



BIOLOGY

BOOKS - BETOPPERS

HEALTH AND HYGIENE

Formative Worksheet

1. Roughage (fibre) is another important dietary constituent, which is required to prevent

A. Diabetes

B. Constipation

C. Malaria

D. Typhoid

Answer:



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2. The body-building or growth-promoting foods contain

A. Carbohydrates

B. Proteins

C. Vitamins

D. Minerals

Answer:



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3. Statement-I: Carbohydrates provides us energy

Statement-II: Proteins help the body in its growth, and repair of body cells and tissues.

- A. Statement-I is true, Statement -II is false
- B. Statement-I is false, Statement-II is true
- C. Both statements are true
- D. Both statements are false

Answer:



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4. Match the following

Column-I

- 1) Carbohydrate
- 2) Proteins
- 3) Fats
- 4) Mineral salts

Column-II

- p) meat
- q) groundnut oil
- r) spinach
- s) potato

A. 1234/rpsq

B. 1234/sqpr

C. 1234/prqs

D. 1234/qsrp

Answer:



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5. Assertion (A): The diet of anaemic patient should contain green leafy vegetables, eggs, groundnuts etc.,

Reason (R): Iodine deficiency leads to goitre

A. A is correct, R is the correct explanation of A

B. A is correct, R is. the not the correct explanation of A

C. A is corect, R is incorrect

D. A is incorrect, R is correct

Answer: A::B::C::D



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6. Statement-I: Mineral salts are required in large quantities by our body

Statement-II: Vitamins salts are required in large quantities by our body

A. Statement-I is true, Statement -II is false

B. Statement-I is false, Statement-II is true

C. Both statements are true

D. Both statements are false

Answer:



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7. Match the following

Column-I

- 1) Carbohydrate
- 2) Proteins
- 3) Fats
- 4) Mineral salts

Column-II

- p) leafy vegetables
- q) jaggery
- r) pulses
- s) milk





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8. Which of the following is reaching carbohydrates?

A. Rice

B. Milk

C. Soya bean

D. Fish

Answer:



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9. Which of the following is rich in proteins?

A. Rice

B. Milk

C. Soya bean

D. Fish

Answer:



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10. Lack of iron in haemoglobin causes

A. Goitre

B. Typhoid

C. Malaria

D. Anemia

Answer:



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11. Which of the following are required in small quantities by our body?

A. Vitamins

B. Minerals

C. Salts

D. All

Answer:



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12. Which of the following helps in maintaining constant body temperature?

A. Carbohydrates

B. Fats

C. Water

D. Minerals

Answer:



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13. Excessive human population has created

(I) Overcrowded living conditions.

(II) Environmental pollution due to increased number of industries, vehicles and overpopulation.

(III) Unhygienic living conditions (polluted air, unclean drinking water, etc.).

(IV) Malnutrition.

Choose the right option

A. I, III, IV

B. I, II, IV

C. I, III

D. I, II, III, IV

Answer:



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14. Over-eating may also lead to

A. Malaria

B. Typhoid

C. Constipation

D. Obesity

Answer:



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15. Statement-I: For a healthy life, we need to work hard for long hours

Statement-II: Exercise also helps in resisting infections and building up health.

A. Statement-I is true, Statement -II is false

B. Statement-I is false, Statement -II is true

C. Both statements are true

D. Both statements are false

Answer:



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16. Assertion (A): We need to comb our hair regularly

Reason (R): Combing removes the dirt sticking to hair

A. A is correct, R is the correct explanation
of A

B. A is correct, R is the not the correct
explanation of A

C. A is correct, R is incorrect

D. A is incorrect, R is correct

Answer: A::B::C::D



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17. The yellowing of teeth is due to a sticky film of saliva, food particles and bacteria, and is called

A. Opaque

B. Plaque

C. Plague

D. All

Answer:



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18. Plaque formation and other diseases can be avoided by not eating

A. Sweets

B. Chocolates

C. Ice-creams

D. All

Answer:



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19. Which of the following should be present in our tooth paste to prevent plaque and cavities?

