

# International Olympiad of Value System, Health & Wellness

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## Sample Paper - Group II

- *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](http://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. What skill helps you to guide others in a team?

- (a) Leadership skills
- (b) team work
- (c) communication
- (d) environment

2. 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

3. Which of the following is a true statement?

- (a) Time management means always doing more than one task at the same time.
- (b) Good time management means never taking breaks.
- (c) Time management is about planning to get tasks done and doing them.
- (d) One way to manage your time well is to ignore deadlines and focus on doing the most fun activities.

4. To spend your time productively, you need to set-

- (a) long-term goals
- (b) SMART goals
- (c) short-term goals
- (d) None of the above

5. 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.

6. Study the table and select the option that indicates the correct type of goal. Types of Goals:

X. I will work for the best technology company.

Y. I will get "A" grade in Mathematics in the final exam.

Z. I will finish this essay assignment before I go out with my friends.

(a) X = short-term goal; Y = mid-term goal; Z = long-term goal

(b) X = mid-term goal; Y = long-term goal; Z = short-term goal

(c) X = long-term goal; Y = short-term goal; Z = mid-term goal

(d) X = long-term goal; Y = mid-term goal; Z = short-term goal

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. Being able to stand up for your own rights in a calm and positive way is called?

(a) Verbal Communication

(b) Assertiveness

(c) Confidence

(d) Being Bold

9. 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

10. Challenging and disagreeing with other people's opinions is -

- (a) Important when solving problems
- (b) Rude and shouldn't be done
- (c) Only okay if you know you're right
- (d) A terrible thing to do

11. 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

12. What is the most important thing when learning?

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

13. Match the following correctly

- |                                  |   |
|----------------------------------|---|
| (A) Urgent and important         | i - Tasks you will schedule to do later.      |
| (B) Important, but not urgent    | ii - Tasks that you will eliminate.           |
| (C) Urgent, but not important    | iii - Tasks you will do immediately           |
| (D) Neither urgent nor important | iv - Tasks you will delegate to someone else. |
- 
- |                                    |                                    |
|------------------------------------|------------------------------------|
| (a) A - iii, B - i, C - iv, D - ii | (c) A - iii, B - iv, C - i, D - ii |
| (b) A - ii, B - i, C - iv, D - iii | (d) A - i, B - iii, C - iv, D - ii |

14. What can we achieve through positive thinking?

- |                  |            |
|------------------|------------|
| (a) Happiness    | (c) Skills |
| (b) Appreciation | (d) Stress |

15. 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.

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

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

17. At what angle should your ladder lean against the wall in order to safely climb it?
- (a) 45 degrees
  - (b) 90 degrees
  - (c) 70-80 degrees
  - (d) 180 degrees
18.  $9 \times 8 \times 7 \times 6 \times 5 \dots\dots\dots \times -7 \times -8 \times -9 = ?$
- (a) 131681894400
  - (b) 131689814400
  - (c) 90
  - (d) None of the above
19. 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
20. 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

## Section 2 – Health & Wellness

21. Which of these everyday items can be used to treat minor cuts?

- (a) Vaseline
- (b) Dough
- (c) Hair Oil
- (d) Milk

22. How to discard an old computer?

- (a) Wipe the data, donate or sell it for recycling
- (b) Bury the computer
- (c) Destroy it
- (d) Throw in dustbin

23. 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

24. At what temperature should you wash dark colored clothes?

- (a) Hot water
- (b) Cold water
- (c) Warm water
- (d) Temperature of water doesn't matter

25. What is the perfect amount of time for a power nap?

- (a) 2 hours
- (b) 10 minutes
- (c) 20 minutes
- (d) 1 hour

26. 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.

27. How can we protect us from Corona Virus?

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

28. Omega 3 is a-

- (a) Type of polyunsaturated fat(good fats)
- (b) Type of saturated fat(bad fats)
- (c) Type of carbohydrate
- (d) Type of Protein



29. The Glycemic Index (GI) measures how rapidly a food increases the blood sugar level. Food with high GI is not healthy. What is a high GI food?

