

# **Solution Manual for the Board Game**

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## **Quiz Card**

## Quiz Card Easy Level Solutions

### **Alcohol & Smoking**

**Q: Excessive alcohol drinking is bad.**

- A. True
- B. False

Answer: B (Excessive of anything is bad for the body)

**Q: Alcoholism is when one has an unstoppable desire to drink.**

- A. True
- B. False

Answer: A

**Q: Smoking once is ok. I won't be addicted.**

- A. True
- B. False

Answer: B (No, you cannot guarantee that just smoking once will not get you addicted. Even smoking once is enough to get you addicted so think carefully.)

**Q: Why is smoking addictive?**

- A. Because of the shape of the cigarette
- B. Because of a chemical substance called nicotine
- C. Because of the smoke
- D. Because of a chemical substance called menthol

Answer: B

**Q: First-hand smoking the act of directly smoking.**

- A. True



B. False

Answer: A

**Q: Second-hand smoking the act of indirectly smoking.**

- A. True
- B. False

Answer: A



**Q: Second-hand is not as bad as first-hand smoking**

- A. True
- B. False

Answer: B (Second-hand smoking is JUST as bad as first hand smoking.)

**Q: Drugs are harmful to the human body.**

- A. True
- B. False

Answer: A

**Q: Drugs are not addictive.**

- A. True
- B. False

Answer: B

**Q: Excessive abuse of drugs can cause death.**

- A. True
- B. False

Answer: A

## **Stunted Growth**

**Q: Stunted growth is the underdevelopment of children.**

- A. True
- B. False

Answer: A



**Q: Stunted growth is not caused by healthy eating.**

- A. True
- B. False

Answer: B

**Q: Stunted growth affects the health of a child.**

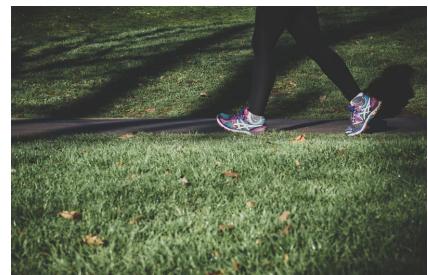
- A. True
- B. False

Answer: A

**Q: You can recover from stunted growth by eating healthily and exercising.**

- A. True
- B. False

Answer: A



**Q: Stunted growth is caused mainly by the deficiency in vitamin D.**

- A. True
- B. False

Answer: A

## Anemia

**Q: Anemia is a condition in which individuals lack healthy red blood cells to carry oxygen around the body.**

- A. True
- B. False

Answer: A

**Q: Anemia could be caused by the deficiency of what?**

- A. Carbohydrates
- B. Junk food
- C. Calcium
- D. Iron

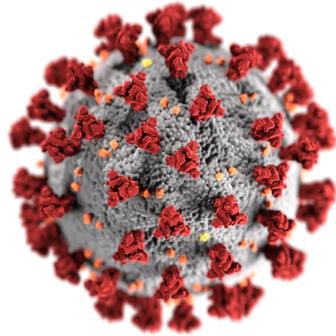
Answer: D

## COVID-19

**Q: What is Covid-19?**

- A. A disease caused by a species of animal
- B. A disease caused by a bacteria
- C. A disease caused by a virus
- D. A disease caused by a species of plant

Answer: C



**Q: How does Covid-19 spread?**

- A. Through air (e.g. coughing, sneezing)
- B. Through physical touch
- C. Through eye contact
- D. Through animals

Answer: A



**Q: Only adults of age 50 above are affected by Covid-19.**

- A. True
- B. False

Answer: B (people of all ages are prone to Covid-19)

**Q: Exchanging masks with friends/family members is ok as long as everyone wears one.**

- A. True
- B. False

Answer: B (Exchanging masks is NOT ok. Body fluids are a medium of spreading Covid-19, and this may occur when sweat or other body fluids on the mask of one person is breathed or touched by another individual. Masks should be worn individually and never exchanged.)



**Q: Covid-19 can cause:**

- I. Lung failure**
  - II. Heart attacks and/or heart failure**
  - III. Death**
- A. I only
  - B. II only
  - C. II and III only
  - D. **I, II, and III**

Answer: D (Covid-19 can cause fatal damage to both lungs and the heart. If severe, this may lead to death. Although death has been common for the elderly and those with high blood pressures and individuals with chronic diseases, it should be reminded that any degree of damage done to the lungs and heart is IRREVERSIBLE.)

## **Diarrhea**

**Q: Diarrhea is when the feces is watery.**

- A. True
- B. False

Answer: A

**Q: What causes diarrhea?**

- A. Bacteria
- B. Viruses
- C. Eating expired food
- D. All of the above

Answer: D

**Q: Diarrhea is contagious.**

- A. True
- B. False

Answer: B

**Q: Drinking water can help with diarrhea.**

- A. True
- B. False

Answer: A

**Q: Drinking dairy products such as milk can help with diarrhea.**

- A. True
- B. False

Answer: B

## **Agrochemical Uses**

**Q: What are agrochemicals?**

- A. Chemicals used in food
- B. Chemicals used in agriculture
- C. Chemicals used on animals
- D. Chemicals used on humans

Answer: B

**Q: Agrochemicals are used to protect the plants/crop.**

- A. True
- B. False

Answer: A

**Q: Plants/crops exposed to agrochemicals are safe for humans.**

- A. True
- B. False

Answer: B

**Q: Agrochemicals contaminate nearby water?**

- A. True
- B. False

Answer: A

**Q: We should promote the use of agrochemicals.**

- A. True
- B. False

Answer: B

## Nutrition

**Q: Nutrition is about eating healthy and a balanced diet.**

- A. True
- B. False

Answer: A



**Q: A balanced diet does not mean that all types of food should be taken equally.**

- A. True
- B. False

Answer: A

**Q: Eating a lot of fruit is good.**

- A. True
- B. False

Answer: B (a lot of anything is NOT good for you)

