

International Olympiad of Value System, Health & Wellness

Sample Paper - Group I

- *Review these sample questions to help familiarize yourself with the International Olympiad of Value System, Health & Wellness.*
- *Register to get FREE Olympiad e-guides to learn and prepare for the exam.*
- *You can download the syllabus and learning details from the website www.zenikolympiad.com.*
- *This sample paper is based on MCQ pattern. There are 4 options out of which only one is correct.*

Section 1 – Value System

1. You want chocolates from your cousins. You calmly talk with them and tell them that they should share it. They get convinced by you. Which skill has helped you?
 - (a) Communication skills
 - (b) Decision Making
 - (c) Managing Anger
 - (d) Creativity
2. Srishti has a final exam on Tuesday. Her goal is to earn an “A” in the exam. She is playing video games on Monday. Her father tells her to study but Srishti says, “I’ll do it later.” What should Srishti improve about her time management skills?
 - (a) She should think about her goals and what will help her to reach them.
 - (b) She should make a more flexible schedule.
 - (c) She should take more breaks.
 - (d) She is managing her time well.

3. What would you do if someone cuts in front of you in line?

- (a) Allow them to go ahead
- (b) Tell them calmly but firmly that they should come in line
- (c) Shout at them for breaking the line
- (d) Push them and start fighting

4. You see a small child selling balloons on the street. What would you do?

- (a) Buy a balloon to help the child
- (b) Don't buy any balloon
- (c) Throw a book at him and tell him to study
- (d) Scold him.

5. Which of these options make the safest Internet password?

- (a) 123456
- (b) Qwerty1
- (c) Password
- (d) Vs16@HW\$VA98

6. What's the first thing you should do when greeting someone for the first time?

- (a) Ignore them
- (b) Give them a kiss
- (c) Look the other way
- (d) Make eye contact

7. Good listening skills include:

- (a) A message, a sender, and a receiver
- (b) Cultural skills and talking slowly
- (c) Verbal message and written communication
- (d) Showing interest, hearing the message and not interrupting

8. Who do you think would be the most successful person?

- (a) The one who gives orders
- (b) The one who takes orders
- (c) The one who solves problems
- (d) The one who always brags about their work

9. If you make a mistake, you?

- (a) Will never try it again
- (b) Know you are learning and will improve next time
- (c) Will hide it
- (d) Are embarrassed

10. What is the most important thing when learning?

- (a) Getting it right
- (b) Not making mistakes
- (c) Being perfect
- (d) Being persistent

Section 2 – Health & Wellness

11. What is a healthy diet?

- (a) Provides the nutrients for body to work effectively
- (b) Supports growth and development in children
- (c) Protects from frequent infections
- (d) All of the above

12. Pathogens are small organisms which cause diseases. The latest infectious disease Covid-19 is caused by which pathogen

- (a) Virus
- (b) Fungi
- (c) Bacteria
- (d) Parasite

13. How many types of known Corona-viruses affect people?

- (a) 1
- (b) 4
- (c) 7
- (d) 100

14. How can we protect us from Corona Virus?

- (a) Frequent hand washing
- (b) Physical distancing
- (c) Wearing a mask
- (d) All of the above

15. Do you know how many trees are cut down every day (approx)?

- (a) Five Thousand
- (b) Fifty thousand
- (c) Fifty Lakhs
- (d) Five Crore

16. You have used cooking oil which is still hot. How do you get rid of it?

- (a) Dump it down the drain
- (b) Wait until it cools, pour it into a container and throw in the dustbin
- (c) Flush it down the toilet
- (d) Throw it out the window

17. How much time should you spend brushing your teeth?

- (a) One minute once a day
- (b) 30 seconds twice a day
- (c) Two minutes twice a day
- (d) Four minutes once a day

18. What is the best way to help your body defend itself against infectious diseases?

- (a) Ignore fitness and diet, but think positively
- (b) Build up your muscles.
- (c) Keep your body healthy with a good diet, regular exercise, and meditation.
- (d) Eat lots of protein.

19. We can fall ill by

- (a) Direct contact with a sick person
- (b) Food contamination
- (c) Insect bites
- (d) All of the above

20. What is the body temperature of a healthy human

- (a) 98.6° F
- (b) 95° F
- (c) 100° F
- (d) 50° F

Section 3 – International Learning Zone

21. “Kanban” helps you accomplish goals by separating them into different tasks. The tasks are

- (a) Unfinished Tasks
- (b) Unfinished Tasks, Current Tasks
- (c) Unfinished Tasks, Current Tasks & Completed Tasks
- (d) None of the above

