



## **BIOLOGY**

# **BOOKS - FULL MARKS BIOLOGY (TAMIL ENGLISH)**

## **NUTRITION AND HEALTH**

### **Exercise I Choose The Best Answer**

1. The nutrient required in trace amounts to accomplish various body functions is .....

A. Carbohydrate

B. Protein

C. Vitamin

D. Fat

**Answer: C**



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2. The physician who discovered that Scurvy can be cured by ingestion of citrus fruit is

.....

A. James Lind

B. Louis Pasteur

C. Charles Darwin

D. Isaac Newton

**Answer: A**



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**3.** The sprouting of onion and potatoes can be delayed by the process of .....

A. Freezing

B. Irradiation

C. Salting

D. Canning

**Answer: B**



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**4. Food and Adulteration Act was enacted by Government of India in the year .....**

A. 1964

B. 1954

C. 1950

D. 1963

**Answer: B**



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5. An internal factor responsible for spoilage of food is .....

- A. Wax coating
- B. Contaminated utensils
- C. Moisture content in food
- D. Synthetic preservatives

**Answer: C**



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**Exercise II Fill In The Blanks**

1. Deficiency diseases can be prevented by taking ..... diet.



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2. The process of affecting the natural composition and the quality of food substance is known as .....



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3. Vitamin D is called as ..... vitamins as it can be synthesised by the body from the rays of the sunlight.



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4. Dehydration is based on the principle of removal of .....



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5. Food should not be purchased beyond the date of .....



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6. AGMARK is used to certify ..... and ..... products on India.



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**Exercise Iii Mention Whether The Following Statements Are True Or False If Write The**

## Correct Statement

1. Iron is required for the proper functioning of thyroid gland.



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2. Vitamins are required in large quantities for normal functioning of the body.



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3. Vitamin C is a water soluble Vitamin.



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4. Lack of adequate fats in diet may result in low body weight.



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5. ISI mark is mandatory to certify agricultural products



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## Exercise Iv Match Column A With Column B

1. Match column A with column B.

- |              |   |                      |
|--------------|---|----------------------|
| 1. Calcium   | – | (a) Muscular fatigue |
| 2. Sodium    | – | (b) Anaemia          |
| 3. Potassium | – | (c) Osteoporosis     |
| 4. Iron      | – | (d) Goitre           |
| 5. Iodine    | – | (e) Muscular cramps  |



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# Exercise V Fill In The Blanks With Suitable Answers

1. Fill in the blanks with suitable answers.

Vitamin	Rich Source	Deficiency Disease
Calciferol	-	Rickets
-	papaya	Night blindness
Ascorbic acid	-	-
-	whole grains	Beri beri



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## Exercise VI Give Abbreviations For The Following Food Standards

1. Give abbreviations for the following food standards.

1. ISI

2. FPO

3. AGMARK

4. FCI

5. FSSAI



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**Exercise Vii Assertion And Reason**

1. Assertion : Haemoglobin contains iron.

Reason : Iron deficiency leads to anaemia.

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

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

C. If Assertion is true but Reason is false.

D. If both Assertion and reason is false.

**Answer: A**



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2. Assertion : AGMARK is a quality control agency.

Reason : ISI is a symbol of quality.

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



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

C. If Assertion is true but Reason is false.

D. If both Assertion and reason is false.

**Answer: D**



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**Exercise Viii Very Short Answers Questions**

## 1.1. Differentiate

(a) Kwashiorkar from Marasmus

(b) Macronutrients from micronutrients



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2. Why salt is used as preservative in food.



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3. What is an adulterant ?



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4. A doctor advises an adolescent girl who is suffering from anaemia to include more of leafy vegetable and dates in her diet . Why so ?



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5. Name any two naturally occurring toxic substances in food .



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6. What factors are required for the absorption of Vitamin D from the food by the body ?



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## Exercise 1x Short Answers

1. Write any one function of of the following minerals .

(a) Calcium

(b) Sodium

( c ) Iron

(d) Iodine



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2. Explain the two methods of food preservation .

