

ROLL No.

--	--	--	--	--	--	--

Paper Code: THF-201

B.Tech, (II Semester)
End Semester Examination 2018
Healthy Living & Fitness

MM: 100

Time: Two Hours

Note: Attempt all questions. All questions carry 2 (two) marks.

1. An important Muscle in the stomach region of humans that helps enclose lungs in a cavity is called
 - (a) Sternum
 - (b) Diaphragm
 - (c) Rib
 - (d) Heart
2. It is recommended that with every meal we should have
 - (a) A sweet Dish
 - (b) Ice-Cream
 - (c) Fruits
 - (d) None of the above
3. Fiber can Exist:
 - (a) in an insoluble form
 - (b) in a soluble form
 - (c) Both of the above
 - (d) None of the above
4. Carbonated drinks are bad for health because
 - (a) They cause memory loss
 - (b) They have lot of sugar & calories
 - (c) They cause indigestion
 - (d) They cause loss of water
5. If high levels of sugar persists in diabetic patient, it will cause problems in
 - (a) Eyes
 - (b) Kidney
 - (c) Heart
 - (d) All of the above
6. For quitting tobacco or smoking one must:
 - (a) Be strongly motivated
 - (b) Have strong family support
 - (c) Have strong support from friends
 - (d) All of the above

7. Alcohol is neutralized in our body by:

- (a) Stomach
- (b) Intestine
- (c) Liver
- (d) Lung

8. Tilting a persons head backwards and holding the chin:

- (a) Improves circulation of blood by heart
- (b) Improves breathing and passage of air to lungs
- (c) Improves digestion of person
- (d) Improves memory of person

9. Miscarriage & still birth in case of pregnant women can occur due to:

- (a) Lack of exercise
- (b) Smoking cigarettes & drinking alcohol
- (c) Watching excess of TV
- (d) None of the above

10. The best recommended snack that you can have is

- (a) Soda Drink
- (b) Potato chips
- (c) Chocolate
- (d) Popcorn

11. A person whom you are most indebted in your life would be

- (a) Your mother and father
- (b) Your teacher
- (c) Your Friends
- (d) All of the above

12. HIV causes AIDS which is a:

- (a) Neuronal Disease
- (b) Cardiovascular Disease
- (c) Respiratory Disease
- (d) Infectious Disease

13. Brain Stroke refers to the condition where:

- (a) There is headache
- (b) Small blood vessels develop a clot or they burst
- (c) The heart stops working
- (d) None of the above

14. ——— is the main constituent of Hemoglobin

- (a) Chlorine
- (b) Iron
- (c) Calcium
- (d) All of the above

15. The function of hemoglobin is
- (a) Destruction of bacteria, virus & fungi
 - (b) Prevention of anemia
 - (c) Transportation of oxygen
 - (d) Utilization of energy
16. Which of the following is a rich source of Vitamin E
- (a) Milk
 - (b) Spinach
 - (c) Almonds
 - (d) Pumpkin
17. Anemia is caused due to lack of
- (a) Iron
 - (b) Vitamin C
 - (c) Vitamin D
 - (d) Vitamin A
18. — is body's primary source of energy:
- (a) Fructose
 - (b) Sucrose
 - (c) Glycogen
 - (d) Glucose
19. You need increased protein intake when you have:
- (a) Physical Stress
 - (b) Injury
 - (c) Intense weight training
 - (d) All of the above
20. The pancreas secretes Hormone
- (a) Insulin
 - (b) Bile Juice
 - (c) Peptic Juice
 - (d) None of the above
21. What Vitamin deficiency is known as BeriBeri
- (a) Thiamin B1
 - (b) Biotin
 - (c) Niacin B3
 - (d) Riboflavin
22. The Organ Pancreas in humans is associated with
- (a) Endocrine system
 - (b) Nervous system
 - (c) Respiratory system
 - (d) None of the above

