

## Chapter - 3 | Health: The Ultimate Treasure

## QUIZ-01

1. What is considered the most accurate definition of health?
- A. Absence of disease
  - B. Complete physical, mental, and social well-being
  - C. Ability to exercise regularly
  - D. Having strong immunity (B)

**Explanation:** WHO defines health as a state of complete physical, mental, and social well-being, not merely the absence of disease.

2. Which of the following is a non-communicable disease?
- A. Measles
  - B. Cholera
  - C. Diabetes
  - D. Chickenpox (C)

**Explanation:** Diabetes does not spread from person to person and is linked to lifestyle and dietary factors.

3. Which habit is NOT recommended for maintaining good health?
- A. Getting proper sleep
  - B. Eating fast food daily
  - C. Exercising regularly
  - D. Practising pranayama (B)

**Explanation:** Eating fast food daily is harmful and contributes to obesity and other lifestyle diseases.

4. What is the main cause of communicable diseases?
- A. Poor sleep habits
  - B. Unhealthy diet
  - C. Pathogens like bacteria and viruses
  - D. Lack of exercise (C)

**Explanation:** Communicable diseases are caused by pathogens such as bacteria, viruses, fungi, or protozoa.

5. Which of the following is a mode of transmission for diseases like influenza?
- A. Contaminated water
  - B. Insect bite
  - C. Airborne droplets
  - D. Deficiency of vitamins (C)

**Explanation:** Influenza is an airborne disease that spreads through droplets when an infected person coughs or sneezes.

6. What is the role of vaccines in disease prevention?
- A. Cure the disease
  - B. Kill all pathogens immediately
  - C. Train the immune system to fight specific pathogens
  - D. Provide pain relief (C)

**Explanation:** Vaccines work by training the immune system to recognize and fight specific disease-causing pathogens.

7. Which of the following is a vector-borne disease?
- A. Typhoid
  - B. Chickenpox
  - C. Dengue
  - D. Hepatitis A (C)

**Explanation:** Dengue is spread by mosquitoes, which act as vectors carrying the disease from one person to another.

8. What should be avoided to prevent antibiotic resistance?
- A. Eating fresh food
  - B. Taking antibiotics without prescription
  - C. Using mosquito nets
  - D. Taking vaccines (B)

**Explanation:** Taking antibiotics without a doctor's prescription leads to misuse and development of resistant bacteria.

9. What is the main goal of maintaining personal hygiene?
- A. Looking presentable
  - B. Preventing the spread of diseases
  - C. Improving sleep quality
  - D. Increasing height (B)

**Explanation:** Good personal hygiene helps in preventing the spread of infectious diseases.

10. What did Edward Jenner's discovery lead to?
- A. The invention of antibiotics
  - B. Development of penicillin
  - C. Discovery of diabetes treatment
  - D. Creation of the first vaccine (D)

**Explanation:** Edward Jenner's discovery using cowpox led to the development of the world's first vaccine against smallpox.