22. Hara Hachi Bu is a Japanese method of healthy eating. The important part of the practice is

- (a) Eat slowly
 - (b) Eat very fast
 - (c) Eat while watching TV
 - (d) Eat in large vessels
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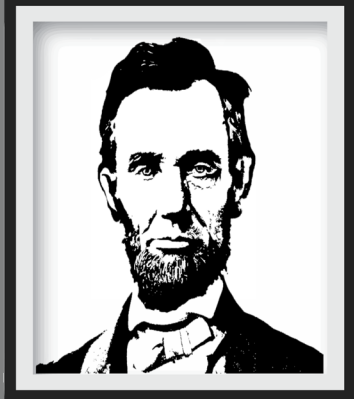
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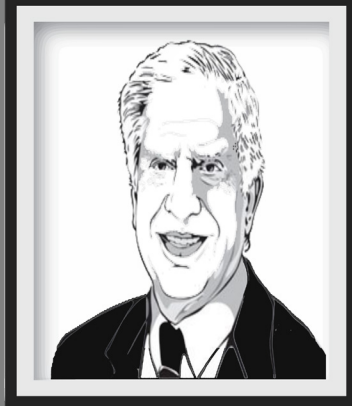
Answers:

- | | | |
|--------|--------|--------|
| 1 (a) | 11 (d) | 21 (c) |
| 2 (a) | 12 (a) | 22 (a) |
| 3 (b) | 13 (c) | |
| 4 (a) | 14 (d) | |
| 5 (d) | 15 (d) | |
| 6 (d) | 16 (b) | |
| 7 (d) | 17 (c) | |
| 8 (c) | 18 (c) | |
| 9 (b) | 19 (d) | |
| 10 (d) | 20 (a) | |

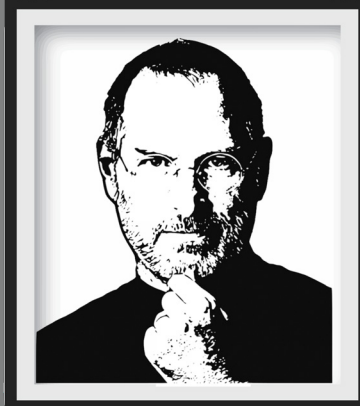
INTERNATIONAL OLYMPIAD OF VALUE SYSTEM HEALTH & WELLNESS



**Managing
Failures**



**Decision
Making**



**Critical
Thinking**



**Courage &
Leadership**



**Future
Leader**



**Health &
Fitness**

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INTERNATIONAL OLYMPIAD OF VALUE SYSTEM HEALTH & WELLNESS

KEY LEARNING

HEALTH & WELLNESS

HEALTH & FOOD

01. FUNDAMENTALS OF HEALTHY EATING
02. SCIENCE OF JUNK FOODS
03. OBESITY & BMI
04. UNDERSTANDING FOOD LABELS

HUMAN DISEASES & PANDEMICS

05. TYPES OF HUMAN DISEASES
06. MAJOR PANDEMICS IN HUMAN HISTORY
07. CORONA - THE LATEST CHALLENGE
08. IMMUNITY & HEALING
09. VACCINES & IMMUNIZATION

ENVIRONMENTAL HEALTH

10. CLIMATE CHANGE & GLOBAL WARMING
11. AIR POLLUTION

WELLNESS & GLOBAL PERSPECTIVE

12. EMOTIONAL & MENTAL WELLBEING
13. SECRET OF JAPANESE LONGEVITY
14. HARA HACHI BU - MINDFUL EATING

VALUE SYSTEM

SELF DEVELOPMENT:KEY MEASURES

01. INTELLIGENCE QUOTIENT VS EMOTIONAL QUOTIENT
02. CRITICAL THINKING & PROBLEM SOLVING
03. LEARN DECISION MAKING
04. MANAGING STRESS & ANGER

SUCCESS & FAILURES

06. SELF AWARENESS - EVERYONE IS UNIQUE
07. INTERPERSONAL RELATIONSHIPS
08. MANAGING REJECTIONS AND FAILURES

WORK AS SELF TRANSFORMATION

09. GOAL SETTING - TRANSFORM YOURSELF
10. SELF CONTROL AND HABITS

PERSPECTIVE IN CHANGING TIMES

11. SAY NO TO DISCRIMINATION
12. OBSESSION WITH INTERNET

GLOBAL VALUE SYSTEM - JAPAN

13. JAPANESE VALUE SYSTEM
14. TIME MANAGEMENT IN JAPAN
15. IKIGAI: SECRET OF HEALTH AND HAPPINESS

Needs of Today

- Unprecedented health anxiety & challenges
- Poor emotional skills & quotient
- Uncertainty in future jobs
- Obsession of new generation with Internet
- Lack of decision making skills
- Stress & anger management



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INTERNATIONAL OLYMPIAD OF VALUE SYSTEM HEALTH & WELLNESS

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Benefits & Details

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