

ARFA TARIQ

G.S.A. TEST-1

BATCH = 01

Q3 (D)

Ans.

Carbohydrates

- Carbohydrates consist of 2 words Carbo means Carbon and hydrates means water, so Carbohydrates contains C, H and Oxygen element.
- They are the most abundant biomolecule on earth crust
- They also called as 'sugar'

Carbohydrate Classify into 3 types.

(i) **Monosaccharide.**

- These are the simple form of carbohydrate which cannot hydrolyze
- The taste of Monosaccharide is sweet and they are insoluble in water.
- e.g; Glucose, Fructose & found in grape, Honey and blood sugar

(ii) **Oligosaccharide.**

- These are the carbohydrate consist of 2-9 carbon chain attach with glycosidic linkage
- The taste is sweet & insoluble in water.
- They found in Mango, Sugarcane, apricot etc

- e.g; Sucrose, Maltose & Lactose

Poly saccharide.

- These are the complex long chain carbohydrate
- They are called as Non Sugars and they store energy in the form of glycogen in plants & animals

Q 3 (B)

Ans

Balance diet.

- A balance diet is a diet which consist of all the essential nutrients including Vitamins, minerals, Protein, Carbohydrates, Fats etc for growth, development and body health.
- A balance diet is essential for everyone but specially it is crucial for children and the young man as compared to an Adult because adult does not do heavy work.
- A balance diet also essential for pregnant women & lactating mothers.

MERITS OF BALANCE DIET:-

- Balance diet provide good source of energy due to which we can able to do work and active in a day.
- Balance diet boost our immunity which prevent from diseases and infections.
- Balance diet essential for growth & development especially in a child and teenagers.
- Balance diet prevent us from obesity and maintain our weight.
- It strengthen our bones, teeth, & sharpen our brain and improve digestion

Q 3(A)

Ans.:

VACCINES

- A vaccine is a safe, simple and protective and effective way that provides immunity against the diseases
- It basically weak and inactivate the pathogens like bacteria, viruses and other infectious components such as viroids & prions etc.

How Vaccine Work.

- A vaccine active our immunity against specific agent by stimulating the immune system to attack on agent.
- After stimulation of immune system, the antibodies producing cells B-cells or B-lymphocytes ready to respond to the agent.

- The first vaccine was introduced by Edward Jenner for Cow Pox.
- Vaccines are one of most effective public health tool for preventing infectious diseases and saving lives.

Common Side effects of Vaccine.

→ Some of the common side effect of vaccines are given below:

- Mild fever
- Fatigue
- Nausea
- Soreness found at injection site

→ Some vaccines are given through the injection & other through Oral site.

Q2(A)

Ans.

Importance of Renewable energy resource With respect to environment.

→ Reduces GHG Emission

→ The renewable energy resources such as solar, wind, hydropower release no to very little amount of greenhouse gases which helps to prevent from global warming and climate change.

→ Decreasing Air & H₂O Pollution

Like fossil fuels, renewable energy do not release harmful or dangerous

pollutants, improving air and water quality and decrease risk.

→ **Promote Water Conservation.**

→ Unlike thermal power plant, the renewable system (solar, wind) use minimal quantity of water so it saving valuable water resources.

Solar energy:

→ The energy radiated from the sun is called solar energy.

→ Solar energy is important renewable energy because there are so many devices that convert solar energy into electrical or heat energy.

Q 2(c)

Ans.

**Saturated
Fats**

**Unsaturated
Fats**

- | | |
|---------------------------------------------------------------|----------------------------------------------------------|
| → Also called as Saturated Acylglycerol | Also called Unsaturated Acylglycerol |
| → It contain saturated Fatty acid | It contain Unsaturated fatty acid |
| → It don't contain any of the double bond between Carbon atom | It contains one or more double bond between Carbon atom. |
| → Mostly found in Animals. | Mostly found in Plants |
| → e.g Stearin in beef & Mutton | Linoleic in plants |

Importance.

