

Assessment

Marks distribution:

Level 1	Level 2	Level 3
4 Questions	10 Questions	6 Questions

Q1. Drugs are not addictive.

- A. True
- B. False

Q2. Second-hand is not as bad as first-hand smoking

- A. True
- B. False

Q3. How does Covid-19 spread?

- 1. Through air (e.g. coughing, sneezing)
- 2. Through physical touch
- 3. Through eye contact
- 4. Through animals

Q4. Anemia could be caused by the deficiency of what?

- 1. Carbohydrates
- 2. Junk food
- 3. Calcium
- 4. Iron

Q5. What fruit contains the highest amount of Vitamin C?

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

Q6. 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

Q7. What is the correct ratio for a 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)

Q8. Hepatitis A is a liver disease caused by the 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

Q9. Smokers are more likely than nonsmokers to develop lung cancer and heart diseases.

- A. True
- B. False

Q10. How does scabies spread?

I. direct skin-to-skin contact

II. through water

III. through bedding and clothing used by the infected person

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

Q11. 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

Q12. 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

Q13. The bacteria causing the Endemic typhus fever are flea

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

Q14. Which food is the best for Anaemia?

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

Q15. 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

Q16. 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

Q17. 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

Q18. 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

Q.19 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

Q20. 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