**Q: All types of fats and sugars are bad.**

- A. True
- B. False

Answer: B (a lot of fats and sugars may be bad, but a little is good and needed for the human body to function)

**Q: What kind of food substances should be consumed at the least amount?**

- A. Fats, oil and sweets
- B. Vegetables, fruits
- C. Meat
- D. Milk

Answer: A

**Q: Examples of carbohydrates are:**

- A. Breads
- B. Rice
- C. Potatoes
- D. All of the above

Answer: D



**Q: Examples of vegetables are:**

- A. Eggs
- B. Apples
- C. Eggplants
- D. Potatoes

Answer: C



**Q: Examples of proteins are:**

- A. Nuts
- B. Eggs
- C. Red meat
- D. All of the above

Answer: D

**Q: Examples of fruits are:**

- A. Tomatoes
- B. Banana
- C. Avocados
- D. Cheese

Answer: B



**Q: Examples of sugars and fats are:**

- A. Candy
- B. Chips



- C. Sugary drinks
- D. All of the above

Answer: D

## **Overcooking**

**Q: Overcooking causes the loss of essential nutrients, such as vitamins.**

- A. True
- B. False

Answer: A

**Q: Overcooking has no correlation with cancer**

- A. True
- B. False

Answer: B (Scientific research has established a strong correlation between overcooked meats and numerous forms of cancer.)

**Q: Overcooking makes it easier for people to digest**

- A. True
- B. False

Answer: B (The longer food is cooked, particularly at high temperatures, the longer it remains in the gut, as the digestive tract takes longer to break down and absorb nutrients at the cellular level.)

## Junk Food (Consequences)

**Q: Junk food could cause high rates of diabetes, high blood pressure, and stroke. Diabetes can even result in disability and premature death.**

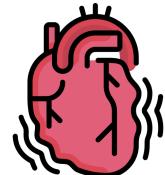
- A. True
- B. False



Answer: A

**Q: Junk food can lead to obesity, which can cause higher rates of high cholesterol and heart disease in later life.**

- A. True
- B. False



Answer: A

**Q: Unhealthy weight gain due to high consumption of junk food could cause the following problem(s):**

- A. Depression, low self-esteem, and low confidence
- B. Constipation
- C. Negative impacts on growth development and performance in social relationships
- D. Suicide
- E. All of the following



Answer: E

**Q: It is healthy to consume junk food since children are more likely to consume high amounts of fiber, milk, fruits and vegetables.**

- A. True
- B. False

Answer: B

**Q: Consumption of junk food can negatively impact the brain's ability to learn and memorize.**

- A. True
- B. False

Answer: A (the chemicals responsible for transferring information from one cell to another are negatively impacted by junk food.)

## **Dental Care (Brushing Teeth)**

**Q: The following order to brush your teeth is correct**

- I. Place the toothbrush at a 45-degree angle to the gums
  - II. Move the brush back and forth gently in short shokes
  - III. Brush the outer surfaces, the inside the inside surfaces and the chewing surfaces of all teeth
  - IV. To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes
  - V. Brush your tongue to remove bacteria and keep your breath fresh
- A. True  
B. False

Answer: A

**Q: It is enough to brush your teeth once a day.**

- A. True  
B. False



Answer: B (Brush your teeth twice a day with a soft-bristled brush.)

**Q: Oral health has no connection to overall health. Without proper oral hygiene, it will not lead to any oral infections or other diseases.**

- A. True  
B. False

Answer: B (Normally the body's natural defenses and good oral health care, such as daily brushing and flossing, keep bacteria under control. However, without proper oral hygiene, bacteria can reach levels that might lead to oral infections, such as tooth decay and gum disease.)

**Q: Eating a healthy diet and limiting food with added sugar could protect one's oral health**

- A. True  
B. False

Answer: A

**Q: Tobacco use could also affect oral health. It is important to avoid tobacco use.**

- A. True
- B. False

Answer: A



## **Washing Hands**

**Q: The following steps are what we should do when we wash our hands**

- I. Wet your hand with clean, running water and apply soap.
  - II. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
  - III. Scrub your hands for at least 20 seconds.
  - IV. Rinse your hands well under clean, running water.
  - V. Dry your hands using a clean towel or air dry them.
- A. True  
B. False

Answer: A

**Q: You should scrub your hands with soap for at least for how many seconds?**

- A. 1 second  
B. 5 seconds  
C. 10 seconds  
D. 20 seconds

Answer: D

## **Drinking Water**

**Q: The following are the reasons why we need to get access to clean water, except:**

- A. Prevention of diseases, such as cholera, typhoid, and hepatitis A
- B. Get rid of toxins
- C. Improved sanitation facilities, such as when washing clothes or cooking
- D. **Lacks nourishment**

Answer: D (Water provides nourishment, allowing the body to maintain the consistency it requires to flow freely and transport oxygen and nutrients to every cell of the body.)

**Q: Clean water is important because:**

- A. It helps organs healthy
- B. It helps blood maintain the consistency it needs to flow around the body
- C. Helps with digestion
- D. **All of the above**

Answer: D (Because our body relies on water for many of the important functions, it is important that this water is not contaminated with substances such as germs and viruses as they may consequently affect our health (e.g. water with germs may then cause infection to our organs.))

