



BIOLOGY

BOOKS - UNITED BOOK HOUSE

TECHNO INDIA GROUP ACADEMIA QUESTION PAPER

Exercise

1. Main unit of protein:

1. mineral

2. cellulose

3. amino acid

4. water

A. mineral

B. cellulose

C. amino acid

D. water

Answer:



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2. Amount of energy comes from 1 kg of fat

A. 930 kcal

B. 1000 kcals

C. 900 kcal

D. 400 kcal

Answer:



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3. Rich source of lactose is:

1. ripe fruit

2. human liver

3. milk

4. sugar

A. ripe fruit

B. human liver

C. milk

D. sugar

Answer:



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4. Which antivitamin is present in egg white:

1. Globulin

2. avidin

3. glycine

4. lysine

A. globulin

B. avidin

C. glysinc

D. lysine.

Answer:



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5. Which mineral is necessary for blood clotting

A. Ca

B. Mg

C. P

D. Zn

Answer:



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6. During cooking the most destroyed food element is:

1. vitamins
2. carbohydrate
3. protein
4. mineral

A. Vitamins

B. carbohydrate

C. protein

D. mineral

Answer:



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7. The most essential component of protein is

A. carbon

B. oxygen

C. hydrogen

D. nitrogen.

Answer:



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8. Which season case of diarrhoea is higher

A. summer

B. rainy

C. winter

D. spring

Answer:



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9. How many salt is needed for ORS preparation

A. 2.5 gm

B. 3.5 gm

C. 1.5 gm

D. 4.5 gm

Answer:



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10. Which product is used for keeping food hot for long time

A. gas oven

B. caserol

C. coffin box

D. refrigerator

Answer:



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11. Scurvy is a:

1. eye disease

2. dental disease

3. gastrointestinal disease

4. nose disease

A. eye disease

B. dental disease

C. gastrointestinal disease

D. none disease

Answer:



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12. In human body, carbohydrate is stored in liver and muscle in the form of

A. glucose

B. glycogen

C. magnesium

D. phosphorus

Answer:



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13. Fuel food is

A. carbohydrate and fat

B. carbohydrate and vitamin

C. Vitamin and protein

D. carbohydrate and protein

Answer:



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14. Which one is essential amino acid

1. proline

2. valine

3. glycine

4. arginine

A. prolein

B. valine

C. glyisine

D. arginine

Answer:



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15. Cholesterol produce form

A. protein

B. lipid

C. carbohydrate

D. fibre

Answer:



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16. Which heating is used in micro wave

A. electronics

B. heat

C. electronic and heat

D. waves

Answer:



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17. Which food is called protective food -

A. carbohydrate

B. protein

C. fat

D. vitamin

Answer:



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18. The deficiency of which mineral causes hypochromic anaemia?

A. Mg

B. Co

C. Fe

D. K

Answer:



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

A. Thiamine

B. Retinol

C. Folic acid

D. Calciferol

Answer:



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20. 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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21. Which method is used to prepare cake and biscuit?

A. baking

B. frying

C. steaming

D. Boiling

Answer:



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22. What is nutrition?



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23. What is the full form of WHO?



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24. Names the fat soluble vitamins?



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25. What is called cooking?



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26. What type of carbohydrate is raffinose?



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27. What are the advantages of pressure cooking?



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28. What is the scientific name of vitamin K?



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29. What is the full name of ICDS?



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30. What is toasting?



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31. What is the function of iodine?



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32. Give an example of a disaccharide.



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33. What are the general nutrients of meat?



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



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35. What is kwarshiorkar?



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36. What is called micro element?



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37. Which shape is right for kitchen



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38. What is malnutrition?



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39. In which disease haemoglobin decrease?



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40. Mention a symptom of cretinism.



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41. Write down the function of food?



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42. Describe the functions of carbohydrate?



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43. Write the structural composition of glucose & fructose?



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



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



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46. Discuss the cause of undernutrition in our country.



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47. How planning of an ideal kitchen be done?

What are the advantages and disadvantages of microwave cooking?



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48. Write the differences between plant protein and animal protein.



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