

End semester Examination-2018
B.Sc Agriculture/B.Tech. I Semester
Paper name: Healthy Living and Fitness

MM.100

The question paper consist 50 question
Each question carries two marks
All the questions are compulsory

1. The job of circulatory system is to move
(a) Blood (b) Nutrients (c) hormones (d) All of the above
2. Which of these is a part of digestive system
(a) esophagus (b) lymph (c) skeletal muscles (d) uterus
3. The muscle system consist of
(a) 750 muscles (b) 600 muscles (c) 650 muscles (d) 220 muscles
4. The integumentary system includes
(a) skin (b) hairs (c) nails (d) all of the above
5. Which of these is not a vital organs
(a) Brain (b) Eyes (c) Kidney (d) liver
6. Human body contain cell approx. in numbers ?
(a) 5 trillion (b) 100 trillion (c) 100 millions (d) 1 trillion
7. Around 90% of lungs cancer is caused due to
(a) Sniffing tobacco (b) Smoking (c) Pollution (d) Drugs
8. Smoking increase risk of
(a) Lungs cancer (b) Stroke (c) CHD (d) All of the above
9. As per GDA, a healthy breakfast should provide calories in the range of
(a) 20-35% (b) 40-50% (c) 10-50% (d) 50-60%

10. BMI stands for

(a) Body muscle index

(b) Body mass index

(c) Baby mass index

(d) Bone Marrow index

11. Pauses in breathing and shallow breath while sleep is known as

(a) Sleep Apnea

(b) Sleep somia

(c) Sleep pauses

(d) Sleep disorder

12. Vitamin C is also known as

(a) Ascorbic acid

(b) Riboflavin

(c) Rotenone

(d) Acetic acid

13. Drinking excess alcohol increase cancer risk of

(a) Mouth

(b) Liver

(c) Throat

(d) All of the above

14. Arrhythmias is

(a) Irregular heart beats

(b) Joint pains

(c) Vision loss

(d) Decrease in RBC

15. Cardiomyopathy is

(a) Stretching and Dropping of Heart muscles

(b) Stretching and Dropping of lungs muscle

(c) High blood pressure

(d) None of the above

16. US-FDA recommends to eat fiber (Per day)

(a) 20-30 g

(b) 5-10 g

(c) 10-15 g

(d) 15-20 g

17. Protein requirement (g) per day for an adult is nearly

(a) 4 times body weight

(b) 2 times body weight

(c) 1 times body weight

(d) 0.5 times body weight

18. Health benefits of Fiber include

(a) Blood sugar control

(b) Healthy heart

(c) Skin health

(d) All of the above

19. Eating breakfast

(a) Stimulate digestive track

(b) Boost immune system

(c) Loose weight

(d) All of the above

20. A BMI Below 18.5 indicates

- (a) underweight (b) Normal (c) Over weight (d) None of the above

21. The Normal health individual should have BMI in range of

- (a) < 18.5 (b) 18.5-24.9 (c) 25-29.9 (d) 30-34.9

22. AIDS is a

- (a) Heredity disease (b) Lifelong disorder (c) Immune disorder (d) Growth of abnormal cells

23. What do normal people need in a life

- (a) Healthy body, mind and spirit (b) Emotional satisfaction (c) Health and food (d) Free from diseases

24. Stress can lead to

- (a) Obesity (b) Anxiety (c) Obesity, anxiety, depression (d) OCD

25. Primary cause of obesity are

- (a) Sedentary habits (b) Lack of exercises (c) High level of sugar, fat and sodium in fast foods (d) oils

26. Fast food contains high amount of

- (a) Potassium (b) Iron (c) Fat and sodium (d) zinc

27. In case of an electric spark

- (a) Turn power off (b) Remove person from live wire (c) a + b (d) Do not touch

28. The term Holistic medicine is

- (a) Comprehensive medicine (b) Nutrients (c) hormones (d) All of the above

29. Types of Anxiety disorder are

- (a) Generalized anxiety disorder (b) Panic disorders (c) Obsessive compulsive disorder (d) All of the above

30. The nervous system comprises of

(a) Muscles and nerves

(b) Veins and arteries

(c) Brain and heart

(d) Brain, nerve and spinal cord

31. Night blindness is caused due to deficiency of

(a) Vit. A

(b) Vit. B

(c) Vit. C

(d) Vit. D

32. Minerals helps in

(a) Regulating body process

(b) Development

(c) a + b

(d) none of the above

33. The purpose of the 11 organ system is for the human body is to maintain

(a) balance

(b) homeostasis

(c) coagulation

(d) none of the above

34. Pancreas produces the hormone _____ that regulate blood sugar level

(a) Insulin

(b) Bile

(c) chyme

(d) Saliva

35. The organ that helps to remove excess water and salts from body is

(a) Lungs

(b) Skin

(c) Heart

(d) Brain

36. _____ is the busiest muscles in the body

(a) Nose

(b) Eyes

(c) Face

(d) Neck

37. The Red Blood Cells contains

(a) Chyme

(b) Bilirubin

(c) Serum

(d) haemoglobin

38. larynx is also known as

(a) Epiglottis

(b) Pancreas

(c) Liver

(d) Voice box

39. The human heart has _____ chambers

(a) 2

(b) 3

(c) 4

(d) 5

40. The largest muscle in body is

(a) Gluteus minor

(b) Biceps and triceps

(c) Gluteus maximum

(d) Stapes and Incus

41. The heart has a sound of

(a) Dhak-Dhak

(b) Tip-Tip

(c) Tip-Sip

(d) Lubb-dubb

42. The word "phyto" in phytonutrients means

- (a) Spark (b) Plants (c) Energy (d) Risk

43. The organ of human body is

- (a) Lungs (b) Liver (c) Skin (d) Heart

44. The human hand has _____ bones and face has _____ bones respectively

- (a) 27,14 (b) 27,7 (c) 14,27 (d) None

45. The length of intestine in an adult is at least

- (a) 10 feet (b) 15 feet (c) 20 feet (d) 25 feet

46. Anemia is a

- (a) Lifestyle disorder (b) Haematological disorder (c) Liver disease (d) Heart disease

47. The most common form of diabetes is

- (a) Type I diabetes (b) Type II diabetes (c) Gestational diabetes (d) Insulin dependent diabetes

48. Osteoarthritis is

- (a) Joint pains (b) Heart block (c) Chest pain (d) None of the above

49. In case of choking the best first aid is

- (a) Ask the person to cough (b) Deliver the back blows (c) Abdominal thrusts (d) All of the above

50. In case of heat exhaustion

- (a) Move patient to cool place (b) Elevate the feet (c) Give enough fluids (d) All of the above