

I. Choose the correct answer:

1. a) Nicotine
2. a) May-31
3. d) Undergoing rapid division
4. c) Leukemia
5. b) Cirrhosis of Liver
6. d) insufficient blood supply to heart muscles
7. c) Carcinoma
8. a) malignant tumour
9. b) Diabetes mellitus
10. Central nervous system

II. State whether True or False, If false write the correct statement:

1. False. AIDS is a pandemic disease.
2. True
3. False. Cancer is characterized by tumour formation.
4. False. In leukemia, WBCS increase in number.
5. True
6. True
7. False. Type-1 Diabetes mellitus results due to insulin deficiency.
8. False. Nicotine is a stimulant
10. False. Cirrhosis is associated with liver disorder.

III. Expand the following abbreviations:

1. IDDM - Insulin Dependent Diabetes Mellitus.
2. HIV - Human Immunodeficiency Virus.
3. BMI - Body Mass Index
4. AIDS - Acquired Immuno Deficiency Syndrome
5. CHD - Coronary Heart Disease
6. NIDDM - Non-Insulin Dependent Diabetes Mellitus

IV. Match the following:

1. Sarcoma - Connective tissue cancer
2. Carcinoma - Stomach Cancer
3. Polydipsia - Excessive thirst
4. Polyphagia - Excessive hunger
5. Myocardial infarction - Lack of blood flow to heart muscle

V. Fill in the blanks:

1. alcohol
2. nicotine
3. Leukaemia
4. Drug tolerance
5. Type-2

VI. Analogy type questions:

1. Cancer
2. Radiation
3. Hyperglycemia

VII. Answer in a sentence:

1. Psychotropic drugs are those drugs which acts on the brain and alter the behaviour, consciousness, power of thinking and perception.
2. Lung Cancer, Bronchitis, pulmonary tuberculosis, Emphysema, hypoxia, Hypertension, Gastric and duodenal ulcer and oral cancer are some of the diseases caused by tobacco smoke.
3. Social, behavioural, psychological, metabolic and cellular factors are some of the contributing factors of obesity.
4. Type-II Non-Insulin Dependent Diabetes Mellitus (NIDDM) is also called as Adult onset Diabetes. In this condition, insulin production by the pancreas is normal but its action is impaired, so that the target cells do not respond to insulin. It does not allow movement of glucose into cells.
5. The cancerous cells migrate to distant parts of the body and affect new tissues. This process is called metastasis.

6. Insulin deficiency occurs due to the destruction of B-cells of the pancreas, characterized by abnormally elevated blood glucose level (hyperglycemia) resulting from inadequate insulin secretion.

VIII. Short answer questions:

1. HIV is transmitted generally by

- i) Sexual contact with infected person.
- ii) Use of contaminated needles or syringes especially in case of intravenous drug abusers.
- iii) By transmission of contaminated / infected blood or blood products.
- iv) From infected mother to her child through placenta.

2.

Normal Cells	Cancer Cells
i) Normal Cells stop growing when enough cells are produced .	i) Cancer cells continue to grow even after enough cells are produced, resulting in the formation of tumour.
ii) Normal cells respond to the signals from other cells and stop growing.	ii) Cancer cells do not respond to the signals from other cells.
iii) Normal cells repair themselves or die if they are not healthy.	iii) Cancer cells don't repair themselves, when they are old or damaged.

3.

Type-1 Diabetes Mellitus	Type-2 Diabetes Mellitus
i) Occurs in children and young adults.	i) Occurs in individuals above 30 years of age.
ii) It is caused due to genetic inheritance and environmental factors.	ii) It is caused due to increase in age, obesity, sedentary lifestyle, overeating and physically inactive.
iii) The onset is usually sudden and can be life threatening.	iii) It develops slowly, usually milder and more stable.
iv) B-Cells of the pancreas gets destroyed	iv) Insulin production by B-cells of the pancreas is normal but its action is impaired.

4. Obesity has a positive risk factor in the development of hypertension, Diabetes, gall bladder disease, coronary heart disease and arthritis. To avoid these complications, dietary restriction is recommended for an obese individual.

5. Pg. 308, 21.10.1 prevention and control of Heart disease (fully) from Diet management to Addictive substance avoidance till avoided.

IX. Long Answer:

1. Pg. 305, 21.6 Rehabilitation measures for alcoholics (fully) from Education & counseling till healthy life.

2. Diseases associated with heart and blood vessels are called cardiovascular diseases. High blood cholesterol and high blood pressure are the major reasons for cardiovascular diseases.

Yes, it can be modified by the following methods:

- i) By maintaining the desirable blood cholesterol level.
- ii) Diet rich in Poly Unsaturated Fatty Acid (PUFA) is essential. Increase in the intake of fibre diet, fruits and vegetables, protein, vitamins and minerals are required.
- iii) Physical activities like regular exercise, walking and yoga are essential for body weight maintenance.
- iv) Alcohol consumption and smoking must be avoided.

X. Higher order Thinking Skills (HOTS):

1. Deposition of cholesterol in the blood vessels, gradually develops to form a fatty streak to a fibrous complicated plaque. It leads to narrowing of blood vessels leading to atherosclerosis, by blocking the blood flow.
2.
 - i) To involve the children in planning for healthy meal shopping.
 - ii) Make them to understand the risk factors of eating junk food.
 - iii) To make them understand the importance of low calorie food and to avoid junk food and soft drinks, as they have high calories.
 - iv) To maintain the correct BMI.
3.
 - i) Physical exercise helps us to live longer and to prevent chronic diseases.
 - ii) It improves cardio respiratory and muscular fitness.

- iii) It reduces stress, anxiety and depression and improves our mood.

- iv) Improves sleep quality and overall quality of life.

4.
 - a) Many people are ignorant and not ready to discuss about the sexually transmitted diseases like AIDS.
 - b) Awareness to be created on the dreadful effects of AIDS and HIV.

XI. Value based questions:

1. The addictive potential of the drugs pulls an individual into a vicious cycle leading to regular abuse and dependency. Moreover, some drugs act on brain and alter the behavior, consciousness, power of thinking and perception.
2. Carbon monoxide of tobacco smoke binds with haemoglobin of RBC and decreases the oxygen carrying capacity causing hypoxia in body tissues.
3. Refined sugar, carbohydrates rich food and high fat content rich foods should be avoided.
Instead, whole grains, millets, green leafy vegetables, unpolished rice can be included in the diet, as they have low carbohydrate content and rich in fibre.
4.
 - i) Creating awareness campaign and educating people on the consequences of AIDS.
 - ii) Persons with HIV/AIDS should not be isolated from the family and society.

XII. Assertion & Reasons:

1.
 - a) If both assertion and reason are true and reason is the correct explanation of assertion.
2.
 - b) If both assertion and reason are true that reason is not the correct explanation of assertion.