



BIOLOGY

BOOKS - SURA BIOLOGY (TAMIL ENGLISH)

HEALTH AND HYGIENE

Example

1. Our body needs ___ for muscle-building.

A. Carbohydrate

B. Fat

C. Protein

D. Water

Answer:



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2. Scurvy is caused due to to deficiency of_____.

A. VitaminA

B. Vitamin B

C. Vitamin C

D. Vitamin D

Answer:



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3. Calcium is an example of a ___.

A. Carbohydrate

B. Fat

C. Protein

D. Minerals

Answer:



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4. We should include fruits and vegetables in our diet, because ____.

A. They are the best source of

Carbohydrates

B. They are the best source of Proteins

C. They are rich in minerals and vitamins

D. They have high water content

Answer:



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5. Bacteria are very small ___ microorganism.



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6. True or false. There are three main nutrients present in food



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7. True or false. Fats are used as an energy store by our body.



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8. True or false. All bacteria have flagella.



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9. True or false. If false, give the correct statement. Iron helps in the formation of haemoglobin.



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10. True or false. Virus can grow and multiply outside host.



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11. Fill in the Blanks. Malnutrition leads to ____.



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12. Iodine deficiency leads to __ in adults.



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13. Vitamin D deficiency causes ____.



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14. Typhoid is transmitted due to contamination of ___ and water.



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15. Influenza is a ___ disease.



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16. Complete the Analogy.

Rice:Carbohydrate::Pulses:___



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17. Complete the Analogy. Vitamin D
:Ricket::Vitamin C:_____.



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18. Complete the Analogy.
Iodine:Goitre::Iron:_____



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19. Complete the Analogy.

Cholera:Bacteria::Smallpox_____



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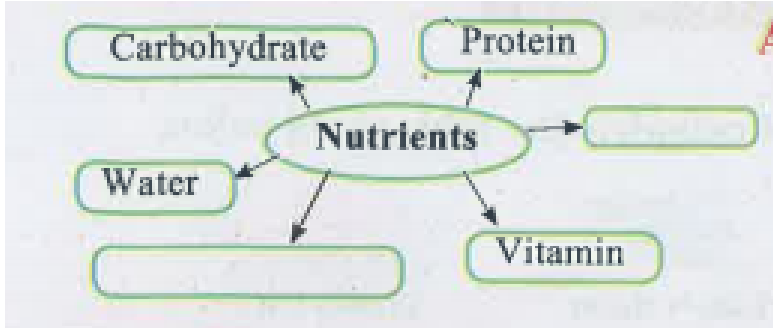
20. Match the following:

- | | | | |
|----|-----------|---|-----------------|
| 1. | Vitamin A | - | Rickets |
| 2. | Vitamin B | - | Night blindness |
| 3. | Vitamin C | - | Sterility |
| 4. | Vitamin D | - | Beri beri |
| 5. | Vitamin E | - | Scurvy |



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21. Complete the Diagram.



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22. Write two examples for each of the following:

Food items rich in fat.

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23. Write two examples for each of the following:

Vitamin deficiency diseases.



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24. Differentiate between carbohydrate and protein.



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25. Define the term "Balanced diet".



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26. Why should the fruits and vegetables not to be washed after cutting?



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27. Name two viral diseases affecting Humans.



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28. Write any two bacterial disease.



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29. Tabulate the vitamins and corresponding deficiency diseases.



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30. Is virus a living thing or non living thing?"



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31. _____ provides more energy than Carbohydrates.



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32. Define hygiene as given by WHO.



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33. Among the vitamins which one is the water soluble Vitamin?

A. Vitamin A

B. Vitamin b

C. vitamin D

D. Vitamin E

Answer:



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34. Beri Beri is caused due to the deficiency of ____.

A. Vitamin D

B. Vitamin C

C. vitamin A

D. vitamin B

Answer:



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35. _____ are required for growth as well as for the regulation of normal body function.

A. Fats

B. Proteins

C. Carbohydrates

D. Minerals

Answer:



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36. 80% of the world production of Moringa leaves is in___.

A. China

B. Germany

C. India

D. Canada

Answer:



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37. Any human being should take minimum ___ of water every day.

A. 2litres

B. 3 litres

C. 8 litres

D. 6 litres

Answer:



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38. ___ is the bacterial disease and it transmits through contamination of wounds

A. Cholera

B. Tetanus

C. Typhoid

D. Pneumonia

Answer:



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39. _____ is an a cellular agent that replicates only inside the cells of the other living organism.

A. Bacteria

B. Protozoa

C. Fungi

D. Virus

Answer:



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40. We can obtain Carbohydrates in the form of_____.



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41. Vitamins are called as ___ food.



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42. The vitamins A,D,E,K are ___ soluble vitamins.



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43. _____ is a disease ,due to the deficiency of Vitamin A.



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44. Moringa leaves contains powerful anti_____.



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45. Skinny appearance and slow body growth are the symptoms of ___ disease.



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46. ___ is strengthening muscles and the cardiovascular system.



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47. ___ can kill damage or change the cells and make you sick.



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48. Sun screen lotion reduces your skin's ability to produce ___ by up to 95%



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49. Goose berries contain nearly ___ the vitamin C than orange.



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50. India has the ___ highest number of obese children in the world.



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51. True or false .If false gie the correct answer.

Minerals are required for carrying out various biochemical reactions in our body.



