Basic Health & Wellness Awareness

1. What is the normal body temperature in Celsius?
   a) 37°C
   b) 35°C
   c) 38°C
   d) 39°C

2. Which organ detoxifies harmful substances in the body?
   a) Liver
   b) Heart
   c) Kidney
   d) Lungs

3. Which vitamin is essential for blood clotting?
   a) Vitamin K
   b) Vitamin A
   c) Vitamin D
   d) Vitamin C

4. Which mineral is essential for strong bones and teeth?
   a) Iron
   b) Potassium
   c) Calcium
   d) Sodium

5. What is the main function of red blood cells?
   a) Fight infection
   b) Form clots
   c) Carry oxygen
   d) Filter waste

🍎 Nutrition & Diet

6. Which nutrient is the primary source of energy?
   a) Carbohydrates

b) Fats
c) Proteins
d) Vitamins

7. Proteins are mainly needed for:
   a) Growth and repair
   b) Energy
   c) Fat storage
   d) Digestion

8. A deficiency of Vitamin C can lead to:
   a) Scurvy
   b) Rickets
   c) Night blindness
   d) Anemia

9. Green leafy vegetables are rich in:
   a) Calcium
   b) Iron
   c) Fats
   d) Carbohydrates

10. Which of the following is a fat-soluble vitamin?
    a) Vitamin B1
    b) Vitamin D
    c) Vitamin C
    d) Vitamin B12

🧼 Hygiene and Sanitation

11. Washing hands before eating helps prevent:
    a) Infectious diseases
    b) Hair loss
    c) Joint pain
    d) Diabetes

12. Tooth brushing should be done at least:
    a) Twice a day
    b) Once a week

c) Once a day
d) Thrice a month

13. Oral hygiene prevents:
    a) Tooth decay and bad breath
    b) Hair fall
    c) Fever
    d) High BP

14. Boiling water before drinking helps in:
    a) Killing germs
    b) Adding nutrients
    c) Cooling it faster
    d) Making it acidic

15. Open defecation can lead to:
    a) Waterborne diseases
    b) Lung infections
    c) Hair loss
    d) Eye problems

🛡️ Disease Prevention & Vaccination

16. Which vaccine is given to prevent tuberculosis?
    a) BCG
    b) DPT
    c) OPV
    d) MMR

17. Polio mainly affects which part of the body?
    a) Muscles and nerves
    b) Liver
    c) Lungs
    d) Heart

18. Which disease is caused by a virus?
    a) Measles
    b) Typhoid
    c) Tuberculosis
    d) Malaria

19. DPT vaccine protects against:
    a) Diphtheria, Pertussis, Tetanus
    b) Dengue, Polio, Typhoid
    c) Diabetes, Pneumonia, Tonsillitis
    d) Diarrhea, Plague, Tuberculosis

20. What is the main cause of malaria?
    a) Virus
    b) Plasmodium parasite
    c) Bacteria
    d) Fungi

💧 Water, Air, and Environment

21. Contaminated water can cause:
    a) Cholera
    b) Asthma
    c) Arthritis
    d) Hypertension

22. Safe drinking water can be ensured by:
    a) Boiling or filtering
    b) Adding sugar
    c) Heating with salt
    d) Freezing

23. Air pollution mainly affects the:
    a) Respiratory system
    b) Digestive system
    c) Skeletal system
    d) Reproductive system

24. The primary source of Vitamin D is:
    a) Milk
    b) Vegetables
    c) Sunlight
    d) Water

25. Improper waste disposal can lead to:
    a) Environmental pollution

b) Better farming
c) Increased rainfall
d) Weight gain

🤸 Fitness and Mental Health

26. How many minutes of exercise is recommended daily for adults?
    a) 10 minutes
    b) 30 minutes
    c) 90 minutes
    d) 3 hours

27. Yoga is helpful for:
    a) Mental and physical health
    b) Fever
    c) Broken bones
    d) Skin disease

28. Which hormone is known as the 'stress hormone'?
    a) Cortisol
    b) Insulin
    c) Estrogen
    d) Thyroxine

29. Good sleep for an adult should last about:
    a) 7–8 hours
    b) 3–4 hours
    c) 10–12 hours
    d) 12–14 hours

30. Deep breathing improves:
    a) Oxygen intake and relaxation
    b) Weight
    c) Hair growth
    d) Muscle cramps

🚭 Substance Abuse and Lifestyle

31. Smoking increases the risk of:
    a) Lung cancer
    b) Eye infection
    c) Fractures
    d) Tooth decay

32. Alcohol abuse can damage the:
    a) Bones
    b) Liver
    c) Teeth
    d) Skin

33. A healthy lifestyle includes:
    a) Balanced diet, exercise, no tobacco
    b) Skipping meals
    c) Excessive sleep
    d) No activity

