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9. Nicotine is a narcotic drug.



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10. Cirrhosis is associated with brain disorder.



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Textbook Evaluation Expand The Following Abbreviations

1. Expand the IDDM



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2. Expand the HIV



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3. Expand the BMI



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4. Expand the AIDS



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5. Expand the CHD



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6. Expand the NIDDM



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Textbook Evaluation Match The Following

1. 



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Textbook Evaluation Fill In The Blanks

1. Cirrhosis is caused in liver due to excessive use of _____.



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2. A highly poisonous chemical derived from tobacco is _____.



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3. Blood cancer is called _____.



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4. Less response of a drug to a specific dose with repeated use is called _____.



[Watch Video Solution](#)

5. Insulin resistance is a condition in _____ diabetes mellitus.



[Watch Video Solution](#)

Textbook Evaluation Analogy Type Questions

Identify The First Words And Their Relationship And Suggest A Suitable Word For The Fourth Blank

1. Communicable : AIDS : Non communicable :



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2. Chemotherapy : Chemicals : Radiation
therapy : _____



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3. Hypertension: Hypercholesterolemia :
Glycosuria : _____



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Textbook Evaluation Answer In A Sentence

1. What are psychotropic drugs ?



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2. Mention the diseases caused by tobacco smoke.



[Watch Video Solution](#)

3. What are the contributing factors for Obesity ?



[Watch Video Solution](#)

4. What is adult onset diabetes ?



[Watch Video Solution](#)

5. What is metastasis ?



[Watch Video Solution](#)

6. How does insulin deficiency occur ?



[Watch Video Solution](#)

Textbook Evaluation Short Answers Questions

1. What are the various routes by which transmission of human immuno deficiency virus takes place ?



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2. How is a cancer cell different from a normal cell ?



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3. Differentiate between Type-I and Type-2 diabetes mellitus.



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4. Why is a dietary restriction recommended for an obese individual ?



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5. What precautions can be taken for preventing heart diseases ?



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Textbook Evaluation Long Answer Questions

1. Suggest measures to overcome the problems of an alcoholic.



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2. Changes in lifestyle is a risk factor for occurrence of cardiovascular diseases. Can it be modified? If yes, suggest measures for prevention.



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Textbook Evaluation Higher Order Thinking Skills Hots

1. What is the role of fat in the cause of atherosclerosis ?



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2. Eating junk food and consuming soft drinks results in health problems like obesity, still children prefer. What are the suggestions you would give to avoid children eating junk food/consumption of soft drinks ?



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3. Regular physical exercise is advisable for normal functioning of human body. What are the advantages of practising exercise in daily life ?



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4. A leading weekly magazine has recently published a survey analysis which says that number of AIDS patient in the country is increasing day by day. The report says that the

awareness among the people about AIDS is still very poor. You are discussing the magazine report in your class and a team of your class decides to help people to fight against the dreadful disease.

What problem you face when trying to educate the people in your village nearby your scholl ?



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5. A leading weekly magazine has recently published a survey analysis which says that number of AIDS patient in the country is increasing day by day. The report says that the awareness among the people about AIDS is still very poor. You are discussing the magazine report in your class and a team of your class decides to help people to fight against the dreadful disease.

How do you overcome the problem ?



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Textbook Evaluation Value Based Question

1. Once a person starts taking drugs or alcohol it is difficult to get rid of the habit. Why ?



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2. Men addicted to tobacco lead to oxygen deficiency in their body. What could be the possible reason ?



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3. Name any three foods that are to be avoided and included in the diet of a diabetic patient. Why should it be followed ?



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4. How can informational efforts change people's HIV knowledge and behaviour ?



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1. Assertion: All drugs act on the brain.

Reason : Drugs disturb the functioning of the body and mind.

A. If both Assertion and Reason are true and Reason is the correct explanation of Assertion.

B. If both Assertion and Reason are true and that Reason is not the correct explanation of Assertion.

C. Assertion is true and Reason is false

D. Both Assertion and Reason are false

Answer: A



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2. Assertion: Excretion of excess glucose in urine is observed in a person with diabetes mellitus.

Reason: Pancreas is unable to produce sufficient quantity of insulin.