A. Carbide

B. Bromide

C. Fluoride

D. Iodide

Answer:



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20. Which of the following part of tooth is embedded in the jaw?

A. Root

B. Crown

C. Neck

D. None

Answer:



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21. Internally, teeth has

- A. Enamel
- B. Dentine
- C. Pulp cavity
- D. All

Answer:



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22. For a healthy sight, our food should be rich in vitamin

A. Vit. A

B. Vit. B

C. Vit. C

D. Vit. D

Answer:



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23. The formation of white flakes on the head and hair is called

- A. Dandruff
- B. Night blindness
- C. Trachoma
- D. Conjunctivitis

Answer:



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24. Water pollution causes

A. Cholera

B. Typhoid

C. Dysentery

D. All

Answer:



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25. Diseases are caused due to

- A. Imbalances in the diet
- B. Infection by micro-organisms
- C. Both (A) and (B)
- D. None of these

Answer:



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26. Which of the following is a communicable disease?

A. Rickets

B. Malaria

C. Marasmus

D. Goitre

Answer:



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27. Which of the following is a non-communicable disease?

A. Rickets

B. Malaria

C. Marasmus

D. Goitre

Answer:



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28. Which of the following diseases is transmitted by direct contact from skin to skin?

A. Rabies

B. Tuberculosis

C. Leprosy

D. AIDS

Answer:



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29. Whooping cough is transmitted by

- A. Direct contact
- B. Droplet infection
- C. Contact with soil
- D. Inoculation into skin

Answer:



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30. Rabies virus is transmitted by

A. Car bite

B. Dog bite

C. Snake bite

D. Rat bite

Answer:



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31. Which of the following diseases are transmitted indirectly?

A. Cholera

B. Typhoid

C. Tetanus

D. Diarrhoea

Answer:



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32. _____ is a method to protect the body against diseases

A. Immunization

B. Vaccination

C. Infection

D. None

Answer:



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33. _____ develops the ability in the human body to fight infection

A. Immunization

B. Vaccination

C. Infection

D. None

Answer:



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34. OPV is given for

A. Polio

B. Diphtheria

C. Pertussis

D. Tetanus

Answer:



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35. When someone's clothing or hair catches fire, put the fire off with

A. Acid

B. Water

C. Petrol

D. Kerosene

Answer:



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36. Statement-I: If we catch fire, we need to apply ointment, such as petroleum jelly or butter to a burn

Statement-II: If we catch fire, we need to cover with flufly things like cotton that will stick to the burn

- A. Statement-I is true, Statement -II is false
- B. Statement-I is false, Statement -II is true
- C. Both statements are true
- D. Both statements are false

Answer:



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37. Which of the following should be done when there is a cut?

A. Expose the cut, removing whatever clothing may be necessary.

B. Wash the cut with soapy water and then hold it under cold running water. Make

sure that all dirt or other undesirable material is removed. Use a cotton swab if necessary.

C. Dry the cut with sterile gauze.

D. All

Answer:



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38. Marasmus is a

- A. Communicable disease
- B. Non-communicable diseases
- C. Both (A) and (B)
- D. None of these

Answer:



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39. Which of the following diseases is transmitted by direct contact from skin to skin?

A. Rabies

B. Tuberculosis

C. Leprosy

D. AIDS

Answer:



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40. Which of the following is transmitted through contaminated food and water?

A. Cholera

B. Typhoid

C. Tetanus

D. Mycosis

Answer:



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Conceptive Worksheet

1. Food is required for

A. Energy

B. Growth

C. Repair

D. All

Answer:



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2. The energy giving foods contain

A. Carbohydrates

B. Proteins

C. Vitamins

D. Minerals

Answer:



Watch Video Solution

3. The foods that helping protection contain

A. Carbohydrates

B. Proteins

C. Vitamins

D. Minerals

Answer:



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4. _____ and _____ are required for making bones and teeth hard

A. i- Sodium ii- Magnesium

B. i- Calcium ii- Aluminium

C. i- Calcium ii- Phosphorus

D. i-Phosphorus ii- Magnesium

Answer:



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5. Which of the following is reaching fats?

