

Basavarajeswari Group of Institutions
BALLARI INSTITUTE OF TECHNOLOGY & MANAGEMENT
 (Autonomous Institute under Visvesvaraya Technological University, Belagavi)

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Course Code

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First Semester B.E. Degree Examinations, March/April 2024

SCIENTIFIC FOUNDATION OF HEALTH

Duration: 1 hr

Max. Marks: 100

Note: 1. All questions are compulsory 2. Each question carries 1 mark 3. Use only black ball point pen
 4. Darkening two circles for the same question marks the answer invalid
 5. Damaging/overwriting using whiteners on the OMR are strictly prohibited

- | Q. No | Question |
|-------|--|
| 1 | Which of the following food components give energy to our body?
A) Proteins B) Vitamins C) Minerals D) Carbohydrates |
| 2 | The World Health Day is celebrated on
A) 1 st March B) 7 th April C) 6 th October D) 10 th December |
| 3 | Cleanliness, physical exercise, rest and sleep are a part of
A) Hygiene B) Social Hygiene C) Personal D) None of these |
| 4 | Which one of the following is not a bacterial disease?
A) AIDS B) Dengue C) Measles D) All |
| 5 | A mentally sick person has
A) Tendency to get upset with change of routine B) Feeling of friendship and trust
C) Tendency to perform all the daily chores by oneself D) Tendency to solve all the problems without aid of others |
| 6 | Which of the following diseases is not caused by bacteria?
A) Typhoid B) Poliomyelitis C) Tuberculosis D) All |
| 7 | Which of the following factors is necessary for a healthy person?
A) Vaccination B) Balanced diet C) Personal D) All |
| 8 | Which of the following components are major nutrients in our food
A) Carbohydrates B) Lipids & Proteins C) Vitamins & D) All |
| 9 | Which of the following food components give energy to our body?
A) Proteins B) Vitamins C) Minerals D) Carbohydrates |
| 10 | Which of the following food items provides dietary fibre?
A) Pulses B) Wholegrain C) Fruits and D) All |
| 11 | Which one of the following is an unhealthy habit?
A) Sharing food B) Bathing twice a day
C) Drinking boiled water D) Eating without washing one's hand |
| 12 | Expected life outcomes from education are referred as?
A) Learning B) Evaluation C) Aims D) Pedagogy |
| 13 | Community health aims
A) Care of the infants old B) Improvement of health of all C) Improvement of health of children D) All |
| 14 | Potatoes, cereals, beans, pulses and oats are rich in
A) Proteins B) Vitamins C) Minerals D) Carbohydrates |

- 15 Way to improve communication skills are
A) Active listening skills B) Practice completeness C) both A & B D) None of these
- 16 Communication's is part of
A) Soft B) Hard C) Rough D) Short
- 17 Obesity increases the risk of developing?
A) Type 2 diabetes B) Cancer C) Cardio Vascular diseases D) None
- 18 Type of addictive behaviour
A) Alcoholism B) Drugs opium C) Video gaming D) All
- 19 WHO stands for
A) World Health Organisation B) World Honest Organisation
C) World Happy Organisation D) World Hockey Organisation
- 20 Spiritual health refers to
A) Meditation B) Peace C) Diet D) both A & B
- 21 Advantages of being healthy
A) Fighting diseases B) Increases health C) Confidence D) All
- 22 Sign of mental illness are
A) Abnormal changes in thinking B) Abnormal changes in feeling
c) both A & B D) None of the above
- 25 Physical health includes
A) Adequate Rest B) Balanced Diet C) Both A & B D) None of these
- 24 Risk factors increase a person's illness or injury is due to
A) Smoking B) Extreme physical activity C) Alcohol drinking D) All
- 25 Psychological disorders are
A) Anxiety B) Stress C) both A & B D) None
- 26 What is HIA?
A) Health Impact Assessment B) Health Impact Assignment
C) Health Index Assessment D) None of the above
- 27 Is addiction a
A) Mental disorder B) Physical disorders C) both A & B D) None
- 28 WHO stands for
A) World Health Organisation B) World honest organisation C) world happy organisation D) World Hockey organisation
- 29 Body language plays an important role in
A) Communication B) Judgement C) Both A & B D) None of the above
- 30 What are the general sleep requirements for an adult?
A) 4 to 5 hours B) 5 to 6 hours C) 7 to 8 hours D) None
- 31 Which vitamin is good for eyes?
A) Vitamin A B) Vitamin K C) Vitamin D D) None
- 32 What is the recommended daily water intake?
A) 4 Litre B) 2 Litre C) 1.5 Litre D) None
- 33 Calcium, iron, potassium, iodine, and common salt are examples of
A) Proteins B) Vitamins C) Fats D) Minerals

- 34 What influences your health
A) Heredity B) Environment C) Physical D) All
- 35 A balanced diet should normally be able to provide calories per day about
A) 2,500 calories B) 3,500 calories C) 4,000 calories D) 3,000 calories
- 36 This causes the maximum accumulation of fat in the liver
A) Meat and Egg B) Alcohol C) Saturated Fat D) Starch
- 37 What is protective factors for addictions
A) Positive relationship B) Drug experiment C) Community poverty D) All
- 38 Types of health
A) Mental health only B) Physical health only
C) Mental and physical health D) None of the above
- 39 What is health?
A) Physical wellbeing B) Mental wellbeing C) Social wellbeing D) All
- 40 Physical wellness includes
A) Enhancing sedentary lifestyle B) Avoiding sedentary lifestyle
C) Creativity D) None of the above
- 41 Hyper obesity value in terms of BMI
A) >25 B) <25 C) >40 D) <40
- 42 What is the definition of overweight?
A) BMI > 25 kg/m² B) BMI = 25 kg/m²
C) BMI = 25-29.9 kg/m² D) BMI = 25-30 kg/m²
- 43 What is the goal of social engineering?
A) Sabotage a person's social media B) To gain vital personal information
C) To catfish someone D) To build trust
- 44 Financial health refers to
A) Physical activity B) Mental illness C) Good-income D) None of the above
- 45 This causes tunnel vision
A) Smoking B) Alcohol C) Barbiturates D) Vitamin A
- 46 What are the steps to increase the vocal clarity
A) Keep your language simple B) Slow down during conversation
C) Feedback D) Both A and B
- 47 Which of the listening skills mainly focusses on feelings and emotions of speaker?
A) Informative listening B) Discriminative listening
C) Biased listening D) Sympathetic listening
- 48 Objectives of communication skills are
A) Active listening skills B) Aware of own communication barrier
C) Both A and B D) None of the above
- 49 After drinking alcohol, consumption of this leads to death
A) Morphine B) Opium C) Barbiturate D) All of these
- 50 How is substance use disorder treated?
A) Multiple types B) Recognition C) Alcohol D) Both A and B

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