

GLOBAL COACHING CENTRE
XII STANDARD
BIO ZOOLOGY NUTRITION
ONE MARK PRACTICE PAPER

1. The process of nutrition involves ingestion -----, ----- and ----- of food materials.
2. A ----- is composed of **carbon, hydrogen and oxygen** in the ratio of **1:2:1** and their general formula is -----.
3. ----- are the simplest form of carbohydrates being comprised of a single organic molecule.
4. ----- **are classified into trioses, tetroses, pentoses, and hexoses.**
5. The ----- are common intermediary products in carbohydrate metabolic processes.
6. ----- like ribose and deoxyribose are the integral components of RNA and DNA molecules.
7. The **Hexoses** (C₆H₁₂O₆) such as -----, ----- and ----- are food components commonly consumed.
8. ----- are commonly employed by the cells for providing energy.
9. **Each gram** of ----- is capable of yielding energy equivalent of **4.1 calories**.
10. Maltose ----- Glucose + glucose
 Sucrose (*cane sugar*) ----- + -----
 ----- (*milk*) ----- Glucose + galactose
11. ----- are complex carbohydrates formed by **polymerisation** of a large Number of **monosaccharides**.
12. -----, ----- are structural components of **Polysaccharides**.
13. -----, a polysaccharide is found in liver and muscles.
14. ----- are nitrogenous compounds being made up of **carbon, hydrogen, oxygen** and **nitrogen**.
15. The **building blocks** of proteins are -----.
16. ----- **amino acids cannot** be synthesised in our body.
17. The ----- are arginine, valine, histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine and tryptophan.
18. ----- and ----- **are** protein malnutrition,

19. In our body, ----- serves as an insulating material.
20. **Triglycerides** naturally occurring substances found in -----.
21. Chemically a **triglyceride** is formed of -----.
22. Fatty acids are of two types namely ----- and ----- **fatty acids**.
23. ----- are favoured for persons having **high blood pressure and other related ailments**.
24. ----- **and** ----- are examples for PUFA.
25. Vitamin ----- and ----- are water soluble .
26. ‘**Sunshine vitamin**’. **Vitamin** -----

27. **VITAMINS** **THEIR ROLE** (**Maintenance of body tissues**)

-----.	Epithelial tissues of the body are maintained
Vitamin D	-----
Vitamin ---	rejuvenation of tissues
Vitamin B1.	-----
Vitamin -----.	Maturation of erythrocytes

28. Vitamin **A,D,E** and **K**, if consumed **beyond required level** may cause defects, commonly referred to as **vitaminosis**.

29. **VITAMINS** **THEIR ROLE** (**Metabolic processes**)

vitamin D.	-----
Vitamin-----	antioxidant
Vitamin -----	co-enzyme in tissue metabolism Oxidation of glucose in CNS
Vitamin B2	-----.
Vitamin ---.	Metabolism of amino acids and fat
Vitamin---	co-enzyme, essential for oxidation-reduction reactions
Vitamin C	-----.

29. Deficiency of vitamin-D, causes ----- in growing children and ----- in adults.

30. Deficiency of vitamins B₁, leads to a condition known as -----.

31. -----: deficiency leads to **pellagra**

32. **Vitamin** ----- deficiency causes **pernicious anaemia**,

33. **Vitamin** ----- deficiency in the body leads to **scurvy**,

34. MINERALS	THEIR ROLE
Iron	
Iodine	
Manganese, Copper, Zinc	intermediary metabolism
	constituents of the body fluids
Magnesium, Sodium and Potassium	
	blood clotting
Potassium and Calcium	

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