A. Rice

B. Milk

C. Soya bean

D. Fish

Answer:



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6. Which of the following is reaching mineral salts?

A. Rice

B. Milk

C. Soya bean

D. Fish

Answer:



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7. Goitre is caused due to deficiency of

A. Calcium

B. Iron

C. Iodine

D. Magnesium

Answer:



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8. The percentage of water content in normal human body is

A. 0.4

B. 0.5

C. 0.6

D. 0.7

Answer:



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9. A person is said to be healthy or having good health, if he/she is

- A. Not suffering from diseases.
- B. Free from unnecessary anxiety.
- C. Free from social and physiological tensions.
- D. All

Answer:



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10. A balanced diet, thus, provides the body with

A. All the essential nutrients,

B. All the materials necessary for proper growth and repair of body, and

C. Energy required by the body to carry out its life activities.

D. All the above

Answer:





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11. Obesity leads to

- A. Heart diseases
- B. High blood pressure
- C. AIDS
- D. Both (A) and (B)

Answer:



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12. Which of the following precautions need to be taken for maintaining personal hygiene?

A. Before and after taking meals, always wash your hands with soap water.

B. Clean your teeth after each meal and before going to bed. Otherwise tooth decay may take place.

C. Take bath regularly with clean water.

D. All the above

Answer:



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13. Eyes should be washed daily with

- A. Cold water
- B. Hot water
- C. Clean water
- D. Salt water

Answer:



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14. Assertion (A): Plaque and cavity formation are often caused by the consumption of sweets

Reason (R): Bacteria present in the plaque convert the sugar into an acid which dissolves away the enamel of the tooth

A. A is correct, R is the correct explanation of A

B. A is correct, R is the not the correct
explanation of A

C. A is correct, R is incorrect

D. A is incorrect, R is correct

Answer: A::B::C::D



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15. Plaque formation and other diseases can
be avoided by not consuming

A. Sweets

B. Raw vegetables

C. Chocolates

D. Ice-creams

Answer:



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16. In an adult human being, there are
_____ types of teeth

A. One

B. Two

C. Three

D. Four

Answer:



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17. The part of the teeth that projects above the gums is

A. Root

B. Crown

C. Neck

D. None

Answer:



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18. Which of the following is an eye problem?

A. Plaque

B. Cavities

C. Trachoma

D. Conjunctivitis

Answer:



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19. Deficiency of vitamin A causes

A. Plaque

B. Night blindness

C. Trachoma

D. Conjunctivitis

Answer:



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20. Air pollution causes

A. Asthma

B. Bronchitis

C. Irritation

D. All

Answer:



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21. The micro-organisms enter our body through.

A. Air

B. Water

C. Skin

D. All

Answer:



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22. AIDS is a

- A. Communicable disease
- B. Non-communicable diseases
- C. Both (A) and (B)
- D. None of these

Answer:



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23. Which of the following is transmitted by contact with soil?

A. Hookworm larvae

B. Tetanus

C. Mycosis

D. All

Answer:



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24. Match the following

Column-I (mode of transmission)

- 1) Blood
- 2) Mosquito
- 3) Clothes
- 4) Hands

Column-II (diseases)

- p) typhoid
- q) diphtheria
- r) dengue
- s) hepatitis B

A. 1234/pqrs

B. 1234/qprs

C. 1234/srqp

D. 1234/qsrp

Answer:



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25. A vaccine _____ disease causing germ

A. Weakens

B. Kiils

C. Activates

D. None

Answer:



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26. Which of the following can be prevented by immunization?