34. Obesity can lead to:
    a) Diabetes and heart disease
    b) Increased height
    c) Weak eyesight
    d) Cold

35. One effect of drug abuse is:
    a) Mental and physical damage
    b) Height gain
    c) Memory improvement
    d) Strong bones

🥵 First Aid & Basic Medical Knowledge

36. CPR stands for:
    a) Cardiopulmonary Resuscitation
    b) Central Pulse Reading
    c) Complete Patient Recovery
    d) Critical Pain Reduction

37. Bleeding from a wound can be stopped by:
    a) Applying pressure

b) Running water
c) Rubbing alcohol
d) Giving food

38. In case of burns, the first action is to:
    a) Cool the area with water
b) Rub oil
c) Break blisters
d) Cover with cloth

39. Which of the following is a sign of dehydration?
    a) Dry mouth and low urine output
b) Sweating
c) Coughing
d) High BP

40. A sprain is an injury to the:
a) Bone
    b) Ligament
c) Muscle
d) Skin

🧠 Awareness & Prevention

41. The full form of AIDS is:
    a) Acquired Immuno Deficiency Syndrome
b) Acute Infection and Disease Syndrome
c) Advanced Immunity Disease
d) Artificial Immune Deficiency

42. One way to prevent communicable diseases is:
    a) Vaccination
b) Ignoring symptoms
c) Avoiding exercise
d) Skipping food

43. Which is NOT a lifestyle disease?
a) Diabetes
b) Hypertension

c) Malaria
d) Obesity

44. What is the best way to avoid COVID-19?
    a) Handwashing and mask use
    b) Avoiding milk
    c) Taking antibiotics
    d) Eating sweets

45. The best way to check BMI is using:
    a) Height and weight
    b) Blood pressure
    c) Blood sugar
    d) Pulse rate

Health Authorities & Guidelines

46. WHO stands for:
    a) World Health Organization
    b) World Hygiene Office
    c) Western Health Organization
    d) World Hospital Order

47. In India, free immunization is provided under:
    a) Universal Immunization Program (UIP)
    b) WHO Act
    c) Food Security Bill
    d) Swachh Bharat Abhiyan

48. The Mid-Day Meal Scheme mainly aims to:
    a) Improve child nutrition
    b) Clean schools
    c) Buy uniforms
    d) Provide pens

49. RNTCP is a program for controlling:
    a) Tuberculosis
    b) Rabies
    c) Typhoid
    d) Anemia

50. Primary Health Centre (PHC) is the:
    a) First contact in rural health system
    b) Major hospital in cities
    c) Government bank
    d) School clinic

Answer Key

Basic Health & Wellness Awareness

1. a) 37°C
2. a) Liver
3. a) Vitamin K
4. c) Calcium
5. c) Carry oxygen

Nutrition & Diet

6. a) Carbohydrates
7. a) Growth and repair
8. a) Scurvy
9. b) Iron
10. b) Vitamin D

Hygiene and Sanitation

11. a) Infectious diseases
12. a) Twice a day
13. a) Tooth decay and bad breath
14. a) Killing germs
15. a) Waterborne diseases

Disease Prevention & Vaccination

16. a) BCG
17. a) Muscles and nerves
18. a) Measles
19. a) Diphtheria, Pertussis, Tetanus
20. b) Plasmodium parasite

Water, Air, and Environment

21. a) Cholera
22. a) Boiling or filtering
23. a) Respiratory system
24. c) Sunlight
25. a) Environmental pollution

Fitness and Mental Health

26. b) 30 minutes
27. a) Mental and physical health
28. a) Cortisol
29. a) 7–8 hours
30. a) Oxygen intake and relaxation

Substance Abuse and Lifestyle

31. a) Lung cancer
32. b) Liver
33. a) Balanced diet, exercise, no tobacco
34. a) Diabetes and heart disease
35. a) Mental and physical damage

First Aid & Basic Medical Knowledge

36. a) Cardiopulmonary Resuscitation

37. a) Applying pressure

38. a) Cool the area with water

39. a) Dry mouth and low urine output

40. b) Ligament

Awareness & Prevention

41. a) Acquired Immuno Deficiency Syndrome

42. a) Vaccination

43. c) Malaria

44. a) Handwashing and mask use

45. a) Height and weight

Health Authorities & Guidelines

46. a) World Health Organization

47. a) Universal Immunization Program (UIP)

48. a) Improve child nutrition

49. a) Tuberculosis

50. a) First contact in rural health system