



# **BIOLOGY**

## **BOOKS - UNITED BOOK HOUSE**

### **ANNUAL EXAMINATION QUESTION PAPERS2016**

#### **Exercise**

1. Which type of food deficiency causes Kwashiorkor disease.

A. Scurvy

B. obesity

C. Heart disease

D. Jaundice

**Answer:**



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**2. Rich source of iron is**

A. dates

B. peanut

C. sesame

D. milk

**Answer:**



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**3. Name of the vitamin which helps of produce**

**Prothrombin is**

**A. Vitamin A**

B. Vitamin C

C. Vitamin P

D. Vitamin K

**Answer:**



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**4.** Normal fluorine value present in drinking water is

A. 0.5 ppm

B. 1.0 ppm

C. 5.0 ppm

D. 0.01ppm

**Answer:**



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**5. Glossitis is a disease of**

A. eyes

B. angle of lips

C. tongue

D. skin

**Answer:**



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**6. An calorie less food is**

A. carbohydrate

B. fat

C. protein

D. vitamin

**Answer:**



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7. Which ration of calcium and phosphorus present in daily food

A. `2 : 1

B. `3 : 1

C. `1 : 2

D. 4:3

**Answer:**



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**8.** A natural antioxidant is

A. Vitamin E

B. Vitamin K

C. Vitamin  $B_1$

D. Vitamin  $B_{12}$



**Answer:**



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**9. What is called diteary fibre? Classify it.**

A. callulose

B. Pectin

C. Agar

D. Gum.

**Answer:**



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**10. Which vitamin helps in blood clotting**

A. Vitamin A

B. Vitamin C

C. Vitamin D

D. Vitamin K

**Answer:**



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11. The most important mineral in the body is

A. sodium

B. phosphorus

C. calcium

D. iron

**Answer:**



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12. Dairy excess folic acid requirement of a pregnant woman is -

A. 400 mcg

B. 500 mcg

C. 200 mg

D. 200 mcg

**Answer:**



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**13.** The mineral present in large quantity in citrus fruits is

A. Potassium

B. Sodium

C. calcium

D. Magnesium

**Answer:**



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14. The instrument, by which body fat of a child is measured, is

- A. Infantometer
- B. weighing machine
- C. skinfold calliper
- D. Measuring tape

**Answer:**



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15. The best source of fibre contained food is

A. Fish

B. Leafy vegetables

C. Egg

D. Milk.

**Answer:**



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**16.** To prepare 1 mg of Niacin, the amount of tryptohan required is

A. 30 gm

B. 60mg

C. 110 gm

D. 120 mg

**Answer:**



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17. Example of a conjugated protein is

A. Phosphoprotein

B. Globulin

C. Peptone

D. Gliadin

**Answer:**



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18. Rickets is caused by the deficiency of

A. Vitamin A

B. Vitamin B

C. Vitamin C

D. Vitamin D

**Answer:**



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**19.** The daily iron requirement of a 13-15 year teenage girls is

A. 21 mg

B. 25 mg

C. 27 mg

D. 30 mg.

**Answer:**



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**20.** Daily protein requirement of a school going boy

A. 55 gm

B. 36 gm

C. 29.5 gm

D. 41-54 gm.

**Answer:**



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**21. The derived protein is**

A. Peptonc

B. Glycine

C. Globulin

D. Albumin.

**Answer:**



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22. What is the name of skinfold thickness measurement instrument?



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**23.** What is the head circumference of a child in first year?



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**24.** What is the chemical name of Vitamin D?



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**25.** Write names of two sulphur amino acids.



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**26.** Write the full form of NPU.



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**27.** According to ICMR-2010, what is the RDA of Vitamin C for children?



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**28.** Write names of two rich sources of calcium.



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**29.** What is biological value of meat?



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**30.** Which component is responsible for the bitter taste of lemon?



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**31.** What are the characteristics of a moderate balanced diet?



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**32.** What percentage of required energy is decreased in old age than youth?



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**33.** What is Fast Food?



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**34.** Name a non-nutrient component of food.



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**35.** What do mean by secondary under-nutrition?



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**36.** What is hyper-vitaminosis?



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**37.** What do you mean by biological value of protein?



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**38.** What do you mean by rancidity?



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**39.** Name the vitamin which produces Co-enzyme A.



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**40.** Which disease is caused due to lack of vitamin  $B_2$ ?



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**41.** Write one objective of cooking.



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**42.** What happens if sugar is heated dry?



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**43.** What do you understand by first class protein? State the functions of protein in human body.



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**44.** Discuss the functions of iron in human body. Mention problems due to deficiency of iron.



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**45.** What do you mean by nutritional status? Write the significance of anthropometric assessment of nutritional status of a child.





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**46.** Define health. Write the functions of food.

Discuss the relation between food and nutrition to maintain good health.



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**47.** Define essential fatty acid. Classify fatty acid according to their chemical structure. \



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**48.** Discuss the sources functions and ill-effects of excess of vitamin C.



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**49.** What is balanced diet? Discuss the conditions of balanced diet preparation.



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**50.** Define food pyramid? Describe different types of food pyramids with schematic diagram.



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**51.** What is the effect of cooking on different nutrients present in food?



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**52.** What are the objectives of cooking? What is 'Braising'? Describe it.



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