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Roll No. 2199026

THF-201

**B. TECH. (SECOND SEMESTER)
END SEMESTER EXAMINATION,
July/Aug., 2022**

HEALTHY LIVING AND FITNESS

Time : Three Hours

Maximum Marks : 100

Note : (i) All questions are compulsory.

(ii) Each question carries 2 marks.

1. The right way of eating is :

- (a) Eat dinner like a king, lunch like a prince,
and breakfast like a pauper**
- (b) Eat dinner like a king, lunch like a pauper,
and breakfast like a prince**
- (c) Eat lunch like a king, dinner like a prince,
and breakfast like a pauper**
- (d) Eat breakfast like a king, lunch like a
prince, and dinner like a pauper**

P. T. O.

2. Identify the healthy option(s) for breakfast below :
- (a) Samosas, Puri, Pizza, Chips
 - (b) Cakes, doughnuts, pastries
 - (c) Whole-grain Parantha with milk and boiled eggs
 - (d) Fried white rice and white bread Sandwich
3. A healthy breakfast may contain :
- (a) Lean proteins like eggs and nuts
 - (b) low-fat dairy
 - (c) Fruits and Vegetables
 - (d) all of the these
4. A whole grain kernel consists of the following parts :
- (a) bran, germ and endosperm
 - (b) fibre, vitamins and nutrients
 - (c) Phytochemicals, antioxidants and proteins
5. Fruits are a good source of :
- (a) Dietary Fibre
 - (b) Vitamins and Minerals
 - (c) antioxidants
 - (d) All of these

6. Identify the incorrect option
- (a) Fruits are low in sodium and calories
 - (b) A diet rich in fruits and vegetables may reduce the risk of chronic diseases
 - (c) Fruits upset blood sugar balance
 - (d) Fruits keep the body hydrated
7. Identify the activity that consumes the most calories :
- (a) Running
 - (b) Walking
 - (c) Rope Jumping
 - (d) Rowing
8. Which of the following is not a major source of carbohydrates :
- (a) Parantha
 - (b) Beans
 - (c) Rice
 - (d) Eggs
9. The lowest calories per gram are provided by :
- (a) fats
 - (b) carbs
 - (c) proteins
 - (d) b & c

10. Identify the healthier source of Carbohydrates below :

- (a) White Bread
- (b) Beans
- (c) Bottled Fruit Juice
- (d) Potatoes

11. A typical Indian diet may be low in :

- (a) Saturated Fats
- (b) Transfat
- (c) Essential Fatty Acids
- (d) Unsaturated Fats

12. Identify the correct statement below

- (a) It is recommended to consume 0.5 gms of protein per kg of body weight.
- (b) It is recommended to consume 1.0 gms of protein per kg of body weight.
- (c) It is recommended to consume 2.5 gms of protein per kg of body weight.
- (d) It is recommended to consume 2.0 gms of protein per kg of body weight.

13. Identify the healthiest source of proteins :
- (a) Potatoes, Parantha, Rotis
 - (b) Eggs, Nuts, beans
 - (c) Oats, Rice, Vegetables
 - (d) cakes, biscuits, naan
14. Due to increasing time spent indoors. Our body may be deficient in :
- (a) Vitamin A
 - (b) Vitamin B
 - (c) Vitamin C
 - (d) Vitamin D
15. Minerals are essential for :
- (a) Building Bones
 - (b) Maintaining Fluid balance in Body
 - (c) Muscle Control
 - (d) All of the above
16. Identify the most essential nutrient :
- (a) Proteins
 - (b) Vitamins and Minerals
 - (c) Carbs
 - (d) Water

17. Constipation may be avoided by consuming a diet rich in :

- (a) Proteins
- (b) Fats
- (c) Refined Foods
- (d) Fibre

18. Based on the healthy eating pyramid the following food items are to be consumed minimally :

- (a) Whole Grains and Oats
- (b) Vegetables and Fruits
- (c) Nuts, Seeds and Poultry
- (d) Red meat, butter, refined grains

19. The single most important reason for Lifestyle diseases is :

- (a) Over-eating
- (b) Sedentary Lifestyle
- (c) Poor Nutrition
- (d) Stress

20. Which of the following is true of lifestyle diseases ?

- (a) They are communicable
- (b) They cannot be avoided
- (c) They affect only the aged population
- (d) Behaviour modification can minimize their impact

21. We may avoid the risk of developing lifestyle diseases through :

- (a) Healthy food choices
- (b) Get physically active
- (c) Manage your weight
- (d) All of the above

22. Highly processed foods are a major contributor to :

- (a) Diabetes
- (b) Stroke
- (c) Forms of Cancer
- (d) All of the above

23. Identify the correct option :

- (a) Obesity increases the risk of lifestyle diseases
- (b) Obesity is merely a cosmetic concern
- (c) Obesity is not a major concern in India
- (d) Obesity cannot be prevented

