



BIOLOGY

BOOKS - FULL MARKS BIOLOGY (TAMIL ENGLISH)

HEALTH AND DISEASES

**Textual Evaluation Solved Choose The Correct
Answer**

1. Tobacco consumption is known to stimulate secretion of adrenaline. The component causing this could be

A. Nicotine

B. Tannic acid

C. Curcumin

D. Leptin

Answer: A



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2. World 'No Tobacco Day ' is observed on

A. May 31

B. June 6

C. April 22

D. October 22

Answer: A



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3. Cancer cells are more easily damaged by radiations than normal cells because they are

A. Different in structure

B. Non-dividing

C. Mutated Cells

D. Undergoing rapid division

Answer: D



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4. Which type of cancer affects lymph nodes and spleen ?

A. Carcinoma

B. Sarcoma

C. Leukemia

D. Lymphoma

Answer: C



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5. Excessive consumption of alcohol leads to

A. Loss of memory

B. Cirrhosis of liver

C. State of hallucination

D. Suppression of brain function

Answer: B



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6. Coronary heart disease is due to

A. Streptococci bacteria

B. Inflammation of pericardium

C. Weakening of heart valves

D. Insufficient blood supply to heart
muscles

Answer: D



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7. Cancer of the epithelial cells is called

A. Leukemia

B. Sarcoma

C. Carcinoma

D. Lipoma

Answer: C



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8. Metastasis is associated with

A. Malignant tumour

B. Benign tumour

C. Both (a) and (b)

D. Crown gall tumour

Answer: A



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9. Polyphagia is a condition seen in

A. Obesity

B. Diabetes mellitus

C. Diabetes insipidus

D. AIDS

Answer: B



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10. Where does alcohol effect immediately after drinking ?

A. Eyes

B. Auditory region

C. Liver

D. Central nervous system

Answer: D



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Textual Evaluation Solved State Whether True Or False If False Write The Correct Statement

1. AIDS is an epidemic disease



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2. Cancer causing genes are called Oncogenes.



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3. Obesity is characterized by tumour formation



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4. In Leukemia both WBCs and RBCs increase in number.



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5. Study of cause of disease is called etiology



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6. AIDS is not transmitted by contact with a patient's clothes.



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7. Type 2 diabetes mellitus results due to insulin deficiency.



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8. Carcinogens are cancer causing agents.



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9. Nicotine is a narcotic drug.



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10. Cirrhosis is associated with brain disorder.



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Textual Evaluation Solved Expand The Following Abbreviations

1. Expand the IDDM



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2. Expand the HIV



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3. Expand the BMI



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4. Expand the AIDS



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5. Expand the CHD



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6. Expand the NIDDM



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Textual Evaluation Solved Match The Following

1. Match the following:

- | | |
|--------------------------|--|
| 1. Sarcoma | – (a) Stomach cancer |
| 2. Carcinoma | – (b) Excessive thirst |
| 3. Polydipsia | – (c) Excessive hunger |
| 4. Polyphagia | – (d) Lack of blood flow to heart muscle |
| 5. Myocardial Infarction | – (e) Connective tissue cancer |



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Textual Evaluation Solved Fill In The Blanks

1. Cirrhosis is caused in liver due to excessive use of _____.



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2. A highly poisonous chemical derived from tobacco is _____.



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3. Blood cancer is called.....



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4. Less response of a drug to a specific dose with repeated use is called _____.



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5. Insulin resistance is a condition in _____ diabetes mellitus.



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Textual Evaluation Solved Analogy Type
Questions Identify The First Words And Their

Relationship And Suggest A Suitable Word For The Fourth Blank

1. Communicable : AIDS : Non communicable :



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2. Chemotherapy : Chemicals : Radiation therapy : _____



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3. Hypertension: Hypercholesterolemia :

Glycosuria : _____



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Textual Evaluation Solved Answer In A Sentence

1. What are psychotropic drugs ?



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2. Mention the diseases caused by tobacco smoke.



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3. What are the contributing factors for Obesity ?



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4. What is adult onset diabetes ?



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5. What is metastasis ?



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6. How does insulin deficiency occur ?



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[Textual](#) [Evaluation](#) [Solved](#) [Short](#) [Answer](#)
[Questions](#)

1. What are the various routes by which transmission of human immuno deficiency virus takes place ?



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2. How is a cancer cell different from a normal cell ?



