



End Term (Odd) Semester Examination December 2024

Roll no.....

Name of the Course and semester: B. Tech CSE / B.Sc. Agriculture (I Semester)

Name of the Paper: Healthy Living and Fitness

Paper Code: THF 101/ AHF 101

Time: 3 hours

Maximum Marks: 100

Note:

1. All questions are compulsory.
 2. Question paper consists 50 questions each carrying 2 marks.
1. What nutrients do food like legume, milk, cheese and chicken contain:
a) Carbohydrates b) Proteins c) Minerals d) Fats
 2. Which mineral is essential for strong bones and teeth?
a) Iron b) Calcium c) Zinc d) Magnesium
 3. Which micronutrient is essential for the formation of red blood cells?
a) Potassium b) Magnesium c) Iron d) Calcium
 4. It is better to avoid bottled juices because:
a) Devoid of fibre b) Contain preservatives c) Loaded with sugar d) All of the above
 5. Pure vegetarians may suffer from a lack of:
a) Vitamin A b) Vitamin B12 c) Vitamin C d) Vitamin E
 6. What is the World Health organisation's definition of health?
a) The absence of disease and infirmity b) Complete physical well-being
c) Complete physical, social and mental well-being d) Physical fitness and stamina
 7. How does understanding how the body works help in making smarter choices about food?
a) It helps in choosing expensive foods
b) It helps in understanding how food fuels the body's organs
c) It helps in avoiding all types of food
d) It helps in counting calories effectively
 8. Besides pumping blood, what other function does the heart perform?
a) Digesting food b) Distributing essential substances throughout the body
c) Producing hormones d) Filtering toxins from the body
 9. What is recommended by many experts for sustainable weight loss?
a) Strictly reducing calorie intake without exercise
b) Increasing calorie intake while reducing calorie expenditure
c) A combination of reduced calorie intake and increased calorie expenditure
d) Ignoring calorie intake and focusing only on exercise
 10. Vitamins and minerals are examples of:



End Term (Odd) Semester Examination December 2024

- a) Macronutrients b) Micronutrients c) Digestive enzymes d) Food additives
11. Magic-pill to lead a healthy life is:
a) Staying physically active b) Eating healthy breakfast c) Taking vacations d) Getting a good sleep
12. Which of the following is an example of behavioral addiction?
a) Gambling b) Opioids c) Smoking d) Alcohol
13. How does the liver help regulate blood sugar levels?
a) By converting glycogen to glucose when blood sugar is low
b) By converting glucose to glycogen when blood sugar is high
c) By producing insulin to lower blood sugar levels
d) By storing excess sugar in the bloodstream
14. Which of the following foods is a good source of protein?
a) Orange b) Lentils c) Olive oil d) Apple
15. According to the World Health Organisation (WHO), the percentage of people who shall be affected by mental health problems at least once in their life is?
a) 25 percent b) 5 percent c) 20 percent d) 10 percent
16. Which of the statement is true?
a) "Life is 20% what happens to us, and 80% how we react to it."
b) "Life is 10% what happens to us, and 90% how we react to it."
c) "Life is 50% what happens to us, and 50% how we react to it."
d) None of the above
17. What causes Anaphylactic shock?
a) Chocking b) Insect stings c) Heart attack d) 3rd degree burns
18. Which of the following is the best way to boost your mood?
a) Nutritious food b) Aerobic exercise c) Sound sleep d) Solving puzzles
19. Lifestyle diseases are creeping up in India among
a) Old people b) Middle aged people c) Young people between 18-25 d) Infants
20. Besides breathing, what other function does the lungs perform?
a) Producing hormones b) Filtering toxins from the blood
c) Assisting in sound production and smell detection d) Pumping blood to the body
21. What is the average blood pressure of a human being?
a) 180/90 mm Hg b) 120/80 mm Hg c) 100/80 mm Hg d) 160/100 mm Hg
22. Which of the following are emotional symptoms of anxiety?
a) Irritability and restlessness b) Panic attacks c) Constant worry d) All of the above
23. Which of the following substances do the kidneys help regulate to maintain healthy blood pressure?



