

Name

Class.....

Roll No.....

Time
30 Min.Max.
Marks
24Marks
Obtained

HOTS & Value Based Questions

Q. 1. In human, digestion starts in mouth. Which component of food breaks down in mouth ? What is the reason behind it ? [HOTS] 3

Ans.
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Q. 2. Energy and food material are also required by plants. From where do plants fulfill these requirements ? [HOTS] 3

Ans.
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Q. 3. In a croton leaf, which areas of the leaf contains starch, green or yellow ? Give the reason for your answer. [HOTS] 3

Ans.
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Q. 4. (i) What prevents the entry of food into trachea while swallowing ?

(ii) Why rate of breathing is faster in aquatic animals as compared to terrestrial animals ?

[HOTS] 3

Ans.
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Q. 5. How are the alveoli designed to maximise the exchange of gases ? [HOTS] [NCERT] 3

Ans.
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Q. 6. A balanced diet should contain carbohydrates, fats, proteins, vitamins, minerals, water and roughage in adequate amounts. Junk food is an informal term applied to some foods which are perceived to have little or no nutritional value, or to products with nutritional value but which also have ingredients considered unhealthy when regularly eaten or those considered unhealthy to consume at all. It includes food that are high in salt, sugar, fat or calories and low in nutrient content.

(i) What is malnutrition ?

(ii) Evaluate the relationship between 'Junk food and Health.'

[VBQ] 3

Ans.
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Q. 7. Eating junk food results in several health problems including obesity and heart problems. Still lot of children prefer to eat junk food. What suggestions will you give to avoid eating junk food.

[VBQ] 3

Ans.
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Q. 8. Rahul wants to build up his body very quickly without following right exercise regime and balanced diet. Instead he started eating readymade food supplement.

(i) In your opinion was the step taken by Rahul right ? Justify your answer.

(ii) What are the harmful effects of taking artificial health supplement without consulting a physician ?

[VBQ] 3

Ans.
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