

TWO MARKS QUESTIONS WITH ANSWERS

UNIT - I

2 MARKS

1. Define food

Edible or potable substance (usually of animal or plant origin), consisting of nourishing and nutritive components such as carbohydrates, fats, proteins, essential mineral and vitamins, which (when ingested and assimilated through digestion) sustains life, generates energy, and provides growth, maintenance and health of the body.

2. Define food pyramid

A **food pyramid** or **diet pyramid** is a triangular diagram representing the optimal number of servings to be eaten each day from each of the basic food group

3. Define health

As defined by World Health Organization (WHO), it is a "State of complete physical, mental, and social well being, and not merely the absence of disease or infirmity

4. Discuss the types of health

Types

- 1.Mental health
2. physical health

5. Define hygiene

Hygiene is a series of practices performed to preserve health. According to the World Health Organization (WHO), "Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases".

6. Define sanitation

Sanitation is the effective use of tools and actions that keep our environment healthy. These include latrines or toilets to manage waste, food preparation, washing stations, effective drainage and other such mechanisms.

7. Define malnutrition

Malnutrition involves a dietary deficiency. Poor diet may lead to a lack of vitamins, minerals, and other essential substances

Ex: A lack of vitamin C can result in scurvy.

8. Define over-nutrition

Overnutrition or hyperalimantation is a form of malnutrition in which the intake of nutrients is oversupplied. The amount of nutrients exceeds the amount required for normal growth, development, and metabolism.

9. Define under-nutrition

Undernutrition results from not getting enough protein, calories or micronutrients. It leads to low weight-for-height (wasting), height-for-age (stunting) and weight-for-age (underweight).

10. What are the remedies for malnutrition?

- a feeding tube to provide nutrients directly into your digestive system
- a drip to provide nutrients and fluids directly into a vein
- plenty of fruit and vegetables
- plenty of bread, rice, potatoes, pasta and other starchy foods
- some milk and dairy foods
- some meat, fish, eggs, beans and other non dairy sources of protein

11. Give the treatment for over-nutrition.

Reduce the following:

Television viewing

Computer use

Fast food meals

Soda

“Clean your plate”

Increase the following:

Physical activity

Meals at home

Fruits & vegies

Breastfeeding

12. Give the symptoms for over nutrition.

- Increased amount of calories,
- total fat consumption,
- number of meals eaten out,
- amount of fast food consumed.

UNIT – II

1. Define drugs

A **drug** is a chemical which is given to people in order to treat or prevent an illness or disease. .
Drugs are substances that some people take because of their pleasant effects, but which are usually illegal

2. Define antibiotics

A drug used to treat bacterial infections. ... Originally, an **antibiotic** was a substance produced by one microorganism that selectively inhibits the growth of another. Synthetic **antibiotics**, usually chemically related to natural **antibiotics**, have since been produced that accomplish comparable tasks

3. Define depressant

A **depressant**, or central **depressant**, is a **drug** that lowers neurotransmission levels, which is to depress or reduce arousal or stimulation, in various areas of the brain. **Depressants** are also occasionally referred to as "downers" as they lower the level of arousal when taken.

4. Define anticonvulsant

Anticonvulsants (also commonly known as antiepileptic **drugs** or as antiseizure **drugs**) are a diverse group of pharmacological agents used in the treatment of **epileptic** seizures. ... **Anticonvulsants** also prevent the spread of the seizure within the brain.

5. Define narcotics

A **narcotic** is a drug (as in opium or morphine) that in moderate doses dulls the senses, relieves pain, and induces profound sleep but in excessive doses causes stupor, coma, or convulsions.

6. Define antipyretics

Antipyretic is medication used to lower body temperature when a fever is present. **Examples:** Aspirin, acetaminophen/paracetamol (Tylenol), ibuprofen, and others.

7. Define antiseptics

A substance that inhibits the growth or action of microorganisms especially in or on living tissue clean the wound with an **antiseptic** also : germicide.

8. Define analgesics

The term **Analgesics** encompasses a class of **drugs** that are designed to relieve pain without causing the loss of consciousness. The different classes of **analgesic drugs** include:. Narcotics, such as morphine, and synthetic narcotic **drugs**, such as methadone, may be used for **pain relief**.

9. Define muscle relaxants

Muscle relaxant is a term usually used to refer to skeletal **muscle relaxants (drugs)**, which act on the central nervous system (CNS) to relax **muscles**. These **drugs** are often prescribed to reduce pain and soreness associated with sprains, strains, or other types of **muscle** injury.

10. Define cardiovascular

Relating to the **circulatory** system, which comprises the heart and blood vessels and carries nutrients and oxygen to the tissues of the body and removes carbon dioxide and other wastes from them.