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52. True or false .If false gie the correct answer.

Night blindness is a disease due to deficiency of Vitamin A.



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53. True or false .If false gie the correct answer.

Vitamin D abundantly found in orange and gooseberry.



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54. True or false .If false gie the correct answer.

Sun screen lotion reduces ability to produce Vitamin D. It leads to Vitamin D deficiency diseases.



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55. True or false .If false gie the correct answer.

Iodine maintains strong bones ,teeth and helps in clotting of blood.



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56. True or false .If false gie the correct answer.

Moringa leaves are rich in the minerals potassium,calcium and iron.



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57. Complete the Analogy. Polio :Virus::

Tetanus :_____



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58. Complete the Analogy. _____:Diarrhoea::

Marasmus: Slow body growth.



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59. Complete the Analogy. Synthesis of thyroid hormone: Iodine:: Formation of haemoglobin:_____.



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60. Complete the Analogy. Fish oil:Vitamin D:: Vegetable oil,_____



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61. Complete the Analogy. Vitamin K:Clotting
of blood:: Vitamin E:_____



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62. Complete the Analogy. Protein :Soya bean
::Fat:_____



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63. Match the following:

- | | | |
|-----------------|---|---|
| 1. Carbohydrate | - | a) Carrying out various biochemical reactions |
| 2. Proteins | - | b) Regulation of normal body function |
| 3. Vitamins | - | c) energy giving component |
| 4. Minerals | - | d) Body building food |



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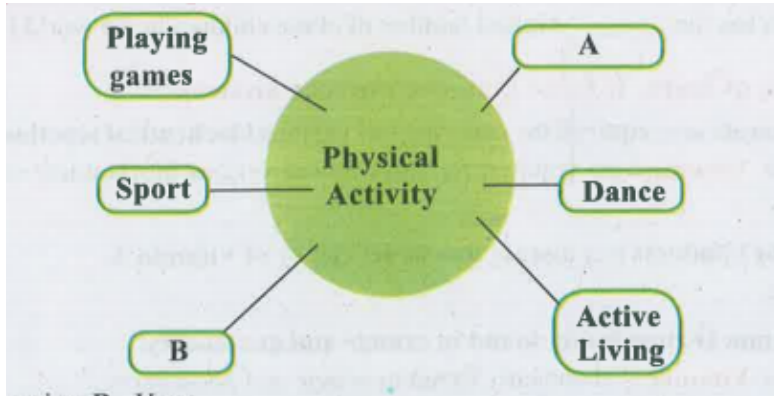
64. Match the following:

- | | | |
|----------------------|---|---|
| 1. Clotting of blood | - | a) Nervous weakness |
| 2. Infertility | - | b) Bleeding gums |
| 3. Scurvy | - | c) Weak, flexible bones |
| 4. Beri beri | - | d) Profuse bleeding after a small injury. |
| 5. Rickets | - | e) Sterility |



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65. Complete the diagram.



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66. Define Nutrients.



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67. What are the nutrients obtained from food?



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68. List out the types of vitamins.



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69. Sun Screen lotion is not good for our health justify.



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70. What are the food items contain minerals?



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71. What are the nutrients present in Moringa leaves?



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72. How does Balanced diet help in our body?



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73. Give some mineral deficiency diseases.



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74. How does Physical exercise help us?



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75. How are the following bacterial diseases transmitted?(i)Cholera (ii)Tetanus (iii) Typhoid (iv)Tuberculosis



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76. Name the countries which import Moringa leaves.



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77. Define health.



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78. Name the four major groups of Microbes.



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79. Define Disease.



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80. What is a Retrovirus?



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81. Fill in the Table:

S. No.	Nutrients	Sources	Functions
1.	Carbohydrates		
2.	Proteins		
3.	Minerals		
4.	Fats		
5.	Vitamins		



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1. Rickets is caused due to the deficiency of ___.

A. vitamin A

B. vitamin B

C. Vitamin C

D. Vitamin D

Answer:



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2. Define deficiency diseases.



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3. ____ is highly rich source of protein.

A. Nut

B. Gram

C. Chicken

D. Soya bean

Answer:



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4. ___ is a disease, due to the deficiencies of vitamin E.



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5. Typhoid is transmitted due to contamination of ___ and water.



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6. Skinny appearance and slow body growth are the symptoms of ___ disease.



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7. True or false .If false gie the correct answer.
Minerals are required for carrying out various biochemical reactions in our body.



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8. True or false. All bacteria have flagella.



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9. True or false. If false, give the correct statement. Iron helps in the formation of haemoglobin.



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10. Complete the Analogy. Vitamin D
:Ricket::Vitamin C:_____.

A.

B. V

C.

D.

Answer:



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11. Complete the Analogy. Polio :Virus:: Tetanus

: _____



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12. Match the following:

12.	Scurvey	(a)	Even a small cut bleeds profusely
13.	Clotting of blood	(b)	Nervous weakness
14.	Beri Beri	(c)	Bleeding gums



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13. Define the term "Balanced diet".



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14. Why should the fruits and vegetables not to be washed after cutting?



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15. Sun Screen lotion is not good for our health justify.



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16. Tabulate the vitamins and corresponding deficiency diseases.



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17. Fill in the Table:

S. No.	Nutrients	Sources	Functions
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2.	Proteins		
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4.	Fats		
5.	Vitamins		



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