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Question Paper Version : A

**First/Second Semester B.E./B.Tech. Degree Supplementary Examination,
June/July 2024**

Scientific Foundations of Health

Time: 1 hr.]

[Max. Marks: 50

INSTRUCTIONS TO THE CANDIDATES

1. Answer all the **fifty** questions, each question carries one mark.
2. Use only **Black ball point pen** for writing / darkening the circles.
3. **For each question, after selecting your answer, darken the appropriate circle corresponding to the same question number on the OMR sheet.**
4. Darkening two circles for the same question makes the answer invalid.
5. **Damaging/overwriting, using whiteners** on the **OMR** sheets are strictly prohibited.

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1. Intellectual wellness includes

a) Eating balanced diet	b) Drinking sufficient water
c) Having good nutrition	d) Mental exercise
 2. Which of the following is an unhealthy habit?

a) Sharing food	b) Bathing twice a day
c) Drinking boiled water	d) Eating without washing
 3. Signs of mental illness are

a) Abnormal changes in Thinking , Perception and Judgement.
b) Abnormal changes in feeling and memory
c) Both (a) and (b)
d) Abnormal changes in behavior towards others.
 4. Influencing factors of health are

a) Social , Economic and Political factors	b) Social factors only
c) Economic factors only	d) Political factors only
 5. Physical health enhances

a) Heart function	b) Breathing	c) Both (a) and (b)	d) None of these
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 6. A person is mentally sick, if anyone is _____

a) Worried
b) With moods fluctuating between depression and elation
c) Exclusively happy
d) Extra talk active.

7. Which of the following statement is false about nutrients in milk?
 a) Milk is good source of Calcium b) Milk is good source of Protein
 c) Milk is good source of Vitamin C d) Milk is good source of Vitamin D
8. Which of the following Food Products are the best source of Animal proteins?
 a) Milk b) Egg c) Cheese d) All of these
9. Which Vitamin is good for eyes?
 a) Vitamin D b) Vitamin K c) Vitamin A d) Vitamin B
10. Overweight in BMI is
 a) > 30 b) > 25 c) < 30 d) < 35
11. What are the general sleeping requirements for an Adult?
 a) 8 – 12 hours b) 12 – 14 hours c) 7 – 9 hours d) 5 – 6 hours
12. In which food would you find energy boosting mineral and Iron?
 a) Steak b) Spinach c) Whole grain bread d) Kidney beans
13. Which milk has the most protein/glass?
 a) Almond milk b) TRIM milk c) Soya milk d) Blue milk
14. How often you must have a routine body check up?
 a) Once in 10 years b) Once a year c) Once in 5 years d) Once in 15 years
15. Complications due to obesity and overweight.
 a) High BP b) Diabetes c) Heart disease d) All of these
16. Sort these drinks in order of their CAFFEINE content :
 1) 250 ml can of Red bull
 2) 250 ml cup of Plunger coffee.
 3) 250 ml cup of Instant coffee.
 4) 250 ml cup of Black tea.
 a) 4 – 3 – 1 – 2 b) 3 – 4 – 1 – 2 c) 1 – 2 – 3 – 4 d) 2 – 1 – 4 – 3
17. Balanced diet does not include
 a) Fruits and Vegetables b) Cereals and Millets
 c) Milk and dairy products d) Junk food
18. Alcohol contributes _____ calories/gm
 a) 3 b) 5 c) 7 d) 9
19. Communication is nonstop _____.
 a) Paper b) Process c) Program d) Plan
20. _____ context refers to the relationship between the sender and receiver.
 a) Social b) Physical c) Cultural d) Chronological

21. People who successfully maintain a healthy weight are most likely to do which of the following :
- Eat high volume but low caloric density food.
 - Limit eating Junk food to weekends only
 - Drink diet sodas
 - Skip meals
22. The thermic effect of FAT consumes _____ of Energy.
- 2 – 3%
 - 5 – 15%
 - 15 – 25%
 - 20 – 35%
23. Characteristic of healthy relationship is
- Mutual respect
 - Disloyalty
 - Gossiping
 - Controlling
24. Unhealthy relationship consists of all excepts _____
- Open communication
 - Manipulation
 - Isolation
 - Sabotage
25. Goals of communication are _____
- To inform, fear of offending
 - To inform to persuade
 - To persuade fear of offending
 - None of these
26. Modifiable risk factors for hypertension is _____
- Ethnicity
 - Age
 - Sex
 - Obesity
27. Prevention of HIV/STD includes
- Using condom
 - Having single partner
 - Both (a) and (b)
 - Multiple partners
28. Percentage of Lung cancer caused due to tobacco consuming.
- 10%
 - 90%
 - 30%
 - 60%
29. Following is the risk factor for HIV :
- Smoking cigarette
 - Smoking Ganja
 - Injecting Heroin
 - Chewing tobacco
30. Which of the following deficiency occurs in Alcohol addicts :
- Thiamine
 - Riboflavin
 - Pyridoxine
 - Niacin
31. Which chemical causes lung cancer seen in Cigarette?
- Caffeine
 - Benzpyrene
 - CO
 - Nicotin
32. Alcohol addiction is harmful because it causes.
- Deposition of Protein in Liver
 - Deposition of Fat in Liver
 - Rise in blood sugar levels
 - Cancer growth
33. Dopamine is released by _____
- Eating chocolates
 - Consuming delicious food
 - Smoking weed
 - All of these
34. Blindness caused by the following chemical in Country liquor.
- Ethyl Alcohol
 - Methyl Alcohol
 - Acetic Acid
 - Butyl Alcohol

