

Internal Assessment Test 1 – Jan, 2023

| Sub: | Scientific Foundations of Health | | | | Sub Code: | 22SFH18 | | | |
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| Date: | 20/01/2023 | Duration: | 60 mins | Max Marks: | 50 | Sem / Sec: | I / I to P / CHEM-CYCLE | OBE | |
| All Questions are Compulsory (Select best possible answer) | | | | | | | | CO | RBT |
| Marks: 1 X 50 | | | | | | | | | |
| Q1 | Which philosopher was central to the conceptualization of human beings as composed of mind and body? A) John Locke B) Rene Descartes C) Plato D) Confucius. | | | | | | | | |
| Q2 | What is spiritual wellness? A) it implies the supernatural power B) it imply religion or faith of a person C) it is search for meaning and purpose of human existence. Developing compassion, caring, forgiving, and having a purpose in life. D) None of the above. | | | | | | | CO1 | L1 |
| Q3 | Diet is reduced to A) food groups to food items to food constituents B) food items to food constituents to food groups C) food constituents to food items to food groups D) food constituents to food group to food items. | | | | | | | CO2 | |
| Q4 | What are the factors that support intellectual wellness? A) by mental exercise and engagement through learning, problem-solving, and creativity. B) eating energy dense foods, sweet and sugary drinks and sleeping 8 hours. C) by having good nutrition, eating a balanced diet, drinking sufficient water, and getting adequate sleep. D) both A and C. | | | | | | | | |
| Q5 | 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. | | | | | | | | |
| Q6 | World Health Day is celebrated on _____. A) 1st March B) 7th April C) 6th October D) 10th December. | | | | | | | | |
| Q7 | Fruits and vegetables are rich source of A) Proteins & carbohydrates B) Fat and Phyto-chemicals C) Vitamins, minerals, phytochemicals and dietary fibre D) Saturated fat and carbohydrates. | | | | | | | | |
| Q8 | The formula for the body mass index is A) a person's weight in kilograms squared divided by the square of his/her height in meters (kg ² /m ²) B) a person's weight in kilograms divided by the square of his/her height in meters (kg/m ²). C) a person's weight in kilograms squared divided by his/her height in meters (kg ² /m) D) a person's weight in kilograms divided by his/her height in meters (kg/m). | | | | | | | | |
| Q9 | This approach to health promotion is synonymous with health education as it aims to increase individuals' knowledge about the causes of health and illness. A) behaviour change approach B) community development approach C) biomedical approach D) none of these. | | | | | | | | |
| Q10 | Which of the following processes are important in explaining obesity? A) food environment B) physical activity C) individual psychology D) all of these. | | | | | | | | |
| Q11 | Which of the following food components give energy to our body? A) Proteins B) Carbohydrates C) Minerals D) Vitamins. | | | | | | | | |
| Q12 | Which of these things is health psychology concerned with? A) What causes illness? B) Who is responsible for illness? C) How should illness be treated? D) All of the above. | | | | | | | | |
| Q13 | Obesity is caused by an increase in _____. A) adiposity B) epidosity C) ediposity D) apidosity. | | | | | | | | |
| Q14 | According to the WHO: sugar intake should reduce to _____ % of total energy intake in order to get additional health benefit A) 5 B) 10 C) 30 D) 20. | | | | | | | | |
| Q15 | Micronutrients are A) Carbohydrate and proteins B) Vitamins and minerals C) Saturated Fats D) Bio-active compounds. | | | | | | | | |
| Q16 | WHO stands for A) World Health Orientation B) World Health Organization C) World Human Organization D) World Happy Organization. | | | | | | | | |
| Q17 | According to 21st century holistic view of life, which of the following statement is best description of food A) Food intake is directed to only by physical hunger because food is just a fuel for the body B) Food intake is directed not only by physical hunger but also by appetite and satiety, both of which involve social, emotional, and cultural considerations. C) Food intake is directed by physical hunger and appetite, which involve physical and social considerations. D) Food intake is directed by physical hunger and satiety, which involve physical and emotional considerations. | | | | | | | | |
| Q18 | _____ refers to an excessive accumulation of body fat with associated health risks while _____ refers to a body weight greater than normal. A) Overweight; obesity B) Fat weight; fat free weight C) Obesity; overweight D) Low BMI; high BMI. | | | | | | | | |
| Q19 | If energy expenditure exceeds energy intake: A) fat stores are increased. B) body weight increases. C) fat stores are decreased. D) metabolism decreases. | | | | | | | | |
| Q20 | For a sedentary or obese individual, the best choice of an exercise program would be: A) low intensity, high impact. B) low intensity, low impact. C) high intensity, low impact. D) high intensity, high impact. | | | | | | | | |
| Q21 | Obesity is responsible for which of the following diseases? A) heart disease B) type 2 diabetes C) colon cancer D) all of the these. | | | | | | | | |
| Q22 | High protein diets are: A) usually unsuccessful in the long run. B) successful at improving aerobic training. C) recommended for quick weight loss. D) recommended by most certified nutritionists. | | | | | | | | |
| Q23 | What is mindfulness? A) Aware about our thought process, emotions B) Paying attentions to bodily sensations and surrounding environment C) Basic human ability to be remain at present moment and non-judgmentally D) All of the above. | | | | | | | | |
| Q24 | What is HIA? A) Health Impact Assessment B) Health Index Assessment C) Health Impact Assignment D) Health Index Assigment | | | | | | | | |
| Q25 | A healthy weight loss program should emphasize all of the following EXCEPT: A) a reduced-calorie diet that is high in complex carbohydrates and low in fat. B) an exercise program. C) a high-protein, low-carbohydrate diet. D) behaviour modification aimed at changing bad eating habits. | | | | | | | | |