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3. (a) Write a note on Triticale.

(b) Differentiate between Type-1 and Type-2 diabetes mellitus.



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4. Why is a dietary restriction recommended for an obese individual ?



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5. What precautions can be taken for preventing heart diseases ?



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**Textual Evaluation Solved Long Answer
Questions**

1. Suggest measures to overcome the problems of an alcoholic.



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2. Changes in lifestyle is a risk factor for occurrence of cardiovascular diseases. Can it be modified? If yes, suggest measures for prevention.



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Textual Evaluation Solved Higher Order Thinking Skills Hots

1. What is the role of fat in the cause of atherosclerosis ?



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2. Eating junk food and consuming soft drinks results in health problems like obesity, still children prefer. What are the suggestions you would give to avoid children eating junk food/consumption of soft drinks ?



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3. Regular physical exercise is advisable for normal functioning of human body. What are the advantages of practising exercise in daily life ?



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4. A leading weekly magazine has recently published a survey analysis which says that number of AIDS patient in the country is increasing day by day. The report says that the

awareness among the people about AIDS is still very poor. You are discussing the magazine report in your class and a team of your class decides to help people to fight against the dreadful disease.

What problem you face when trying to educate the people in your village nearby your scholl ?



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Textual Evaluation Solved Value Based Questions

1. Once a person starts taking drugs or alcohol it is difficult to get rid of the habit. Why ?



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2. Men addicted to tobacco lead to oxygen deficiency in their body. What could be the possible reason ?



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3. Name any three foods that are to be avoided and included in the diet of a diabetic patient. Why should it be followed ?



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4. How can informational efforts change people's HIV knowledge and behaviour ?



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5. Assertion: Excretion of excess glucose in urine is observed in a person with diabetes mellitus.

Reason: Pancreas is unable to produce sufficient quantity of insulin.

A. If both Assertion and Reason are true and Reason is the correct explanation of Assertion

B. If both Assertion and Reason are true that Reason is not the correct

explanation of Assertion

C. Assertion is true but Reason is false

D. Both Assertion and Reason are false

Answer: B



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**Textual Evaluation Solved Assertion And
Reasoning**

1. Assertion: All drugs act on the brain.

Reason : Drugs disturb the functioning of the body and mind.

A. If both Assertion and Reason are true and Reason is the correct explanation of Assertion

B. If both Assertion and Reason are true that Reason is not the correct explanation of Assertion

C. Assertion is true but Reason is false

D. Both Assertion and Reason are false

Answer: A



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Textbook Activities Solved

1. Collect pictures of people affected by tobacco chewing and tobacco smoking. Identify which part of the body is affected and the health hazards it can lead to.



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2. Collect pictures of individuals with normal liver and alcoholic liver, compare and indicate the changes you find in them.



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3. Prepare a chart showing the food items which are preferable and which should be avoided to prevent high blood pressure and heart disease. Apart from diet what are the

other lifestyle modifications to be followed to manage this condition.



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Additional Questions Fill In The Blanks

1. Tobacco is obtained from the Tobacco plant and



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2. The increased urine output, leading to dehydration is termed as.....



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3. The inflammation of throat and bronchi due to smoke of Tobacco lead to the conditions of and



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4. Study of cancer .



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5. The uncontrolled division of cells destroy the surrounding tissue forming a tumour or

.....



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6. _____ and _____ present in tobacco smoke is carcinogenic causing lung cancer.



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Additional Questions Write True Or False For The Following Statements Correct The False Statements

1. The psychological dependant persons feel that drugs do not help them to reduce stress.



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2. Individuals should seek help from psychologists and psychiatrists to get relief from alcohol abuse.



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3. Tobacco chewing does not cause oral cancer.



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4. In Type-2 Non-Insulin Dependant Diabetes Mellitus, the target cells respond to insulin and allow the movement of Glucose into cells.



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5. Low Carbohydrate food in the form of starch, complex sugars and fibre rich diets are more appropriate for the Dietary management of Diabetes.



