

## SFH Module 2 Question bank

### 1. Developing a Healthy Diet for Good Health (Q1–10)

1. **A balanced diet is essential for:**

- A. Quick weight loss
- B. Long-term health and energy
- C. Reducing productivity
- D. Unstable mood

**Answer: B**

2. **Which nutrient is necessary for building and repairing tissues?**

- A. Carbohydrates
- B. Protein
- C. Fats
- D. Water

**Answer: B**

3. **A healthy diet should include:**

- A. Excessive sugar
- B. Balanced portions of fruits, vegetables, protein, and whole grains
- C. Minimal fiber
- D. None of the above

**Answer: B**

4. **Which of the following is an example of a healthy fat?**

- A. Trans fats
- B. Saturated fats
- C. Unsaturated fats
- D. None of the above

**Answer: C**

5. **What is the primary function of carbohydrates in the body?**

- A. Build muscles
- B. Provide energy
- C. Protect organs
- D. Regulate body temperature

**Answer: B**

6. **Which vitamin is crucial for immune function and skin health?**

- A. Vitamin A
- B. Vitamin C
- C. Vitamin D
- D. Vitamin E

**Answer: B**

7. **The recommended daily intake of water for an adult is about:**

- A. 1 liter
- B. 2 liters
- C. 3 liters
- D. 5 liters

**Answer: B**

8. **Which food group is a good source of fiber?**  
A. Meat  
B. Whole grains and vegetables  
C. Processed sweets  
D. Dairy  
**Answer: B**
9. **Which of the following should be limited in a healthy diet?**  
A. Fiber  
B. Added sugars  
C. Lean proteins  
D. Fresh vegetables  
**Answer: B**
10. **A healthy diet can help in the prevention of:**  
A. Chronic diseases  
B. Sudden illness  
C. Mental disorders  
D. All of the above  
**Answer: A**

## **2. Food & Health (Q11–20)**

11. **Which of these is a benefit of eating a variety of foods?**  
A. Weight gain  
B. Increased nutrient intake  
C. Excessive fat consumption  
D. Nutrient imbalance  
**Answer: B**
12. **What is the role of antioxidants in food?**  
A. Increase calorie content  
B. Protect cells from damage  
C. Cause rapid weight loss  
D. Improve digestion  
**Answer: B**
13. **Which of the following is a health risk associated with excessive sodium intake?**  
A. Improved metabolism  
B. High blood pressure  
C. Healthy bones  
D. Enhanced brain function  
**Answer: B**
14. **What is the recommended amount of fruits and vegetables per day?**  
A. 1-2 servings  
B. 3-5 servings  
C. 6-8 servings  
D. 10 servings  
**Answer: B**

15. **Which type of food can help maintain healthy cholesterol levels?**

- A. Fast food
- B. Processed snacks
- C. Omega-3 rich foods like fish
- D. Fried foods

**Answer: C**

16. **Which of the following foods is considered a source of complete protein?**

- A. Rice
- B. Chicken
- C. Spinach
- D. Peanut butter

**Answer: B**

17. **Eating too much processed food can lead to:**

- A. Improved digestion
- B. Increased risk of heart disease
- C. Stronger immune function
- D. Weight loss

**Answer: B**

18. **Which of the following is the best source of calcium for bone health?**

- A. Red meat
- B. Leafy greens and dairy products
- C. Fried foods
- D. Soda

**Answer: B**

19. **What type of diet is most beneficial for overall health?**

- A. Low-fat diet
- B. High-protein diet
- C. Balanced diet with variety
- D. High-carb diet

**Answer: C**

20. **Which of these practices can promote gut health?**

- A. Drinking soda
- B. Eating fiber-rich foods
- C. Skipping meals
- D. Avoiding fruits and vegetables

**Answer: B**

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### **3. Nutritional Guidelines for Good Health (Q21–30)**

21. **The MyPlate model suggests that half of your plate should consist of:**

- A. Grains
- B. Protein
- C. Fruits and vegetables

D. Fats

**Answer: C**

22. **The Dietary Guidelines for Americans recommend limiting added sugars to no more than:**

A. 25% of daily calories

B. 10% of daily calories

C. 50% of daily calories

D. 0% of daily calories

**Answer: B**

23. **Which of the following is recommended for healthy eating?**

A. Avoiding all carbohydrates

B. Consuming a variety of colorful foods

C. Eating large portions of red meat

D. Skipping meals to reduce calories

**Answer: B**

24. **What is the recommended daily intake of fiber for adults?**

A. 5-10 grams

B. 20-25 grams

C. 40-50 grams

D. 60-70 grams

**Answer: B**

25. **Which of the following is NOT a part of the recommended guidelines for reducing heart disease risk?**