A. If both Assertion and Reason are true and Reason is the correct explanation of Assertion.

B. If both Assertion and Reason are true and that Reason is not the correct explanation of Assertion.

C. Assertion is true and Reason is false

D. Both Assertion and Reason are false

Answer: A



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Additional Questions Answers Choose The Correct Answer

1. _____ is not related to NIDDM.

- A. Insulin administration
- B. Controlled by medicine
- C. Obese
- D. Insulin action impaired

Answer: A



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2. _____ is a symptom of CHD.

A. Glycosuria

B. Ischemia

C. Hyperglycemia

D. Polyphagia

Answer: B



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3. _____ help reduce blood sugar levels.

A. Sweet potato

B. Tomato

C. Beet root

D. Cane sugar

Answer: B



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4. _____ is not a method of treatment for cancer.

A. Surgery

B. Immunotherapy

C. Vasectomy

D. Radiation therapy

Answer: C



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5. AIDS affects the _____ system

A. circulatory

B. nervous

C. immune

D. digestive

Answer: C



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6. _____ is not a symptom of AIDS.

A. Increase in number of WBC

B. Lack of appetite

C. Weight loss

D. Swelling of lymph nodes

Answer: A



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7. World AIDS day is observed on _____.

A. 1st December

B. 15th December

C. 24th November

D. 1st May

Answer: A



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8. Obesity is not a risk factor for _____.

A. AIDS

B. diabetes

C. arthritis

D. CHD

Answer: A



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9. Excess hunger is called_____.

A. polyphagia

B. polydipsia

C. polyuria

D. glycosuria

Answer: A



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10. Sexually abused children show symptoms of _____.

A. frequent urinary infection

B. head ache

C. sore head

D. migraine

Answer: A



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Additional Questions Answers Fill In The Blanks

1. The _____ act aims to protect children from sexual offences.



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2. The _____ provides a social worker who can help an abused child.



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3. The National Commission for protection of child Rights was set up in _____.



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4. The psychotropic drugs are classified based on their mode of action on the _____.



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5. _____ present in tobacco smoke causes lung cancer.



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6. _____ is a chronic metabolic disorder.



Watch Video Solution

7. Desirable level for blood serum cholesterol should be less than _____ for Indians.



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8. PUFA stands for _____.



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9. Non-Malignant tumours are also called _____.



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10. HIV belongs to a group of virus called _____.



[Watch Video Solution](#)

11. World Cancer Day is observed on _____
every year.



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12. Intake of flax seeds can help reduce blood
_____ level.



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13. Nicotine is a _____.



[Watch Video Solution](#)

14. _____ is a carcinogenic agent present in tobacco.



[Watch Video Solution](#)

15. Anti-tobacco Act was passed on _____.



[Watch Video Solution](#)

16. Cancerous tumours are described as _____.



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17. Presence of HIV virus can be confirmed by _____ analysis.



Watch Video Solution

18. ELISA stands for _____.



[Watch Video Solution](#)

19. HIV attacks the _____ of the body.



[Watch Video Solution](#)

20. NACO stands for _____



[Watch Video Solution](#)

21. The word oncos means _____.



[Watch Video Solution](#)

22. A new growth or tumour is also known as

_____.



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23. Death of heart muscle tissues leads to

_____.



[Watch Video Solution](#)

24. Deficient blood supply to heart muscles is called _____.



[Watch Video Solution](#)

25. _____ causing agents are called Carcinogens.



[Watch Video Solution](#)

26. Betel and tobacco chewing causes
_____ cancer.



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27. Excessive exposure to sunlight may cause
_____ cancer.



Watch Video Solution

28. Cancer causing viruses are called _____ viruses.



[Watch Video Solution](#)

29. Tumour cells are irradiated by lethal doses of _____.



[Watch Video Solution](#)

30. _____ involves administration of anticancerous drugs which prevent cell division.



[Watch Video Solution](#)

31. Tobacco smoking is to be avoided to prevent _____ cancer.



[Watch Video Solution](#)

32. Expand the AIDS



Watch Video Solution

33. Presence of HIV virus can be confirmed by _____ analysis.



Watch Video Solution

34. _____ drugs and immunostimulative therapy can prolong the life of a AIDS infected

person.



