



### **BIOLOGY**

## **BOOKS - UNITED BOOK HOUSE**

## **MODEL PAPER 02**



1. Which food is called protective food -

A. carbohydrate

B. protein

C. fat

D. vitamin

Answer:

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2. Which is the main source of energy for

human -

1. Sunlight

2. Food

3. Rest

4. Green Leafy Tree

A. sunlight

B. foot

C. rest

D. green leafy tree

Answer:

3. In which state of India vitamin A difficiency is

'higher than others

A. West Bengal

B. Orissa

C. Andhra Pradesh

D. Tamilnadu

Answer:

**4.** What amount of  $\beta$  carotene(mg) is transfer in retinol

A. 3

B.4

C. 5

D. 6

Answer:

5. Name of the vitamin which helps of produce

Prothrombin is

A. vit-A

B. Vit-K

C. vit-C

D. vit-E

Answer:

6. In human body, carbohydrated is stored in

liver and muscle in the form of

A. flavonoids

B. glycogen

C. lactose

D. fructose

Answer:

7. What amount of lactose comes from cows'

milk -

A. 6%

B. 5%

**C.** 4%

D. 2%

#### Answer:

8. Which is a essential amino acid

A. proline

B. valine

C. glysine

D. Arginine

**Answer:** 



9. Name a rich source of lenoleic Acid

A. mustard oil

B. fish oil

C. sunflower oil

D. all

#### **Answer:**

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**10.** Epidermis of a sponge is called

#### A. vit-A

B. vit-P

C. vit- $B_{12}$ 

D. vit-K

#### Answer:

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**11.** Which vitamin defficiency is caused of cheilosis -

A. vit- $B_2$ 

B. vit-C

C. vit-K

D. vit-B

#### Answer:

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## **12.** Name a main disease caused by iodine difficiency

A. mixidims

B. titenus

C. beriberi

D. anaemia

#### Answer:

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#### 13. In which water floride is absent

A. basic

#### B. soft

C. sweet

D. salty

#### **Answer:**



#### 14. Which mineral produce form carbonic acid

from  $CO_2 \& H_2O$ -

A. Ca

B. na

C. Fe

D. Zn

#### **Answer:**



#### 15. How many are non essential amino acid-

A. 16

B. 9

C. 11

D. 30

#### **Answer:**

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**16.** Total water amount present in body of an adult man is

A. 20 lit

B. 30 lit

C. 40 lit

#### D. 50 lit

#### Answer:

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#### 17. Which hormon helps in urin secreation

A. TSG

B. STH

C. ADH

D. ATP





18. Which one is not a wet heating method ?

A. blanching

B. poaching

C. steaming

D. frying

Answer:



**19.** By which cooking digestive capacity of protecting increased

A. below  $100^{\,\circ}\,C$ 

B. `100^@C

C. within  $100^{\,\circ}\,C - 110^{\,\circ}\,C$ 

D. no one

#### Answer:





## **20.** How many salivary gland present in our mouth

A. 2-pair

B. 3-pair

C. 4-pair

D. 5-pair

#### Answer:

#### **21.** Which is the energy source of solar cooker

A. Coal

B. oil

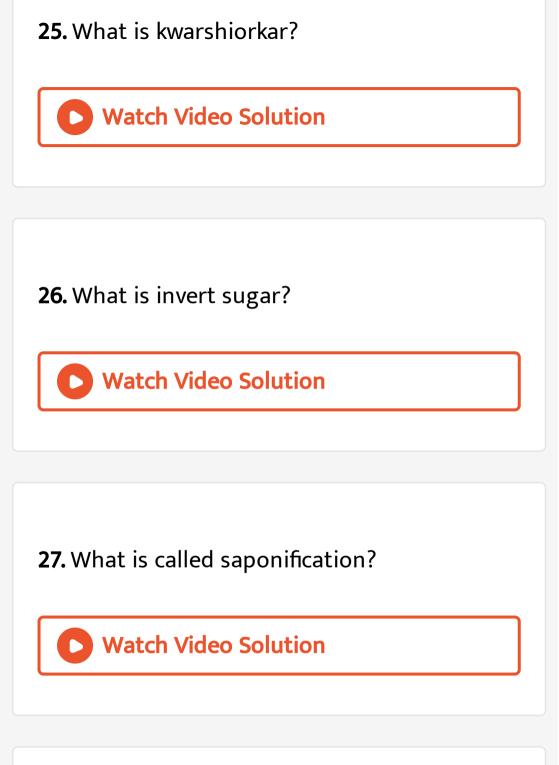
C. sun

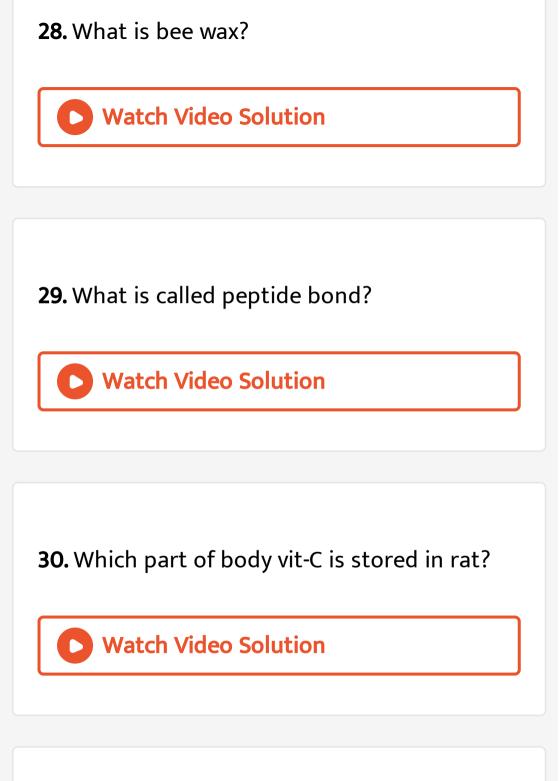
D. gas.

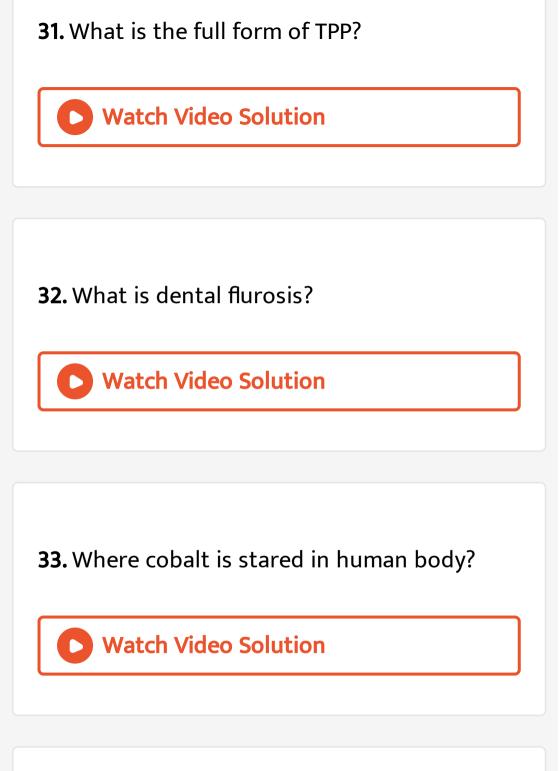
#### **Answer:**

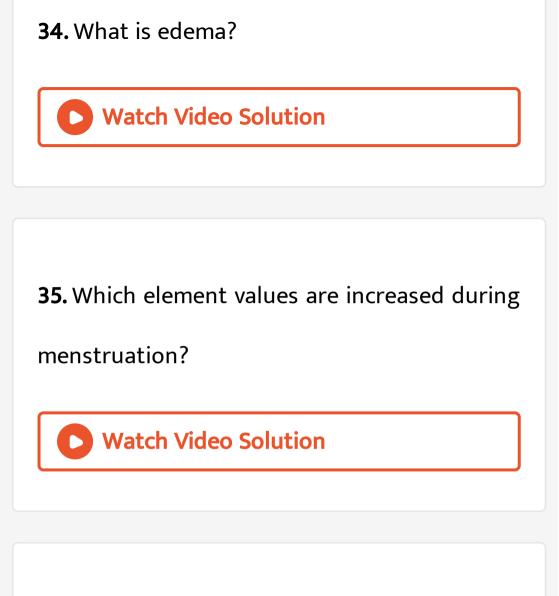
#### **22.** Write two causes of poor health?

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23. Full name of NCHS?
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<b>24.</b> Write the forjula of BMI calculation?
<b>O</b> Watch Video Solution









**36.** What is called complimentary food?

**37.** Name an old item of cooking?



# **38.** Where is the right place of counter in kitchen?

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**39.** Who are called vegan?

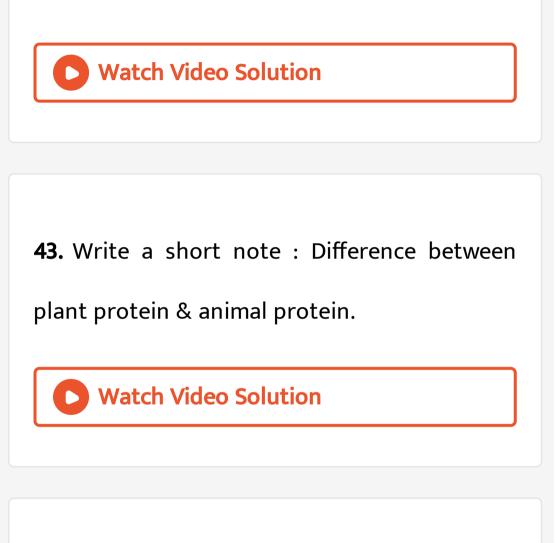
### **40.** Describe & draw an ideal kitchen for a

house?



**41.** What are the various side of health? Describe correct indication mark of good health?

#### 42. Write a short note : WHO



44. What is food pyramid?





#### **46.** What is food planning? Describe about it?



#### 47. Write down the advantages of vitamin A in

vision?





48. What is protein? Write down the function

of protein?



**49.** Prepare a diet chart for a 5 years child?