A. Increasing saturated fat intake

B. Reducing sodium intake

C. Eating more fruits and vegetables

D. Limiting alcohol consumption

**Answer: A**

26. **Which mineral is essential for bone health and is commonly found in dairy products?**

A. Iron

B. Potassium

C. Calcium

D. Magnesium

**Answer: C**

27. **Which nutrient is needed for red blood cell production?**

A. Vitamin A

B. Iron

C. Protein

D. Fiber

**Answer: B**

28. **Which of the following is the best practice for a healthy breakfast?**

A. Skipping breakfast

B. Eating processed sugary cereals

C. Eating whole grains and protein

D. Drinking coffee only

**Answer: C**

29. **How much physical activity is recommended for adults per week?**

A. 30 minutes

B. 60 minutes

C. 150 minutes of moderate-intensity activity

D. 300 minutes of low-intensity activity

**Answer: C**

30. **Which guideline is recommended for weight management?**

A. Fasting frequently

B. Eating nutrient-dense foods and balancing calories

C. Cutting out all fats

D. Consuming excessive protein

**Answer: B**

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#### **4. Obesity & Overweight Disorders and Their Management (Q31–40)**

31. **Obesity is defined by a body mass index (BMI) of:**

A. Less than 18.5

B. 18.5 to 24.9

C. 25 to 29.9

D. 30 or greater

**Answer: D**

32. **Which of the following is a health risk associated with obesity?**

A. Decreased cholesterol levels

B. Higher risk for type 2 diabetes

C. Improved heart function

D. Better lung capacity

**Answer: B**

33. **Which of the following strategies is effective for managing obesity?**

A. Increasing sedentary behavior

B. Reducing caloric intake and increasing physical activity

C. Consuming high-sugar foods

D. Ignoring portion sizes

**Answer: B**

34. **A well-balanced weight management plan should include:**

A. Fad diets

B. Exercise and healthy eating

C. Excessive alcohol consumption

D. Skipping meals

**Answer: B**

35. **Overeating due to emotional reasons is known as:**

A. Emotional eating

B. Physical hunger

- C. Nutrient timing
- D. Anorexia

**Answer: A**

36. **Which of the following is a healthy way to manage weight?**

- A. Rapid weight loss
- B. Gradual changes to diet and exercise
- C. Avoiding all fats
- D. Taking weight loss pills

**Answer: B**

37. **What type of exercise is most effective for weight loss?**

- A. Strength training only
- B. Cardio exercises, combined with strength training
- C. Stretching exercises
- D. Excessive running without diet changes

**Answer: B**

38. **What is the impact of sleep on weight management?**

- A. Increases weight gain
- B. Has no effect on weight
- C. Helps regulate hormones that control hunger
- D. Decreases appetite permanently

**Answer: C**

39. **Which of the following is NOT a factor that contributes to obesity?**

- A. Genetics
- B. Sedentary lifestyle
- C. Balanced diet
- D. Environmental factors

**Answer: C**

40. **Weight loss surgery is an option for individuals with:**

- A. A BMI under 25
- B. Unsuccessful attempts at weight loss through diet and exercise
- C. No health complications
- D. A desire for quick weight loss

**Answer: B**

## **5. Eating Disorders (Q41–50)**

41. **Which of the following is a characteristic of anorexia nervosa?**

- A. Excessive overeating followed by purging
- B. Extreme weight loss due to restricted eating
- C. Overconsumption of high-calorie foods
- D. Frequent snacking without restriction

**Answer: B**

42. **Bulimia nervosa involves:**

- A. Consuming large quantities of food in a short time and then purging
- B. Avoiding food entirely
- C. Excessive exercising only

D. Normal eating patterns

**Answer: A**

43. **Binge eating disorder is characterized by:**

- A. Starving oneself
- B. Repeated episodes of eating large amounts of food without purging
- C. Avoiding food groups
- D. Eating only specific food types

**Answer: B**

44. **Which of the following is a potential consequence of untreated eating disorders?**

- A. Improved physical health
- B. Increased risk of heart disease, kidney problems, and malnutrition
- C. Enhanced mental focus
- D. Better emotional regulation

**Answer: B**

45. **Psychological factors contributing to eating disorders include:**

- A. Low self-esteem
- B. Body image issues
- C. Societal pressure for thinness
- D. All of the above

**Answer: D**

46. **Which type of professional is best suited for treating eating disorders?**

- A. A nutritionist only
- B. A therapist or counselor
- C. A general physician only
- D. Both a therapist and a dietitian

**Answer: D**

47. **Which of the following behaviors is common in individuals with eating disorders?**

- A. Obsessive calorie counting
- B. Regular healthy eating habits
- C. A balanced approach to food
- D. Seeking help for their condition

**Answer: A**

48. **One of the most important aspects of treating an eating disorder is:**

- A. Gaining weight quickly
- B. Developing a healthy relationship with food
- C. Focusing only on weight loss
- D. Ignoring mental health concerns

