



ST. LAWRENCE HIGH SCHOOL



A JESUIT CHRISTIAN MINORITY INSTITUTION

WORK SHEET – 42

Class: IX

Sub: Life Science

Date: 22.06.2020

Topic: Human dietary needs

F.M. : 15

Choose the correct option:

(1x15=15)

- The amino acids which cannot be synthesized in our body are called :-
a) Non-essential amino acids b) Essential amino acids c) Neutral amino acids d) Basic amino acids
- The total number of minerals required for human diet are :-
a) 16 b) 12 c) 18 d) 10
- The average person needs to eat about _____ calories everyday to maintain his or her weight.
a) 2000 b) 1200 c) 1000 d) 3000
- A person's daily calorie intake is based on :-
a) Age b) Gender c) Physical activity d) All of these
- In absence of balanced diet the following :-
a) Body is more prone to disease b) Body is prone to infection c) Body is prone to fatigue
d) All of these
- Fruits and vegetables are required in _____ servings at least.
a) 3 b) 4 c) 2 d) 5
- The minimum amount of energy needed to keep a body functioning including breathing and keeping a heart beating is defined as :-
a) Basal metabolic rate b) Basic Metabolic rate c) Basal resting rate d) Basic rest rate
- The factors that affect BMR are :-
a) Gender b) Genetics c) Heredity d) All of these
- Calorie requirement depends on :-
a) Gender b) Life style c) Type of food d) Both (a) and (b)
- The average calorie requirement of a moderately active female is :-
a) 1000-1400 Cal b) 1600-2800 Cal c) 1400-1800 Cal d) 1000 Cal
- The average calorie requirement of an active male is :-
a) 1400-2000 cal b) 1600-2800 Cal c) 1400-2400 Cal d) None of these

12. Office deskwork is classified under _____ type of life style.
a) Sedentary b) Moderately c) Active d) In active
13. The following food should be taken in maximum number (5-7) of servings :-
a) Fats and oils b) Meat c) Fruits d) Rice
14. A _____ disorder occurs when abnormal chemical reactions in a body disrupts metabolism.
a) Metabolic b) Genetic c) Cardio vascular d) All of these
15. The following is not a criterion for an individual having metabolic syndrome.
a) 50mg / dl or lower HDL cholesterol in woman b) Serum triglycerides above 150 mg/dl
c) Blood pressure 120/80 d) Thyroidism

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