COMMON MODEL PAPER
Health and Diseases MCQ TEST
10th Standard

Science

Exam Time : 01:00:00 Hrs   Total Marks : 60

60 x 1 = 60

1) Tobacco consumption is known to stimulate secretion of adrenaline. The component causing this could be
   (a) Nicotine   (b) Tannic acid   (c) Curcumin   (d) Leptin

2) World 'No Tobacco Day' is observed on
   (a) May 31   (b) June 6   (c) April 22   (d) October 2

3) Cancer cells are more easily damaged by radiations than normal cells because they are
   (a) Different in structure   (b) Non dividing   (c) Starved mutation
   (d) Undergoing rapid division

4) Which type of cancer affects lymph nodes and spleen?
   (a) Carcinoma   (b) Sarcoma   (c) Leukemia   (d) Lymphoma

5) Excessive consumption of alcohol leads to
   (a) Loss of memory   (b) Cirrhosis of liver   (c) State of hallucination
   (d) Supression of brain function

6) Coronary heart disease is due to
   (a) Streptococci bacteria   (b) Inflammation of pericardium
   (c) Weakening of heart valves   (d) Insufficient blood supply to heart muscles

7) Cancer of the epithelial cells is called
   (a) Leukemia   (b) Sarcoma   (c) Carcinoma   (d) Lipoma

8) Metastasis is associated with
   (a) Malignant tumour   (b) Benign tumour   (c) Both (a) and (b)
   (d) Crown gall tumour

9) Polyphagia is a condition seen in
   (a) Obesity   (b) Diabetes mellitus   (c) Diabetes insipidus   (d) AIDS

10) Where does alcohol effect immediately after drinking?
    (a) eyes   (b) auditory region   (c) liver   (d) central nervous system

11) _____ is not related to NIDDM.
    (a) Insulin administration   (b) Controlled by medicine   (c) Obese
    (d) Insulin action impaired

12) _____ is a symptom of CHD.
    (a) Glycosuria   (b) Ischemia   (c) Hyperglycemia   (d) Polyphagia

13) _____ help reduce blood sugar levels.
    (a) Sweet potato   (b) Tomato   (c) Beetroot   (d) Cane sugar

14) _____ is not a method of treatment for cancer.
    (a) Surgery   (b) Immunotherapy   (c) Vasectomy   (d) Radiation therapy

15) AIDS affects the _____ system.
    (a) circulatory   (b) nervous   (c) immune   (d) digestive

16) _____ is not a symptom of AIDS.
    (a) Increase in number of WBC   (b) Lack of appetite   (c) Weight loss

(d) Swelling of lymph nodes

17) World AIDS Day is observed on _____

   (a) 1st December   (b) 15th December   (c) 24th November   (d) 1st May

18) Obesity is not a risk factor for _____

   (a) AIDS   (b) diabetes   (c) arthritis   (d) CHD

19) Excess hunger is called _____

   (a) polyphagia   (b) polydipsia   (c) polyuria   (d) glycosuria

20) Sexually abused children show symptoms of _____

   (a) frequent urinary infection   (b) headache   (c) sore head   (d) migraine

21) POCSO - Protection of Children from Sexual Offences Act came into force in the year _____ .

   (a) 1985   (b) 2000   (c) 2002   (d) 2012

22) International Day against Drug Abuse and Illicit Trafficking is observed on _____.

   (a) June 26   (b) 4th February   (c) 7th November   (d) May 31

23) Narcotic Drugs and Psychotropic Substances Act was introduced in the year _____.

   (a) 1985   (b) 2000   (c) 2002   (d) 2012

24) One of the following is not the behaviour of drug users.

   (a) Lack of interest in personal hygiene, isolation, depression, fatigue and aggressive behaviour.

   (b) Deteriorating relationship with family and friends.

   (c) Excellent in academic performance.   (d) Change in food and sleeping habits.

25) Smoking causes inflammation of lung alveoli, decrease surface area for gas exchange and lead to the disease known as _____ .

   (a) Hypoxia   (b) Emphysema   (c) Bronchitis   (d) Cancer

26) Carbon monoxide of tobacco smoke binds to haemoglobin of RBC and decreases its oxygen carrying capacity causing _____ in body tissues.

   (a) Hypoxia   (b) Emphysema   (c) Bronchitis   (d) Cancer

27) The statutory warning found in all cigarette advertisements and packs is

   (a) Quit smoking today to get happiness tomorrow

   (b) Smoking is injurious to Health.

   (c) We need to burn calories daily, not tobacco.

   (d) Tobacco is killing us, don't let it kill you.

28) Anti Tobacco Act was passed on May 1st _____ .

   (a) 1985   (b) 2000   (c) 2004   (d) 2012

29) No Tobacco Day or World Anti-Tobacco Day is observed on_____.

   (a) June 26   (b) 4th February   (c) 7th November   (d) May 31

30) Diabetes Mellitus is characterised by increased blood _____ level.

   (a) Glucose   (b) Fat   (c) Protein   (d) Calcium

31) Diabetes Mellitus is due to insufficient, deficient or failure of _____ secretion.

   (a) Glucagon   (b) Prolactin   (c) Luteinising hormone   (d) Insulin

32) Type-1 Insulin Dependent Diabetes Mellitus (IDDM) is caused due to the destruction of _____ of the pancreas.