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Additional Questions Expand The Following Abbreviations

1. Expand the following abbreviations:

CVD



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2. Expand the following abbreviations:

HDL



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3. Expand the following abbreviations:

PUFA



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4. Expand the following abbreviations:

NACO



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5. Expand the following abbreviations:

NGO



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6. Expand the following abbreviations:

ELISA



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7. Expand the following abbreviations:

WHO



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8. Expand the following abbreviations:

NCPCR



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9. Expand the following abbreviations:

CPCR



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10. Expand the following abbreviations:

LOL



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11. Expand the abbreviations of "UV" ?



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Additional Questions Match The Following

1. Match the following :

- | | |
|---|---------------------------|
| 1. Psychotropic drugs | – (a) Nicotine |
| 2. Chronic metabolic disorder | – (b) Emphysema |
| 3. Addiction to Tobacco | – (c) Polyphagia |
| 4. Excess hunger | – (d) Polydipsia |
| 5. Inflammation of lung alveoli | – (e) Mood Altering drugs |
| 6. Loss of water leads to thirst | – (f) Diabetes Mellitus |



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Additional Questions Choose The Correct Answer

1. When powdered tobacco is taken through nose, it is called

A. smoking

B. stimulant

C. snuffing

D. c

Answer:



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2. Increased blood glucose level is called

A. Glycosuria

B. Hyperglycemia

C. Polyphagia

D. b

Answer:



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3. Insulin deficiency due to the destruction of B-cells occur in

A. IDDM

B. BMI

C. NIDDM

D. a

Answer:



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4. The fatty streak, plaque leads to the narrowing of blood vessels lead to

A. Ischemia

B. Psychotherapy

C. Emphysema

D. d

Answer:



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5. The HIV Virus attack the body's disease fighting mechanism and the individual is prone to infectious diseases.

A. Erythrocytes

B. Thrombocytes

C. Lymphocytes

D. c

Answer:



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6. Write the correct dates for the following:

4th February



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7. Write the correct dates for the following:

7th November



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8. Write the correct dates for the following:

May 31st



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9. Write the correct dates for the following:

June 26th



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**Additional Questions Write The Correct Dates
For The Following**

1. Write the correct dates for the following:

December 1st



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Additional Questions Answer The Following Briefly

1. Name some of the risk factors for illness and early death.



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2. What is abuse? What does it include?



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3. What is physical abuse? What does child abuse constitute?



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4. What is addiction? What is the effect of addiction on individuals?



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5. Write the harmful effects of alcohol on health.



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6. Explain the types of cancers on the basis of the tissues from which they are formed?



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7. Explain the Carcinogenic agents.



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8. What are the treatment of cancer and the preventive measures for cancer?



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9. Explain the symptoms and treatment of AIDS.





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10. Briefly note down the prevention and control of AIDS.



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11. What is obesity and body mass Index?



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12. What are the major causes and contributing factors for heart disease?



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Additional Questions Identify The First Words And Their Relationship And Suggest A Suitable Word For The Fourth Blank

1. Drug abuse: addictive drug: Tobacco
chewing:



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2. Insulin: Diabetes: Benzopyrene:



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3. Disease of heart and blood vessels:
Cardiovascular disease: Deposition of
cholesterol in the blood vessel:



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4. Deficient blood supply to heart muscle:

Ischemia: Death of the heart muscle tissue:

.....



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5. HIV Virus: ELISA: Leukaemia:.....



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Additional Questions Explain The Following In Detail

1. Explain the approaches for protection of an abused child and the prevention of child sexual abuse.



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2. Explain the following:

(a) Drug Dependence (b) Behavioural Changes of Drug Users (c) Drug De-addiction



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3. Explain in detail the Smoking Hazards and effects of Tobacco. How can it be prevented?



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4. Which diagnosis is essential for confirming the diabetes?



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5. Which is the desirable blood cholesterol level for Indians?



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6. Which cholesterol lowers the risk of heart disease and which cholesterol increases the risk of heart diseases?



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7. What are the two types of tumors?



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8. Name some foods which help to reduce blood sugar levels.



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Additional Questions Higher Order Thinking Skills Hots

1. What does the following symbols represent?

(a)



(1)



(2)

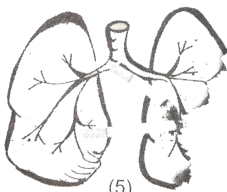


(3)

(b)



(4)



(5)



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