

## Human Health

Sr	Questions	Answers Choice
1	Cucumber contains...../100 gm calories in it.	A. 14 kC B. 5 Kc C. 65 kC D. 99 kC
2	Insulin is secreted from this glands	A. Adrenal gland B. Pancreases C. Thyroid gland D. Pituitary gland
3	It gives resistance against diseases	A. Hormones B. Vitamins C. Fast D. Antibodies
4	it contains all the necessary nutrients of food	A. Milk&nbsp;nbsp;nbsp; B. Fruits C. Wheat&nbsp;nbsp;nbsp; D. Rice
5	_____ is a long soft leaf like organ present in below the stomach.	A. Ovary B. Gonad C. Testes D. Pancreas
6	The amount of envery gained from one gram of fats is.	A. 9.3 K cal B. 18 Kcal C. 27 Kcal D. 36 Kcal
7	Deficiency of .....slows down the blood clotting mechanism.	A. Vitamin A B. Vitamin D C. Vitamin E D. Vitamin K
8	Thyroid gland increases in size because of	A. Deficiency of iodine &nbsp;nbsp; B. Deficiency of fluorides &nbsp;nbsp; C. Deficiency of iron &nbsp;nbsp; D. Deficiency of calcium &nbsp;nbsp;
9	The compound which is required in very small amonut is.	A. Carbohydrate B. Protein C. Fats D. Vitamins
10	It is called master glands	A. Pituitary gland&nbsp;nbsp; B. Thyroid gland C. Adrenal gland&nbsp;nbsp; D. Gonads&nbsp;nbsp;
11	Water makes almost of human body	A. 80% of human body &nbsp;nbsp; B. 90% of human body&nbsp;nbsp; C. 60% of human body&nbsp;nbsp; D. 30% of human body&nbsp;nbsp;
12	Insulin is secreted from this gland	A. Adrenal gland&nbsp;nbsp; B. Pancreases&nbsp;nbsp; C. Thyroid gland&nbsp;nbsp; D. Pituitary gland&nbsp;nbsp;
13	Deficiency of iodine causes	A. goiter&nbsp;nbsp; B. night blindness&nbsp;nbsp; C. malaria&nbsp;nbsp; D. cough&nbsp;nbsp;
14	_____ gland is also known as Master gland.	A. Thyroid gland B. Pituitary gland C. Adrenal gland D. Gonads
15	The unit of food energy	A. Joule B. Newton meter C. Diopter D. calorie

16	chemical messengers secreted by the glands and transported through the blood are called a.....	A. Fats B. Vitamin C. Hormones D. Glands
17	one gram of fat gives energy	A. 9 kcal B. 18 kcal C. 27 kcal D. 39 kcal
18	_____ acts as a lubricant in the joints and other internal body organs.	A. Minerals B. Salts C. Water D. Food
19	The food component in body which is needed in small fraction only is	A. Carbohydrate B. Protein C. Vitamins D. Fat
20	All the proteins are made up of..... different types of amino acids.	A. Twenty B. Thirty C. Forty D. Sixty