

Public Health Essentials

Public Health · Practice Test · 12 Questions

1. What is the primary purpose of a vaccine?

- A) To cure existing viral infections
- B) To train the immune system to fight specific diseases
- C) To provide vitamins for the body
- D) To improve eyesight

2. Which of the following is considered the most effective way to prevent the spread of germs on hands?

- A) Using hand sanitizer only
- B) Wiping hands on clothing
- C) Washing hands with soap and water
- D) Rinsing hands with cold water

3. What does the World Health Organization (WHO) define as a state of complete physical, mental, and social well-being?

- A) Health
- B) Wealth
- C) Fitness
- D) Happiness

4. Which liquid is most essential for the human body to maintain proper hydration and organ function?

- A) Coffee
- B) Soft drinks
- C) Water
- D) Fruit juice

5. What is the main goal of public health programs like water fluoridation?

- A) To add flavor to tap water
- B) To reduce tooth decay in the population
- C) To kill all bacteria in the water
- D) To change the color of the water

6. Which of the following is a primary method for preventing the transmission of mosquito-borne illnesses?

- A) Eating spicy food
- B) Sleeping under insecticide-treated nets
- C) Taking daily naps
- D) Avoiding direct sunlight

7. What is the recommended duration for effective handwashing with soap?

- A) 5 seconds
- B) 20 seconds
- C) 1 minute
- D) 5 minutes

8. Which of these is a widely recognized global health agency?

- A) World Health Organization
- B) International Space Agency
- C) Global Food Council
- D) United Nations Education Bureau

9. What does 'herd immunity' refer to?

- A) The protection of a population from a disease when a high percentage are immune
- B) The immunity animals have against human diseases
- C) A method of curing illness through diet
- D) The ability to recover quickly from a cold

10. Which nutrient is vital for bone health and is often added to milk?

- A) Vitamin C
- B) Vitamin D
- C) Iron
- D) Fiber

11. What is the primary health benefit of regular physical activity?

- A) Increased height
- B) Improved cardiovascular health
- C) Faster hair growth
- D) Increased appetite

12. What is the main purpose of food labeling laws in public health?

- A) To make packaging look colorful
- B) To help consumers make informed nutritional choices
- C) To hide the price of items
- D) To promote specific brand names