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| Q26 | Extreme, harmful eating behaviors that can cause serious illness or even death. A) Bulimia Nervosa B) Eating Disorders C) Anorexia Nervosa D) Body Image. | CO1 | L1 |
| Q27 | The ratio of fat to lean tissue in your body. A) BMI-Body Mass Index B) Body Composition C) Underweight D) Obese. | CO2 | |
| Q28 | In Bulimia nervosa, the non-purging sub-type, a behavior which is used to compensate for bingeing is A) Exercise B) Controlling intake of certain food types C) Withdrawing from social interaction D) Controlling carbohydrate intake. | | |
| Q29 | Individuals with bulimia have a perceived lack of control over their eating behavior, and often report which of the following? A) High levels of self-disgust B) Low self-esteem C) High levels of depression D) All of the above. | | |
| Q30 | What is acute stress? A) positive type of stress that keeps us energized B) short term, encountered in day-to-day life C) seems never-ending and inescapable D) All of the above. | | |
| Q31 | Processed and ultra-processed foods are bad for health due to A) Low nutrient diversity B) High glycemic index C) Low satiety D) All of the above. | | |
| Q32 | Pick one of the following familial factors that plays a role in the development of eating disorders? A) Parental attitudes to sex B) Parental obesity C) Parental attitudes to the media D) Parental attitudes to the politics. | | |
| Q33 | Anorexia and bulimia are frequently comorbid with major depression, thus eating disorders have tended to be treated pharmacologically with which of the following? A) Antipsychotics B) Antibiotics C) Antihistamine D) Antidepressants | | |
| Q34 | The six essential nutrients are: A) Carbohydrates, lipids, enzymes, vitamins, minerals, and water. B) Carbohydrates, proteins, antioxidants, vitamins, minerals, and water. C) Carbohydrates, proteins, fats, vitamins, minerals, and water. D) Carbohydrates proteins fats, enzymes, neutralizers, and water. | | |
| Q35 | According to WHO health is A) A state of body and mind in a balanced condition B) The reflection of a smiling face C) Symbol of economic prosperity D) A state of complete physical, mental and social well-being and not merely absence of disease or infirmity. | | |
| Q36 | Three golden rules for healthy, ethical and sustainable diets: _____ % calorie from plant origin, _____ % calorie from ultra-processed food and eat diversified, organic food. A) minimum 50%, maximum 50% B) minimum 83%, maximum 17% C) minimum 17 %, maximum 83 % D) maximum 83%, minimum 17%. | | |
| Q37 | Which of the following statements is correct? Planetary health diet: A) nurture both planet and people. B) shift towards plant based eating C) help to control non-communicable diseases. D) All of the above. | | |
| Q38 | More research is necessary to confirm the assumption that _____ cause positive changes to quality of life. A) Lifestyle changes. B) Research findings. C) Survey data. D) Questionnaire responses. | | |
| Q39 | What is the advantage of good health? A) One can earn more. B) One can lead a happy life C) One can be impulsive D) One can be in-active. | | |
| Q40 | A mentally sick person has A) Tendency to get upset with change of routine B) Feeling of friendship and trust for all C) Tendency to perform all the daily chores by oneself D) Tendency to solve all the problems without aid of others. | | |
| Q41 | Community health service includes A) School and health education B) Hygienic environment C) Control of communicable diseases D) All the above. | | |
| Q42 | 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 the United Nations (1945) B) Tokyo Charter (1946) C) Ottawa Charter (1986) D) none of these. | | |
| Q43 | How does advertising affect our health? A) It promotes social messages and lifestyle and stimulates social action toward purchase of that product. B) Advertising makes us associate happiness with consumerism. C) It has both positive and negative influences on health. D) All of the above. | | |
| Q44 | This approach to health promotion is synonymous with health education as it aims to increase individuals' knowledge about the causes of health and illness. A) behaviour change approach B) community development approach C) biomedical approach D) none of these. | | |
| Q45 | Holistic human health is important for us and it mean living in harmony with A) Body & Mind B) Family & Society C) Nature D) All of the above. | | |
| Q46 | Which of the following statements is correct? A) Health promotion can refer to any event, process or activity that facilitates the protection or improvement of the health status of individuals, groups, communities or populations. B) The objective of health promotion is to prolong life and to improve quality of life. C) Health promotion practice is often shaped by how health is conceptualized. D) all of these. | | |
| Q47 | Community health service includes A) School and health education B) Hygienic environment C) Control of communicable diseases D) All the above. | | |
| Q48 | Health regulates the level of _____ efficiency of living organisms. A) Regulatory B) Metabolic C) Strength D) All of the above | | |
| Q49 | Mental health refers to a person's A) Emotional well-being B) Social well-being C) Psychological well-being D) All of the above. | | |
| Q50 | Which year did the WHO first express the right to health as a fundamental human right A) 1946 B) 1952 C) 1987 D) 2000. | | |
| All Questions are Compulsory (Mark best possible answer) May all beings are happy and peaceful!! | | | |