

BHM & CT DEGREE EXAMINATION  
FIRST SEMESTER  
HEALTH HYGIENE AND WELLNESS

Effective from 2023 – Admitted Batch

Time: 3 hrs

Maximum : 70 marks

MCQS:- Multiple choice of questions

Answer all of the Following: (30x1=30 marks)

1. Food have various----- that keep as healthy  
a)Nutrients b)all of these c)component d)substances
2. )Which is called body building foods?  
a)proteins b)fats c)carbohydrates d)All of these
3. Which give us quick energy?-----  
a)carbohydrates b)all of these c)fats d)proteins
4. The body uses ..... to store energy  
a)Fats b)proteins c) carbohydrates d)all of these
5. vitamins and minerals are required in a ..... quantity  
a)small b)both c)none of those d) big
6. we should drink ..... glass of water a day  
a)6-8 b)9-10 c) can't say d) 4-5
7. what does a junk food contain?  
a)all of these b)a lot of salt c) lot of sugar d)a lot of fat
8. canning dehydration and pickling are method of.....food  
a)preserving b)none of these c)garnishing d)cooking
9. curd and idlys are good examples of .....food  
a)fermented b)cool c)bad d)all of these
10. sprouting consists of germinating  
a)plant b)potatoes c)seeds d)all of these
11. Obesity Diabetes and high blood pressure are Di-recycles  
a)life style b)deficiency c)both d) all of these
12. Feeling of linedieses, weight loss excessive thirst are symptoms of  
a)marasmess b)none of these c) diabetes d)obesity
13. obesity, excessive salt in diet lack of exercise can cause  
a)high blood pressure b) both c) none of these d)slow growth
14. kwashiorkor occurs because of deficiency of ..... in the diet  
a)proteins b)none of these c)carbohydrates d)fats



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15. Deficiency of proteins carbohydrates and fats causes  
a)marasmus b)obesity c)arramla d)none of these
16. The red blood cells have a substance called  
a) Hemoglobin b) pepsin c) tofu d) all of these
17. Butter, carrot, milk ,tomato and good source of  
a)vitamin A b) Vitamin D c)both d)none of these
18. Beri- Beri is caused due to deficiency of vitamin  
a)B b)C c)D d)A
- 19.Vitamin C protect is from  
a)scurvy b)rickets c)goiter d)night blindness
- 20) Iodized salt is a good source of  
a)iodine b)none of these c)calcium d)iron
- 21.what are the required for strong bones?  
a)both b)none of these c) calcium d) vitamin D
22. mixing water to milk is common example of  
a)food adulteration b) both c)de hydration d)none of these
- 23.samosa and potato chips are  
a)junk food b)tasty food c)all of these d)healthy snacks
24. world Health day is celebrated on  
a)1<sup>st</sup> march b)7<sup>th</sup> april c)6<sup>th</sup> October d)10<sup>th</sup> December
25. Rest ,sleep, physical exercise and cleanliness a part of  
a)social hygiene b)personal hygiene c)hygiene d)none of these
- 26.which one of the following is an unhealthy habit?  
a)sharing food b)taking a bath twice a day c)eating without washing hands  
d)drinking boiled water
- 27..which one of the following is a vital disease?  
a)measles b)dengue c)Aids d)all of the those
28. which one of the following diseases is also known as Salmonella enteric serotype Typhi  
a)Malaria b)Typhoid c)Yellow fever d)Diarrhea
- 29..which of the following disease is not caused by bacteria?  
a)typhoid b)tuberculosis c)poliomyelitis d)none of these
30. which of the following factor is necessary for a healthy person  
a)personal hygiene b)proper diet c)vaccination d)all of the above



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FILL IN THE BLANKS

1X10=10

Answer all of the Following:

1. Kwashiorkor is a disease caused by .....
2. which of the is a disease caused by bacteria .....
- 3 .our body needs .....for muscle body
4. calcium is an example of a .....
5. Ringworm is a disease caused .....
- 6, Deficiency of vitamin k can cause .....
7. which of the diseases is spread through coughing and sneezing.....
- 8 .Malfunctioning of pancreas causes .....
- 9 .first vaccine was produced by.....
10. which is the tank on the back of toilet.....tank

VERY SHORT QUESTIONS:-

1X10=10

Answer all of the Following

1. Balanced Diet
2. Minerals
3. Carbohydrates
4. Health education
5. Health indicators
6. ICMR
7. Wash programme
8. Basic of meal planning
9. Write short notes of Dengue
10. Arogyasetu

True or False:- Answer all of the Following 10x1=10

- 1) All food should be covered(T/F)
- 2) Chicken pox also known as Leucoderoma(T/F)
- 3) Stomach ulcer is a non-commericalable disease (T/F)
4. Rabies is a fatal disease (T/F)
- 5.girls use a cloth band or hair brush to hold their hair in ploa (T/F)





6. men and women both use a razor to shave off unwanted body hair (T/F)

7. A toothbrush is used to smooth out tangles to long hair (T/F)

8. Face powder helps take away a shiny face (T/F)

9. A rough left a sponge helps remove dead skin from your body (T/F)

10) First degree burns affects only the outer layer (epidermis) of the skin (T/F)

Match the following:-

1x10=10

Answer all the following:-

A

1. Fats
2. Whole grains
3. Vitamin A
4. Vitamin B
5. Iron
6. Iodine
7. Vitamin E
8. Vitamin K
9. Soundi
10. ENIAC

B

- a) computer
- b) Haemoglobin
- c) Goitre
- d) Sterility
- e) Blood clotting
- f) computer
- g) Decibel
- h) Beriberi
- i) Night blindness
- j) Roughage



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