12. Define steroids

One of a large group of chemical substances classified by a specific carbon structure. **Steroids** include drugs used to relieve swelling and inflammation, such as prednisone and cortisone; vitamin D; and some sex hormones, such as testosterone and estradiol.

UNIT - III

1. Define blood

Blood is a combination of plasma and cells that circulate through the entire body. Blood is a constantly circulating fluid providing the body with nutrition, oxygen, and waste removal.

2. Define blood volume

Blood volume is the volume of blood (both red blood cells and plasma) in the circulatory system of any individual.

3. What are the types of blood groups?

Blood Type A - If the red blood cell has only "A" molecules on it.

Blood Type B - If the red blood cell has only "B" molecules on it.

Blood Type AB - If the red blood cell has a mixture of both "A" & "B" molecules.

Blood Type O - If the red blood cell has neither "A" or "B" molecule.

4. Define blood pressure.

The blood pressure is the pressure of the blood within the arteries. It is produced primarily by the contraction of the heart muscle. Blood pressure is the force that moves blood through our circulatory system.

5. Define anemia

Anemia is a medical condition in which the red blood cell count or the hemoglobin is less than normal.

6. Define blood sugar

Blood sugar or blood glucose level is the amount of glucose present in the blood of a human or animal. Blood glucose is a tightly regulated biochemical parameter in blood. It is important for metabolic homeostasis

7. Define high and low blood sugar level

Hypoglycemia also known as **low blood sugar**, is when blood sugar decreases to below normal levels.

Hyperglycemia:

Hyperglycemia) is an abnormally high blood levels of insulin in the blood. Hyperglycemia is a hallmark sign of diabetes (both type 1 diabetes and type 2 diabetes) and prediabetes,

8. Give the biological functions of hemoglobin

- The major role of hemoglobin is to carry oxygen from the lungs to the tissues and return carbon dioxide (CO₂) from the tissue to the lungs.
- It is the oxygen carrying component of RBCs. Oxygen binds to hemoglobin with high affinity in an oxygen-rich environment and leaves hemoglobin in an environment where there is not enough oxygen

9. Give the chemical composition of urine

Human urine consists primarily of water (91% to 96%), with organic solutes including urea, creatinine, uric acid, and trace amounts of enzymes, carbohydrates, hormones, fatty acids, pigments, and mucins, and inorganic ions such as sodium (Na⁺), potassium (K⁺), chloride (Cl⁻), magnesium (Mg²⁺), calcium (Ca²⁺), ammonium (NH₄⁺), sulfates (SO₄²⁻), and phosphates (e.g., PO₄³⁻).

UNIT - IV

1. Define enzymes

Enzyme, a substance that acts as a catalyst in living organisms, regulating the rate at which chemical reactions proceed without itself being altered in the process.

2. Define hormones

Hormones are chemical messengers (may be of proteins, lipids or amines), secreted from special cells of endocrine glands and maintain the physiological activities very specifically on target cells through circulation and disintegrated after action

3. Give the examples for hormones

- Adrenaline.
- Adrenocorticotrophic hormone.

- Aldosterone.
- Androstenedione.
- Angiotensin.
- Anti-diuretic hormone.

4. What are the characteristics of hormones?

- They are chemical entities produced by special cells of endocrine glands
- They are transported to the target cells/ tissue/organ via circulation.
- Their actions are species specific...
- They are active in very minute quantities.

5. Give the types of enzymes.

- Oxido reductases
- Transferases
- Hydrolases
- Lyases
- Isomerases
- Ligases

7. Give the examples for enzymes

- Lipases – a group of **enzymes** that help digest fats in the gut.
- Amylase – helps change starches into sugars. ...
- Maltase – also found in saliva; breaks the sugar maltose into glucose. ...
- Trypsin – found in the small intestine, breaks proteins down into amino acids.

8. Define hydrolase enzymes

These enzymes catalyze reactions that involve the process of hydrolysis. They break single bonds by adding water. Some hydrolases function as digestive enzymes because they break the peptide bonds in proteins. Hydrolases can also be a type of transferases as they transfer the water molecule from one compound to another.

9. Define ligase enzymes

These enzymes perform a function that is opposite to that of the hydrolases. Where hydrolases break bonds by adding water, ligases form bonds by removal of the water component. There are different subclasses of ligases which involve the synthesis of ATP.

10. Define isomerase enzymes

These enzymes catalyze the reactions where a functional group is moved to another position within the same molecule such that the resulting molecule is actually an isomer of the earlier molecule.

11. Define lyases enzymes

These enzymes catalyze reactions where functional groups are added to break double bonds in molecules or where double bonds are formed by the removal of functional groups.

UNIT - V

1. Define diseases

Disease, any harmful deviation from the normal structural or functional state of an organism, generally associated with certain signs and symptoms and differing in nature from physical injury. A diseased organism commonly exhibits signs or symptoms indicative of its abnormal state.

