

- 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. Mediation
 - 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
- c. Social Wellbeing
- b. Mental Wellbeing
- d. All of the above

16. Important roles of health are

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

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

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

18. Wellness is

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

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

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

20. Community health aims at

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

21. Obesity occurs due to:

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

22. Which are intimately related?

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

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

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

24. Psychosis is characterized by

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

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

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

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