## Quiz Card Medium Level Solutions

### Nutrition

**Q: Which kind of food is rich in cellulose(Indigestible substance)?**

- A. Vegetables, fruits
- B. Meat
- C. Milk
- D. All of above

Answer: A

**Q: What kind of food is rich in protein?**

- A. Vegetables, fruits
- B. Meat
- C. Milk
- D. All of above

Answer: C

**Q: What fruit contains the highest amount of Vitamin C?**

- A. Orange
- B. Guavas
- C. Kiwi
- D. Apple

Answer: B



**Q: The reason why we should intake food containing iron is because iron is important components for the formation of haemoglobin (Oxygen Carrier)**

- A. True
- B. False

Answer: A

**Q: What is the function of vitamin D?**

- A. It strengthens bones
- B. It directly helps the growth of human
- C. It facilitates the absorption of calcium

D. All of above

Answer: C

**Q: Scurvy is a disease that is led by deficiency of Vitamin C?**

- A. True
- B. False

Answer: A

**Q: What are the functions of protein?**

- A. Growth and repairing of body tissues
- B. It strengthens bones
- C. It directly helps the growth of human
- D. None of above

Answer: A



**Q: Is cellulose digestible in the human body?**

- A. Yes
- B. No

Answer: B

**Q: What is the function of calcium in our body?**

- A. Growth and repairing of body tissues
- B. It is a component for the production of red blood cells
- C. Growth of our bones and strengthen our teeth
- D. All of above

Answer: C

**Q:What is the correct ratio for the healthy diet?**

- A. 3(Carbohydrates):2(Vegetables):1(Meats)
- B. 2(Carbohydrates):2(Vegetables):2(Meats)
- C. 4(Carbohydrates):1(Vegetables):1(Meats)
- D. 1(Carbohydrates):3(Vegetables):2(Meats)

Answer: A

**Q: What is the function of cellulose in the human body?**

- A. It is a component for the production of red blood cells
- B. It kills the pathogens in body
- C. It helps growth and repair of body tissues
- D. It facilitates the peristalsis of our colon( Egestion)

Answer: D

**Q: What diseases can be prevented by taking sufficient vitamin A?**

- A. Scurvy
- B. Night-blindness
- C. Ricket
- D. Poor growth of teeth

Answer: B

## **Diarrhea-Related Diseases**

**Q: What can be the common symptoms of diarrhea?**

- A. Watery and loose stools
- B. Frequently feel hungry
- C. All of them

Answer: A

**Q: Following can help prevent diarrhea:**

- A. Drinking clean and safe water only
- B. Having good sanitation system
- C. Having good hygiene practices
- D. Educating oneself on the spread of infection
- E. All of the above

Answer: E

**Q: Hand-washing can reduce diarrhea rates by one-third.**

- A. True
- B. False

Answer: A (There is evidence to suggest that interventions from public health bodies to promote hand-washing can reduce diarrhea rates by about one-third.)

**Q: What severe consequence could be led by diarrhea without proper treatment?**

- I. A dramatic loss of nutrients stored in body
- II. Dehydration
- III. Blood in stools
- IV. None of above
  - A. III
  - B. I, II
  - C. IV
  - D. II, III

Answer: D

## Hepatitis A

**Q: Is Hepatitis A contagious?**

- A. Yes
- B. No

Answer: A

**Q: Hepatitis A is liver disease caused by hepatitis A virus (HAV), and it is primarily spread when an uninfected person ingests food or water that is contaminated with the feces of an infected person.**

- A. True
- B. False

Answer: A

**Q: It is less likely for most people to recover fully from hepatitis A.**

- A. True
- B. False

Answer: B (Almost everyone recovers fully from hepatitis A with a lifelong immunity. However, a very small proportion of people infected with hepatitis A could die from fulminant hepatitis.)

**Q: What can be the causes of Hepatitis Type A.**

- I. Drinking water contaminated by faeces of infected people.
- II. Normal contact among the infected people
- III. Eating food before washing hands
- IV. Smoking
  - A. I, III
  - B. I, III, IV
  - C. II, IV

Answer: A

**Q: A yellowing of the skin and whites of eyes are one of the ordinary symptoms of Hepatitis A.**

- A. True
- B. False

Answer: A

**Q: What is NOT the prevention of Hepatitis A?**

- A. Vaccination
- B. Drinking natural unboiled water which is full of substances that are beneficial to our body
- C. Washing hands before eating or drinking
- D. All of above

Answer: B

**Q: Which of the following is the measure to reduce the spread of Hepatitis A?**

- I. Boiling water before drinking
  - II. Proper disposal of sewage within communities
  - III. Regular hand-washing before meal and after going to bathroom
  - IV. Vaccination
- A. I, II, IV
  - B. I, III
  - C. I, III, IV
  - D. I, II, III, IV

Answer: D

## Alcohol & Smoking

**Q: What is considered as an alcoholic (Alcohol Use Disorder, AUD)?  
(You should choose more than 1 answer)**

- A. A woman has 1 drink per week
- B. A woman has more than 8 drinks per week
- C. A man has more than 15 drinks per week
- D. A man has 3 drinks per week

Answer: B, C (*Additional Information: 1 drink = 12-ounces of beer (5% alcohol content) or 8-ounces of malt liquor (7% alcohol content) or 5-ounces of wine (12% alcohol content) or 1.5 ounces of 80-proof (40% alcohol content) e.g. Vodka, Whiskey...*)

**Q: If you are \_\_\_\_\_, you should not drink alcohol.**

- I. Pregnant
- II. Planning to drive
- III. older than 21 years old

**Which statements are the correct answers?**

- A. I and II
- B. I and III
- C. II and III
- D. All of the above

Answer: A

**Q: Light drink is not harmful to your health and life. However, heavy drink leads to**

- A. Better interpersonal relationship
- B. Brighter future
- C. Stronger body
- D. Alcohol poisoning

Answer: D

**Q: If a person is an excessive drinker, he/she is more likely to suffer from heart diseases, stroke and liver diseases.**

- A. True
- B. False

Answer: A

**Q: Which of the following is NOT a treatment for alcoholic?**

- A. Joining residential programs
- B. Cutting down alcohol consumption gradually
- C. Keeping alcohol in your house**
- D. Seeking help from addiction counseling services

Answer: C

**Q: Smokers are more likely than nonsmokers to develop lung cancer and heart diseases.**

- A. True**
- B. False

Answer: A

**Q: Which of the following is NOT the effect of smoking?**

- A. Stained skin and nail
- B Strong bones**
- C. Damaged gums and teeth
- D. Hair loss

