

## **CHAPTER – 15: Human Health and Diseases**

- 1. What is the primary cause of infectious diseases?**
  - a) Genetic mutations**
  - b) Pathogens**
  - c) Environmental factors**
  - d) Nutritional deficiencies**
- 2. Which of the following is a viral disease?**
  - a) Tuberculosis**
  - b) Diabetes**
  - c) Influenza**
  - d) Malaria**
- 3. What type of pathogen causes tuberculosis?**
  - a) Virus**
  - b) Bacteria**
  - c) Fungus**
  - d) Protozoa**
- 4. Which of the following is a non-communicable disease?**
  - a) Measles**
  - b) Common cold**
  - c) Cancer**
  - d) Hepatitis**
- 5. What is the role of vaccines in disease prevention?**
  - a) They cure diseases**
  - b) They prevent the initial infection**
  - c) They reduce symptoms of diseases**
  - d) They increase susceptibility to diseases**
- 6. Which disease is characterized by high blood sugar levels?**
  - a) Hypertension**
  - c) Diabetes**
  - d) Arthritis**

7. What is the primary mode of transmission for the common cold?
- a) Contaminated water
  - b) Direct contact with infected individuals
  - c) Inhalation of airborne droplets
  - d) Vector-borne transmission
8. Which of the following diseases is caused by a deficiency of Vitamin C?
- a) Rickets
  - b) Scurvy
  - c) Pellagra
  - d) Beriberi
9. What is the most common method for diagnosing bacterial infections?
- a) Blood test
  - b) X-ray
  - c) Culture and sensitivity test
  - d) MRI scan
10. Which type of immunity is acquired through vaccination?
- a) Innate immunity
  - b) Active acquired immunity
  - c) Passive acquired immunity
  - d) Natural immunity
11. What is the main function of antibiotics?
- a) To kill viruses
  - b) To kill bacteria
  - c) To treat fungal infections
  - d) To enhance immune response
12. Which of the following is a chronic respiratory disease?
- a) Pneumonia
  - b) Tuberculosis
  - c) Asthma
  - d) Influenza
13. What is the primary cause of cancer?

- a) Bacterial infections
  - b) Viral infections
  - c) Genetic mutations
  - d) Nutritional deficiencies
14. Which type of diabetes is typically diagnosed in children and young adults?
- a) Type 1 diabetes
  - b) Type 2 diabetes
  - c) Gestational diabetes
  - d) Pre-diabetes
15. What is the primary purpose of a biopsy in diagnosing diseases?
- a) To test blood sugar levels
  - b) To examine tissue samples for cancer cells
  - c) To measure blood pressure
  - d) To check for viral infections
16. Which of the following is a symptom of hypertension?
- a) Frequent urination
  - b) Persistent cough
  - c) Elevated blood pressure
  - d) High blood sugar
17. What is the main mode of transmission for HIV?
- a) Airborne droplets
  - b) Contaminated water
  - c) Blood and sexual contact
  - d) Insect bites
18. Which disease is known as "the silent killer" due to its often symptomless nature?
- a) Diabetes
  - b) Hypertension
  - c) Tuberculosis
  - d) Asthma
19. What is the primary cause of malaria?
- a) Bacteria

- b) Virus
  - c) Protozoa
  - d) Fungi
20. Which of the following is a preventive measure for cardiovascular diseases?
- a) High-sugar diet
  - b) Regular exercise
  - c) Smoking
  - d) High-fat diet
21. What type of pathogen is responsible for fungal infections?
- a) Bacteria
  - b) Virus
  - c) Fungus
  - d) Protozoa
22. Which of the following diseases is caused by the herpes simplex virus?
- a) Chickenpox
  - b) Herpes
  - c) Influenza
  - d) Measles
23. What is the term for a disease that spreads rapidly across countries or continents?
- a) Epidemic
  - b) Endemic
  - c) Pandemic
  - d) Outbreak
24. Which of the following is a common symptom of influenza?
- a) Joint pain
  - b) Skin rash
  - c) High fever and cough
  - d) Abdominal pain
25. What is the primary cause of peptic ulcers?
- a) Viral infection
  - b) Bacterial infection

