

18BPDD001 – Generic Elective
Exercise and Weight Management for Teens

PART – A

Circle the Correct Answer

5 x 1 = 5

1. Diabetic people need to
 - a) Increase water intake
 - b) Reduce water intake
 - c) Eliminate any physical activity
 - d) Enhance any physical activity
2. Most of animal fats are
 - a) saturated fats
 - b) unsaturated fats
 - c) monounsaturated fats
 - d) monosaturated fats
3. Lack of dietary fiber causes
 - a) kwashiorkor
 - b) Rickets
 - c) dysentery
 - d) constipation
4. Health is
 - a) Physical well being
 - b) Mental well being
 - c) Social well being
 - d) All of the above
5. A synonym for heart attack is :
 - a) Myocardial Infarction
 - b) Heart Diseases
 - c) Artery
 - d) Pumping

PART – B

Answer the following in one or two sentences

5 X 2 = 10

6. Define Calorie
7. Define Exercise
8. What is Diet?
9. Define Fat
10. Define Carbohydrate

PART – C

Answer the following questions

3 x 5 = 15

11. Write about Weight loss workouts?
12. Write your suggestions for healthy living to diabetic persons
13. List any 10 Minor games

PART – D

1 x 10 = 10

Answer the following questions

- 14 a. Explain the benefits of doing regular exercises and maintaining a healthy diet plan
(or)
- 14 b. Write about the various exercise program