Answer: B

**Q: Which of the following are self-help ways to stop smoking?**

- I. Make some non-smoking friends**
  - II. Make a plan to quit smoking (e.g. reduce cigarettes consumption day by day)**
  - III. Identify the reason for smoking and find alternatives for it.**
- A. I and II
  - B. I and III
  - C. II and III
  - D. All of the above**

Answer: D

## **Scabies**

**Q: Scabies can affect anyone regardless of gender, race, or socioeconomic status.**

- A. True
- B. False

Answer: A

**Q: How does scabies spread?**

- I. Direct skin-to-skin contact
- II. Through water
- III. Through bedding and clothing used by the infested person
  - A. I and II
  - B. I and III
  - C. II and III
  - D. All of the above

Answer: B

**Q: Which of the following is(are) the sign(s) and symptom(s) of scabies?**

- A. Itching
- B. Rash
- C. Sores
- D. Thick crusts on the skin
- E. All of the above

Answer: E

## **Typhus**

*The major difference between Endemic typhus and Epidemic typhus mainly lays on the pathogen. Endemic(Rickettsia typhi), Epidemic( Rickettsia Prowazekii)*

**Q: There are two types of typhus fever, they are Epidemic Typhus and Endemic Typhus.**

- A. True
- B. False, there should be one more type of Typhus

Answer: A

**Q: Which of the following is/are the vectors of Endemic typhus fever**

- A. Cat flea
- B. Rat Flea
- C. Both cat flea and rat flea

Answer: C

**Q: Once people recover from Endemic typhus fever, they have life-long immunity**

- A. Yes
- B. No

Answer: A

**Q: Endemic typhus fever can be transmitted from human to human directly.**

- A. Yes
- B. No

Answer: B

**Q: The bacteria causing the Endemic typhus fever are from flea**

- A. Yes
- B. No, they are from rats

Answer: B

**Q: Which season is the peak season for the outbreak of Endemic typhus fever.**

- A. Spring
- B. Summer

- C. Autumn
- D. Winter

Answer: C

**Q: Given that the case-fatality ratio of typhus fever can reach to about 60%, what is the death rate after the treatment of antibiotics?**

- A. Around 20%
- B. Around 10%
- C. Below 5%

Answer: C

**Q: Typhus fever is non-contagious.**

- A. True
- B. False

Answer: A

**Q: Scratching itching bug bites may lead to typhus fever since typhus bacteria gets into the bloodstream through open bite wounds.**

- A. True
- B. False

Answer: A

**Q: When typhus bacteria get into your body, how long will you start feeling ill?**

- A. Around 2 hours
- B. Around 3 days
- C. Around 12 days
- D. Around a month

Answer: C

**Q: Endemic Typhus Fever is spread through fleas. Thus, how could you prevent this kind of typhus?**

- A. Eat more rice
- B. Drink more water
- C. Sleep more

D. Keep your clothing and bedding clean

Answer: D

## **Stunted Growth**

**Q: BMI is a reliable and useful health measure.**

- A. True
- B. False

Answer: B

**Q: Stunted growth is non-infectious.**

- A. True
- B. False

Answer: A

**Q: Which of the following is NOT the long term consequences of stunting?**

- A. Impaired brain development
- B. More likely to suffer from infectious and chronic diseases (e.g. anaemia)
- C. Low stature
- D. Obesity

Answer: D

**Q: What are the short term consequences of stunting?**

- A. Becomes smarter
- B. Loses energy to study
- C. Strengthens your immune system
- D. Gains weight

Answer: B

**Q: If your friend's growth stunted, what should you suggest he/her to do instead of ensuring good nutrition?**

- A. Ask him/her to play with you until midnight
- B. Drink unfiltered/unclean water (e.g. tape water)
- C. Keep good personal hygiene habits (e.g. washing hand with soap regularly)
- D. Lay on bed for the whole day

Answer: C

## Anemia

**Q: All types of Anemia are genetic.**

- A. True
- B. False

Answer: B

**Q: Which food is the best for Anemia?**

- A. Red meats (e.g. beef, pork)
- B. Potato chips
- C. Rice
- D. Curry

Answer: A

**Q: If your mum suffers from Iron deficiency anemia, what should she do?**

- A. Eat curry everyday
- B. Eat iron-rich food
- C. Do high intensity exercises
- D. Sleep less

Answer: B

**Q: If your friend suffers from anemia due to poor sanitation condition, he/she should**

- A. Clean his/her home once a year
- B. Take a bath once a week
- C. Eat iron-rich food
- D. Drink filtered/clean water

Answer: D

**Q: If you suffer from anemia due to malaria, which of the following is the most effective treatment?**

- A. Drink clean water
- B. Eat more red meat
- C. Get prescription medicine from doctor
- D. Sleep more

Answer: C

**Q: There are several types of anemia and each type of anemia requires a corresponding treatment. Which of the following are the direct causes of Anemia?**

- I. Iron deficiency
  - II. Poor sanitation condition
  - III. Smoking
  - IV. Malaria (a mosquito-borne infectious disease)
- A. I, II and III  
**B. I, II and IV**  
C. II, III and IV  
D. All of the above

Answer: B

## COVID-19

**Q: Masks could prevent individuals from contracting any airborne infectious germs. For example, masks isolate germs when someone sneezes.**

- A. True
- B. False

Answer: A

**Q: Wearing a mask is one of the most important ways to suppress COVID-19 transmission.**

**Which of the following is an appropriate behavior about wearing masks?**

- A. Reuse non-washable mask many times
- B. Mask covers your mouth, nose and chin completely**
- C. Exchange used masks with others
- D. Use both sides of the mask



