

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 B. Fruits C. Wheat 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 energy gained from one gram of fats is.	A. 9.3 K cal B. 18 Kcal C. 27 Kcal D. 36 Kcal
7	Deficiency ofslows 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 B. Deficiency of fluorides C. Deficiency of iron D. Deficiency of calcium
9	The compound which is required in very small amount is.	A. Carbohydrate B. Protein C. Fats D. Vitamins
10	It is called master glands	A. Pituitary gland B. Thyroid gland C. Adrenal gland D. Gonads
11	Water makes almost of human body	A. 80% of human body B. 90% of human body C. 60% of human body D. 30% of human body
12	Insulin is secreted from this gland	A. Adrenal gland B. Pancreases C. Thyroid gland D. Pituitary gland
13	Deficiency of iodine causes	A. goiter B. night blindness C. malaria D. cough
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 messangers secreted by the glands and transported through the blood are called a.....

A. Fats
B. Vitamin
C. Hormones
D. Glands

17 one gram of fast gives energy

A. 9 kcalnbsp
B. 18 kcalnbsp
C. 27 kcalnbsp
D. 39 kcalnbsp

18 _____ acts as a lubricant int he joints and other internal body organs.

A. Minerals
B. Salts
C. Water
D. Food

19 The food component in body which is needed in fraction only

A. Carbohydrate&nbs
B. Protein&nbs
C. Vitamins&nbs
D. Fast&nbs

20 All the proteins are madw up of..... differnet types of amino acids.

A. Twenty
B. _{Thirty}
C. Forty
D. Sixty
