



BIOLOGY

BOOKS - UNITED BOOK HOUSE

MODEL PAPER 05

Exercise

1. One of the most important cause of bad health is

- A. Infectious disease
- B. Increasing population
- C. Poverty
- D. Inappropriate food habit

Answer:



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2. One of the most important wealth of human health is

A. Nutrition

B. Health

C. Beauty

D. Many

Answer:



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3. The portion of vegetables which prevents constipation is

A. Maltose

B. Lactose

C. Roughage

D. Sucrose.

Answer:



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4. Which nutrient helps to produce hormone and enzyme

A. Protein

B. Carbohydrate

C. Fat

D. Vitamin

Answer:



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5. Due to oxidation of 1 gm. Carbohydrate, the amount of produced energy is -

A. 4.2 Kcal

B. 4.1 Kcal

C. 9.3 Kcal

D. 4.3 kcal

Answer:



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6. Which is called 'Current carbohydrate coin of the body'?

A. Glucose

B. Fructose

C. Glycogen

D. Galactose

Answer:



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7. Nucleic acid is conjugated with protein to produce

A. Leucin

B. Metaprotein

C. Nucleoprotein

D. Glutelin

Answer:



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8. To produce 1 mg niacin, the amount of required tryptophan is

A. 40 mg

B. 50 mg

C. 60 mg

D. 70 mg

Answer:



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9. Plant protein is which grade of protein

A. First

B. complete

C. incomplete

D. option b & c

Answer:



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10. In human body, the number of fatty acid is

A. 20

B. 25

C. 30

D. 35

Answer:



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11. The salt of alcohol and acid is called

A. Fat

B. Mineral

C. Ester

D. Carbohydrate

Answer:



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12. The other name of pellagra is:

1. Glossitis

2. 3D

3. Stomatitis

4. Bronchitis

A. Glossitis

B. 3D

C. Stomatitis

D. Bronchitis

Answer:



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13. The time required to coagulate blood is:

1. 2 min

2. 4 min

3. 6 min

4. 8 min

A. 2 min

B. 4 min

C. 6 min

D. 8 min

Answer:



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14. The vitamin which helps in calcium absorption is:

1. A

2. C

3. E

4. D

A. A

B. C

C. E

D. D

Answer:



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15. The vitamin which helps in iron absorption

is:

1. A

2. C

3. K

4. D

A. A

B. C

C. K

D. D

Answer:



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16. In adults, the amount of consumed water in the form of drinking water is

A. 200 ml

B. 300 ml

C. 800 ml

D. 1500 ml

Answer:



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17. The amount of water that present in women is more than men . true or false



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18. The increased amount of weight of pregnant women is

A. 10 kg

B. 12 kg

C. 15 kg

D. 20 kg

Answer:



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19. After germination Ascorbic acid content in 100 gm cereals are

A. 7-8 mg

B. 9-10 mg

C. 10-12 mg

D. 44545

Answer:



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20. The amino acid which is not present in pulses is:

1. Valine

2. Threonin

3. methionin

4. None of these

A. Valine

B. Threnin

C. methionim

D. None of these

Answer:



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21. For roasting food material, one of the following is used

A. tandoor

B. grill

C. sink

D. cupboard.

Answer:



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22. What is the full name of ICDS?



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23. In which disease haemoglobin decrease?



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24. Which part of the brain regulates the consumption of food?



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25. Which disease results from obesity?



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26. Which mineral is abundantly found in crake?



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27. Write two essential amino acid.

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28. In glucose structure which group is present?

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29. In which food all the fatty acids are present?



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30. What is the full name of LDL?



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31. In which form vitamin acts in metabolism?



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32. Which vitamin is found in agaricus?



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33. How much portion of our body imparts sodium?



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34. How much amount of urea is excreted through urine?



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35. Which one is the best way to remove all the microorganism form milk?



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36. Name one food item which is produced by steaming ____



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37. What is the name of the harmful compound present in 'Khesari dal'?



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38. Why is consumption of salad is appropriate while taking fried fish?



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39. Write short note : Lathyrism



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40. Write short note on levelling effect.



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41. What is called malnutrition? Discuss classification of malnutrition?



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42. What is called poaching?



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43. What are the objectives of cooking? Write down the safety measures to be taken for maintaining nutritive values of food during cooking.



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44. Write effects of protein deficiency and toxicity.



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45. Only healthy food cannot maintain proper health___Justify it.



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46. What is called menu planning? What should be the main consideration during the menu planning of a pre school child.



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47. In a diet chart, there is 230 gm carbohydrates 60 gm protein and 40 gm fat. Calculate the calorie value.



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48. What do you mean by biological value of protein? Name one protein whose biological value is very less.



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