Answer: B

**Q: Which statement about COVID-19 is correct?**

- A. COVID-19 has a weak contagious power compared to other viral diseases
- B. Every COVID-19 infected person has the same symptoms
- C. Keeping social distance and wearing masks are effective ways to reduce the transmission of COVID-19**
- D. COVID-19 is transmitted through eye contact

Answer: C

## **Quiz Card Difficult Level Solutions**

### **Medical Knowledge**

**Q: Which type of pathogen can be killed by the antibiotics?**

- A. Virus
- B. Bacteria

Answer: B

## Alcohol & Smoking

**Q: Some chronic diseases caused by alcohol include, except:**

- A. Scurvy, resulting from vitamin C deficiency
- B. Alcoholic hepatitis
- C. Cancer, including liver cancer and breast cancer
- D. Psychological disorders, including depression, anxiety, impaired cognitive functions
- E. **None of the above**

Answer: E (Alcoholism causes all of these diseases-- scurvy, alcoholic hepatitis, cancer, psychological disorders, etc.)

**Q: Which of the following is not true about acute diseases experienced by alcoholics?**

- A. 30 times more liable to fatal poisoning
- B. 16 times more liable to death from a fall
- C. **2 times more liable to death in a motor-vehicle accident**
- D. 2 times or risk of death by suicide, fire, and drowning

Answer: C (Alcoholics, who chronically experience severe intoxication, are said to be 30 times more liable to fatal poisoning, 16 times more liable to death from a fall, 4.5 times more liable to death in a motor-vehicle accident, and roughly doubled risk of death suicide, homicide, fire, and drowning.)

**Q: Alcohol abuse can also impact your future when you make your own family.**

**Alcoholism can affect the following ways, except:**

- A. Children who grew up in such circumstances usually have experienced mental abuse or even physical violence
- B. Children may later exhibit social anxiety and experience difficulties with their personal development
- C. **Children will less likely be engaged in heavy drinking themselves in their future**
- D. Children may feel emotional void and emptiness, leading to rebellious behavior or total shutdown where the children will keep away from the outside world and not make any friends or develop socially.

Answer: C (Children, in the worst case, may later engage in heavy drinking themselves)

**Q: Smoking increases the severity or risk of complications of some health problems such as:**

- I. high blood pressure
- II. diabetes

**III. asthma**

- A. I
- B. I and II
- C. II
- D. II and III
- E. All of the above

Answer: E (Smoking increases the severity or risk of complications of some health problems, including high blood pressure, diabetes, and asthma.)

**Q: Drug abuse is the taking of drugs which harm the physical, mental or social well-being of an individual. Harmful effect(s) of drug abuse is (are):**

- A. Adversely affects health and body functions (e.g. brain, liver, lungs, kidneys, heart)
- B. Contract diseases (e.g., AIDS, hepatitis B, and tetanus) by sharing infected needles
- C. School and work performance may deteriorate
- D. All of the above

Answer: D

**Q: Since a lot of money is needed to buy drugs, one may commit crimes, become imprisoned and destroy one's future. Problems appear in interpersonal relationships and one can lose friends and even family.**

- A. True
- B. False

Answer: A

**Q: It is important to protect oneself from drug abuse. Which of the following is NOT a way to say "NO" when drugs are being offered?**

- A. Just simply say "NO" and refuse strongly
- B. Make friends with them
- C. Find an excuse to leave
- D. Mention your parents or professional advice

Answer: B (To protect yourself, it is important to make friends carefully and stay away from bad people.)

**Q: It is important to refrain from drug abuse. What is NOT a way to refrain from drug abuse?**

- A. Develop good hobbies (e.g. drawing, singing)
- B. Participate in recreational activities
- C. **Keep your problems from your family members, teachers or social workers**
- D. Keep away from all abused drugs

Answer: C (A way to refrain from drug abuse is to share your problems with your family members, teachers or social workers.)

## **Scabies**

### **Q: How can scabies be spread?**

- A. Scabies can be spread from people who share living quarters (those who live together)
- B. Young children might pick up the scabies mite from frequently hugging a friend at daycare
- C. **Being distant from others makes it more susceptible to become infested with scabies.**
- D. People can pick up the mite from infested bed linens, towels, clothing, furniture, and even carpeting

Answer: C (The scabies mite usually passed between people by direct skin contact. People who share living quarters-- such as students in dormitories and patients in nursing homes-- are more susceptible to becoming infested with scabies, simply due to their close proximity. Because the scabies mite can live outside a human body for up to 72 hours, a person also can pick up the mite from infested bed linens, towels, clothing, furniture, and even carpeting. That's why scabies treatment includes thoroughly laundering linens and clothing in hot water, plus vacuuming rugs and furniture.)

### **Q: You have been diagnosed with scabies. On the day you start treatment with the prescription cream, what is NOT a way to treat your home from scabies?**

- A. Launder everyone's clothes in the hottest possible water, and dry them in a dryer on the hottest possible setting
- B. Wash and dry all sheets and towels using hot water and a high dryer setting
- C. Vacuum all carpeting and throw rugs.
- D. **All of the clothes should be cleaned in low temperature, instead of high temperature.**

Answer: D (Launder everyone's clothes in the hottest possible water, and dry them in a dryer on the hottest possible setting. This will help destroy any scabies living in the clothing.)

### **Q: Which of the following is INCORRECT about scabies?**

- A. Scabies normally takes 4-6 weeks to heal
- B. Itchy red bumps is one of the symptoms of Scabies
- C. **Scabies is non-contagious**
- D. Scabies is caused by poor personal hygiene

Answer: C

**Q: Scabies may later on lead to the development of more serious consequences such as septicaemia, heart disease, and chronic kidney disease.**

- A. True
- B. False

Answer: A

## **Typhus**

**Q: Which type of pathogen causes the Typhus?**

- A. Virus
- B. Bacteria

Answer: A

**Q: The vector of scrub typhus is present in most countries of the South-East Asia Region and it is endemic in certain geographical regions, including Sri Lanka.**

- A. True
- B. False

Answer: A (The vector of scrub typhus is present in most countries of the South-East Asia Region and it is endemic in certain geographical regions of India, Indonesia, Maldives, Myanmar, Nepal, Sri Lanka and Thailand.)