**Answer: B**

49. **Which of the following is NOT a common symptom of anorexia nervosa?**

- A. Intense fear of gaining weight
- B. Restricting food intake to the point of starvation
- C. Eating large amounts of food without purging
- D. Excessive concern with body image

**Answer: C**

50. **What is the role of therapy in treating bulimia nervosa?**

- A. Encouraging weight gain rapidly

- B. Helping individuals change unhealthy eating behaviors and develop healthier coping mechanisms
- C. Focusing solely on exercise
- D. Reducing the intake of all fats

**Answer: B**

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## **6. Fitness Components for Health (Q51–60)**

**51. Which of the following is NOT a component of physical fitness?**

- A. Cardiovascular endurance
- B. Muscular strength
- C. Flexibility
- D. Intelligence

**Answer: D**

**52. Cardiovascular endurance is the ability of the heart and lungs to:**

- A. Lift heavy weights
- B. Improve balance
- C. Supply oxygen to the muscles during sustained physical activity
- D. Increase body flexibility

**Answer: C**

**53. Muscular strength refers to the ability of a muscle to:**

- A. Stretch
- B. Maintain balance
- C. Lift or exert force against resistance
- D. Improve cardiovascular fitness

**Answer: C**

**54. Flexibility is important because it:**

- A. Increases muscle size
- B. Improves range of motion and reduces injury risk
- C. Helps with fat loss
- D. Builds cardiovascular endurance

**Answer: B**

**55. Body composition refers to:**

- A. The weight of muscles only
- B. The distribution of fat, bone, and muscle in the body
- C. The flexibility of the body
- D. How fast you can run

**Answer: B**

**56. Which of the following is a benefit of regular physical activity?**

- A. Reduced stress levels
- B. Increased risk of chronic diseases
- C. Reduced muscle strength
- D. Decreased flexibility

**Answer: A**



57. **Which exercise is most beneficial for improving muscular strength?**

- A. Running
- B. Weightlifting
- C. Swimming
- D. Yoga

**Answer: B**

58. **The ability to maintain balance during a physical activity is known as:**

- A. Muscular strength
- B. Balance and coordination
- C. Cardiovascular endurance
- D. Agility

**Answer: B**

59. **Which of the following is an example of aerobic exercise?**

- A. Weightlifting
- B. Sprinting
- C. Jogging
- D. Stretching

**Answer: C**

60. **How does regular physical activity benefit mental health?**

- A. By increasing stress and anxiety
- B. By improving mood, reducing anxiety, and enhancing cognitive function
- C. By causing depression
- D. By reducing self-esteem

**Answer: B**

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## **7. Wellness and Physical Function (Q61–70)**

61. **Wellness can be described as:**

- A. The absence of disease
- B. A holistic state of physical, mental, and social well-being
- C. A focus on medical treatment
- D. None of the above

**Answer: B**

62. **Physical function refers to the ability to:**

- A. Perform activities of daily living with ease
- B. Eat anything without gaining weight
- C. Sleep for long hours
- D. Be inactive for extended periods

**Answer: A**

63. **Which of the following is a characteristic of good physical wellness?**

- A. Engaging in regular physical activity
- B. Avoiding medical check-ups
- C. Consuming large amounts of junk food

D. Sitting for long hours without breaks

**Answer: A**

64. **How can stress management contribute to overall wellness?**

- A. By increasing the risk of chronic illness
- B. By improving sleep quality and mental well-being
- C. By reducing physical fitness levels
- D. By decreasing cardiovascular endurance

**Answer: B**

65. **Mindfulness and relaxation techniques help with:**

- A. Reducing physical activity
- B. Improving flexibility
- C. Stress reduction and emotional regulation
- D. Enhancing muscle strength

**Answer: C**

66. **Which of the following is a sign of poor physical function?**

- A. Improved mood and energy levels
- B. Difficulty performing everyday tasks
- C. Regular physical activity
- D. Balanced nutrition

**Answer: B**

67. **One of the key aspects of wellness is:**

- A. Focusing on one area of health only
- B. Engaging in harmful behaviors for stress relief
- C. Maintaining a balance between physical, mental, and social health
- D. Ignoring regular exercise

**Answer: C**

68. **Which of the following activities enhances physical function?**

- A. Daily exercise
- B. Eating processed foods
- C. Skipping meals
- D. Engaging in sedentary behavior

**Answer: A**

69. **To avoid exercise injuries, it is important to:**

- A. Skip warm-ups
- B. Use improper equipment
- C. Gradually increase intensity and use proper form
- D. Exercise without rest periods

**Answer: C**

70. **Which of the following is an example of injury prevention during exercise?**

- A. Stretching before and after exercise
- B. Exercising in extreme heat
- C. Ignoring pain during exercise
- D. Using excessive weights

**Answer: A**