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Paper Code: THF-101

**End Semester Examination 2017**

B.Tech/B.Sc Agriculture I Semester

Paper Name : Healthy Living & Fitness

Time: Two Hours

MM: 100

**Note:**

- (i) This question paper contains fifty questions.
- (ii) All questions are compulsory.
- (iii) Each question carries two marks

- Q1. How long are the human intestines (in an adult)  
a. 25 feet    b. 10 feet    c. 5 feet    d. 30 feet
- Q2. Food sloshing in the stomach can last for  
a. 3-4 hours    b. 1 hours    c. 2-3 hours    d. 5-6 hours
- Q3. Every minute you breath in ..... Pints of air  
a. 10    b. 13    c. 20    d. 25
- Q4. The heart sound in  
a. Slush Slush    b. Lub-Dubb    c. Dhak-Dhak    d. Chirp-Chirp
- Q5. An adult's heart pumps nearly.....gallons of blood every day  
a. 2000    b. 1000    c. 4000    d. 500
- Q6. The largest muscle in the body is  
a. eye muscle    b. thigh muscle    c. gluteus maximum    d. heart muscles
- Q7. How many facial muscles create the facial expressions?  
a. 30    b. 20    c. 100    d. 10
- Q8. The human hand has.....bones  
a. 30    b. 20    c. 27    d. 10
- Q9. The face has.....bones  
a. 10    b. 12    c. 14    d. 16
- Q10. The longest bone in the body  
a. Skull bone    b. Thigh bone    c. Radius    d. Tibia
- Q11. Vitamins are  
a. Complex substances that regulate body processes    b. maintain body weight  
c. maintain body balance    d. are frigid and rigid compounds
- Q12. Vitamin C and B are  
a. fat soluble    b. water soluble    c. fat and water soluble    d. none of the above.
- Q13. Lack of Vitamin A causes  
a. Rickets    b. Night blindness    c. Scurvy    d. diabetes
- Q14. Which is the sunshine Vitamin  
a. Vit A    b. Vit C    c. Vit B    d. Vit D
- Q15. The vitamin which lowers risk for heart disease and stroke  
a. Vit B    b. Vit C    c. Vit E    d. Vit k

- Q 16. Vitamin which helps in blood clot  
a. Vit A b. Vit B c. Vit D d. Vit K
- Q 17 Osteoporosis or Osteomalacia is caused by the deficiency of  
a. Vit B b. Vit K c. Vit E d. Vit D
- Q 18. Milk and many foods made from milk are considered part of balanced diet  
a. True b. False c. may be true d. may be false
- Q 19. Children and Teenagers should be physically active for  
a. 60 minutes a day b. 20 minutes a day c. 10 minutes a day d. 5 minutes a day
- Q 20. Eating too much salt may lead to  
a. raise in blood pressure b. cause Diabetes c. cause Heart Attack d. cause Fever
- Q21. Around \_\_\_\_\_ of our body is made up of water  
a.  $\frac{1}{4}$  b.  $\frac{2}{3}$  c.  $\frac{1}{3}$  d.  $\frac{1}{2}$
- Q 22. The State of complete physical, mental and social wellbeing is called as  
a. food b. balanced diet c. health d. none of the above
- Q 23. To sustain healthy life style persons need  
a. take exercise b. take proper sleep c. balanced diet and proper shelter d. All of the above
- Q 24. \_\_\_\_\_ is a disorder or malfunction of the mind of body  
a. sickness b. disease c. health d. cell
- Q 25. Influenza is an  
a. acute disease b. chronic disease c. a and b d. fatal disease
- Q 26. Organisms that cause disease inside the human body are called as  
a. halogen b. antibodies c. pathogens d. antigens
- Q 27. \_\_\_\_\_ is an acute diarrheal illness  
a. Diarrhea b. Cholera c. Fever d. Headache
- Q 28 In Alzheimer's disease people have  
a. Dementia b. Night blindness c. Scurvy d. Fever
- Q 29 Ashtanga is a form of  
a. Stress reliever b. pain killer c. yoga form d. exercise
- Q 30. Extra calories, high level of sugar, fat and sodium in fat food are cause of  
a. obesity b. sleepiness c. fever d. stomach ache
- Q 31. After an accident we should immediately move the victim to a comfortable position  
a. true b. false c. may be true d. wrong question
- Q 32. Signs of \_\_\_\_\_ are shortness of breath, anxiety and perspiration  
a. heart attack b. diabetes c. gas d. stone pain
- Q 33. ABC in first aid stands for  
a. airway balance centre b. airway breathing catheter c. airway breathing circulation  
d. always basic cardio
- Q 34. CPR stands for  
a. cardio push rest b. car push radio c. cardio pulmonary resuscitation d. cardio push referral

- Q 35. If a victim in shock then  
a. raise feet b. cover c. lay the victim down d. all of above
- Q 36. In case of choking  
a. give five back blows b. perform abdominal thrust c. a and b d. give ten blows
- Q 37. If a victim is bleeding the first aid would be  
a. wash in water b. give tetanus injection c. direct pressure by bandage d. indirect pressure
- Q 38. Second degree burns are associated with  
a. painful skin b. blisters c. blisters and painful skin d. charring
- Q 39. Which is the dangerous degree of burn  
a. first degree b. second degree c. third degree d. a and b
- Q 40. Scurvy is caused because of deficiency of  
a. vit A b. Vit C c. Vit D. d. Vit E
- Q 41. BMR stands for  
a. Blood muscle relationship b. Bio medical regulation c. Basic Metabolic rate d. Balanced muscle radiation
- Q 42. Goiter is caused by deficiency of  
a. Iodine b. Iodine + Thyroid c. Minerals d. Phosphorus
- Q 43. Is sense of smell and taste related to each other  
a. True b. False c. may be false d. may be true
- Q 44. Heart has four chambers  
a. True b. False c. may be true d. may be false
- Q45. The heart rate in human body is  
a. 72 beats per minute c. 80 beats per minute c. 90 beats per minute d. 120 beats per minute
- Q 46. The four chamber of heart are  
a. 2 ventricles and 2 atrium b. 3 atrium and 1 ventricles c. 3 ventricles and 1 atrium d. 1 ventricle, 1 atrium and 2 Aorta
- Q 47. During the time of choking the food particles enter in  
a. food pipe b. wind pipe c. food and wind pipe d. nasal opening
- Q 48. The skin of Human being comes under  
a. Excretory system b. circulatory system c. integumentary system d. a and c
- Q 49. Signs of fever are  
a. asphyxia b. hyperthermia c. hypothermia d. a and b
- Q 50. Rickets is caused due to deficiency of  
a. Vit A b. Vit B c. Vit C d. Vit D