**Q: Which of the following are the risk factors for scrub typhus?**

- A. Farm and forest workers
- B. Wearing short sleeves
- C. Working bare hands
- D. All of the above

Answer: D (The risk factors for scrub typhus include farm and forest workers, living at the edge of villages, wearing short sleeves, working bare hands, immune deficiency, et.c)

**Q: Which of the following is NOT a health tip for scrub typhus?**

- A. Avoid places where mites are known to be present in a large number
- B. Wear protective clothing when travelling to an endemic area
- C. Avoid applying mite repellents to exposed skin
- D. People who have risk factors and who have to work in an endemic area can be given a weekly dose of doxycycline.

Answer: C (A health tip for a scrub typhus is to apply mite repellents to exposed skin, for example diethyl toluamide)

## Hepatitis A

**Q: Which of the following about vaccination against hepatitis A is FALSE?**

- A. People who have ever had a life-threatening allergic reaction to the hepatitis A vaccine should still be vaccinated
- B. All children aged 12-23 months should be vaccinated
- C. All children and adolescents 2-18 years of age who have not previously received hepatitis A vaccine should be vaccinated
- D. It is recommended for pregnant women at risk for hepatitis A or risk for severe outcome from hepatitis A infection to be vaccinated

Answer: A (People who have ever had a life-threatening allergic reaction to the hepatitis A vaccine or who are known to be allergic to any part of the hepatitis A vaccine should not receive the vaccine. Tell the doctor if you have any severe allergies.)

**Q: Hepatitis A vaccine is both effective and safe**

- A. True
- B. False

Answer: A (Hepatitis A vaccine is safe and highly effective in preventing hepatitis A virus infection. No serious side effects have been reported from the hepatitis A vaccine.)



**Q: How long is the incubation period of Hepatitis A?**

- A. 3-7 days
- B. 7-14 days
- C. 14-28 days
- D. More than 28 days but lower than 50 days

Answer: C

**Q: What are the risk factors of Hepatitis A?**

- I. Poor sanitation
  - II. Lack of safe water
  - III. Living in a house with the infected person
  - IV. Pathological drinking alcohol
- A. I, III, IV
  - B. II, III, IV
  - C. I, II, III
  - D. All of above

Answer: C

## **Stunted Growth**

**Q: Stunting in early life has adverse functional consequences on the child. Some of those consequences include all, except:**

- A. Poor cognition and educational performance
- B. Low adult wages
- C. **High productivity**
- D. Accompanied by excessive weight gain later in childhood, an increased risk of nutrition-related chronic diseases in adult life

Answer: C (Consequences of stunted growth include low productivity, not high productivity)

**Q: Stunting is linked with the other global nutrition targets, such as:**

- A. Anemia in women of reproductive age
- B. Low birth weight
- C. Childhood overweight
- D. Wasting
- E. **All of the above**

Answer: E (Stunting is linked with the other global nutrition targets, such as anemia in women of reproductive age, low birth weight, childhood overweight, exclusive breastfeeding, and wasting.)

**Q: What are the action(s) that can be taken to reduce rates of stunting?**

- A. Improving optimal breastfeeding practices to ensure child's healthy growth and development
- B. Improve the quality of children's diet
- C. Behavioral change, such as hand-washing with soap
- D. **All of the above**

Answer: D

**Q: WASH (or WaSH) is an acronym for water, sanitation, and health, and it is a way to prevent stunting.**

- A. True
- B. **False**

Answer: B (WASH is an acronym for water, sanitation, and hygiene.)

## Anemia

**Q:** Anemia is an indicator of both poor nutrition and poor health. It is problematic on its own, but it can also impact other global nutritional concerns, including:

- A. Stunting and wasting
- B. Childhood overweight and obesity
- C. Reduced work productivity
- D. All of the above

Answer: D (Anemia can also impact other global nutritional concerns such as stunting and wasting, low birth weight and childhood overweight and obesity due to lack of energy to exercise.)

**Q:** The following are some symptoms for anemia, except:

- A. Easy fatigue and loss of energy
- B. Unusually slow heart beat, particularly with exercise
- C. Dizziness
- D. Pale skin

Answer: B (Symptoms of anemia include unusually rapid heart beat, particularly with exercise.)

**Q:** People with iron deficiency may experience symptoms such as a hunger for strange substances such as paper, ice, or dirt.

- A. True
- B. False

Answer: A (People with an iron deficiency may experience symptoms such as a hunger for strange substances such as paper, ice, or dirt, and this condition is known as pica.)

**Q:** The risk factors for anemia include all of the followings, except:

- A. Menstruating
- B. Being pregnant and giving birth
- C. Having a diet high in vitamins, minerals, and iron
- D. Having a chronic illness, such as AIDS, diabetes, kidney diseases, etc.

Answer: C (A risk factor for anemia is having a diet LOW in vitamins, minerals, and iron.)

## COVID-19

**Q: What is not a way to slow the spread of COVID-19?**

- A. Wear a mask that covers both your nose and your mouth
- B. Stay 6 feet away from others
- C. Be vaccinated
- D. Wash your hands with water only

Answer: D (You should wash your hands often with water and soap at least 20 seconds. Use hand sanitizer if soap and water are not available)



**Q: Virus may possibly be spread when someone touches a surface or object with the virus on it and then touches their own mouth, nose, or eyes.**

- A. True
- B. False

Answer: A (According to the World Health Organization, preliminary studies suggest that the virus may persist on hand and soft surfaces for a few hours or up to several days, depending on type of surface, temperature, humidity, etc.)

