

CHAPTER-3 | Health: The Ultimate Treasure

QUIZ
PART-01

1. According to WHO, health is:

- A. Absence of disease
- B. Only physical fitness
- C. Complete physical, mental and social well-being
- D. Eating healthy food (C)

Explanation: WHO defines health as complete well-being.

2. A healthy person can:

- A. Only exercise
- B. Work efficiently
- C. Avoid people
- D. Sleep all day (B)

Explanation: Efficiency is a sign of good health.

3. Mental health is:

- A. Less important
- B. Equal to physical health
- C. Unnecessary
- D. Only for adults (B)

Explanation: Mental and physical health are equally important.

4. Symptoms are:

- A. What we measure
- B. What we feel
- C. What we test
- D. What doctors see (B)

Explanation: Symptoms are experienced by the patient.

5. Fever is a:

- A. Symptom
- B. Sign
- C. Habit
- D. Exercise (B)

Explanation: Fever can be measured.

6. Balanced diet provides:

- A. Only fats
- B. Only sugar
- C. Nutrients
- D. Salt only (C)

Explanation: Balanced diet gives essential nutrients.

7. Skipping breakfast is:

- A. Healthy habit
- B. Unhealthy habit
- C. Exercise
- D. Meditation (B)

Explanation: It affects health negatively.

8. Yoga helps in:

- A. Stress increase
- B. Calm mind
- C. Laziness
- D. Infection (B)

Explanation: Yoga improves mental health.

9. Clean surroundings prevent:

- A. Growth
- B. Illness
- C. Study
- D. Exercise (B)

Explanation: Hygiene reduces disease.

10. AQI measures:

- A. Water purity
- B. Food quality
- C. Air cleanliness
- D. Blood pressure (C)

Explanation: AQI shows air quality.