

- 1. Consumption of this causes increase in the fat synthesis, dilation of blood vessels, low blood sugar and stomach-inflammation**
  - a. Drug addiction and tobacco
  - b. Alcohol
  - c. Tobacco
  - d. Drug addiction
- 2. After drinking alcohol, consumption of this leads to death.**
  - a. Morphine
  - b. Opium
  - c. Barbiturate
  - d. All of these
- 3. Constituent of alcoholic beverage is**
  - a. Propyl alcohol
  - b. Methyl alcohol
  - c. Ethyl alcohol
  - d. Mix of all of these
- 4. This is a consequence of alcohol addiction**
  - a. Psychosis, hypertension and fatty liver syndrome
  - b. Cardiovascular diseases, hypertension and fatty liver syndrome
  - c. Ulcers, all types of mental illness, vitamin deficiency, cardiovascular diseases
  - d. All of the above
- 5. This causes the maximum accumulation of fat in the liver**
  - a. Meat and egg
  - b. Alcohol
  - c. Saturated fat
  - d. Starch
- 6. What is defined to be a condition in which a person develops intense cravings for the substance and the inability to control their behaviors in regards to obtaining and using it?**
  - a. Use
  - b. Abuse
  - c. Addiction
  - d. Dependence
- 7. What influence your health**
  - a. Heredity
  - b. Environment
  - c. Physical environment
  - d. All of the above
- 8. Planning refers to**
  - a. Communities in which they live in
  - b. Health services
  - c. Financial stability
  - d. None of the above
- 9. WHO principles includes**
  - a. Development of child
  - b. Health is one of the fundamental right
  - c. Promotion and protection of health
  - d. All of the above
- 10. Types of health**
  - a. Mental health only
  - b. Physical health only
  - c. Mental and physical health
  - d. None of the above
- 11. Financial health refers to**
  - a. Physical activity
  - b. Mental illness
  - c. Good income
  - d. None of the above
- 12. Spiritual health refers**
  - a. Meditation
  - b. Exercising
  - c. Body composition
  - d. All of the above

**13. Intellectual wellness includes**

- a. Eating balanced diet
- b. Drinking sufficient water
- c. Having good nutrition
- d. Mental exercise

**14. Emotional wellbeing includes**

- a. Stress situation management
- b. Smoking
- c. Drinking alcohol
- d. None of the above

**15. What is health?**

- a. Physical wellbeing
- b. Mental Wellbeing
- c. Social Wellbeing
- d. All of the above

**16. Important roles of health are**

- a. Fighting diseases
- b. Feeling happy
- c. Enjoy life
- d. All of the above

**17. As per WHO health is defined as a state of complete**

- a. Physical wellbeing
- b. Mental wellbeing
- c. Physical, Mental and social Wellbeing
- d. Social wellbeing

**18. Wellness is**

- a. Positive approach
- b. Negative approach
- c. Positive or Negative approach
- d. Positive and Negative approach

**19. Risk factors that increases a person's illness or injury due to**

- a. Smoking
- b. Extreme physical activity
- c. Alcohol drinking
- d. All of the above

**20. Community health aims at**

- a. Better health and family planning
- b. Better hygiene and clean environment
- c. Removing communicable diseases
- d. All the above

**21. Obesity occurs due to:**

- a. More consumption of calorie
- b. More consumption of protein
- c. More consumption of vitamins
- d. None

**22. Which are intimately related?**

- a. Disease and health
- b. Body and health
- c. Body and mind
- d. Body and spiritual values

**23. Mental health is a state of development of one's**

- a. Personality
- b. Emotional attitude
- c. Both A and B
- d. Intellect

**24. Psychosis is characterized by**

- a. Loss of touch with reality
- b. Prolonged emotional reaction to a given stress
- c. Anxiety, Fear, Sadness, Vague aches and pains
- d. All the above

**25. How are infectious disease, such as cold and influenza, most commonly spread?**

- a. Breathing viruses in
- b. Hand-to-face contact
- c. Drinking infected water
- d. Eating contaminated food