

CHAPTER-3 | Health: The Ultimate Treasure

QUIZ
PART-02

1. Disease affects:

- A. Only body
- B. Only mind
- C. Body or mind
- D. Clothes (C)

Explanation: Disease affects normal functioning.

2. Pathogens include:

- A. Vitamins
- B. Bacteria
- C. Minerals
- D. Nutrients (B)

Explanation: Bacteria cause disease.

3. Non-communicable diseases:

- A. Spread easily
- B. Caused by pathogens
- C. Do not spread
- D. Spread by air (C)

Explanation: NCDs don't spread person to person.

4. Cancer is:

- A. Communicable
- B. Non-communicable
- C. Viral
- D. Bacterial (B)

Explanation: Cancer is lifestyle-related.

5. Typhoid is:

- A. NCD
- B. Communicable
- C. Genetic
- D. Deficiency (B)

Explanation: Caused by bacteria.

6. Poor diet can cause:

- A. Fitness
- B. Disease
- C. Height
- D. Strength (B)

Explanation: Lifestyle affects health.

7. Diabetes is linked to:

- A. Exercise
- B. Healthy habits
- C. Lifestyle
- D. Air (C)

Explanation: Lifestyle influences diabetes.

8. Pathogens are:

- A. Disease-causing organisms
- B. Medicines
- C. Nutrients
- D. Vitamins (A)

Explanation: Pathogens cause infections.

9. Asthma is:

- A. Viral
- B. NCD
- C. Spreadable
- D. Fungal (B)

Explanation: Asthma is non-communicable.

10. Flu is:

- A. Communicable
- B. Genetic
- C. Deficiency
- D. Chronic (A)

Explanation: Flu spreads person to person.