

End Semester Examination 2023-24

Name of the Program: B. Tech
Paper Name: Healthy Living & Fitness

Semester: I

Course Code: THF 101

Time: 3 Hours

Maximum Marks: 100

Note:

- (i) All questions are compulsory.

1. 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.

2. Examples of substance abuse addictions are

- A. Caffeine
- B. Gambling
- C. Cocaine
- D. a & c

3. A healthy breakfast may contain

- A. Lean proteins like eggs and nuts
- B. Low-fat dairy
- C. Whole grains like oat, dalia
- D. All of the above

4. The organ responsible for maintaining blood pressure is

- A. Heart
- B. Liver
- C. Brain
- D. Stomach

5. Nutrition Labels do not contain

- A. Calories
- B. Nutrients
- C. Serving information
- D. Expiry Date of the product

6. The right way of eating is

- A. Eat dinner like a king, lunch like a prince, and breakfast like a pauper
- B. Eat dinner like a king, lunch like a pauper, and breakfast like a prince
- C. Eat lunch like a king, dinner like a prince, and breakfast like a pauper
- D. Eat breakfast like a king, lunch like a prince, and dinner like a pauper

7. Which of the following is not a lifestyle disease?

- A. Malaria
- B. Various forms of Cancer
- C. Stroke
- D. Diabetes

8. We may avoid the risk of developing lifestyle diseases through

- A. Healthy food choices
- B. Get physically active
- C. Get restful sleep
- D. All the above

9. Which of the following is the most important reason for cancer?

- A. Excess Proteins and Fats in Foods
- B. Harmful chemicals in our lifestyle
- C. Lack of Vitamin D
- D. Excess Physical Activity

10. Identify the correct statement

- A. Mental Health problems are caused due to a weak mind
- B. Mental Health problems go away after sometime
- C. The number of people having Mental Health problems is on the rise
- D. You should feel ashamed of having a mental health problem

11. Below is a list of types of meditation. Identify the odd one?
- A. Guided Meditation
 - B. Transcendental Meditation
 - C. Mantra Meditation
 - D. Oriental Meditation
12. Addictions may involve
- A. Substance abuse
 - B. Behaviour
 - C. Both a & b
 - D. Lack of energy
13. Identify the healthy option(s) for breakfast below
- A. Samosas, Puri, Pizza, Chips
 - B. Cakes, doughnuts, pastries
 - C. Whole-grain Parantha with milk and boiled eggs
 - D. Fried white rice and white bread Sandwich
14. Some symptoms of addiction are listed. Identify which one is not a symptom?
- A. Declining grades at school
 - B. Possible stealing and financial difficulties
 - C. Mood swings
 - D. High focus at work
15. One of them is NOT a behavioral issue exhibited by a person under stress. Identify the correct option.
- A. Snapping at people
 - B. Indecisive or being inflexible
 - C. Avoiding addictive substances or behaviours
 - D. sleep problems
16. Which of the following is NOT a recommended option for coping up with stress?
- A. Eat Healthily
 - B. Isolate yourself
 - C. Manage your responses to situations
 - D. Get some exercise
17. Identify the incorrect statement
- A. Anxiety and Depression are prevalent in a significant percentage of the population
 - B. It is possible that a person may suffer from anxiety and depression at the same time
 - C. Anxiety and depression are untreatable
 - D. It is normal to experience occasional anxiety
18. Identify the correct option
- A. We never experience occasional anxiety
 - B. We do not experience anxiety before big occasions like exams or important life events
 - C. Anxiety is a concern when it is excessive and irrational dread of everyday situations
 - D. Anxiety causes muscle relaxation
19. Meditation is an excellent mechanism to reduce
- A. Weight
 - B. Blood pressure
 - C. Stress
 - D. Blood sugar
20. Identify the statement that is INCORRECT concerning holistic living
- A. Comprehensive approach, in which man is seen as a unity of body, soul and spirit
 - B. A holistic life is a lifestyle and way of thinking.
 - C. Human health can be dealt with by thinking of each aspect in isolation
 - D. Holistic living is a lifelong process

