HED101

Question: Health Education in it technical sense is a science of

Answer: Human behaviour

Question: Good Personalhealth is influenced by good food eating in the right

Answer: Proportion

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Answer: Proportion

Question: Health Education is designed to promote and enhance health

Answer: All of the above

Question: The chemical components is called

Answer: Nutrients

Question: Good personal health knowledge promotes state of

Answer: Wellbeing

Question: One basic requirement for personal health is

Answer: Personal hygiene

Question: Personal health has to do with demonstration of health

Answer: All of the above

Question: Health Education facilitates prevention of health

Answer: Problems

Question: Health Education provides teaching and learning experiences for

Answer: Individual, family and community health

Question: Most people think of health in terms of

Answer: Physical wellbeing

Question: What year did WHO confirm the definition of health

Answer: 1947

Question: WHO means

Answer: World Health Organization

Question: Health Education is a process with intellectual, psychological and

Answer: Social dimensions

Question: Health is a state of complete

Answer: All of the above

Question: Health can also be defined as the qualtiy of peopleVs physical, psychological and sociological functioning that enable them to deal adequately with self and

Answer: Others

Question: Health is a dynamic state or condition, that is

Answer: Multidimensional

Question: According to Bedworth 1982, a truly healthy individual is sound in

Answer: Body, mind and spirit

Question: All the experience of an individual or group that influences beliefs, attitudes and behaviour is

Answer: Health Education

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[HED101] A balanced diet is made up of six essential

Nutrients

[HED101] Which of these can be improved through good exercise

Mental health

[HED101] Lack of sufficient sleep develops into sleep

Debt

[HED101] For the best development of muscles, the body needs regular

Exercise

[HED101] Which of these can be classified as social and emotional value of exercise

Tolerance

[HED101] Increased oxygen inhalation is possible through good

Exercise

[HED101] For body rejevunation, you need good

Sleep

[HED101] Exercise increases the heart beat which strengthens heart

Muscles

[HED101] Excess fat or cholesterol in the body can result into

Cardiac Diseases

[HED101] Excess lactic acid in the kidney can be improved through good

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1. Which of these is the function of food in the body

--->> Helping regular body temperature

Helping regular body tissues

Helping regular body heat

Helping regular body support

2. Health Education is designed to promote and enhance health

Attitudes

Literacy

Skills and wellbeing

--->> All of the above

3. The chemical components of food is called

Carbohydrates

--->> Nutrients

Proteins

Fats

4. Good personal health is influenced by good food eaten in the right

Order

Diet

Menu

--->> Proportion

5. Health Education provides teaching and learning experiences for

--->> Individual, family and community health

Individual health

Family health

Community health

6. One basic requirement for personal health is

Personal promotion

Personal development

--->> Personal hygiene

All of the above

7. Health Education facilitates prevention of health

Promotions

Personal

--->> Problems

Psychology

8. Good personal health knowledge promotes state of

Intelligence

Happinessn

Wellness

--->> Wellbeing

9. To keep the body cells in good working condition, they need be

Conditioned

Exercised

Maintained

--->> Nourished

10. Personal health has to do with demonstration of health

Knowledge

Attitude

Skills

--->> All of the above