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)

<table>
<thead>
<tr>
<th>Vitamin D</th>
<th>------------------</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin ----</td>
<td>rejuvenation of tissues</td>
</tr>
<tr>
<td>Vitamin B1.</td>
<td>------------------</td>
</tr>
<tr>
<td>Vitamin ----.</td>
<td>Maturation of erythrocytes</td>
</tr>
</tbody>
</table>

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)

<table>
<thead>
<tr>
<th>vitamin D.</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Vitamin------</td>
<td>antioxidant</td>
</tr>
<tr>
<td>Vitamin ------</td>
<td>co-enzyme in tissue metabolism</td>
</tr>
<tr>
<td></td>
<td>Oxidation of glucose in CNS</td>
</tr>
<tr>
<td>Vitamin B2</td>
<td>------------------</td>
</tr>
<tr>
<td>Vitamin ---.</td>
<td>Metabolism of amino acids and fat</td>
</tr>
<tr>
<td>Vitamin---</td>
<td>co-enzyme, essential for oxidation-reduction reactions</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>------------------</td>
</tr>
</tbody>
</table>
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**

   | Iron

   | Iodine

   | Manganese, Copper, Zinc

   | Magnesium, Sodium and Potassium

   | Potassium and Calcium

   | THEIR ROLE

   | intermediary metabolism

   | constituents of the body fluids

   | blood clotting