End Term (Odd) Semester Examination December 2024

- a) Electrolytes (salts and minerals) b) Bile c) Vitamin D d) Insulin
24. What is the first thing you should do for severe bleeding?
a) Put the victim in the recovering position b) Direct pressure with clean cloth or hand
c) Give oxygen d) Give him water if conscious
25. Which hormone produced by the pancreas helps lower blood sugar levels?
a) Glucagon b) Insulin c) Gastrin d) Erythropoietin (EPO)
26. 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
27. The magic pill to avoid diabetes is:
a) Consume lots of proteins b) Getting physically active
c) By consuming a diet rich in Omega fatty acids d) Drinking lots of water
28. Which of the following is not a lifestyle disorder?
a) Malaria b) Stroke c) Diabetes d) Various forms of cancer
29. Identify the major cause of Obesity:
a) Sedentary lifestyle b) Poor nutrition c) Stress d) Lack of sleep
30. The lowest calories per gram are provided by:
a) Fats b) Carbs c) Proteins d) Both b and c
31. Nutrition labels do not contain:
a) Calories b) Nutrients c) Serving information d) Expiry date of the product
32. Which of the following is a short-term effect of alcohol?
a) High blood pressure b) Cancer c) Injuries via accidents d) Immune function weakening
33. One of them is NOT a possible cause of stress. Identify the option
a) People having realistic expectations b) Academic pressures
c) Financial insecurity d) Person suffering from discrimination
34. A stroke consists of which following signs?
a) Confusion b) Chest pain c) Facial droop d) Nausea
35. Identify the activity that consumes the most calories for the same duration
a) Running b) Walking c) Rope jumping d) Rowing
36. The major component of your healthy eating plate is:
a) Whole grains b) Vegetables c) Water d) Healthy oils



End Term (Odd) Semester Examination December 2024

37. 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
38. Sources of high fibre in diet are:
 a) Eggs
 b) Beans and legumes
 c) Lean meat
 d) White bread
39. What is the liver's role in digestion?
 a) Producing bile to break down fats
 b) Absorbing nutrients from food
 c) Break down proteins into amino acids
 d) Storing glucose for energy
40. Which of the following substances is classified as a stimulant?
 a) Heroin
 b) Xanax
 c) Alcohol
 d) Cocaine
41. A key benefit of balance exercises is:
 a) Reduced risk of falls
 b) Increased heart rate
 c) Improved bone density
 d) Boosted metabolism
42. Yoga practice incorporates breathing exercises called:
 a) Asanas
 b) Pranayama
 c) Cardiovascular training
 d) Meditation
43. Which of the following chronic diseases can be prevented or managed through exercise?
 a) Type 2 diabetes
 b) Influenza
 c) Cystic fibrosis
 d) Muscle cramps
44. The endosperm of a whole grain is primarily a source of:
 a) Fibre
 b) Protein
 c) Carbohydrates
 d) Healthy fats
45. What is the literal meaning of the word "Breakfast"?
 a) The most important meal of the day
 b) Breaking the overnight fast
 c) A meal with sweet food
 d) A meal eaten with family
46. Which of these cooking methods typically adds the least amount of fat to food?
 a) Frying
 b) Grilling
 c) Sauteing
 d) Baking
47. What are examples of cardiovascular diseases (CVDs)?
 a) Diabetes and obesity
 b) Arteriosclerosis and heart attack
 c) High blood pressure and heart attack
 d) Alzheimer's disease and depression
48. Which symptom is commonly associated with COPD?
 a) Fatigue
 b) Fever
 c) Shortness of breath
 d) Headache
49. Trans fats are:
 a) Essential for good health
 b) A type of saturated fat
 c) A type of unhealthy fat that increases the risk of health problems
 d) Commonly found in whole unprocessed food
50. A food labelled as 'sugar-free' might still contain:
 a) Naturally occurring sugars
 b) Artificial sweeteners
 c) Healthy fats
 d) Complex carbohydrates