

## Human Health

Sr	Questions	Answers Choice
1	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
2	The disease which is caused in children due to vitamin D deficiency is.	A. Scurvy B. T.B C. Rickets D. Anaemia
3	The primary sex organs are called	A. Tissues  B. Testes  C. ovaries  D. Gonads
4	Insulin is secreted from this glands	A. Adrenal gland B. Pancreases C. Thyroid gland D. Pituitary gland
5	The primary and cheapest source of energy for the cell:	A. Proteins  B. Carbohydrates  C. Vitamins  D. Fast
6	The hormone whihc controls invountary action of body is	A. Thyroxin B. Epinephrine C. Adrenal D. Insulin
7	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
8	The unit of food energy	A. Joule B. Newton meter C. Diopter D. calorie
9	The deficiency of iodine cause thyroid to increase in size than normal and result disease.	A. Tetanus B. Plauge C. Goiter D. Heart Disease
10	acts as a lubricant int he joints and other internal body organs.	A. Minerals B. Salts C. Water D. Food
11	Tests are responsible for the development of male sex while. responsible for the development for female sex.	A. Pancreas B. Ovary C. Gonads D. Adrenal gland
12	Deficiency ofslows down the blood clotting mechanism.	A. Vitamin A B. Vitamin D C. Vitamin E D. Vitamin K
13	chemical messangers secreted by the glands and transported through the blood are called a	A. Fats B. Vitamin C. Hormones D. Glands
14	The compound which is required in very small amonut is.	A. Carbohydrate  B. Protein C. Fats D. Vitamins
15	All the proteins are madw up of differnet types of amino acids.	A. Twenty B. <sub>Thirty</sub> C. Forty D. Sixty

16	It gives resistance against diseases	A. Hormones B. Vitamins C. Fast D. Antibodies
17	are formed by the chemical combinatiin of fatty acid with glycerol	A. Carbohydrates B. Lipids C. Proteins D. Glucose
18	The deficiency of vitamin D causes	A. Scurvy  B. T.B C. Rickets  D. Anemia
19	Insulin is secreted from this gland	A. Adrenal gland  B. Pancreases  C. Thyroid gland  D. Pituitary gland
20	The building blocks of protein	A. Fatty acid B. Antibodies C. Enzymes D. Amino acids