

# CBCS SCHEME

BSFHK158/BSFHK258/22BD27

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Question Paper Version : A

**First/Second Semester B.E./B.Tech./B.Design Degree Examination,  
June/July 2024**

## **Scientific Foundations of Health**

Time: 1 hr.]

[Max. Marks: 50

### INSTRUCTIONS TO THE CANDIDATES

1. Answer all the **fifty** questions, each question carries one mark.
2. Use only **Black ball point pen** for writing / darkening the circles.
3. **For each question, after selecting your answer, darken the appropriate circle corresponding to the same question number on the OMR sheet.**
4. Darkening two circles for the same question makes the answer invalid.
5. **Damaging/overwriting, using whiteners** on the **OMR** sheets are strictly prohibited.

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1. According to WHO, what is health?
    - a) Health is a state of complete physical, mental and social well being and not the absence of disease.
    - b) Health is not a state of complete physical, mental and not the absence of disease.
    - c) Complete physical, mental and social well being and not the presence of disease
    - d) None of these
  2. Advantages of good health
    - a) Reduces confidence
    - b) Improves brain health and confidence
    - c) Increased stress
    - d) Reduces performance
  3. What is balanced nutrition?
    - a) A healthy nutrition diet provides the body with non essential nutrition.
    - b) A healthy nutrition diet provides the body with essential nutrition: fluid, macronutrients such as protein, vitamins, adequate fibre and food energy.
    - c) Nutrition is adequate fibre and food energy
    - d) None of these
  4. What are the examples of positive attitude?
    - a) Teasing others
    - b) Looking at the glass half full
    - c) Looking at the glass half empty
    - d) None of these
  5. The only disability in life is a \_\_\_\_\_
    - a) Bad attitude
    - b) Positive attitude
    - c) Commenting on life
    - d) Making fun on others

6. What factors influencing Good Health?  
a) State of our environment and genetics  
b) Income and education  
c) Relationship with friends and family  
d) All of these
7. What is the key to having a positive attitude?  
a) Always do your best  
b) Do only what you think you can  
c) Think you cant do anything  
d) Believe in yourself
8. Individual personality is influenced by  
a) Experiences  
b) Environment  
c) Inherited characteristics  
d) All of these
9. Well being also involved reducing the risk of an injury or health issue by  
a) Minimizing hazards in the work place  
b) Using contraceptive when having sex  
c) Avoiding the use of tobacco, alcohol and illegal drug  
d) All of these
10. How does personality affect health?  
a) Failure in handle stress  
b) Failure in activity level  
c) Avoiding bad habits  
d) None of these
11. The source of antioxidant and minerals  
a) Vegetables and fruit  
b) Coke and pizza  
c) Mutton and meat  
d) Baked foods
12. Which of the following is whole grain food?  
a) Brown rice and wild rice  
b) Oat's meal  
c) Ragi ball and Barley malt  
d) All of these
13. Excessive intake of food leads to \_\_\_\_\_  
a) Obesity  
b) Fit body  
c) Over smartness  
d) Lowers body calorice
14. Which of the following components are major nutrients in our food?  
a) Carbohydrates  
b) Lipids and proteins  
c) Vitamins and Minerals  
d) All of these
15. Egg is a rich source of \_\_\_\_\_  
a) Proteins  
b) Vitamins  
c) Minerals  
d) None of these
16. Potatoes, beans, pulses and oats are rich in \_\_\_\_\_  
a) Proteins  
b) Vitamins  
c) Minerals  
d) Carbohydrates
17. Which of the following food items provides dietary fibre?  
a) Pulses  
b) Whole grain  
c) fruits and vegetables  
d) Pizza
18. Which of the following food components are rich in fat?  
a) Rice and Maize  
b) Milk, egg and beans  
c) Butter, cheese and oil  
d) None of these

