

# Project Quiz

## Quiz: Project Understanding

### Easy Questions

1. **What is the purpose of the vite.config.js file?**
  - A) It sets up a project with React and Tailwind CSS plugins.
  - B) It connects to a MongoDB database.
  - C) It defines a User model with Mongoose.
  - D) It sets up global styles for a web page. **Correct Answer: A**
2. **What does the index.html file primarily contain?**
  - A) It sets up a basic web page for a Vite + React application.
  - B) It defines a Mongoose schema.
  - C) It sets up an Express server.
  - D) It defines a React component. **Correct Answer: A**

### Medium Questions

3. **What middleware does the backend/index.js file configure for the Express server?**
  - A) CORS, JSON parsing, and request logging.
  - B) Express router and MongoDB connection.
  - C) User authentication and plan generation.
  - D) Tailwind CSS and React refresh. **Correct Answer: A**
4. **What is the purpose of the connectDB function in backend/config/db.js?**
  - A) It connects to a MongoDB database using Mongoose.
  - B) It defines a User model.
  - C) It sets up an Express route.
  - D) It handles form submissions. **Correct Answer: A**
5. **What does the eslint.config.js file enforce regarding unused variables?**
  - A) It enforces a rule to ignore unused variables that start with an uppercase letter or underscore.
  - B) It enforces a rule to ignore all unused variables.
  - C) It enforces a rule to report all unused variables.
  - D) It enforces a rule to rename unused variables. **Correct Answer: A**

### Hard Questions

6. **What does the backend/routes/plan.js file do?**
  - A) It sets up an Express route to generate a personalized fitness and diet plan using the Google Generative AI API.
  - B) It sets up routes for user registration and login.
  - C) It defines a Mongoose schema for a User model.
  - D) It sets up global styles for a web page. **Correct Answer: A**

7. **What is the primary function of the `AuthForm.jsx` component?**
- A) It renders a signup/login form that toggles between signup and login modes, handles form input changes, and submits the form data to the appropriate API endpoint.
  - B) It displays a personalized fitness plan.
  - C) It defines a Mongoose schema.
  - D) It sets up an Express server. **Correct Answer: A**
8. **What does the `src/main.jsx` file do in the React application?**
- A) It sets up a React application, rendering the `App` component inside a `StrictMode` wrapper and applying Tailwind CSS styles.
  - B) It defines a Mongoose schema.
  - C) It sets up an Express server.
  - D) It handles form submissions. **Correct Answer: A**
9. **What is the role of the `Dashboard.jsx` component?**
- A) It displays a personalized fitness plan, including workout routines, meal plans, and lifestyle tips, with a sidebar for navigation and dynamic content loading based on user interaction.
  - B) It sets up an Express route.
  - C) It connects to a MongoDB database.
  - D) It defines a User model. **Correct Answer: A**
10. **What is the primary function of the `UserDetailsForm.jsx` component?**
- A) It renders a form for users to input their details and generate a personalized plan, handles form submission, displays the generated plan, and allows users to finalize or edit the plan.
  - B) It sets up an Express server.
  - C) It defines a Mongoose schema.
  - D) It sets up global styles for a web page. **Correct Answer: A**