Watch Video Solution

35. _____ pioneered HIV research and treatment in India.



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36. First Indian AIDS patient was found in _____.



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37. Loss of water leads to thirst which is a condition called_____.



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38. _____ refers to cruel , violent, harmful or injurious treatment of another human being.



[Watch Video Solution](#)

39. _____ is a form of power and dominance of one person over another.



[Watch Video Solution](#)

40. _____ refers to inappropriate or forced sexual contact.



[Watch Video Solution](#)

41. Protection of children of all age group upto _____ years of age is of equal importance.



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42. Physical and mental dependency on alcohol , smoking and drugs is called _____.



Watch Video Solution

43. The _____ act aims to protect children from sexual offences.



Watch Video Solution

44. First phase of treatment in drug deaddiction .



Watch Video Solution

45. World 'No Tobacco Day ' is observed on



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46. The addictive potential of substances pulls an individual into a _____ cycle.



[Watch Video Solution](#)

47. A person who is inhabited to a drug due to its prolonged use is called _____.



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48. International Day against Drug Abuse and Illicit Trafficking is on _____.



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49. Narcotic Drugs and Psychotropic Substances Act was introduction in _____.



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50. Addictive drugs interact with the _____
and affect an individual .



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51. Drugs act on the brain and alter the
behaviour are called _____ drugs.



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52. _____ drugs are referred as mood altering drugs.



[Watch Video Solution](#)

53. Addiction to tobacco is due to nicotine an _____ present in it.



[Watch Video Solution](#)

54. Inhaling tobacco smoke from cigars, cigarettes, bidis , pipes, hukka is called _____



[Watch Video Solution](#)

55. _____ and _____ present in tobacco smoke is carcinogenic causing lung cancer.



[Watch Video Solution](#)

56. Tobacco causes inflammation of throat and bronchi leading to conditions like _____ and _____.



[Watch Video Solution](#)

57. _____ of tobacco smoke binds to haemoglobin of RBC and decreases its oxygen carrying capacity.



[Watch Video Solution](#)

58. Tobacco chewing causes _____ cancer.



[Watch Video Solution](#)

59. Dependence as alcohol is called _____.



[Watch Video Solution](#)

60. _____ abuse causes lack of coordination of body organs.



[Watch Video Solution](#)

61. Liver damage results in _____ which leads to cirrhosis and formation of fibrous tissues.



[Watch Video Solution](#)

62. _____ is a chronic metabolic disorder.



[Watch Video Solution](#)

63. Type-1 diabetes is caused by the destruction of _____ pancreas.



[Watch Video Solution](#)

64. What is adult onset diabetes ?



[Watch Video Solution](#)

65. In greek, diabetes means _____ and mellitus means _____.



[Watch Video Solution](#)

66. Increased blood glucose level is called



[Watch Video Solution](#)

67. Increased urine output of a diabetic patient leads to _____.



[Watch Video Solution](#)

68. Excessive glucose excreted in urine is called _____.



[Watch Video Solution](#)

69. _____ plays an important role in facilitating a good control of diabetes.



[Watch Video Solution](#)

70. _____ restriction for weight reduction is safe and most effective.



[Watch Video Solution](#)

71. Cancer is derived from Latin word meaning_____.



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72. Carcinomas arise from epithelial and _____ tissues.



[Watch Video Solution](#)

73. Sarcoma occurs in the connective and _____ .



[Watch Video Solution](#)

74. _____ tumours grow very rapidly invading and damaging the surrounding normal tissues.



[Watch Video Solution](#)

75. Blood cancer is called _____.



[Watch Video Solution](#)

76. Coronary heart disease is due to



[Watch Video Solution](#)

77. Condition of narrowing of blood vessels in coronary heart diseases.



[Watch Video Solution](#)

78. _____ is the death of the heart muscle tissue.



[Watch Video Solution](#)

79. Study of cancer .



[Watch Video Solution](#)

80. Insulin dependent diabetes is also called

_____ .



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[Additional Questions](#) [Answers](#) [Match The Following](#)

1. 



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2. 



