

Chapter - 3 | Health: The Ultimate Treasure

QUIZ-01

1. What is considered the most accurate definition of health?

- Absence of disease
- Complete physical, mental, and social well-being
- Ability to exercise regularly
- 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?

- Measles
- Cholera
- Diabetes
- 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?

- Getting proper sleep
- Eating fast food daily
- Exercising regularly
- 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?

- Poor sleep habits
- Unhealthy diet
- Pathogens like bacteria and viruses
- 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?

- Contaminated water
- Insect bite
- Airborne droplets
- 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?

- Cure the disease
- Kill all pathogens immediately
- Train the immune system to fight specific pathogens
- 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?

- Typhoid
- Chickenpox
- Dengue
- 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?

- Eating fresh food
- Taking antibiotics without prescription
- Using mosquito nets
- 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?

- Looking presentable
- Preventing the spread of diseases
- Improving sleep quality
- Increasing height

(B)

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

10. What did Edward Jenner's discovery lead to?

- The invention of antibiotics
- Development of penicillin
- Discovery of diabetes treatment
- 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.