

## INTERNATIONAL OLYMPIAD OF VALUE SYSTEM HEALTH & WELLNESS

### Sample Paper – Group III(Grade IX to XII)

- 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.

1. 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  
(b) A - ii, B - i, C - iv, D - iii  
(c) A - iii, B - iv, C - i, D - ii  
(d) A - i, B - iii, C - iv, D - ii

2. 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

3. What is the most important thing when learning?

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

4. 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

5. 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 GI
- (b) More than 55 GI
- (c) More than 70 GI
- (d) More than 90 GI

6. What is one of the most important steps of critical thinking?

- (a) Getting information from friends
- (b) Believing on assumptions
- (c) Asking questions
- (d) Accepting what others are saying

7. Effective Communication means that we are able to express ourselves, both verbally and non-verbally, in appropriate ways. While the words that one speaks are important, how one says them and what one's body language express are equally important.

The Mehrabian formula of effective communication is-

- (a) 7% - Verbal, 38% - Vocal, 55% - Nonverbal
- (b) 7% - Nonverbal, 38% - Vocal, 55% - Verbal
- (c) 7% - Verbal, 38% - Nonverbal, 55% - Vocal
- (d) 7% - Vocal, 38% - Verbal, 55% - Nonverbal

8. "Reminder-Routine-Reward" is the pattern followed by

- (a) Habits
- (b) Time Management
- (c) Failure Management
- (d) Goal Setting

9. It is important to have good relationships in life. Match the following interpersonal relationships with the skills to manage them-

- (A) Close relatives and friends – (i) with generosity
- (B) Sainly or benevolent in nature – (ii) with obedience
- (C) Scholars and erudite persons- (iii) with reverence and devotion
- (D) Positions of authority – (iv) with deference and respect

- (a) A - iii, B - i, C - iv, D - ii
- (b) A - ii, B - i, C - iv, D - iii
- (c) A - iii, B - iv, C - i, D – ii
- (d) A - i, B - iii, C - iv, D – ii

10. “We should always keep an eye on our performance and keep on checking if there is any scope for improvement.” This is being aware about self.

Self awareness includes recognition of our-

- (a) Strengths
- (b) Weaknesses
- (c) Likes and dislikes
- (d) All of the above

11. What is a Zoonotic Spillover?

- (a) Transmission of Corona Virus from human to animals
- (b) Transmission of Corona Virus from animals to animals
- (c) Transmission of Corona Virus from animals to humans
- (d) None of the above

12. Junk food companies spend huge amount of money on discovering the perfect “Orosensation”. What is “Orosensation” ?

- (a) How the food smells.
  - (b) How the food feels in the mouth
  - (c) How the food looks like
  - (d) How decorative is the food packaging
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## Answers

1. (a)
2. (a)
3. (d)
4. (b)
5. (c)
6. (c)
7. (a)
8. (a)
9. (d)
- 10.(d)
11. (c)
12. (b)