

CHAPTER-3 | Health: The Ultimate Treasure

QUIZ-03

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.