



BIOLOGY

BOOKS - UNITED BOOK HOUSE

HIGHER SECONDARY EXAMINATION 2018

Exercise

1. According to ICMR, an adult should take ___ iodine per day.

A. 25-100 μg

B. 100-200 μg

C. 200-300 μg

D. 300-400 μg

Answer:



Watch Video Solution

2. The richest source of linoleic acid is

A. Sunflower oil

B. Soyabean oil

C. Mustard oil

D. Cocount oil

Answer:



Watch Video Solution

3. The amount of protein present in 100 gm of egg is ___gm

A. 10.3 gm

B. 13.3 gm

C. 15.3 gm

D. 17.3 gm

Answer:



Watch Video Solution

4. Caseinogen is present in

A. Milk

B. Meat

C. Fish

D. Egg

Answer:



Watch Video Solution

5. Use of sodium bicarbonate during cooking leads to the loss of

A. Vitamin B_2

B. Vitamin A

C. Vitamin D

D. Vitamin E

Answer:



Watch Video Solution

6. Boiling temperature of water is

A. $105^{\circ} C$

B. $90^{\circ} C$

C. $100^{\circ} C$

D. $200^{\circ}C$

Answer:



Watch Video Solution

7. Peptone is a

- A. derived protein
- B. simple protein
- C. conjugated protein
- D. biocatalyst.

Answer:



Watch Video Solution

8. The vitamin which is found only in animal foodstuff is

A. B_1

B. B_2

C. B_9

D. B_{12}

Answer:



Watch Video Solution

9. Which of the following is an essential amino acid?

A. Proline

B. Valine

C. Glycine

D. Arginine

Answer:



Watch Video Solution

10. The component which helps in iron absorption is -

A. Vitamin C

B. Vitamin K

C. Vitamin B_1

D. Vitamin B_3

Answer:



Watch Video Solution

11. The transfer of iron in our body takes place with the help of

- A. Transferrin
- B. Globulin
- C. Molybdenum
- D. Ferritin

Answer:



Watch Video Solution

12. The limiting amino acid present in maize is

A. Lysine

B. Phenyl alanine

C. Tryptophan

D. Threonine.

Answer:



[Watch Video Solution](#)

13. Blanching is the process of application of

- A. dry heat
- B. cold water
- C. salt water
- D. hot water

Answer:



[Watch Video Solution](#)

14. Daily requirement of protein for a child (1-3 yrs) is

A. 15 gm

B. 16 gm

C. 16.7 gm

D. 17 gm

Answer:



Watch Video Solution

15. In a balanced diet, the ratio of carbohydrate, protein and fat is

A. 3 : 2 : 1`

B. 7 : 1 : 2 `

C. 7 : 2 : 1`

D. 3 : 1 : 2 `

Answer:



Watch Video Solution

16. In a balanced diet, the amount of calorie that should come from protein is

A. 10%-15%

B. 15%-20%

C. 20%-25%

D. 25%-30%

Answer:



Watch Video Solution

17. The method of preparing bread is

A. Roasting

B. Grilling

C. Toasting

D. Baking

Answer:



Watch Video Solution

18. An example of an amino sugar is

A. Deoxyribose

B. Galactosamine

C. Fructose

D. Lactose.

Answer:



Watch Video Solution

19. An calorie less food is

A. Carbohydrate

B. fat

C. protein

D. vitamin

Answer:



Watch Video Solution

20. Which one is food deficiency disease?

A. Scurvy

B. Obesity

C. Heart disease

D. Jaundice

Answer:



Watch Video Solution

21. Rich source of iron is

A. Dates

B. Peanut

C. Sesame

D. Milk.

Answer:



Watch Video Solution

22. What is food?



Watch Video Solution

23. What is malnutrition?



Watch Video Solution

24. What is the main function of Antioxidant?



Watch Video Solution

25. Mention the name of the main protein present in egg white.



Watch Video Solution

26. List the disadvantages of preservation of foods in refrigerator.



Watch Video Solution

27. Give examples of food cooked by the following processes : Roasting, Sauting.



Watch Video Solution

28. Why soaking of pulses in water is done prior to cooking?



Watch Video Solution

29. Write down the nutritional benefits of germination.



Watch Video Solution

30. Mention the RDA of iron & calcium of a pregnant woman according to ICMR (2010) .



Watch Video Solution

31. Write the name of the carbohydrate stored in the body.



Watch Video Solution

32. Name two conjugated proteins present in our body.



Watch Video Solution

33. What is nitrogen balance?



Watch Video Solution

34. Why do we feel thirsty?



Watch Video Solution

35. Where is the thirst centre in the human body?



Watch Video Solution

36. Name two modern equipment that are used in the kitchen.



Watch Video Solution

37. State two advantages of kitchen garden.



Watch Video Solution

38. According to ICMR 2010 in how many basic groups can foods be classified into?



[Watch Video Solution](#)

39. What is the chemical name of Vitamin D?



[Watch Video Solution](#)

40. Write one objective of cooking.



[Watch Video Solution](#)

41. What is Fast Food?



[Watch Video Solution](#)

42. Differentiate between xerophthalmia & Keratomalacia. Discuss how Vitamin A helps in vision



[Watch Video Solution](#)

43. Which vitamin is known as anti-scorbutic vitamin? Discuss the functions of this vitamin in human body.





[Watch Video Solution](#)

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



[Watch Video Solution](#)

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



[Watch Video Solution](#)

46. What is balanced diet? Discuss the conditions of balanced diet preparation.



Watch Video Solution

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



Watch Video Solution

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



Watch Video Solution

49. Define health. Write the functions of food. Discuss the relation between food and nutrition to maintain good health.



Watch Video Solution

50. What are the important factors that have to be considered while planning a diet chart for pre-school children?



Watch Video Solution

51. Write short notes on the following topics :
School tiffin



Watch Video Solution

52. Write short notes on the following topics :

Medicinal value of fruits.



Watch Video Solution