

20. Which is not the risk factor for addictive people?
a) Aggressive behavior in childhood b) Lack of parental supervision
c) Good social skills d) Poor social skills
21. The source of antioxidant and minerals
a) Vegetables and fruit b) Coke and pizza
c) Mutton and meat d) Baked foods
22. Which of the following is whole grain food?
a) Brown rice and wild rice b) Oat's meal
c) Ragi ball and Barley malt d) All of these
23. Excessive intake of food leads to _____
a) Obesity b) Fit body
c) Over smartness d) Lowers body calorie
24. Which of the following components are major nutrients in our food?
a) Carbohydrates b) Lipids and proteins
c) Vitamins and Minerals d) All of these
25. Egg is a rich source of _____
a) Proteins b) Vitamins c) Minerals d) None of these
26. Potatoes, beans, pulses and oats are rich in _____
a) Proteins b) Vitamins c) Minerals d) Carbohydrates
27. Which of the following food items provides dietary fibre?
a) Pulses b) Whole grain
c) fruits and vegetables d) Pizza
28. Which of the following food components are rich in fat?
a) Rice and Maize b) Milk, egg and beans
c) Butter, cheese and oil d) None of these
29. Which of the following vitamin helps in blood clotting
a) Vitamin – A b) Vitamin – C
c) Vitamin – D d) Vitamin – K
30. Guava, Lemon, Orange and Tomato are rich in
a) Vitamin – A b) Vitamin – B
c) Vitamin – C d) Vitamin – D
31. According to WHO, what is health?
a) Health is a state of complete physical, mental and social well being and not the absence of disease.
b) Health is not a state of complete physical, mental and not the absence of disease.
c) Complete physical, mental and social well being and not the presence of disease
d) None of these

32. Advantages of good health
a) Reduces confidence
b) Improves brain health and confidence
c) Increased stress
d) Reduces performance
33. What is balanced nutrition?
a) A healthy nutrition diet provides the body with non essential nutrition.
b) A healthy nutrition diet provides the body with essential nutrition: fluid, macronutrients such as protein, vitamins, adequate fibre and food energy.
c) Nutrition is adequate fibre and food energy
d) None of these
34. What are the examples of positive attitude?
a) Teasing others
b) Looking at the glass half full
c) Looking at the glass half empty
d) None of these
35. The only disability in life is a _____
a) Bad attitude
b) Positive attitude
c) Commenting on life
d) Making fun on others
36. What factors influencing Good Health?
a) State of our environment and genetics
b) Income and education
c) Relationship with friends and family
d) All of these
37. What is the key to having a positive attitude?
a) Always do your best
b) Do only what you think you can
c) Think you cant do anything
d) Believe in yourself
38. Individual personality is influenced by
a) Experiences
b) Environment
c) Inherited characteristics
d) All of these
39. Well being also involved reducing the risk of an injury or health issue by
a) Minimizing hazards in the work place
b) Using contraceptive when having sex
c) Avoiding the use of tobacco, alcohol and illegal drug
d) All of these
40. How does personality affect health?
a) Failure in handle stress
b) Failure in activity level
c) Avoiding bad habits
d) None of these
41. How many minutes should an average person walk a day?
a) 30 minutes
b) 40 minutes
c) 20 minutes
d) 60 minutes
42. What is the recommended daily water intake?
a) 0.5 litre
b) 1 litre
c) 2 litres
d) 4 litres

43. Oral communication ensures _____ and _____
a) Fluency and speed
b) Adequate response and immediate response
c) Speedy interaction and speed response
d) Fast and attention
44. The primary goal of communication is to
a) To create barriers
b) To create noise
c) To effect a change
d) None of these
45. Body language play a important role in _____
a) Communication
b) Judgement
c) Both A and B
d) None of these
46. Ways to improve the communication skill:
a) Active listening skill
b) Passive listening skill
c) Both A and B
d) None of these
47. Which of the following is not a communication skill?
a) Listening
b) Feedback
c) Conversation
d) Playing game
48. Which of the following is barrier of communication?
a) No interest in conversation
b) Ability to listen
c) Transparency and Trust
d) None of these
49. What is not a basic instincts of Human life?
a) Self perseverance
b) Sexual instinct
c) Social instinct
d) Making wealth and property all time.
50. Which of the following social engineering changes the Health behaviours?
a) Banning the use of certain drugs
b) Providing purified water to people
c) Legalizations can be passed to make environment healthier
d) All of these
