



CBCS SCHEME

BSFHK158/258/22BD27

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Question Paper Version : A

First/Second Semester B.E./B.Tech./B.Design Degree Examination, Dec.2025/Jan.2026

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.

1. Which of the following factor is necessary for a healthy person?
a) Vaccination b) Balanced diet c) Personal hygiene d) All of these
2. Which of the following mineral functions by building strong bones and teeth?
a) Iodine b) Calcium c) Iron d) Sodium
3. Guava, Lemon, Orange and Tomato are rich in
a) Vitamin A b) Vitamin B c) Vitamin C d) Vitamin D
4. Which of the following diseases have been associated with sedentary life style?
a) Colon cancer b) Stroke
c) Cardiovascular disease d) All of these
5. The World Health Day is celebrated on
a) 1st March b) 7th April c) 6th October d) 10th December
6. Which of the following food component is required for the growth and maintenance of the human body?
a) Proteins b) Vitamins c) Minerals d) Both a and b
7. How many minutes should you play or do exercise
a) 10 b) 20 c) 30 d) 40
8. Reduce food items like _____ to maintain good health.
a) Sugar added drinks b) Solid fats
c) White flour d) All of these

9. Which of the following is a eating disorder?
a) Cancer b) Anorexia c) Bulimia nervosa d) Both b and c
10. Junk food contains large number of _____
a) Fat only b) Sugar only
c) All Vitamins and Proteins d) Both a and b
11. Health is
a) Money b) Wealth c) Gold d) Diamond
12. Which of the following are not major health issues?
a) Malnutrition b) Obesity c) Anaemia d) Fever
13. As per WHO health is defined as a state of complete
a) Physical Wellbeing b) Mental Wellbeing
c) Physical, mental, social wellbeing d) Social Wellbeing
14. The main cause of contagious disease is
a) Contaminated air b) Contaminated food
c) Poor hygienic condition d) All of these
15. The ability of joint to move beyond the normal range
a) Speed b) Balance c) Flexibility d) Body mass
16. BMI stands for
a) Body mass index b) Big mass index
c) Body mass indication d) None of these
17. What is the recommendable daily intake of water?
a) 0.5 litre b) 1 litre c) 2 litre d) None of these
18. Emotional wellbeing includes
a) Smoking b) Drinking alcohol
c) Stress situation management d) None of these
19. Eating disorder are linked to physical problems such as
a) Heart attack b) Stunted growth
c) Health irregularities d) All of these
20. Energy balance means
a) Energy intake is unequal to energy expenditure
b) Energy intake is equal to energy expenditure
c) Energy intake is more than energy expenditure
d) Energy intake is less than energy expenditure
21. Healthy relationship helps to
a) Strengthen your immune system
b) Help you recover from disease
c) Lengthen your life span
d) All of these

22. What is meant by social engineering?
 a) Modifying the environment in ways that effect people's ability to practice a particular health behaviour
 b) The field of system of moral principles that apply to the practice of engineering
 c) Both a and b
 d) None of these
23. Which of the following is not a communication skill?
 a) Confidence b) Listening c) Feedback d) Arguing
24. Barriers of communication
 a) Inability to listen to others b) Jumping to conclusions
 c) Cultural differences d) All of these
25. Which of these factors is not required for communication growth?
 a) Growth in size of organizations b) Negative atmosphere
 c) Globalization d) Public relations
26. How can one improve the communication skill?
 a) Listen with willingness b) Respond appropriately
 c) Provide feedback d) All of these
27. 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
28. Using abbreviation in communication leads to which type of communication barrier?
 a) Language b) Physical c) Cultural d) Organizational
29. Body language and facial expressions are related to
 a) Object communication b) Written communication
 c) Oral communication d) Non-verbal communication
30. Bad examples of communication are
 a) Belittling others b) Openly giving cold shoulders
 c) Both a and b d) None of these
31. What are the basic instinct of life?
 a) Self perseverance b) Social instinct
 c) Both a and b d) None of these
32. Quality of a true friend are
 a) Respectful b) Believes in you
 c) Make time for you d) All of these
33. How to recognize addiction behaviour?
 a) Inability to stay away from substance b) Ignore other area of life
 c) Both a and b d) None of these
34. The key stand to overcome from addiction
 a) Stop using substances b) A powerful and positive mindset
 c) Poverty d) None of these

35. A major effect and health hazards from substance addiction is
 a) Loss of self control b) Injury
 c) Cardio vascular disorder d) Fetal damage
36. At each stage in the process of communication there is a possibility of interference which may hinder the process. Such interference is known as
 a) Sender b) Receiver c) Barrier d) None of these
37. Which of these is not a mode of effective listening?
 a) Attentive listening b) Biased listening
 c) Responsive listening d) Active listening
38. What is friendship?
 a) Bond between people b) Sharing feelings
 c) Sharing thoughts d) All of these
39. 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
40. What are proactive factors for addictions?
 a) Positive relationship b) Drug experimentation
 c) Community poverty d) All of these
41. What are the reasons for taking drug?
 a) To feel good b) To do better
 c) To feel better d) All of these
42. What is a safe and effective way to prevent the spread of infectious disease and reduce the risk of disease
 a) Not get vaccinated b) Engaging in unhealthy habits
 c) Not managing stress d) Getting vaccinated
43. Alcohol abuse and smoke share a window of vulnerability especially during
 a) Adolescence b) Adulthood c) Middle age d) Old age
44. Transdermal drug admination means that a drug is
 a) Placed under tongue b) Injected into a vein
 c) Absorbed through the skin d) Inhaled
45. Chronic stress has been linked to which of these health problems?
 a) Headaches b) Constipation c) Depression d) All of these
46. Nutritional means
 a) Tastes really good b) Tastes really bad
 c) Containing necessary substances for body growth and stay healthy
 d) Is mostly green
47. Disease means
 a) Discomfort b) Comfort
 c) Disability d) Both a and c