23. Which is not essential in a balanced diet normally?

- (a) Fruits & Vegetables
- (b) Pulses
- (c) Salads
- (d) Tea

24. Food rich in protein is:

- (a) Carrots & Sweet Potatoes
- (b) Green leafy vegetables
- (c) Sweets & Cake
- (d) None of the above

25. Sunlight is free rich source of

- (a) Vitamin A
- (b) Vitamin D
- (c) Vitamin E
- (d) Vitamin K

26. Fluoride pollution mainly affects

- (a) Kidney
- (b) Brain
- (c) Heart
- (d) Teeth

28. Diarrhea is caused by

- (a) Bacteria & Virus
- (b) Fungi
- (c) Virus
- (d) Bacteria

29. The red blood cell contain----- and iron rich proteins that carries oxygen

- (a) Chyme
- (b) Serum
- (c) Bilirubin
- (d) Hemoglobin

30. The human hand has bones and face has ----- bones

- (a) 27, 14
- (b) 6, 2
- (c) 12, 24
- (d) 30, 10

31. Vitamin K helps in

- (a) Eyesight
- (b) Blood Regulation
- (c) Blood Clotting
- (d) Urine Production

32. High consumption of alcohol leads to
- (a) Mouth Cancer
 - (b) Liver Cancer
 - (c) Stomach Cancer
 - (d) Breast Cancer
33. Stréss can lead to
- (a) Obesity
 - (b) Anxiety
 - (c) Anxiety, Obesity, Depressions
 - (d) Obsessive Compulsive Disorder
34. Signs of Heart Attack include
- (a) Anxiety
 - (b) Shortness of Breath
 - (c) Perspiration
 - (d) All of the above
35. In case of heat exhaustion patient should be:
- (a) Moved to a cold place
 - (b) Elevate the feet
 - (c) Give enough fluids
 - (d) All of the above
36. The nervous system comprises off:
- (a) Muscle & Nerves
 - (b) Veins & Arteries
 - (c) Brain & Heart
 - (d) Brain, Nerve & Spinal Cord
37. Night Blindness is cause due to deficiency of:
- (a) Vitamin A
 - (b) Vitamin B
 - (c) Vitamin C
 - (d) Vitamin D
38. Sloshing of food in the stomach takes
- (a) 3-4 hrs
 - (b) 1-2 hrs
 - (c) 20 minutes
 - (d) 5 hrs
39. World no tobacco day is on:
- (a) 1st June
 - (b) 21st June
 - (c) 1st May
 - (d) 31st May

40. What is the normal temperature of human body
(a) 81.8 centigrade
(b) 36.9 centigrade
(c) 98.6 centigrade
(d) 21.7 Centigrade

41. Which of the following vitamins is good for eyes
(a) Vitamin A
(b) Vitamin B
(c) Vitamin C
(d) Vitamin D

42. Why is warming up before exercise important
(a) Improves flexibility
(b) Improves heart rate
(c) Removal of lactic acid
(d) Slows adrenaline release

43. Perfect health includes
(a) Physical health
(b) Mental Health
(c) Social health
(d) All of the above

44. A diet rich in Vitamin A is good for
(a) Bones
(b) Nails
(c) Teeth
(d) Vision

45. The organ heart in humans has —— chambers
(a) 2
(b) 3
(c) 4
(d) 5

46. ELISA test is conducted for
(a) Cancer
(b) Hepatitis
(c) HIV
(d) Dengue

47. World Health Day is on
(a) 31st May
(b) 5th June
(c) 1st December
(d) 7th April

48. The Dengue fever is caused by mosquito
(a) Culex
(b) Aedes

- (c) Anopheles
- (d) Wild Mosquito

49. The term holistic medicine means

- (a) Comprehensive medicine
- (b) Alternate Cure
- (c) Improving knowledge of body and mind
- (d) None of the above

50. If a person is not breathing and his heart is not beating the last rescue is

- (a) CPR
- (b) Defibrillation
- (c) Forced Breathing
- (d) None of the above