- It is also a big source of energy
- It is the essential component of cell membranes.
- It also act as a storage of energy.
- It act as insulator & protector.
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Q2(B)

Ans:

Rocks :-

- Rocks are naturally occurring solid composed of minerals or organic substance
- They vary in size, texture and composition
- They form Earth crust.

Types of Rocks.

1. Igneous Rock

→ They are formed through cooling and solidification of Magma or Lava.

e.g granite

2. Sedimentary Rocks.

→ The type of rocks formed by the accumulation of sediments
e.g Limestone.

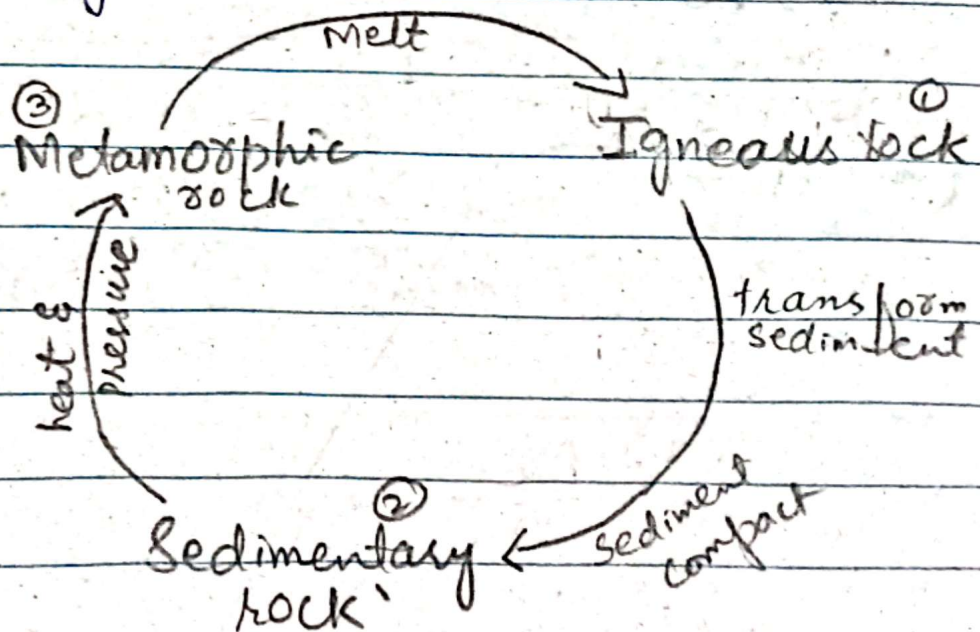
3. Metamorphic Rocks.

Metamorphic rocks are formed when existence rock transform ~~in~~ by heating, pressure or chemical processes.

e.g Marble

Rock cycle :

- when Igneous rock transform into sediment ~~with~~ ^{due to} the help of wind, water and temperature change it then become Sedimentary rock.
- When Sedimentary rocks or igneous rock undergo heat & pressure it convert into Metamorphic rock
- Metamorphic rock ^{when} melt it converted into Magma or Lava & the cycle is restart.



Q NO 2(D)

Ans:

Water Soluble Vitamins:-

- Water Soluble Vitamins are those that are soluble in water
- The Examples include Vitamin B and C.
- These Vitamins cannot be stored in the body.
- They usually rapidly pass through urine but if take this vitamins in excess amount then it effects and retain in the body.

Vitamin 'C'

- It is also called as Ascorbic

Acid and act as antioxidant.

→ It is found in citrus fruits & tomato

→ It is good for health of skin

→ Due to the deficiency of Vit C different diseases produces like Scurvy

Vitamin 'B'

→ Vitamin B consist of 9 vitamins including

B₁ (thiamine), B₂ (Riboflavin)

B₃ (Niacine), B₅ (Pentathonic acid), B₆ (), B₇ (biotin)

B₉ (folic acid), B₁₂ (cobalamin)

→ It is found in green vegetables, cereals, Milk, butter etc

→ Due to deficiency of Vit B different disease produce like Beri beri, Plagera, etc