

CHAPTER-3 | Health: The Ultimate Treasure

QUIZ
PART-04

1. Deficiency disease is caused by:

- A. Virus
- B. Lack of nutrients
- C. Worm
- D. Bacteria (B)

Explanation: Nutrient deficiency causes it.

2. Anaemia is due to lack of:

- A. Iron
- B. Water
- C. Sugar
- D. Salt (A)

Explanation: Iron deficiency causes anaemia.

3. Chronic diseases last for:

- A. Few days
- B. Few hours
- C. Long time
- D. One week (C)

Explanation: Chronic means long duration.

4. Obesity increases risk of:

- A. Strength
- B. Diabetes
- C. Height
- D. Immunity (B)

Explanation: Obesity linked to diabetes.

5. Prevention is:

- A. Better than cure
- B. Harder than cure
- C. Expensive
- D. Impossible (A)

Explanation: Prevention avoids disease.

6. Sanitation reduces:

- A. Cleanliness
- B. Infection
- C. Exercise
- D. Sleep (B)

Explanation: Clean habits prevent disease.

7. Scurvy is caused by lack of:

- A. Vitamin C
- B. Iron
- C. Iodine
- D. Protein (A)

Explanation: Vitamin C deficiency.

8. Goitre is caused by lack of:

- A. Iron
- B. Iodine
- C. Vitamin C
- D. Sugar (B)

Explanation: Iodine deficiency.

9. Lifestyle diseases increase due to:

- A. Exercise
- B. Healthy diet
- C. Poor habits
- D. Clean water (C)

Explanation: Unhealthy habits cause NCDs.

10. Community sanitation reduces:

- A. Dengue
- B. Spread of infection
- C. Height
- D. Hunger (B)

Explanation: Clean surroundings prevent disease.