[View Text Solution](#)

Additional Questions Answers State Whether The Following Statements Are True Or False Correct The False Statement

1. Excessive consumption of alcohol leads to



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2. Carbon dioxide can bind to haemoglobin and reduce oxygen carrying capacity of blood.



[Watch Video Solution](#)

3. Drug addicts can be counselled and rehabilitated.



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4. Target cells do not respond to insulin in non insulin dependent diabetes mellitus .



[Watch Video Solution](#)

5. Polydipsia leads to dehydration .



[Watch Video Solution](#)

6. Normal cells migrate to distant parts of the body.



Watch Video Solution

7. UV rays cause damage to DNA.



Watch Video Solution

8. LDL or bad cholesterol increases risk of heart disease.



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9. State True/False:

During radiation therapy in cancer ,
surrounding normal cells are protected.



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10. Persons suffering from AIDS have loss of
memory and lack of appetite.



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Additional Questions Answers Assertion And Reason

1. Assertion : Aids virus has been found in urine of patients affected by AIDS

Reason : Person should be kept isolated from the family.

A. Both Assertion and Reason are true and

Reason is correct explanation of

Assertion .

B. Both Assertion and Reason are true but Reason is not the correct explanation of Assertion.

C. Assertion is true but Reason is false

D. Both Assertion and Reason are false

Answer: C



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2. Assertion : Leukaemia affects children below 15 years of age.

Reason : It is most common type of cancer.

A. Both Assertion and Reason are true and Reason is correct explanation of Assertion .

B. Both Assertion and Reason are true but Reason is not the correct explanation of Assertion.

C. Assertion is true but Reason is false

D. Both Assertion and Reason are false

Answer: B



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3. Assertion : Diet rich in unsaturated fat and obesity are the causes for heart disease.

Reason : The proteins blocks the blood vessels.

A. Both Assertion and Reason are true and

Reason is correct explanation of

Assertion .

B. Both Assertion and Reason are true but Reason is not the correct explanation of Assertion.

C. Assertion is true but Reason is false

D. Both Assertion and Reason are false

Answer: D



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4. Assertion : Diabetes, obesity and cancer are disorder caused due to life style modification .

Reason : Needs of man and his choice are different in this generation .

A. Both Assertion and Reason are true and

Reason is correct explanation of

Assertion .

B. Both Assertion and Reason are true but

Reason is not the correct explanation of

Assertion.

C. Assertion is true but Reason is false

D. Both Assertion and Reason are false

Answer: A



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Additional Questions Answers Analogy Type Questions Identify The First Words And Their Relationship And Suggest A Suitable Word For The Fourth Blank

1. What is diabetes? Explain the types.



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2. Increased urine output : Polyuria :: Increased fluid intake : _____ .



[Watch Video Solution](#)

3. Chemotherapy : Anticancerous drugs :: Immunotherapy : _____ .



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4. HDL : Good cholesterol :: LDL : _____



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5. Juvenile onset : < 20 years :: Maturity onset : _____ .



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Additional Questions Answers Answer In One Word

1. Prolonged non- medical use of certain drugs by an individual.



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2. _____ drugs are referred as mood altering drugs.



[Watch Video Solution](#)

3. First phase of treatment in drug deaddiction

.



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4. International Day against Drug Abuse and Illicit Trafficking is on _____.



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5. Which part of tobacco plant yields drugs .



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6. A gas which binds with haemoglobin easily than oxygen.



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7. The cells of the pancreas which produce insulin.



[Watch Video Solution](#)

8. Increased blood glucose level is called



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9. Hormone produced by pancreas which controls sugar levels.



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10. Excess hunger is called _____.





[Watch Video Solution](#)

11. Loss of water leads to thirst which is a condition called _____.



[Watch Video Solution](#)

12. Increased urine output of a diabetic patient leads to _____.



[Watch Video Solution](#)

13. Condition of excessive glucose excreted in urine.



Watch Video Solution

14. State in which there is accumulation of excess body fat.



Watch Video Solution

15. Expand the BMI





[Watch Video Solution](#)

16. Condition of narrowing of blood vessels in coronary heart diseases.



[Watch Video Solution](#)

17. Type of tumour seen in cancer.



[Watch Video Solution](#)

18. Study of cancer .



Watch Video Solution

19. Another term for tumour.



Watch Video Solution

20. _____ involves administration of anticancerous drugs which prevent cell division.