- (a) More than 40
- (b) More than 55
- (c) More than 70
- (d) More than 90

30. Junk food often has high amounts of

- (a) Fat
- (b) Sugar or Salt
- (c) Calories
- (d) All of the above

31. The most widely used method to check if you're a healthy weight is body mass index (BMI). How to calculate the BMI?(Weight in Kg, Height in metre)

- (a) Weight/Height
- (b) Weight X Weight / Height
- (c) Weight/HeightXHeight
- (d) Weight X Weight/Height X Height

32. How much protein does our body need daily?

- (a) 0.2 gm per kilogram of weight
- (b) 0.4 gm per kilogram of weight
- (c) 0.6 gm per kilogram of weight
- (d) 0.8 gm per kilogram of weight

33. The current classification of diseases by WHO is

- (a) International classification of disease (ICD) - 9
- (b) International classification of disease (ICD) - 10
- (c) International classification of disease (ICD) - 11
- (d) International classification of disease (ICD) - 12

34. Diseases like Covid-19, AIDS, and SARS are caused by

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

35. Microorganisms capable of causing disease (Pathogens) usually enter our bodies through the

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

36. The term “coronavirus” refers to a large group of viruses known to affect birds and mammals, including humans. There are hundreds of coronaviruses but only few are known to affect people. How many types of Corona-Viruses affect humans?

- (a) 5
- (b) 7
- (c) 9
- (d) 11

37. Which of the following range of AIR QUALITY INDEX(AQI) is classified as “Good”?

- (a) 0-50
- (b) 51-100
- (c) 101-150
- (d) 151-200

## Section 3 – International Learning Zone

38. Japanese technique “juppun mae koudou” meaning “act ten minutes earlier” is for-

- (a) Time management
- (b) Eating
- (c) Wellness
- (d) Decision making

39. “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

40. Hara Hachi Bu is a Japanese method of healthy eating. The important part of the practise is

- (a) Eat slowly
  - (b) Eat very fast
  - (c) Eat while watching TV
  - (d) Eat in large vessels
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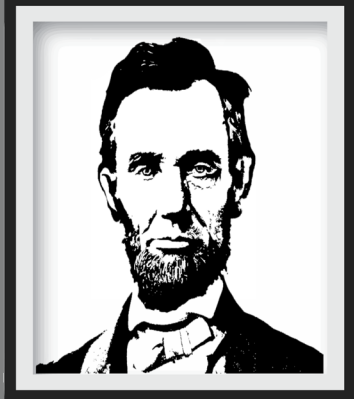
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## Sample Paper - Group II

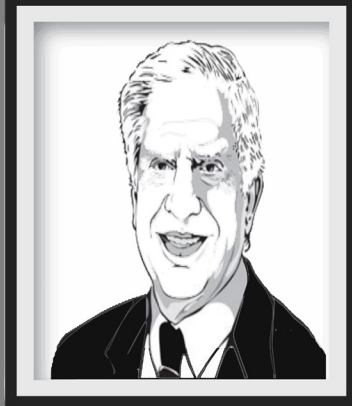
### Answers:

- |         |         |         |
|---------|---------|---------|
| 1. (a)  | 16. (d) | 31. (c) |
| 2. (a)  | 17. (c) | 32. (d) |
| 3. (c)  | 18. (d) | 33. (b) |
| 4. (b)  | 19. (d) | 34. (a) |
| 5. (a)  | 20. (b) | 35. (d) |
| 6. (d)  | 21. (a) | 36. (b) |
| 7. (d)  | 22. (a) | 37. (a) |
| 8. (b)  | 23. (b) | 38. (a) |
| 9. (c)  | 24. (b) | 39. (c) |
| 10. (a) | 25. (c) | 40. (a) |
| 11. (b) | 26. (c) |         |
| 12. (d) | 27. (d) |         |
| 13. (a) | 28. (a) |         |
| 14. (a) | 29. (b) |         |
| 15. (a) | 30. (d) |         |

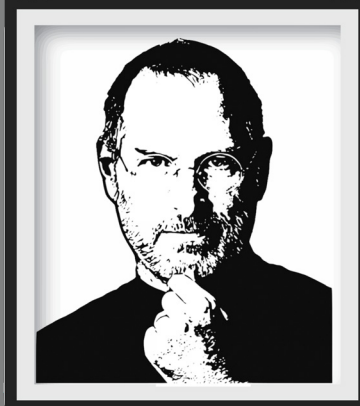
# INTERNATIONAL OLYMPIAD OF VALUE SYSTEM HEALTH & WELLNESS



**Managing  
Failures**



**Decision  
Making**



**Critical  
Thinking**



**Courage &  
Leadership**



**Future  
Leader**



**Health &  
Fitness**

**First Ever Olympiad**  
Skills recommended by

National Education policy 2020  
UNESCO  
WHO  
UNICEF

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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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## Benefits of the Olympiad

- Learn skills to excel in 21st century
- Laptops, tablets, Medals & other exciting awards
- Certificate of merit & participation
- Detailed performance analysis report
- **INR 1 Lakh - Best Idea Challenge**

## Details of the Olympiad

- Class III to X
- Online Olympiad
- Registration Fee: INR 200/-
- Free Olympiad e-guides worth INR 160/-



# Benefits & Details

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