



BIOLOGY

BOOKS - JNAN PUBLICATION

HUMAN FOOD

Example

1. Which is known as instant source of energy_____

A. starch

B. vitamins

C. minerals

D. glucose

Answer:



Watch Video Solution

2. Deficiency of iron in our diet causes _____

A. scurvy

B. anaemia

C. goitre

D. blindness

Answer:



Watch Video Solution

3. Plants manufacture food in the form of

A. starch

B. fructose

C. glucose

D.

Answer:



Watch Video Solution

4. What helps in removing wastes from the body_____

A. water

B. protein

C. glucose

D. phytochemical

Answer:



Watch Video Solution

5. Starch is a complex _____

A. mineral

B. lipid

C. glucose

D. carbohydrate

Answer:



Watch Video Solution

6. Daily requirement of carbohydrate by an adult is _____

A. 500 gram

B. 300 gram

C. 600 gram

D. 100 gram

Answer:



Watch Video Solution

7. Marasmus is due to the deficiency of ____

A. vitamin C

B. carbohydrate

C. fat

D. protein

Answer:



Watch Video Solution

8. To get sufficient carbohydrate, one should take_____

A. meat

B. rice

C. carrot

D. ground nut

Answer:



Watch Video Solution

9. What one of the following is the best source of vitamin-A?

A. egg

B. honey

C. carrot

D. pea nut

Answer:



Watch Video Solution

10. Fat soluble vitamins are _____

A. A,D,E and K

B. B,C and D

C. D,B and E

D. A, B and C

Answer:



Watch Video Solution

11. Vitamin essential for blood clotting

is _____

A. A

B. E

C. C

D. K

Answer:



Watch Video Solution

12. Which one is body-building SClerial?

A. mineral

B. protein

C. fat

D. sugar

Answer:



Watch Video Solution

13. Scurvy disease causes in deficiency of
vitamin _____

A. C

B. B

C. K

D. A

Answer:



14. Artificial chemical Ajinamoto is used to make _____

A. chocolate

B. popcorn

C. momo

D. tea

Answer:



15. Trans-fat is present in_____

A. pastry

B. potato chips

C. cotton

D. coffee

Answer:



Watch Video Solution

16. Fill in the blanks:

_____ provides us energy for all life activities.



Watch Video Solution

17. Fill in the blanks:

Food keeps us healthy and enables us to fight against _____.



Watch Video Solution

18. Fill in the blanks:

In the process of digestion, starch, a _____,
is broken down into the smallest unit
(Glucose).



Watch Video Solution

19. Fill in the blanks:

Energy is produced in the cells of the healthy
body by break down of _____.



Watch Video Solution

20. Fill in the blanks:

_____ is caused due to the lack of food fibre in
your diet.



Watch Video Solution

21. Fill in the blanks:

The protien that is present in hair and nail is
_____.



Watch Video Solution

22. Fill in the blanks:

The protein present in blood is _____.



Watch Video Solution

23. Fill in the blanks:

_____ has important role in providing immunity.



Watch Video Solution

24. Fill in the blanks:

_____ help in coagulation of blood oozing out continuously from any wounded region.



Watch Video Solution

25. Fill in the blanks:

_____ reduces heat emission from human body.



Watch Video Solution

26. Fill in the blanks:

Vitamins A,D,E and K are _____ vitamins.



Watch Video Solution

27. Fill in the blanks:

B-comjplex and C vitamins are _____
vitamins



Watch Video Solution

28. Fill in the blanks:

Vitamin _____ helps to maintain the structure of eye, skin, bones and teeth.



Watch Video Solution

29. Fill in the blanks:

Deficiency of iron causes _____.



Watch Video Solution

30. Fill in the blanks:

_____ controls mental abilities and mental growth.



Watch Video Solution

31. Fill in the blanks:

Deficiency of _____ causes increase in blood sugar level.



Watch Video Solution

32. Fill in the blanks:

The _____ part of food comes out of the body as stool.



Watch Video Solution

33. Fill in the blanks:

Excessive water loss from the body causes _____



Watch Video Solution

34. Fill in the blanks:

Deficiency of proteins, lipids and carbohydrates in the diet causes_____.



Watch Video Solution

35. Fill in the blanks:

Protein malnutrition results in a disease called_____.



Watch Video Solution

36. Fill in the blanks:

The kitchen of plant is _____.



Watch Video Solution

37. State whether True or False:

High blood pressure is related with iodine.



Watch Video Solution

38. State whether True or False:

Iodine controls mental abilities and mental growth.



Watch Video Solution

39. State whether True or False:

Sodium maintains water level in body.



Watch Video Solution

40. State whether True or False:

Source of iodine is vegetables.



Watch Video Solution

41. State whether True or False:

Iron helps in transporting oxygen in tissues.



Watch Video Solution

42. State whether True or False:

Plant source of lipid is fish oil..



Watch Video Solution

43. State whether True or False:

Keratin is present in hair and nail.



Watch Video Solution

44. State whether True or False:

Collagen is present in tendon and ligament.



Watch Video Solution

45. State whether True or False:

Protein is the main food component of ground nut, butter, coconut.



Watch Video Solution

46. State whether True or False:

Deficiency of vitamin causes nuclear at the corner of lips.



Watch Video Solution

47. State whether True or False:

Due to deficiency of iodine symptom of high blood pressure is seen.



Watch Video Solution

48. State whether True or False:

For deficiency of vitamin A one can not read blackboard from the last bench.



Watch Video Solution

49. State whether True or False:

Processed foods are richest in nutritional value.



Watch Video Solution

50. State whether True or False:

The foods obtained directly from Nature are called natural foods.



