

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

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

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

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

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