[Watch Video Solution](#)

21. Substance used in Immunotherapy to treat cancer.



[Watch Video Solution](#)

22. Mode of transfer of AIDS from infected mother to her child.



[Watch Video Solution](#)

23. Condition of fatty liver caused by excessive consumption of alcohol.



Watch Video Solution

24. Reduction in gaseous exchange area of the lungs.



Watch Video Solution

25. Carcinogens are cancer causing agents.





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Additional Questions Answers Very Short Answers

1. Give examples of two food products recommended for diabetic patients.



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2. What is Body Mass Index ?



[Watch Video Solution](#)

3. How are tumours classified?



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4. How is the word Cancer derived?



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5. Mention any two types of cancer.



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6. What is Immunotherapy in cancer treatment?



[Watch Video Solution](#)

7. Mention the methods used to treat AIDS patients.



[Watch Video Solution](#)

8. Explain the symptoms of CHD.



Watch Video Solution

9. What is NCPCR?



Watch Video Solution

10. Write a note on diagnosis of AIDS.



Watch Video Solution

11. The _____ provides a social worker who can help an abused child.



Watch Video Solution

12. Define drug addiction.



Watch Video Solution

13. Which part of tobacco plant yields drugs .



Watch Video Solution

14. What is obesity?



Watch Video Solution

15. Define cancer.



Watch Video Solution

16. What are carcinogens?



Watch Video Solution

17. What is detoxification?



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Additional Questions Answers Short Answers

1. How can we prevent Child Sexual Abuse?



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2. Mention some behavioural changes seen in drug users.



Watch Video Solution

3. Write the harmful effects of alcohol on health.



Watch Video Solution

4. Write a note on symptoms of diabetes mellitus.



[Watch Video Solution](#)

5. Explain the causes of cancer.



[Watch Video Solution](#)

6. Write a note on Cancer treatment?



[Watch Video Solution](#)

7. Expand the AIDS



[Watch Video Solution](#)

8. Differentiate Malignant and Non-malignant tumour.



[Watch Video Solution](#)

9. Write a note on smoking hazards and effects of Tobacco .



[Watch Video Solution](#)

10. What is diabetes? Explain the types.



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[Additional Questions](#) [Answers](#) [Higher Order Thinking Skills](#) [Hots](#)

1. Rajan went to hospital and took an injection for fever. The doctor used a syringe to inject and kept it in his table. What do you think is wrong about this incident?



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2. Sita's Mother wanted her to carry lunch to her office. Sita does not want to eat lunch since she is obese. Do you agree with Sita?



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3. Radha is a diabetic but she takes medicines for the same. Sheela is also a diabetic but her doctor has insisted that she should take Insulin injections everyday. Do you think that the doctor is right?



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Additional Questions Answers Value Based Question

1. Ramu studies in a school and his friends are discussing about drugs. They force him to use drugs and threaten to avoid him / harm him if he refuses. What should Ramu do?



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2. Expand the AIDS



Watch Video Solution

3. Expand the POCSO.



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4. Expand the NCPCR.



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5. Expand the CPR.



Watch Video Solution

6. Expand the WHO.



Watch Video Solution

7. Expand the IDDM



Watch Video Solution

8. Expand the NIDDM



Watch Video Solution

9. Expand the BMI



[Watch Video Solution](#)

10. Expand the HDL.



[Watch Video Solution](#)

11. Expand the LDL.



[Watch Video Solution](#)

12. Expand the CVD.



Watch Video Solution

13. Expand the CHD



Watch Video Solution

14. PUFA stands for _____.



Watch Video Solution

15. Expand the UV.



Watch Video Solution

16. Expand the DNA.



Watch Video Solution

17. Expand the HIV



Watch Video Solution

18. ELISA stands for _____.



[Watch Video Solution](#)

19. Expand the NACO.



[Watch Video Solution](#)

20. Expand the NGO'S.



[Watch Video Solution](#)

