



BIOLOGY

BOOKS - PREMIERS PUBLISHERS

HEALTH AND DISEASES

Textbook Evaluation Choose The Correct Answer

1. Tobacco consumption is known to stimulate secretion of adrenaline. The component causing this could be

A. Nicotine

B. Tannic acid

C. Curcumin

D. heptin

Answer: A



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2. World 'No Tobacco Day ' is observed on

A. 11444

B. 38869

C. 44652

D. 37530

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. Starved mutation

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: C



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5. Excessive consumption of alcohol leads to

A. Loss of memory

B. Cirrhosis of liver

C. State of hallucination

D. Suppression of brain

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 Sarcoma

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. Carcinoma

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.



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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 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 abbreviations

CHD



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6. Expand the abbreviations

NIDDM



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Textbook Evaluation Match The Following

1. Match the following :

Column I		Column II	
A	Sarcoma	(i)	Stomach cancer
B	Carcinoma	(ii)	Excessive thirst
C	Polydipsia	(iii)	Excessive hunger
D	Polyphagia	(iv)	Lack of blood flow to heart muscle
E	Myocardial Infarction	(v)	Connective tissue cancer



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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 _____.



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



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**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.



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3. What are the contributing factors for Obesity ?



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4. What is adult onset diabetes ?



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5. What is metastasis ?



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6. How does insulin deficiency occur ?



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Textbook Evaluation Short Answer Question

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 Question

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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Textbook Evaluation Value Based Questions

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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Textbook Evaluation Assertion And Reasoning

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 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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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 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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Other Important Questions Answers Choose The Correct Answer

1. Which is cancerous tumour ?

- A. Benign tumour
- B. Malignant tumour
- C. Lymphoma
- D. All the above

Answer: B



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2. Causative factor of cancer is called:

- A. Oncogenes

B. Radiogenes

C. Oestrogenes

D. Carcinogens

Answer: D



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3. Treatment of cancer is:

A. Surgery

B. Radiation

C. Chemotherapy

D. All the above

Answer: D



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4. Which is not cancer ?

A. Leukaemia

B. Glaucoma

C. Sarcoma

D. Carcinogen

Answer: B



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5. The best diagnosis of cancer is done by:

A. Biopsy

B. X-ray

C. Microscopic examination by body fluids

D. Any of these

Answer: A



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6. Tobacco chwing results in:

A. Mouth cancer

B. Lung cancer

C. Bone cancer

D. Leukaemia

Answer: A



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7. Addiction of tobacco is due to:

A. Histamine

B. Nicotine

C. Cocaine

D. Caffeine

Answer: B



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8. A factor responsible for cirrhosis of liver is:

A. vitamins

B. fats and oils

C. alcoholism

D. sugar

Answer: C



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9. Which is related to tobacco addiction ?

A. Gastric and duodenal ulcers

B. Bronchitis

C. Emphysema

D. All the above

Answer: D



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10. Alzheimers disease affects:

A. childhood

B. adolescent

C. young people

D. elderly people

Answer: D



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11. HIV that causes AIDS first starts destroying:

A. beta- Lymphocytes

B. Leucocytes

C. Helper-t-Lymphocytes

D. Thrombocyte

Answer: C



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Other Important Questions Answers Choose The Correct Answer

1. ELISA test is used for detection of:

- A. Antibodies
- B. Viral disease
- C. AIDS
- D. All the above

Answer: C



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**Other Important Questions Answers State
Whether True Or False If False Write The Correct
Statement**

1. Insulin administration is necessary for Type-2 diabetes.



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2. Hypoxin is decrease of oxygen in body tissue.



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3. International Day against drug abuse and Illicit trafficking is on june 5th.



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Other Impotent Questions Answers Expand The Abbreciations

1. Expand the POCSO.



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Other Important Questions Answers Expand The Following Abbreviations

1. Expand the Abbreviations- WHO



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2. Expand the abbreviations

CVD



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3. Expand the following abbreviations:

ELISA



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4. Expand the following abbreviations:

NCPCR



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5. Expand the LDL.



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Other Important Questions Answers Match The Following

1. Match the following :

Column I		Column II	
A	Western blot	(i)	7 th November
B	National cancer awareness day	(ii)	Pancreas

C	HDL	(iii)	Confirmatory test for AIDS
D	β cell	(iv)	Lowers risk of heart disease



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Other Important Questions Answers Fill In The Blanks

1. Child helpline number is



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2. Psychotropic drugs are also called as



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3. When powdered tobacco is taken through nose, it is called



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4. What is Body Mass Index ?



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5.seed contains Insoluble fibre.



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6. Desirable level for blood cholesterol is



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7. The study of cancer is called.....



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8. World Aids Day is observed on



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9. The condition of suppressing the body's defence mechanism is.....



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

1. Sarcoma:Skin cancer:Leukaemia:.....



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2. Diabetes: Increase in blood
glucose: Obesity:



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Other Important Questions Answers Answer In A Word Sentence

1. What are stimulants ?



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2. What is neoplasm?



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3. Why sharing a injection needles between two individual is not recommended?



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4. What does child helpline provides?



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5. Define physical abuse.



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6. Who is a drug addict ?



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7. What are addictive drug?



Watch Video Solution

8. How does sexually abused children behave ?



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9. What are the symptoms of heart diseases?



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10. What is Glycosuria?



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[Other](#) [Impotent](#) [Questions](#) [Answers](#) [Short Answer Questions](#)

1. What are the objectives of POCSO ?



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2. How is psychotherapy given to drug de
addictive ?





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3. List the instruction to be given to prevent child sexual abuse.



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4. How can we prevent smoking?



[Watch Video Solution](#)

5. What are the symptoms of diabetes?



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6. How can we control and prevent diabetes?



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7. Name the test done to diagnosis Aids.



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Other Important Questions Answers Long Answer Questions

1. List out the behavioural changes of drug user.



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2. Write the harmful effects of alcohol on health.



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3. Explain the Carcinogenic agents.



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Other Important Questions Answers Higher Order Thinking Skills HOTS

1. Ram participated in a group discussion on the topic ill effects of tobacco on human health.

(a) List any two ill effects of tobacco.

(b) Suggest any two measures on anti tobacco awarness.



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2. Some human diseases are transmitted only through blood in one of such diseases, there is a progressive decrease in the number of lymphocytes of the patient.

(a) Name the disease and its causative agent.

(b) Write any two syptoms of it.



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Other Important Questions Answers Value Based Questions

1. Adolescence is a vulnerable phase of mental and physiological development in an individual. They are more prone to addiction in this age:

(a) Give two reasons for addiction in adolescence.

(b) Mention two preventive measures.



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2. A person in your locality has been diagnosed with AIDS. People in your locality want him to leave the colony for the fear of spread of AIDS.

(a) List the way AIDS virus is transmitted.

(b) Give two suggestions to prevent it.



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**Other Important Questions Answers Assertion
And Reasoning**

1. Assertion (A): Alcohol consumption during pregnancy is not desirable.

Reason (R): Alcohol causes physical and mental defects in the offspring.

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

B. If both Assertion and Reason are true that 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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2. Assertion (A): All types of cancer results in tumours.

Reason(R): Cancer is easily treatable with anti biotic.

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

B. If both Assertion and Reason are true that 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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3. Assertion (A): Cancer is a contagious disease.

Reason (R): It is transmitted from a patient to a healthy person by casual contact.

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

B. If both Assertion and Reason are true that 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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