A. AIDS

B. Typhoid

C. Cholera

D. Fever

Answer:



27. Which of the following is given against diphtheria?

A. OPV

B. DPT

C. HIV

D. All

Answer:



28. If you catch fire

- A. Wrap yourself in a blanket or coat
- B. Roll on the floor or the ground
- C. Both (A) and (B)
- D. None

Answer:



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29. For treating a bruise, _____ is used

- A. Salt pack
- B. Sugar pack
- C. Cold pack
- D. Hot pack

Answer:



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30. First aid kit should contain

- A. Thermometer
- B. Adhesive bandages
- C. Antibiotic ointment
- D. All

Answer:



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**Summative
Questions**

Worksheet

Multiple

Choice

1. Sugars and starches are

A. Energy-giving foods

B. Body-building foods

C. Protective foods

D. All of the above

Answer:



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2. Energy-providing foods

- A. Carbohydrates and fats
- B. Carbohydrates and-vitamins
- C. Only carbohydrates
- D. Carbohydrates and minerals

Answer:



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3. Proteins are

- A. Energy-giving foods
- B. Growth-promoting foods
- C. Protective foods
- D. All of the above

Answer:



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4. Which of the following is a eye problem?

A. Plaque

B. Trachoma

C. Anaemia

D. Kwashiorkor

Answer:



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5. Cholera and typhoid are

A. Water-borne diseases

B. Air-borne diseases

C. Genetic diseases

D. Deficiency diseases

Answer:



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6. Diseases which cannot be transmitted from one person to another are called

- A. Deficiency diseases
- B. Non-communicable diseases
- C. Communicable diseases
- D. None of the above

Answer:



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Summative Worksheet Fill In The Blanks

1. The body-building function of food is related to the presence of _____



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2. Energy-giving foods are carbohydrates and _____



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3. Nutrient balance can only be achieved by supplying all nutrients in correct and _____ proportions.



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4. To stay healthy, we should consume _____



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5. Foods can be classified as _____ and _____



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6. Conjunctivitis is a disease that affects



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Summative Worksheet Find The Odd One Out

1. Find the odd one out, giving reasons.

Potato, coconut oil, honey, bread



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2. Find the odd one out, giving reasons.

Cheese, egg, milk, groundnut



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3. Find the odd one out, giving reasons.

Iodised salt, fish, seafood, cheese



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4. Find the odd one out, giving reasons.

Over-eating, obesity, anaemia, high blood pressure



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Summative Worksheet

1. Classify the following habits as good or bad:

Cleaning teeth after every meal. _____



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2. Classify the following habits as good or bad:

Putting finger inside the nose. _____



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3. Classify the following habits as good or bad:

Wearing clean clothes. _____



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4. Classify the following habits as good or bad:

Not consuming chocolates. _____



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5. Classify the following habits as good or bad:

Using hair dyes. _____



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6. Classify the following habits as good or bad:

Using fluoride toothpaste. _____



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7. Why do we need to undertake the following
?

Keeping the cooked food covered



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8. Why do we need to undertake the following
?

Developing the habit of cleanliness



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9. Why do we need to undertake the following
?

Not walking barefooted



Watch Video Solution

10. Why do we need to undertake the following ?

Washing and combing hair regularly



Watch Video Solution

11. Why do we need to undertake the following ?

Washing hands before and after every meal



Watch Video Solution

12. Why do we need to undertake the following ?

Using sufficient light for reading and writing.



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13. Define health.



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14. List three functions of food.



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15. Name the major nutrients in our food.



Watch Video Solution

16. Name the three groups of foods.



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17. What are the two major factors responsible for the development of diseases.



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18. What is meant by a balanced diet?



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19. Mention five characteristics of good health



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20. What can be done to maintain good health?



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21. Write, briefly about the following :

Personal cleanliness



Watch Video Solution

22. Write, briefly about the following :

Eye care



Watch Video Solution

23. Write, briefly about the following :

Oral hygiene



Watch Video Solution

24. Write, briefly about the following :

Clean water



Watch Video Solution

25. Write, briefly about the following :

Clean air



Watch Video Solution

26. Write, briefly about the following :

Clean food



Watch Video Solution

27. Write, briefly about the following :

Hygiene



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28. What are communicable diseases? Give five examples.



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29. How do communicable diseases spread?
List four agents.



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30. What is the aim of chlorinating water?



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31. How does pollution affect our health?



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32. What first aid steps would you take for
Cuts



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33. What first aid steps would you take for
Bruises



Watch Video Solution

34. What first aid steps would you take for
Burns



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