

BIOLOGY

BOOKS - JNAN PUBLICATION

HUMAN FOOD

Example

energy

1. Which is known as instant source of

A. starch
B. vitamins
C. minerals
D. glucose
Answer:
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2. Dificiency of iron in our diet causes
A. scurvy

B. anaemia
C. goitre
D. blindness
Answer:
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3. Plants manufacture food in the form of
A. starch

B. fructose
C. glucose
D.
Answer:
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4. What helps in removing wastes from the
body
A. water

C. glucose
D. phytochemical
Answer:
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5. Starch is a complex
A. mineral
B. lipid

B. protein

- C. glucose
- D. carbohydrate

Answer:



- **6.** Daily requirement of carbohydrate by an adult is _____
 - A. 500 gram
 - B. 300 gram

- C. 600 gram
- D. 100 gram

Answer:



- **7.** Marasmus is due to the deficiency of ____
 - A. vitamin C
 - B. carbohydrate
 - C. fat

D. protein

Answer:



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8. To get sufficient carbohydrate, one should take____

A. meat

B. rice

C. carrot

D. ground nut

Answer:



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

A. egg

B. honey

C. carrot

D. pea nut

Answer:



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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:



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11. Vitamin essential for blood clotting

is _____

A. A

B. E

C. C

D. K

Answer:



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12. Which one is body-building SCIerial?

A. mineral

B. protein

C. fat

D. sugar

Answer:



13. Scurvy disease causes in deficieny of vitamin

A. C

B. B

C. K

D. A

Answer:



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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:



16. Fill in t	he blanks:					
	provides	us	energy	for	all	life
activities.						
○ Wa	tch Video S	Solut	cion			

Food keeps us healthy and enables us to fight against_____.



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



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19. Fill in the blanks:

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



20. Fill in the blanks:
is caused due to the lack of food fibre in
jour diet.
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21. Fill in the blanks:

The protien that is present in hair and nail is



The protein present in blood is _____.



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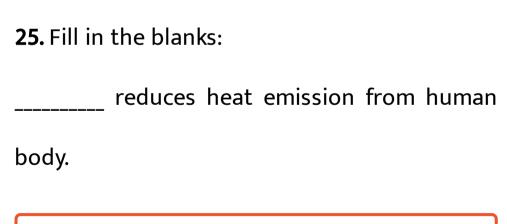
23. Fill in the blanks:

_____ has important role in providing

immunity.



24. Fill in the blanks:
help in coagulation of blood oozing
out continuously form any wounded region.
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26. Fill in the blanks:	
Vitamins A,D,E and K are vitamins.	
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vitamins

B-comjplex and C vitamins are

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



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29. Fill in the blanks:

Deficeincy of iron causes_____.



30. Fill in the blanks:
controls mental abilities andmetal
growth.
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31 Fill in the blanks.

Deficiency of _____ causes increase in blood sugar level.



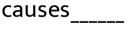
The _____ part of food comes out of the body as stool.



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33. Fill in the blanks:

Excessive water loss from the body





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



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35. Fill in the blanks:

Protein malnutition results in a disease called .



The kitchen of plant is _____.



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37. State whether True or False:

High blood pressure is related with iodine.



Iodine controls mental abilities and mental growth.



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39. State whether True or False:

Sodium maintains water level in body.



Source of iodine is vegetables.



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41. State whether True or False:

Iron helps in transporting oxygen in tissues.



Plant source of lipid is fish oil..



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43. State whether True or False:

Keratin is present in hair and nail.



Collagen is present in tendon and ligament.



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45. State whether True or False:

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



Deficiency of vitamin causes nucler at the corner of lips.



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47. State whether True or False:

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



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



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49. State whether True or False:

Processed foods are richest in nutritional value.



The foods obtained directly form Nature are called natural foods.



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51. State whether True or False:

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



52. Match the column A with column B

Column B
i) 60% water by mass
ii) is the cause of blindness
iii) which can not be digested
iv) from plants or animals or from water
v) with their whole body
vi) Malaria or Pneumonia
vii) root and other parts
viii) in nutritional value
ix) from tomato
x) causes goitre



53. What is needed to do daily work?



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



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55. Which is energy giving food'?



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56. Which is 'body building food'?



57. What are protective foods?



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58. Name some plant sources which supply carbohydrate.



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59. Name some animal sources which supply carbohydrate?



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



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



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



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63. What is the function of Heart?



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64. What is the function of Lungs?



65. What is the function of Intestine?



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66. Name the protein present in hair and nail?



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67. Name the proteins present in muscle?



68. Name the protein present in Red Blood Corpuscle?



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69. Which proteins are present in blood plasma?



70. Collagen protein is present in which body parts?



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71. Name some plant sources which supply protein.



72. Name some animal sources which supply protein.



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73. Name some plant sources of lipid.



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74. Name some animal sources of lipid.



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



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



77. Which vitamin deficiency causes scurvy?

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78. Which vitamin helps in blood clotting?



79. Which plant sources supply vitamins?



80. Name some sources of vitamin B complex.

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81. Name some essential minerals which our body requires



82. Which parts of the plant produce food?



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



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84. What is food? Why is food essential?



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85. What are the main components of food?



86. Define macronutrients and micronutrients.



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



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



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



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90. Sometimes intake of milk causes problem', -

----What is the reason behind it?



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



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



93. How many types of vitamins are there?



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



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95. What is balanced diet?



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



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97. Below write the names of different difficiency diseases.

Iron dificiency = _____



98. Below write the names of different dificiency diseases.

Iodine deficiency = _____



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99. Below write the names of different dificiency diseases.

Vitamin D deficiency = _____



100. Below write the names of different dificiency diseases.

Vitamin B complex deficiency = _____



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101. Below write the names of different dificiency diseases.

Vitamin A dificiency = _____



102. Below write the names of different dificiency diseases.

Deficiency of protein and energy = _____



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



104. What are the symptoms of low blood pressure?



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105. Why the diseases Mamasmus and Kwashiorkar occur?



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



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107. When malnutrition occurs?



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



109. Describe the importance of water in our body.



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



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



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112. Why are minerals necessary?



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

minerals?



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



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



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



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