19. Which of the following vitamin helps in blood clotting  
a) Vitamin – A  
b) Vitamin – C  
c) Vitamin – D  
d) Vitamin – K
20. Guava, Lemon, Orange and Tomato are rich in  
a) Vitamin – A  
b) Vitamin – B  
c) Vitamin – C  
d) Vitamin – D
21. How many minutes should an average person walk a day?  
a) 30 minutes  
b) 40 minutes  
c) 20 minutes  
d) 60 minutes
22. What is the recommended daily water intake?  
a) 0.5 litre  
b) 1 litre  
c) 2 litres  
d) 4 litres
23. Oral communication ensures \_\_\_\_\_ and \_\_\_\_\_  
a) Fluency and speed  
b) Adequate response and immediate response  
c) Speedy interaction and speed response  
d) Fast and attention
24. The primary goal of communication is to  
a) To create barriers  
b) To create noise  
c) To effect a change  
d) None of these
25. Body language play a important role in \_\_\_\_\_  
a) Communication  
b) Judgement  
c) Both A and B  
d) None of these
26. Ways to improve the communication skill:  
a) Active listening skill  
b) Passive listening skill  
c) Both A and B  
d) None of these
27. Which of the following is not a communication skill?  
a) Listening  
b) Feedback  
c) Conversation  
d) Playing game
28. Which of the following is barrier of communication?  
a) No interest in conversation  
b) Ability to listen  
c) Transparency and Trust  
d) None of these
29. What is not a basic instincts of Human life?  
a) Self perseverance  
b) Sexual instinct  
c) Social instinct  
d) Making wealth and property all time.
30. Which of the following social engineering changes the Health behaviours?  
a) Banning the use of certain drugs  
b) Providing purified water to people  
c) Legalizations can be passed to make environment healthier  
d) All of these

31. Factors leading to addiction  
a) Environment  
b) Genes  
c) Both a and b  
d) None of these
32. Which of the following is not a type of addiction?  
a) Drug  
b) Alcohol  
c) Behavioural  
d) Yoga practicing
33. Symptoms of substance use disorder  
a) Impaired control  
b) Social problem  
c) Having intense usage for the drug  
d) All of these
34. Recognizing the addictions  
a) Problems at work  
b) Physical health issue  
c) Changes in behavior  
d) All of these
35. Which of the following is a protective factor of addictive people?  
a) Good self control  
b) Parental monitoring and support  
c) Positive relationships  
d) All of these
36. Which is an example of health hazard?  
a) Cardiovascular disease  
b) Cancer  
c) Stroke  
d) All of these
37. What are the different sources of infection?  
a) Patients  
b) Health care workers  
c) Visitors and Household workers  
d) All of these
38. Which one is a type of infective agent?  
a) Bacteria  
b) Virus  
c) Both a and b  
d) None of these
39. How to reduce risk for good health?  
a) Be a non-smoker  
b) Be physically active every day  
c) Achieve a healthy weight  
d) All of these
40. Which is not the risk factor for addictive people?  
a) Aggressive behavior in childhood  
b) Lack of parental supervision  
c) Good social skills  
d) Poor social skills
41. Which is an example for acute health change condition?  
a) Heart disease  
b) Cancer  
c) Diabetes  
d) Cold and cough
42. Health is \_\_\_\_\_  
a) Money  
b) Wealth  
c) Gold  
d) Diamond
43. Which of the following are not major health issues?  
a) Malnutrition  
b) Obesity  
c) Anaemia  
d) Fever
44. Preventive measures against disease for good health  
a) Avoid touching your face  
b) Stay home if you are sick  
c) Avoid contaminated food and water  
d) All of these

45. Who proposed the biopsychosocial model?  
a) Freud                      b) Sontag                      c) Engel                      d) None of these
46. Which of the following charters defined health promotion as “the process of enabling people to increase control over and to improve their health”?  
a) Charter of United Nations (1945)                      b) Tokyo Charter (1946)  
c) Ottawa Charter (1986)                      d) None of these
47. HIV is a retrovirus that infects and colonizes cells in the \_\_\_\_\_  
a) Immune system  
b) Immune system and central nervous system  
c) Endocrine system  
d) Immune system and Endocrine system
48. In 2015, the global prevalence of HIV infection was \_\_\_\_\_  
a) 0.2%                      b) 0.4%                      c) 0.6%                      d) 0.8%
49. In H.J. Eysenck’s twentieth – century theory of personality, how did he reinterpret the classical phlegmatic temperament?  
a) Stable extrovert                      b) Stable introvert  
c) Unstable extrovert                      d) Unstable introvert
50. In which year WHO did the first express “the right to health” as a fundamental human right?  
a) 1946                      b) 1952                      c) 1987                      d) 2000

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