**Q: Vitamin and mineral supplements can help cure COVID-19.**

- A. True
- B. False

Answer: B (Micronutrients, such as vitamins D and C and zinc, are critical for a well-functioning immune system and play a vital role in promoting health and nutritional well-being; however, there is currently no guidance on the use of micronutrient supplements as a treatment of COVID-19)

**Q: Alcohol helps to protect us against COVID-19**

- A. True
- B. False

Answer: B (Drinking alcohol does not protect us against COVID-19. The harmful use of alcohol increases the risk of health problems.)

**Q: COVID-19 virus could be spread through mosquito bites**

- A. True

**B. False**

Answer: B (There has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes.)

**Q: If you have possible or confirmed COVID-19, you should do everything, except:**

- A. Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.
- B. Do not clean any surfaces that are touched, and always cover your cough and sneezes with a tissue or use the inside of your elbow**
- C. Stay home from work and school.
- D. If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have or may have COVID-19.

Answer: B (Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.)

## **Diarrhea-Related Problems**

**Q: Following are some key measures to treat diarrhea, except:**

- A. Rehydration
- B. Zinc supplements
- C. Nutrient-rich foods
- D. Pork and veal

Answer: D (Foods to avoid when you have diarrhea are milk and dairy products, fried, fatty, greasy foods, spicy foods, etc. Zinc supplements reduce the duration of a diarrhea episode by 25% and are associated with a 30% reduction in stool volume.)

**Q: If people drink the unboiled water and fall victim to Cholera, what is the greatest possible fatality rate if no proper treatment is received?**

- A. 50%
- B. 40%
- C. 30%
- D. Less than 10%

Answer: A

**Q: How many people in the world are estimated to die each year because of drinking the contaminated water?**

- A. 529 000
- B. 629 000
- C. 729 000
- D. 829 000

Answer: D

**Q: Foods and beverages that might make diarrhea worse include the followings, except:**

- A. Caffeinated drinks and medications
- B. Lactose in dairy products
- C. Anything that contains artificial sweeteners
- D. High sodium foods and liquids

Answer: D (One of the diet tips that may help with diarrhea is consuming high sodium foods and liquids, such as broths, soups, sport drinks, and salter crackers.)

## **Agrochemical Uses**

**Q: Using agrochemical is considered good for humans since it improves productivity and controls pests and diseases, causing no harm at all.**

- A. True
- B. False

Answer: B (Agrochemical uses have some negative impacts on humans, since it causes some of the disease, such as Alzheimer's, autism, asthma, diabetes, etc.)

**Q: The continued use of agrochemicals is identified to have adverse effects on animal life, human life, and general soil health. The disease(s) caused by agrochemical use is (are):**

- A. Alzheimer's disease
- B. Autism
- C. Asthma
- D. Diabetes
- E. All of the above

Answer: E (Agrochemical uses have some negative impacts on humans, since it causes some of the disease, such as Alzheimer's, autism, asthma, diabetes, etc.)

**Q: Integrated pest management (IPM) is one of the safer and environmentally friendly pest and disease management methods. It:**

- A. is an organic practice
- B. promotes spraying with selective pesticides only when the crop needs it
- C. discourages spraying chemicals
- D. uses more pesticide

Answer: B (Integrated pest management (IPM) should not be confused with organic practices. It does not discourage spraying chemicals; it promotes spraying with selective pesticides only when the crop needs it, which generally means that less pesticide is used.)

## Nutrition

**Q: One of the nutrition tips is to try at least one new healthy recipe per week.**

- A. True
- B. False

Answer: A (This can change up your food and nutrient intakes and hopefully add new healthy healthy recipes to your routine. Another way is to make a healthier version of a favorite recipe.)

**Q: Counting calories is a good weight-loss strategy.**

- A. True
- B. False

Answer: B (Nutritionists increasingly urge people to evaluate food holistically, rather than based on individual nutrients or calorie counts. For example, even though a cup of avocado has 234 calories, it provides good doses of fiber, protein, and potassium, which can help maintain healthy blood-pressure level.)

## Programs

**Q: Expanded Programme on Immunization (EPI) is a program that was launched in Sri Lanka in 1978, and it has generally reduced the incidence of several vaccine preventable diseases.**

- A. True
- B. False

Answer: A (In Sri Lanka, the introduction of routine immunization has generally reduced the incidence of several vaccine preventable diseases. The World Health Organization's (WHO) Expanded Programme on Immunization (EPI), which UNICEF and other donors, has made great strides in extending these benefits to developing countries.)

**Q: The target disease(s) and vaccine(s) in the Expanded Programme on Immunization (EPI) is (are) :**

- A. Tuberculosis, which cause chronic cough and infected lungs
- B. Poliomyelitis, which cause muscle weakness
- C. Measles, which cause rashes
- D. All of the above

Answer: D (The target diseases and vaccines in the Expanded Programme on Immunization (EPI) include Tuberculosis, Tetanus, Diphtheria, Pertussis, Poliomyelitis, Measles, Rubella, etc.)

**Q: The vision of Thriposha is to make the Sri Lankan general community a prosperous, proud, healthy and nourished nation void of malnutrition.**

- A. True
- B. False

Answer: A

**Q: The following about main nutritious constituents of Thriposha are true, except:**

- A. 61.9g of carbohydrates
- B. 20.0g of protein
- C. 7.8g of fat
- D. 0g of vitamin

Answer: D (The main nutritious constituents of Thriposha include 61.9g of carbohydrates, 20.0g of protein and 7.8g of fat. In addition, it also contains minerals, vitamins, fiber, etc.)