(a) Ducts tissue   (b) Acinar Cells   (c) α-Cells   (d) β-Cells

33) Type-1 Insulin Dependent Diabetes Mellitus (IDDM) is characterized by abnormally elevated blood glucose levels called _____.
   (a) Polyuria   (b) Polydipsia   (c) Glycosuria   (d) Hyperglycemia

34) The condition of Increased urine output which leads to dehydration is known as _____ .
   (a) Polyuria   (b) Polydipsia   (c) Glycosuria   (d) Hyperglycemia

35) The condition of loss of water leads to thirst resulting in increased fluid intake is known as _____ .
   (a) Polyuria   (b) Polydipsia   (c) Glycosuria   (d) Hyperglycemia

36) The condition of excessive glucose excretion in urine is known as _____.
   (a) Polyuria   (b) Polydipsia   (c) Glycosuria   (d) Hyperglycemia

37) The condition of excess hunger due to loss of glucose in urine is known as _____.
   (a) Polyphagia   (b) Polydipsia   (c) Glycosuria   (d) Hyperglycemia

38) Type-2 Non-Insulin Dependent Diabetes Mellitus (NIDDM) is characterised by
   (a) Normal insulin production but action is impaired
   (b) Cells do not respond to insulin   (c) No movement of glucose into cells
   (d) All the above

39) According to WHO recommendation, what are the two diagnostic criteria to confirm Diabetes mellitus?
   i) In fasting level, if blood glucose is greater than 140 mg/dl
   ii) In random level, if blood glucose is greater than 200 mg /dl
   iii) In fasting level, if blood glucose is less than 100 mg/dl
   iv) In random level, if blood glucose is between 80 and 120 mg /dl
   (a) i and ii   (b) i and iv   (c) iii and iv   (d) ii and iii

40) Every 7 calories of excess consumption leads to 1 gm fat deposit and increase in body weight.
   (a) 7   (b) 14   (c) 21   (d) 28

41) Obesity is caused due to
   (a) Genetic factors   (b) Overeating and physical inactivity   (c) Endocrine factors
   (d) All the above

42) Obesity is a positive risk factor in development of
   (a) Hypertension   (b) Diabetes   (c) Coronary heart disease   (d) All the above

43) Coronary heart disease (CHD) is the most common form and is caused by deposition of _____ in the blood vessels.
   (a) Sodium chloride   (b) Iron   (c) Cholesterol   (d) Calcium

44) Desirable level for blood cholesterol should be _____ for Indians.
   (a) less than 200 g/dl   (b) less than 200 mg/dl   (c) between 200 and 239 mg/dl
   (d) 240 mg/dl and above

45) The risk of coronary heart disease increases slowly as blood cholesterol levels increases from _____ mg/dl.
   (a) 20 to 99   (b) 100 to 149   (c) 150 to 199   (d) 200 to 300

46) World Cancer Day is observed on _____ .
   (a) June 26   (b) 4th February   (c) 7th November   (d) May 31

47) National Cancer Awareness Day is observed on _____ .
   (a) June 26   (b) 4th February   (c) 7th November   (d) May 31

48) Immunotherapy is treatment that uses Biological response modifiers like
   _____ to activate the immune system and help in destroying the tumors.
   (a) Nicotine   (b) Antigens   (c) Interferons   (d) X-rays

49) First Indian AIDS patient was identified in _____ .
   (a) Chennai   (b) Mumbai   (c) Delhi   (d) Kolkata

50) Every year _____ is observed as the "World AIDS Day".
   (a) June 26   (b) 4th February   (c) 7th November   (d) 1st December

51) AIDS is caused by HIV. Among the following, which one is not a mode of transmission
   of HIV?
   (a) Transfusion of contaminated blood   (b) Shaking hands with infected persons
   (c) Sexual contact with infected persons   (d) Sharing the infected needle

52) This is the most common pancreatic endocrine disorder.
   (a) AIDS   (b) Carcinoma   (c) Cancer   (d) Diabetes mellitus

53) It spreads through contact of body fluids or blood.
   (a) Diabetes mellitus   (b) Obesity   (c) Carcinomas   (d) AIDS

54) Lack of co-ordination of body organs is due to
   (a) Diabetes mellitus   (b) Alcohol consumption   (c) Drug addiction
   (d) Tobacco smoking

55) Bronchitis and pulmonary tuberculosis is due to
   (a) Tobacco smoking   (b) Alcohol consumption   (c) Drug addiction
   (d) Diabetes mellitus

56) Emphysema is caused due to _____.
   (a) Diabetes mellitus   (b) Alcohol consumption   (c) Drug addiction
   (d) Tobacco smoking

57) Liver cirrhosis is due to
   (a) Diabetes mellitus   (b) Alcohol consumption   (c) Drug addiction
   (d) Tobacco smoking

58) Destruction of β-cells of the pancreas causes
   (a) Drug addiction   (b) Alcohol consumption   (c) Type-1 diabetes mellitus
   (d) Type-2 diabetes mellitus

59) _____ or "good" cholesterol lowers risk of heart disease
   (a) HDL   (b) LDL   (c) Salt   (d) Sugar

60) ____ can be controlled by diet, exercise and medicine.
   (a) Drug addiction   (b) Alcohol consumption   (c) Type-1 diabetes mellitus
   (d) Type-2 diabetes mellitus

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