- c) Fungal infection
  - d) Nutritional deficiency
26. Which disease is characterized by the body's inability to produce insulin?
- a) Type 1 diabetes
  - b) Type 2 diabetes
  - c) Rheumatoid arthritis
  - d) Multiple sclerosis
27. What is the purpose of an MRI scan in medical diagnostics?
- a) To detect infections
  - b) To visualize internal organs and tissues
  - c) To measure blood pressure
  - d) To analyze blood samples
28. Which of the following is a common method for preventing the spread of infectious diseases?
- a) Frequent hand washing
  - b) Using antibiotics excessively
  - c) Avoiding vaccinations
  - d) Consuming contaminated water
29. What is the main cause of vector-borne diseases?
- a) Airborne pathogens
  - b) Contaminated food and water
  - c) Insect bites
  - d) Direct contact with infected individuals
30. Which type of cancer is most commonly associated with smoking?
- a) Skin cancer
  - b) Breast cancer
  - c) Lung cancer
  - d) Prostate cancer
31. What is the role of antiretroviral drugs in the treatment of HIV/AIDS?
- a) To cure the disease
  - b) To slow down the progression of the disease

- c) To prevent infection
  - d) To eliminate the virus from the body
32. Which of the following is a common symptom of hepatitis?
- a) Jaundice
  - b) Frequent urination
  - c) High blood pressure
  - d) Severe headache
33. What is the primary method for diagnosing diabetes?
- a) Blood glucose test
  - b) X-ray
  - c) Ultrasound
  - d) MRI scan
34. Which disease is characterized by the loss of bone density and increased risk of fractures?
- a) Osteoporosis
  - b) Arthritis
  - c) Rheumatism
  - d) Scurvy
35. Which of the following is a major risk factor for developing cardiovascular disease?
- a) High dietary fiber intake
  - b) Regular physical activity
  - c) High cholesterol levels
  - d) Low sodium intake
36. What is the main cause of foodborne illnesses?
- a) Contaminated water
  - b) Bacteria, viruses, or parasites in food
  - c) Airborne pathogens
  - d) Genetic factors
37. Which of the following diseases is primarily treated with antiviral medications?
- a) Tuberculosis
  - b) Diabetes

- c) Influenza
  - d) Rheumatoid arthritis
38. What is the main function of the immunesystem?
- a) To regulate body temperature
  - b) To digest food
  - c) To defend the body against pathogens
  - d) To circulate blood
39. Which type of disease is characterized by abnormal cell growth and proliferation?
- a) Infectious disease
  - b) Autoimmune disease
  - c) Cancer
  - d) Nutritional deficiency
40. What is the primary cause of stroke?
- a) Infection
  - b) Blood clot or burst blood vessel in the brain
  - c) High blood sugar
  - d) Low blood pressure
41. Which of the following is a symptom of chronic kidney disease?
- a) High blood sugar
  - b) Persistent cough
  - c) Swelling in the legs and ankles
  - d) Joint pain
42. Which disease is characterized by inflammation of the joints?
- a) Asthma
  - b) Tuberculosis
  - c) Osteoarthritis
  - d) Pneumonia
43. What is the primary treatment for bacterial infections?
- a) Antiviral medications
  - b) Antibiotics

- c) Antifungal medications
  - d) Pain relievers
44. What is the primary cause of ulcers in the digestive tract?
- a) Excessive alcohol consumption
  - b) Bacterial infection with *Helicobacter pylori*
  - c) High-fat diet
  - d) Viral infection
45. Which of the following diseases is caused by a deficiency of iron?
- a) Scurvy
  - b) Anemia
  - c) Rickets
  - d) Beriberi
46. Which of the following is an autoimmune disease?
- a) Multiple sclerosis
  - b) Type 2 diabetes
  - c) Hepatitis B
  - d) Tuberculosis
47. What is the primary cause of chronic obstructive pulmonary disease (COPD)?
- a) Viral infections
  - b) Prolonged exposure to cigarette smoke
  - c) Genetic mutations
  - d) Nutritional deficiencies
48. Which of the following is a common method for preventing sexually transmitted infections?
- a) Using contraceptives



- b) Avoiding vaccination
- c) Using antibiotics excessively
- d) Avoiding physical activity

49. What is the main role of public health interventions in controlling infectious diseases?

- a) To treat affected individuals
- b) To reduce disease transmission and improve health outcomes
- c) To provide vaccines only
- d) To cure chronic diseases

50. Which of the following is a common symptom of food poisoning?

- a) Vomiting and diarrhea
- b) Jaundice
- c) Skin Rash
- d) Elevated blood pressure

Answer key

1	2	3	4	5
B	C	B	C	B
6	7	8	9	10
B	C	B	C	B
11	12	13	14	15
B	C	C	A	B
16	17	18	19	20
C	C	B	C	B

21	22	23	24	25
C	B	C	C	B
26	27	28	29	30
A	B	A	C	C
31	32	33	34	35

B	A	A	A	C
36	37	38	39	40
B	C	C	C	B
41	42	43	44	45
C	B	B	B	A
46	47	48	49	50
B	B	A	B	B