**Q: Thriposha is distributed for following beneficiary communities, including:**

- A. All pregnant mothers
- B. All breast feeding mothers
- C. Infants over 6 months of age and pre-school children below 5 years of age suffering from malnutrition
- D. All of the above

Answer: D

**Q: The Elimination of Mother to Child Transmission (EMTCT) of HIV and syphilis in Sri Lanka will help to improve a broad range of maternal and child health (MCH) outcomes and also directly contribute to the Millennium Development Goals (MDGs).**

- A. True
- B. False

Answer: A (EMTCT specifically targets MDGs 4 and 5, which aim to reduce child mortality and improve maternal health, and MDG 6, which aims to reduce the spread of HIV, malaria, and other diseases.)

## **Truth Card**

**Q: How does drinking of alcohol cause the scarring of the liver?**

- A. When drinking excessive alcohol, the liver is injured and the repairing process will lead to the formation of scar in the liver.
- B. When drinking excessive alcohol, the alcohol stimulates liver cells to divide quickly and cause the formation of scar.
- C. When drinking excessive alcohol, the liver will trigger the immune system to form many protective layers (scars) on the liver so as to prevent the liver cells being damaged by alcohol.
- D. When drinking excessive alcohol, the chemicals in alcohol will accumulate on the liver in scar shape.

Answer: A

**Q: Which is the appropriate way to use the medicated skin cream to kill the mites?**

- A. Apply the cream to the itchy region only
- B. **Apply the cream from head-to-toe**
- C. Apply the cream only when patients feel itchy
- D. Both A and B

Answer: B

**Q: Given that epidemic typhus is more severe than the endemic typhus, which of the following additional will appear in epidemic typhus but not endemic typhus.**

- A. Nausea
- B. Headache
- C. **Bleeding into the skin**
- D. Diarrhea

Answer: C

**Q: How many shots of Hepatitis A vaccine are required to provide sufficient protection against Hepatitis A virus.**

- A. 1
- B. **2**
- C. 3
- D. 5

Answer: B

**Q: Which continent accounts for the greatest number of stunted children?**

- A. Africa
- B. Asia
- C. Australia
- D. Europe

Answer: B

**Q: Which gender may have a higher chance to suffer from iron-deficiency anemia?**

- A. Male
- B. Female
- C. They have equal chance

Answer: B

**Q: How long can a sneeze launch the coronavirus?**

- A. About 2 feets
- B. About 3 feets
- C. About 4 feets
- D. More than 6 feets

Answer: D

**Q: Given that vegetables are rich in antioxidants, what is the function of antioxidants?**

- A. Antioxidants can kill the bacteria and viruses in human body
- B. Antioxidants help to remove the metabolic waste in human body
- C. Antioxidants is a component of blood which helps to transport the oxygen throughout the body
- D. Antioxidants safeguard the cells from damaging and reduce the risk of suffering from heart diseases and certain types of cancers.

Answer: D

**Q: The life expectancy of heavy smokers is shortened by how many years on average.**

- A. 10 years
- B. 11 years
- C. 12 years
- D. 13 years

Answer: D

**Q: Why does drug abuse give people the feeling of ecstasy?**

- A. It is because most of these drugs are nervous system stimulants which increase the activity of brain and nerve impulse throughout the body
- B. It is because the drugs help to remove all the signals which will give the abusers negative feelings.
- C. It is because the drugs reduce part of nerve signals which will give the abusers negative feelings
- D. All of above

Answer: A

**Q: Why does the use of DDT as a pesticide is not recommended?**

- A. It is because DDT is too expensive
- B. It is because DDT will inhibit the growth of vegetables
- C. It is because DDT is non-biodegradable which will cause the long term environmental problems and have high toxicity which will damage the nervous system
- D. All of above

Answer: C

**Q: Which of the following vegetables or fruits has the greatest amount of iron content?**

- A. Apple
- B. Orange
- C. Asparagus
- D. Cabbage

Answer: C

**Q: Which types of hepatitis virus can be found in the unboiled water?**

- A. Hepatitis A virus
- B. Hepatitis C virus
- C. Hepatitis E virus
- D. Both Hepatitis A and E virus

Answer: D

**Q: How long can the coronavirus remain viable on the surface of plastic or stainless steel?**

- A. 24 hours

- B. 48 hours
- C. 72 hours
- D. 96 hours

Answer: C

**Q: How many people can an infected patient of COVID-19 further infect?**

- A. 1
- B. 2
- C. 3
- D. 4

Answer: B

## **Dare Card**

**Q: If there is a large-scale outbreak of COVID-19 in your community, list at least 3 possible measures to reduce the number of infected patients.**

*Possible answers:*

- Wear mask when leaving home
- Wash all the clothes immediately after coming home from outdoor
- Self-quarantine for 14 days if people are confirmed to suffer from the COVID-19 so as to prevent spreading the virus
- Vaccination

*Any reasonable answers are accepted*

**Q: If your friends get addicted to drinking alcohol, how would you help them to quit the addiction?**

*Possible answers:*

- Ask them the reasons for drinking alcohol. If their answers are because of unhappiness, tell them drinking alcohol cannot solve the problems. Also support them to leave the alcohol addiction
- Inform your friends the detrimental effects caused by drinking alcohol

*Any reasonable answers are accepted*

**Q: What would you do if you want to get taller?**

*Possible answers:*

- Ensure the sufficient absorption of vitamin D and calcium
- Have 8-hour sleeping time
- Do sports for 30 minutes everyday
- Prevent staying up late
- Have a balanced diet

*Any reasonable answers are accepted*

**Q: What are the consequences of drinking unboiled water?**

*Possible answers:*

- Diarrhea

- Suffering from parasitic diseases
- Caught with infectious diseases such as Cholera such as Hepatitis A and E
- Cholera

*Any reasonable answers are accepted*

**Q: How does smoking deal a blow to people's health?**

*Possible answers:*

- The tobacco contains harmful chemicals that will lead to lung cancers
- The tar in cigarette will paralyze cilia in lungs and lead to lung diseases
- The secondhand smoke breathed in by non-smokers will also lead to the similar problems as the smokers
- Smoking will increase the risk of suffering from heart diseases, stroke

*Any reasonable answers are accepted*

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