(a) SMOKING :

(b) Use of Inert gas :



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3. What are the effects of consuming adulterated food ?



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## Exercise X Give One Reason For The Following Statements

1. Salt is added as a preservative in pickles .



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2. We should not eat food items beyond the expiry date .



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3. Deficiency of Calcium in diet leads to poor skeletal growth



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**Exercise Xi Long Answer Questions**

1. Tabulate the vitamins and corresponding deficiency diseases.



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2. Explain the role of food control agencies in India .



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**Exercise Xii Higher Order Thinking Skills**



1. A doctor advises an adolescent girl who is suffering from anaemia to include more of leafy vegetable and dates in her diet . Why so ?



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2. Sanjana wants to buy a jam bottle in a grocery shop . What are the things she should observe on the label before purchasing it .



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## Activity

1. Let each of the student bring any food packet ( jam , juice , pickle , bread , biscuit , ect ) . Not down the details like name of the product , manufacture's detils , contents / ingredients , net weight , Maximum Retail Price (MRP) , date of manufacture , date of expiry / best befor twelve month from the date of manufacture and standardized marks like ISI , AGMARK or FPO printed on the lable for each of the items to create awareness .



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## Additional Questions | Fill In The Blanks

1. Carbohydrates are the chief source of

..... .



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2. .... Also known as Triglycerides are the Esters of free fatty acid chains and Glycerol .





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3. .... Are the constituents of teeth ,  
bones , tissues , blood , muscle and nerve cells

.



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4. Vitamin B1 , B2 , B3 , B6 , B12 and Vitamin C  
are ..... soluble vitamins .



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5. In ....., the food materials are kept inside a cold room in a temperature range of  $23^{\circ}C$  to  $30^{\circ}C$  .



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6. .... is declared as Global Iodine Deficiency Day .



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7. .... regulates the nerve and the muscle activity .



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8. .... are the enzymes involved in the breakdown of fats in the small intestine during the process of digestion .



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9. .... is found in Honey , Sugarcane and fruits .



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10. .... is stored in our liver and muscles .



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**Additional Questions li Mention Whether The Following Statements Are True Or False If Write The Correct Statements**

1. Carbohydrates are inorganic compounds composed of Nitrogen , Sulphur and Potassium .



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2. Proteins are polymer chains made of Amino acids linked together by Peptide bonds .



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**3.** Goitre is the swelling of the region below the neck , due to the enlargement of Thyroid gland , due to Calcium deficiency.



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**4.** Addition of oil in pickles prevents the contact of air with the pickle .



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5. They synthetic preservatives do not delay the microbial growth and do not keep the food safe for long duration .



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6. Dried Neem leaves and turmeric are used to store food grains in our home to protect the grain from insects and Beetles .



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7. Food should be pure , nutritious and free from any adulteration for proper maintenance of human health .



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## Additional Questions lll Nswer Shortly

1. What is Malnutrition ?



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2. Name any two Protein Energy Malnutrition (PEM) diseases .



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3. Define Vitaminosis . Give an example .



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4. What is a balanced diet ?



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5. What are the signs of the food spoilage ?



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6. Why is food preserved ?



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7. how does microbial contamination occur ?



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## Additional Questions IV Match The Following

1. Match the following.

- |               |     |                      |
|---------------|-----|----------------------|
| 1. Potassium  | (a) | Dermatitis           |
| 2. Vitamin B6 | (b) | Pellagra             |
| 3. Omega - 3  | (c) | a Vital solvent      |
| 4. Vitamin B3 | (d) | Muscular fatigue     |
| 5. Water      | (e) | Essential fatty acid |



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## Additional Questions V Answer The Following In Detail

1. What is food spoilage? What are the factors responsible for food spoilage ?



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2. Explain the types of adulterants .



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3. Explain some simple techniques used to detect adulterants at home .

(a) Milk

(b) Honey

(c) Sugar

(d) Coffee powered

(e) Food Grains



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