



# BIOLOGY

## BOOKS - UNITED BOOK HOUSE

### MODEL PAPER 07

#### Exercise

1. In which state iron is absorbed?

A. Ferrous

B. Ferritine

C. Crystallins

D. Ferric

**Answer:**



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**2. Name the anti-vitamin of vitamin A**

A. Retinol

B. Citral

C. Kerotene

D. Riboflavin

**Answer:**



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**3.** Name one protein that is present in egg yolk.

A. ovalbumin

B. Globuline

C. None of these

D. All of these

**Answer:**



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4. The requirement of which vitamin is increased with increasing age?

A. Thiamine

B. Retinol

C. Folic Acid

D. Calciferol

**Answer:**



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**5. What is the best sources of vitamin E?**

A. Fish oil

B. Egg

C. Milk

D. Wheat seed oil

**Answer:**



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**6.** What is the name of the harmful products that is produced from fat by applying excessive heat?

A. Fatty acid

B. Glycerol

C. Salt

D. Acrolene

**Answer:**



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7. The use of which product is harmful to cook pulses well?

A. Salt

B. Soda

C. Sugar

D. All of these

**Answer:**



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**8.** Which type of food is the source of energy of human being that are used in all types of works?

A. Fat



B. Protein

C. Carbohydrate

D. All of these

**Answer:**



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**9. What is malnutrition?**

A. All of these

B. Nutrition deficiency

C. Growth deficiency

D. Food deficiency

**Answer:**



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**10. Which nutrients contain low calorie?**

A. Mineral

B. Vitamin

C. Roughage

D. Fat

**Answer:**



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**11.** In which way the vegetables should be chopped to sustain their nutritional value during cooking

A. Large pieces

B. small pieces

C. with skin

D. very large pieces.

**Answer:**



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

A. Starch

B. Galactose

C. water

D. caramel

**Answer:**



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**13. 1 kcal =? Joule**

A. 4184

B. 4.184

C. 0.4184

D. 41.84

**Answer:**



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**14.** What is the name of the machine for measuring Calorie?

- A. Thermometer
- B. Hygrometer
- C. Bomb calorimeter
- D. Barrometer.

**Answer:**



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**15.** What the name of the machine for measuring skin fold thickness

A. Tape

B. Compas

C. skin fold calipers

D. Scale

**Answer:**



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**16.** What is the full name of RDA?

- A. Recommended Dietary Allowances
- B. Recombinant DNA
- C. Recommended Dietary Agency
- D. Recombinant Dietary Agency \

**Answer:**





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17. The method of preparing bread is

A. Baking

B. Frying

C. steaming

D. cooking

**Answer:**



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**18.** How much calorie is required for an adolescent girl?

A. 2300 kcal

B. 2000 kcal

C. 2200 kcal

D. 2100 kcal

**Answer:**



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

A. Egg

B. Milk and carrot

C. Milk

D. Carrot

**Answer:**



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20. What is the name of the product present in fruits and vegetables that prevents oxidation.

A. Protein

B. Fat

C. Antioxidant

D. Fibre

**Answer:**



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21. Which nutrient is present in yellow vegetables?

A. Vitamin A

B. Vitamin C

C. Vitamin  $B_1$

D. Vitamin K.

**Answer:**



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



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23. The absorption of which nutrient is happened due to presence of phytate?



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24. what is protein sparing food?



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**25.** In which function the protein Rhodopsin plays a role?



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**26.** What is called water soluble fibre?



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**27.** What is meaning of carbohydrate?



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**28.** What is galcatans?



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**29.** How much protein is required daily for a lactating woman?



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**30.** Name a metal protein.



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**31.** How much cholesterol is present in 100 gm milk?



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**32.** From which steroid is produced?



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33. Write the name of the antivitamin of vit- $B_2$

?



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34. What is the pseudo name of Vitamin  $B_{12}$  ?

- A. Cyanocobalamin
- B. Methiomin
- C. Methylcobalamin

D. Phytocolbalamin

**Answer:**



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**35.** What is the present name of vitamin H?



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**36.** In which state iron is absorbed?



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**37.** Mention a symptom of cretinism.



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**38.** Which mineral cleans blood?



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**39.** Which disease occurs due to calcium deficiency?



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**40.** What is food? What are the nutrients of food? Describe the physiological functions of food.



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**41.** What is fats & oil? What are the function of it?



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



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



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**44.** What is called dietary fibre? Classify it.



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**45.** Discuss the source, requirement functions and deficiency effect of iodine



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**46.** Discuss the source, requirement, functions and deficiency effects of vitamin - C.



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