**Scientific Foundation of Health Subject Code: BSFHK258**

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# Multiple choice questions on Module-2

1. Healthy diet is
   1. Eating more b. eating especially chosen food c. avoid eating d. none of these
2. Food Component present in sugar is
   1. Fats b. Protein c. Carbohydrates d. Vitamins
3. The percentage of water in human body a. 65 b. 70 c. 45 d. 75
4. Foods like pizza, burger and noodles are rich in
   1. Fats b. Protein c. Carbohydrates d. Vitamins
5. ------ provide more than double energy provided by carbohydrates or proteins in human body
   1. Fats b. minerals c. startch d. Vitamins
6. Our body need \_ --\_liters of water every day
   1. 2 to 3 b. 5 to 6 c. 10 to 15 d. 1 to 2
7. Which is called body building food
   1. Fats b. Protein c. Carbohydrates d. Vitamins
8. Vitamins and minerals are required in quantity
   1. Small b. big c. Equal d. zero
9. What does a junk food contains?
   1. Sugar b.salt c. fat d. All of these
10. The healthy human body needs how many types of nutrients to thrive

a.4 b. 5 c. 6 d.7

1. A healthy Nutrition diet throughout life promotes
   1. Faster growth c. maintain a unhealthy body weight
   2. reduces the risk of chronic disease d. all of these
2. WHO Member States to reduce the global population’s intake of salt by 30% to halt the rise in diabetes and obesity in adults and adolescents as well as in childhood overweight by

a. 2023 b. 2025 c. 2028 d. 2026

1. Eating fruits and vegetables of 400 g per day is equal to
   1. 5 portions in a day b. 4 portions in a day c. 3 portions in a day d. 2 portions in a day
2. Free sugars intake should be reduced to less than % of total energy

a. 5% to 10 % b. 10% to 15% c. 5% to 15% d. 15% to 25%

1. Salt consumption should be less than

a.6 g b. 5g c. 7g d. 8g

1. Noncommunicable diseases (NCDs) are
   1. Cancer b. Diabetes c. heart diseases d. All of these
2. Helathy women should drink ------liters of water
   1. 2.7 liters b. 5.3 liters c. 6 liters 3. 3.5 liters
3. To maintain health one should sleep for
   1. 7 to 8 hours at noon b. 7 to 8 hours at day c. 7 to 8 hours at night d. 7 to 8 hours any time
4. BMI is
   1. Body Mass index b. Body Mass instrument c. Body Measure index d. All of the above
5. Obesity is excessive accumulation of
   1. Belly fat b. Fat c. Carbohydrates d. vitamins
6. Body mass index (BMI) is a simple index of
   1. weight-for-height b. height for weight c. only weight d. only height
7. WHO recommends at least gms of fruit and vegetables each day…

a. 500 b.450 c. 400 d. 550

1. In Binge-Eating/Purging Type anorexia nervosa, self-starvation is associated with
   1. Not eating to help control Weight gain
   2. Not being bothered about weight gain
   3. Regularly engaging in purging activities to help control weight gain
   4. Eating only certain food type
2. Individuals with bulimia have a perceived lack of control over their eating behaviour, and often report which of the following?
   1. High levels of self-disgust b. Low self-esteem

c. High levels of depression d. All of the above

1. The three features that are required for the diagnosis of anorexia nervosa include all of the following EXCEPT
   1. restriction of behaviours that lead to very low body weight.
   2. intense fear of gaining weight and being fat.
   3. distorted body image.
   4. body weight is normal.
2. The feature common to both anorexia nervosa and bulimia nervosa is
   1. refusal to maintain normal body weight. b. fear of gaining weight.