2. Give the types of diseases

There are four main types of disease: infectious diseases, deficiency diseases, hereditary diseases (including both genetic diseases and non-genetic hereditary diseases), and physiological diseases.

Diseases can also be classified in other ways, such as communicable versus non-communicable diseases.

3. Discuss the symptoms of jaundice

- a yellow tinge to the skin and the whites of the eyes, normally starting at the head and spreading down the body
- pale stools
- dark urine
- itchiness

4. Discuss the symptoms of vomiting

- abdominal pain
- diarrhea
- fever

- lightheadedness

5. Discuss the symptoms of night blindness

- vision impairment in dim environments,
- longer adaptability period while switching from bright light to dim light and
- tunnel vision (loss of peripheral field of vision).

6. Discuss the symptoms of ulcer

- dull pain in the stomach
- weight loss
- not wanting to eat because of pain
- nausea or vomiting
- bloating

7. Discuss the symptoms of diabetes

- excessive urination
- excessive thirst, leading to drinking a lot of fluid
- weight loss.

8. Give the types of diabetes

TYPE 1 DIABETES:

Type 1 diabetes is an autoimmune disease

TYPE 2 DIABETES

Type 2 diabetes occurs when body's cells become less responsive to insulin's efforts to drive glucose into the cells, a condition called insulin resistance. As a result, glucose starts to build up in the blood.

9. What are causes for jaundice?

Acute inflammation of the liver: This may impair the ability of the liver to conjugate and secrete bilirubin, resulting in a buildup.

Inflammation of the bile duct: This can prevent the secretion of bile and removal of bilirubin, causing jaundice.

10. How to prevent night blindness?

In order to prevent or forestall the development of night blindness, the following measures may be followed.

- Including plenty of Vitamin A in the diet. Foods rich in vitamin A include dairy products, egg yolks, fish liver oil, and liver, yellow-green fruits and vegetables like papaya, carrots, mangoes, melons, bell peppers, and spinach.
- Regular eye check-ups with an ophthalmologist

5 MARK AND 10 MARKS QUESTIONS

UNIT-I

5 MARKS

- 1. Write a note on food pyramid**
- 2. Discuss food classification**
- 3. Explain health and its types**
- 4. Discuss the importance of hygiene**
- 5. What are the roles of sanitation**

10 MARKS

- 1. Define malnutrition. How they are identified? How it can be cured?**
- 2. Write a note on food**
- 3. Discuss overnutrition**
- 4. Write a note on under nutrition.**

UNIT – II

5 MARKS

- 1. Discuss the applications of anticonvulsant**
- 2. Discuss the applications of depressant**
- 3. Discuss the applications of antiseptis**
- 4. Discuss the applications of analgesic**
- 5. Discuss the applications of cardiovasculars**
- 6. Discuss the applications of vasodepressant**
- 7. Discuss the applications of anti pyretics**
- 8. Discuss the applications of depressant**
- 9. Discuss the applications of steriods**

10 MARKS

- 1. Define antiseptics. Give examples and its application**
- 2. What are depressants. Give examples and its application**
- 3. Explain anticonvulsants with examples**
- 4. Write a note on narcotics**
- 5. Write a note on analgesics**

6. Explain antipyretics with examples
7. Write a note on muscle relaxants
8. Write a note on antibiotics
9. explain vasodepressant with examples
10. Write a note on depressants

1.

UNIT - III

5 MARKS:

1. Write a note on blood volume
2. How to classify blood groups?
3. Write a note about blood sugar.
4. Discuss about blood pressure
5. Write a note on hemoglobin.

10 MARKS:

1. Write a note on coagulation or clotting process.
2. Write a note on anemia
3. Discuss the chemistry of urine
4. Give the structure and biological function of hemoglobin.

UNIT-IV

5 MARKS:

1. Explain the types of enzymes
2. Explain the characteristics of hormones
3. List out the essential hormones.
4. Explain the enzymes action
5. Explain the hormones action
6. Give the types of hormones

10 MARKS

1. Discuss the mechanism of enzymes action.
2. Discuss the various types of enzymes
3. Discuss the characteristics of hormones action
4. Explain the types of hormones and give the properties of hormones.

UNIT - V

5 MARKS:

1. Write a note on Jaundice
2. Write a note on vomiting.
3. Write a note on fever
4. Write a note on night blindness
5. Write a note on ulcer
6. Write a note on diabetes

10 MARKS

1. Discuss the symptoms,causes and treatment for jaundice.
2. Discuss the symptoms,causes and treatment for night blindness
3. Discuss the symptoms,causes and treatment for vomiting
4. Discuss the symptoms,causes and treatment for fever.
5. Discuss the symptoms,causes, types and treatment for diabetes
6. Discuss the symptoms,causes and treatment for ulcer.

