	INDIAN SCHOOL AL WADI AL KABIR	
CLASS: X	**DEPARTMENT: SCIENCE 2025 – 26** **SUBJECT: HEALTH CARE** **(SUBJECT CODE - 413)**	**DATE: 3/11/2025**
WORKSHEET NO: 6 **WITH ANSWERS**	**UNIT 5** **HUMAN BODY: STRUCTURE FUNCTION & NUTRITION** **(SESSION – I & II)**	**NOTE: A4 FILE FORMAT**
NAME OF THE STUDENT:	**CLASS & SEC: X -A to X -I**	**ROLL NO:**

OBJECTIVE TYPE QUESTIONS (MULTIPLE CHOICE):

Q1. Which tissue forms the outer covering of body organs?
a) Muscular tissue
b) Nervous tissue
c) Epithelial tissue
d) Connective tissue

Q2. The basic structural and functional unit of life is:
a) Tissue
b) Cell
c) Organ
d) Organ system

Q3. Which organ pumps blood throughout the body?
a) Kidney
b) Lungs
c) Heart
d) Brain

Q4. The main function of muscular tissue is:
a) Transmission of impulses
b) Contraction and movement
c) Filtration of blood
d) Protection of body parts

Q5. The organ that purifies blood and removes waste products is:
a) Lungs
b) Kidney
c) Heart
d) Brain

Q6. Which nutrient provides 9 kcal of energy per gram?
a) Carbohydrate
b) Fat
c) Protein
d) Vitamin

Q7. Deficiency of iron causes:
a) Rickets
b) Anaemia
c) Scurvy
d) Pellagra

Q8. Which nutrient is required in the largest quantity?
a) Micronutrients
b) Macronutrients
c) Vitamins
d) Minerals

Q9. Proteins are made up of:
a) Sugars
b) Amino acids
c) Fatty acids
d) Minerals

Q10. Vitamin D deficiency causes:
a) Rickets
b) Beriberi
c) Pellagra
d) Night blindness

Short Answer Questions (2 Marks)

Q1. What is the function of epithelial tissue?

Q2. State two functions of muscular tissue.

Q3. Differentiate between arteries and veins.

Q4. How does the kidney help maintain homeostasis?

Q5. Why is the heart called a vital organ?

Q6. Define nutrition.

Q7. State two functions of carbohydrates.

Q8. Name two deficiency diseases of vitamins.

Q9. Why is water important for the body?

Q10. Name one function of calcium and one effect of its deficiency.

Descriptive Questions (4 Marks)

Q1. Explain the structure and function of the heart.

Q2. Write the main functions of the kidney.

Q3. Discuss the importance of different tissues in maintaining the functions of the human body.

Q4. Explain the importance of nutrition in human growth and development.

Q5. List five minerals, their functions, and deficiency diseases.

ANSWER KEY

	OBJECTIVE TYPE QUESTIONS (MULTIPLE CHOICE):
1	c) Epithelial tissue
2	b) Cell
3	c) Heart
4	b) Contraction and movement
5	b) Kidney
6	b) Fat
7	b) Anaemia
8	b) Macronutrients
9	b) Amino acids
10	a) Rickets
	Short Answer Questions (2 Marks)
1	Epithelial tissue covers body surfaces and lines internal organs. It protects underlying tissues, allows absorption, secretion, and exchange of materials.
2	• Helps in movement of body parts. • Provides posture and support to the body.
3	• **Arteries:** Carry blood away from the heart. • **Veins:** Carry blood back to the heart.
4	By regulating water, salts, and removing metabolic wastes, thus maintaining internal balance.

5	Because it continuously pumps blood, supplying oxygen and nutrients essential for life.
6	Nutrition is the process of providing or obtaining food necessary for growth, health, and maintenance of the body.
7	• Provide energy (4 kcal/g). • Act as a fuel for body activities.
8	• Vitamin A deficiency: Night blindness • Vitamin C deficiency: Scurvy
9	It helps in digestion, circulation, temperature regulation, and excretion.
10	• Function: Builds bones. • Deficiency: Muscle cramps and weak bones.
	Descriptive Questions (4 Marks)
1	The heart is a muscular organ made of cardiac muscles. It has four chambers — two atria and two ventricles. It pumps oxygenated blood through arteries and receives deoxygenated blood through veins, maintaining continuous circulation.
2	• Filters waste from blood. • Regulates water and electrolytes. • Maintains acid-base balance. • Eliminates urea and other wastes through urine.
3	• Epithelial: protection and absorption. • Muscular: movement. • Nervous: coordination. • Together, they help the body function as an integrated system.
4	• Promotes proper growth of body tissues. • Enhances immunity and prevents diseases. • Ensures healthy pregnancy and mental development. • Prevents lifestyle diseases like diabetes and obesity.
5	1. Calcium: Builds bones — Deficiency: Cramps. 2. Iron: Forms haemoglobin — Deficiency: Anaemia. 3. Iodine: Thyroid function — Deficiency: Goitre. 4. Potassium: Nerve function — Deficiency: Hypokalemia. 5. Zinc: Wound healing — Deficiency: Stunted growth.

PREPARED BY: **MR. GERARD THOMAS**	**Checked by:** **AVP SCIENCE AND FRENCH**