c. purging to prevent weight gain. d. None of the above

1. Which of the following processes are important in explaining obesity?
   1. food environment b. physical activity c. individual psychology d . all of these
2. Medical diagnosis of obesity is based on a BMI cut-off point of . a . 25.0 b. 30.0 c. 35.0 d. 40.0
3. Which symptom is NOT consistent with Anorexia Nervosa?
   1. Binges and purges once a week b. Fears being fat

c. Feeling in control d. Amenorrhea

1. The Major types of eating disorder –
   1. Anorexia Nervosa b. Bulimia Nervosa c. Binge eaters d. All of the above
2. Eating disorders are
   1. Psychiatric b. Genetic disorder c. Neurobiological disorder d. All of the above
3. Anorexia Nervosa is
   1. Psychiatric b. Genetic disorder c. Neurobiological disorder d. All of the above S
4. Besides overweight/obesity, what other health risks are associated with binge eating disorder?
   1. High blood pressure and high cholesterol b. Heart disease and gallbladder disease

c. Diabetes d. All of the above

1. people with eating disorders
   1. withdraw from social contact b. Active in social contact c.Accept their eating pattern d. None of these
2. Eating disorder is Higher in a. females b. males c. adults d. All of the above
3. Binge eater will eat Larger amount of food than most people would eat in hour period

a. 3 b. 2 c. 4 d. 5

1. **Physical problems associated Anorexia**
   1. **Anemia b. constipation c. osteoporosis d. all of the above**
2. Core psychological attributes of eating disorder
   1. Low self-esteem b. Social withdrawal c. both a and b d. None
3. Obesity treatment aims to -------food intake, but restrained eating can overeating
   1. Increase , Promote b. Reduce, insist c. Reduce, Promote d. Increase . insist
4. Full recovery from an eating disorder is --------
   1. possible b. Impossible c. not possible d. no treatment
5. How many component of physical fitness have a. 4 b. 5 c. 6 d. 7
6. The percentage of fat, bone, water and muscle in human body is called
   1. Muscular endurance b. Muscular strength c. body composition d. Flexibility
7. The ability to overcome resistance for longer duration is called a . speed b. strength c. endurance d. flexibility
8. The aim of health related fitness is to prevent a. power b. cry c. diseases d. energy
9. The health-related components of physical fitness are most associated with:
   1. How fast you improve. b. How well the systems of the body operate.

c. How well you perform in sports activities. d. Your level of athletic ability.

1. The ability of muscles to exert force one time is called:

A. Muscular endurance. B. Muscular strength. C. Power. D. Reaction time .

1. Ability to do activities that requires increased oxygen
   1. Muscular endurance b. Muscular strength

c. body composition d. Cardiorespiratory Endurance

1. Factors that Affect Flexibility
   1. Age b. Gender c. Excessive body fat d. All of the above
2. How much of your body is fat and how much of your body is not fat defined by
   1. Body composition b cardiovascular endurance c. muscular strength d. flexibility
3. Expansion of FITT a. Frequency b. Intensity c. Time and Type d. All of the above
4. Fad Diet is a. eating more calories b. eating few calories c. having balanced diet d. both b and c
5. Yo-yo diet is
   1. increased resistance to weight loss b. increased efficiency to weight gain c. both a and b

d. None

1. The amount of body ------ and make up your body
   1. mass b. fat c. none d. both a and b
2. What are the drawbacks of using BMI to measure your health?
   1. it is too general b. it does not take into account muscle weight

c. it helps determine if you are at risk for diseases d. both a and b

1. What does body fat do? a. Stores energy b. Controls blood flow c.It has no purpose d. both a and b
2. Obesity is defined as having excess body fat? a. True b. False
3. Who is responsible for your eating habits and behaviors?
   1. My parents b. Santa Claus c. Me d. My friends
4. Eating junk food can lead to health problems, such as:
   1. obesity, diabetes, and clogged arteries b. cavities, a strong heart, and strong muscles

c. being underweight, diabetes, and heart attacks c. none

1. How much have obesity rates in kids grown since 1975?
   1. Doubled b. Tripled c. by 10% d. by 20%
2. Keto diet is
   1. increased resistance to weight loss b. increased efficiency to weight gain

c. both a and b d. high fat and low carb