24. In the case of the Asian population a BMI above the number below is also considered risky ?

- (a) 18.5
- (b) 22
- (c) 23
- (d) 24

25. Obesity may lead to :

- (a) High Blood pressure
- (b) Diabetes
- (c) High Triglycerides
- (d) All of these

26. You may avoid the risk of cardiovascular diseases by :

- (a) Exercising
- (b) Managing Cholesterol, Blood Pressure and Triglycerides
- (c) Stress Management
- (d) All of the above

27. The most important modifiable risk factor to avoid stroke is :

- (a) Manage High-Blood Pressure
- (b) Consume more fruits and vegetables
- (c) Adequate Sleep
- (d) Increase protein intake

28. Magic-pill to lead a healthy life is :

- (a) Staying physically active
- (b) Eating healthy breakfast
- (c) Taking vacations
- (d) Getting a good sleep

29. True or False. Before commencing on an exercise program it is advisable to seek a medical opinion on your fitness to perform the exercise program.

(a) True

(b) False

30. Identify the odd one. Which one of the following is not a byproduct of exercising ?

(a) Mood booster

(b) Prevents lifestyle diseases

(c) Sound Sleep

(d) Increases Stress

31. Identify the benefits of being physically active or exercising :

(a) Manage blood sugar

(b) Strengthen Bones and Muscles

(c) Increase Life Span

(d) All of the above

32. Meditation is an excellent mechanism to reduce :

- (a) Weight
- (b) Blood pressure
- (c) Stress
- (d) Blood sugar

33. Addictions may involve :

- (a) Substance abuse
- (b) Behaviour
- (c) Both a and b
- (d) Lack of energy

34. Examples of substance abuse addictions are :

- (a) Caffeine
- (b) Gambling
- (c) Cocaine
- (d) a and c

35. Chewing of tobacco products is associated with :

- (a) Oral Cancer
- (b) Preterm Delivery
- (c) Heart and Stroke
- (d) All of the above

36. Which of the following statement is incorrect ?
- (a) Toxic chemicals enter your bloodstream within 10 seconds of the first puff
 - (b) Nicotine makes smoking addictive
 - (c) Smoking permanently increases levels of dopamine
 - (d) Smoking is associated with lung cancer
37. Who among the celebrities have experienced Mental health problems ?
- (a) Yo Yo Honey Singh
 - (b) Deepika Padukone
 - (c) Shah Rukh Khan
 - (d) All of the above
38. Which of the following can be classified as health problems ?
- (a) Diabetes
 - (b) Hypertension
 - (c) Anxiety (constant worrying)
 - (d) All of the above

39. Factors that can affect the mental health of a person are :

- (a) Family history of Mental health problems**
- (b) Lifestyle factors like diet, physical activity and addictions**
- (c) Chronic Stress caused by unforeseen events**
- (d) Any or all of the above**

40. Identify the situations that do not cause stress :

- (a) Life transitions**
- (b) Routine situations**
- (c) Trying to control the outcome of a situation**
- (d) Situation with uncertain outcomes**

41. A person under stress may experience

- (a) Headaches**
- (b) Digestive problems**
- (c) Shallow breathing**
- (d) Any of all of the above**

42. One of them is NOT a behavioral issue exhibited by a person under stress. Identify the correct option.

- (a) Snapping at people
- (b) Indecisive or being inflexible
- (c) Avoiding addictive substances or behaviours
- (d) sleep problems

43. Identify the incorrect statement :

- (a) Anxiety and Depression are prevalent in a significant percentage of the population
- (b) It is possible that a person may suffer from anxiety and depression at the same time
- (c) Anxiety and depression are untreatable
- (d) It is normal to experience occasional anxiety

44. Identify the statement that is INCORRECT concerning holistic living :

- (a) Comprehensive approach, in which man is seen as a unity of body, soul and spirit
- (b) A holistic life is a lifestyle and way of thinking.

(c) Human health can be dealt with by thinking of each aspect in isolation

(d) Holistic Living is a lifelong process

45. To develop a strong immune system, we need to :

(a) Follow a healthy diet

(b) Engage in regular physical activity

(c) Maintain a healthy weight

(d) All of the these

46. Before responding to a first aid scenario, what is the first question you should ask at the scene ?

(a) Age of the injured or ill person

(b) Safety of the scene

(c) Nature of the injury

(d) Time of the injury

47. What causes Anaphylactic shock ?

(a) Choking

(b) Insect stings

(c) 3rd degree burns

(d) Heart attack

48. What is the main purpose of the Heimlich Procedure ?
- (a) To remove a blockage in the victim's airway
 - (b) To treat the absence of victims breathing
 - (c) To treat an insufficient breathing
49. Electrical burns can be caused by household current, certain batteries, and lightning. What should be done first after a person has an electrical burn ?
- (a) Put ice on the area of contact
 - (b) Cover the burned area with a blanket
 - (c) Be sure the person is not in contact with the electrical source
 - (d) None of these
50. One of the avoidable causes for drowning among youth is :
- (a) Lack of swimming ability
 - (b) Depth of the water
 - (c) Alcohol consumption
 - (d) Not carrying a life jacket