Watch Video Solution

51. State whether True or False:

About 75% of earth's surface is covered by water.



Watch Video Solution

52. Match the column A with column B

Column A	Column B
a) Aquatic plants absorb water	i) 60% water by mass
b) High fever occurs in	ii) is the cause of blindness
c) Human body has	iii) which can not be digested
d) Natural foods are richest	iv) from plants or animals or from water
e) Deficiency of Vitamin A	v) with their whole body
f) We get phytochemicals	vi) Malaria or Pneumonia
g) Stool has fibres	vii) root and other parts
h) Plant absorb water through	viii) in nutritional value
i) Deficiency of iodine	ix) from tomato
j) Animals get minerals	x) causes goitre



[Watch Video Solution](#)

53. What is needed to do daily work?



[Watch Video Solution](#)

54. What is the source of energy in our body?



Watch Video Solution

55. Which is energy giving food'?



Watch Video Solution

56. Which is 'body building food'?



Watch Video Solution

57. What are protective foods?



Watch Video Solution

58. Name some plant sources which supply carbohydrate.



Watch Video Solution

59. Name some animal sources which supply carbohydrate?



[Watch Video Solution](#)

60. Which disease occurs due to unavailability of glucose in cells?



[Watch Video Solution](#)

61. What are the functions of muscles of our hands?



[Watch Video Solution](#)

62. What are the functions of muscles of our legs?



Watch Video Solution

63. What is the function of Heart?



Watch Video Solution

64. What is the function of Lungs?



Watch Video Solution

65. What is the function of Intestine?



Watch Video Solution

66. Name the protein present in hair and nail?



Watch Video Solution

67. Name the proteins present in muscle?



Watch Video Solution

68. Name the protein present in Red Blood Corpuscle?



Watch Video Solution

69. Which proteins are present in blood plasma?



Watch Video Solution

70. Collagen protein is present in which body parts?



Watch Video Solution

71. Name some plant sources which supply protein.



Watch Video Solution

72. Name some animal sources which supply protein.



Watch Video Solution

73. Name some plant sources of lipid.



Watch Video Solution

74. Name some animal sources of lipid.



Watch Video Solution

75. Beri-Beri causes due to lack of which vitamin?



Watch Video Solution

76. Which vitamin deficiency disease was common in Europe nearly 500 years ago?



Watch Video Solution

77. Which vitamin deficiency causes scurvy?



[Watch Video Solution](#)

78. Which vitamin helps in blood clotting?



[Watch Video Solution](#)

79. Which plant sources supply vitamins?



[Watch Video Solution](#)

80. Name some sources of vitamin B complex.



Watch Video Solution

81. Name some essential minerals which our body requires



Watch Video Solution

82. Which parts of the plant produce food?



Watch Video Solution

83. What is the right amount of water that one drink daily?



Watch Video Solution

84. What is food? Why is food essential?



Watch Video Solution

85. What are the main components of food?



Watch Video Solution

86. Define macronutrients and micronutrients.



Watch Video Solution

87. Why Food fibres and water are also important components of our food?



Watch Video Solution

88. Mainly how many types of carbohydrate are there in our food?



Watch Video Solution

89. What is the source of energy in our body?



Watch Video Solution

90. Sometimes intake of milk causes problem', -
----What is the reason behind it?



[Watch Video Solution](#)

91. What leads to obesity? In which body parts fat is stored in huge amount in an obese person?



[Watch Video Solution](#)

92. How is lipid important? What problem will arise if lipid is stored more than necessary?



[Watch Video Solution](#)

93. How many types of vitamins are there?



Watch Video Solution

94. Name some natural pigments which are present in plants . How are they helpful to us?



Watch Video Solution

95. What is balanced diet?





[Watch Video Solution](#)

96. What are the symptoms of malnutrition in the child?



[Watch Video Solution](#)

97. Below write the names of different deficiency diseases.

Iron deficiency = _____



[Watch Video Solution](#)

98. Below write the names of different deficiency diseases.

Iodine deficiency = _____



Watch Video Solution

99. Below write the names of different deficiency diseases.

Vitamin D deficiency = _____



Watch Video Solution

100. Below write the names of different deficiency diseases.

Vitamin B complex deficiency = _____



Watch Video Solution

101. Below write the names of different deficiency diseases.

Vitamin A deficiency = _____



Watch Video Solution

102. Below write the names of different deficiency diseases.

Deficiency of protein and energy = _____



Watch Video Solution

103. Why processed food should not be taken in huge quantity?



Watch Video Solution

104. What are the symptoms of low blood pressure?



Watch Video Solution

105. Why the diseases Mamasmus and Kwashiorkar occur?



Watch Video Solution

106. What can be the reason of obesity? What are the effects of obesity?



Watch Video Solution

107. When malnutrition occurs?



Watch Video Solution

108. Discuss role of water and light in production of food in plants.



[Watch Video Solution](#)

109. Describe the importance of water in our body.



[Watch Video Solution](#)

110. What is fibre? How is food fibre helpful?



[Watch Video Solution](#)

111. What will happen if glucose does not enter into cell from blood?



Watch Video Solution

112. Why are minerals necessary?



Watch Video Solution

113. Name some minerals necessary for our body. How do plants and animals obtain these

minerals?



[Watch Video Solution](#)

114. What would happen if body loses excessive water? What precautions should be taken then?



[Watch Video Solution](#)

115. What is starch? How is glucose important to our body?



[Watch Video Solution](#)

116. Describe the importance of protein in our body. What will happen if there is excess protein in our body?



[Watch Video Solution](#)

117. write down the names of water-soluble vitamin.



[Watch Video Solution](#)

