

10. Lack of physical health for longer time affects
 a) Productivity and performance of Individual
 b) Financial health of individual
 c) Mental health of individual
 d) All the above
11. An increased intake of energy dense foods that are high in fat and sugar leads to ____
 a) Cancer
 b) Obesity and overweight
 c) Brain hemorrhage
 d) Visual disability
12. Mindfulness of eating means
 a) Chewing food
 b) Enjoying food
 c) Creating positive vibration to food
 d) Both (b) & (c)
13. What should be the proper proportion of fats in every meal?
 a) Equal to carbohydrates, vitamins and minerals
 b) Greater than carbohydrates, vitamins and minerals
 c) Less than carbohydrates, vitamins and minerals
 d) None of the above
14. Anorexia nervosa, Bulimia nervosa and Binge eaters are belongs to ____
 a) Eating disorders
 b) Breathing disorders
 c) Sleeping disorders
 d) All the above
15. The fundamental cause of obesity and over weight is
 a) Balance in calori intake and calori spent
 b) Imbalance in calori intake and calori spent
 c) Calori spent is more than calories consumed
 d) None of the above
16. Excessive intake of nutrients which creates a stress on bodily function called as ____
 a) Malnutrition
 b) Over nutrition
 c) Modified nutrition
 d) Moderate nutrition
17. Which of the following is Non Communicable Diseases (NCD's)?
 a) Stroke
 b) Cold
 c) Cough
 d) Fever
18. The following is an example for saturated fat
 a) Pork
 b) Chicken
 c) Butter
 d) Cheese
19. Excess of BMI (Body Mass Index) in a person leads to
 a) Cancer
 b) Obesity
 c) Sugar
 d) Weight loss
20. Physical fitness in an index of
 a) Perfect height & weight ratio
 b) Perfect body structure
 c) Perfect body composition
 d) All the above
21. Which of the following is behavioral addiction?
 a) Nicotine
 b) Alcohol
 c) Drugs
 d) Gambling
22. The key strand to overcome from addiction
 a) Stop using substances
 b) A powerful and positive mindset
 c) Poverty
 d) None of the above
23. Which of the following statement is true :
 a) Addiction leads to physical disorders which in turn leads to mental disorder
 b) Addiction which affects only physical health
 c) Addiction which affects only mental health
 d) All the above

37. "Wearing seat belt while driving" is an example for
a) Unhealthy behavior through social engineering
b) Healthy behavior through social engineering
c) Social responsibility d) Both (b) & (c)
38. _____ influence people mindset to both positive and negative.
a) Social gathering b) Travelling c) Media d) All the above
39. Dress code of individual is an example of _____ communication.
a) Spoken b) Verbal c) Non - verbal d) None of the above
40. An unhealthy relationship cause _____
a) Lot of stress b) Trust in each other
c) Harmony in each other d) All the above
41. How to maintain better quality of life in chronic illness?
a) Good medical advice, living healthy life style and negative mindset.
b) Good medical advice and positive mindset
c) Good medical advice and living healthy life style.
d) Good medical advice, living healthy life style and positive mindset.
42. The disease which cannot be cured but it can be managed is called as
a) Acute illness b) Infection disease c) Chronic illness d) Allergy
43. The following is an example for chronic disease :
a) Diabetes b) Cold c) Cough d) Head ache
44. Following are the measures required in maintaining Quality of life in chronically ill state.
a) Emotional support b) Understanding the medication
c) Reliable information about diseases, its treatment and management
d) All the above
45. The following are the steps to avoid transmitted infections :
a) Good hygiene b) Vaccinations c) Temperature d) Both (a) & (b)
46. Virus, Bacteria, Fungus are means of transmission of _____ disease.
a) Infection b) Cancer c) Stroke d) Obesity
47. Health compromising behavior are commonly seen in _____ class of people.
a) High b) Middle c) Low d) None of these
48. Which of the following health communication style makes use of the patients knowledge and experience?
a) Doctor – centered communication b) Patient – centered communication
c) Practitioner – centered communication d) None of these
49. Health has intimacy with _____
a) Behaviour b) Society c) Personality d) All the above
50. What is a sign of toxic friendship?
a) Lack of empathy b) Understanding c) Being supportive d) None of these