21. Which of the items below are not considered part of Holistic Life Practices?
- Healthy Food and Building Immunity
 - Regular Physical Activity
 - Building positive relationships
 - Working till we burnout
22. True or False? After taking the drowning person out of the water, place the person on their back on a flat surface.
- True
 - False
23. True or False? For burns, do not apply butter, oil, lotions, or creams (especially if they contain fragrance).
- True
 - False
24. If burns blister, you should:
- Apply butter or petroleum jelly.
 - Leave the blisters alone unless they break
 - Break the blisters and apply butter or petroleum jelly
 - None of the above
25. Which of these are symptoms of fracture?
- Pain, swelling and bruising
 - Discolored skin around the affected area
 - Inability to move the affected area
 - All of the above
26. Identify the Healthier Source of fats
- Saturated Fats
 - Transfat
 - Essential Fatty Acids
 - None of the above
27. A typical Indian diet may be low in
- Saturated Fats
 - Transfat
 - Essential Fatty Acids
 - Unsaturated Fats
28. It is advisable to avoid bakery and fried food as they contain unhealthy amounts of
- Unsaturated fat
 - Essential Fatty Acids
 - Proteins
 - Transfats
29. Identify the correct statement below
- It is recommended to consume 0.5 gms of protein per kg of body weight.
 - It is recommended to consume 1.0 gms of protein per kg of body weight.
 - It is recommended to consume 2.5 gms of protein per kg of body weight.
 - It is recommended to consume 2.0 gms of protein per kg of body weight.
30. Due to increasing time spent indoors, Our body may be deficient in
- Vitamin A
 - Vitamin B
 - Vitamin C
 - Vitamin D
31. The most important item in the healthy living pyramid is
- Daily exercise and Weight Control
 - Vegetables and Fruits
 - Nuts, Seeds and Beans
 - Fish and Poultry

32. Identify the correct option

- A. Obesity increases the risk of lifestyle diseases
- B. Obesity is merely a cosmetic concern
- C. Obesity is not a major concern in India
- D. Obesity cannot be prevented

33. Identify the normal body mass index (BMI)

- A. Below 18.5
- B. 18.5-24.9
- C. 25.0-29.9
- D. 30.0 and higher

34. Obesity may be avoided by which of the following option

- A. Consuming Low Glycemic Index Foods
- B. Spending more time online (screen time)
- C. Drinking Soda water
- D. Eating refined carbs

35. You may avoid the risk of cardiovascular diseases by

- A. Exercising
- B. Managing Cholesterol, Blood Pressure and Triglycerides
- C. Stress Management
- D. All of the above

36. 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

37. Drug abuse is dangerous because

- A. Leads to mental health issues
- B. Overdose may cause death
- C. Loss of academic and work performance
- D. All of the above

38. Skipping breakfast may lead to

- A. weight gain
- B. mood swings
- C. hormonal stress
- D. All of the above

39. Identify the odd one. Which one of the following is not a by-product of exercising?

- A. Mood booster
- B. Prevents lifestyle diseases
- C. Sound Sleep
- D. Increases Stress

40. Which of the following are emotional symptoms of anxiety?

- A. Irritability and restlessness
- B. Panic attacks
- C. Constant worry
- D. All of the above

41. Which of the following are not emotional symptoms of depression?

- A. Loss of Interest or Pleasure in routine activities
- B. Feel like constantly exercising
- C. Persistent feeling of Sadness or pessimism
- D. Thoughts of death or suicide

42. Which of the following are strategies to cope up with symptoms of anxiety and depression along with medical help?
- A. Develop a routine
 - B. Follow a sleep schedule
 - C. Maintain a healthy diet
 - D. All of the above
43. Which of the following statement is incorrect concerning Holistic Living?
- A. You should think of the past and future
 - B. Life may throw up unexpected situations, be ready
 - C. Be grateful to life
 - D. Be respectful to others
44. Which of these activities to be done if the person (not pregnant or too obese) is choking?
- A. Stand behind the person and wrap your arms around the waist.
 - B. Place your clenched fist just above the person's navel. Grab your fist with your other hand.
 - C. Quickly pull inward and upward as if trying to lift the person.
 - D. All of the above
45. Based on the healthy eating pyramid the following food items are to be consumed minimally
- A. Whole Grains and Oats
 - B. Vegetables and Fruits
 - C. Nuts, Seeds and Poultry
 - D. Red meat, butter, refined grains
46. Electrical burns can be caused by household current, certain batteries, and lightning. What should be done first after a person has an electrical burn?
- A. Put ice on the area of contact
 - B. Cover the burned area with a blanket
 - C. Be sure the person is not in contact with the electrical source
 - D. None of the above
47. Minerals are essential for
- A. Building Bones
 - B. Maintaining Fluid balance in Body
 - C. Muscle Control
 - D. All of the above
48. Identify the statement on yoga that is untrue
- A. It is both a physical and mental practice
 - B. It increases the secretion of the stress hormone cortisol
 - C. May relieve symptoms of anxiety and depression
 - D. Improves breathing and Lung function
49. Which of the following is the best way to boost your mood?
- A. Nutritious Food
 - B. Aerobic Exercise
 - C. Sound Sleep
 - D. Solving Puzzles
50. Chewing of tobacco products is associated with
- A. Oral Cancer
 - B. Preterm Delivery
 - C. Heart and Stroke
 - D. All of the above