

World Heart Day Quiz

1. When is World Heart Day observed each year?

- ☐ a) September 29
- ☐ b) October 10
- ☐ c) August 12
- ☐ d) November 14

(Answer: a) September 29)

2. Which organization founded World Heart Day?

- ☐ a) World Health Organization (WHO)
- ☐ b) World Heart Federation (WHF)
- ☐ c) United Nations (UN)
- ☐ d) American Heart Association (AHA)

(Answer: b) World Heart Federation (WHF))

3. In which year was World Heart Day first celebrated?

- ☐ a) 1995
- ☐ b) 1999
- ☐ c) 2000
- ☐ d) 2005

(Answer: c) 2000)

4. What is the primary aim of World Heart Day?

- ☐ a) Promote healthy eating
- ☐ b) Raise awareness of cardiovascular diseases
- ☐ c) Encourage physical exercise
- ☐ d) Support heart transplants

(Answer: b) Raise awareness of cardiovascular diseases)

5. Cardiovascular diseases are the leading cause of death worldwide. Approximately how many deaths do they cause annually?

- ☐ a) 10 million
- ☐ b) 15 million
- ☐ c) 17.9 million
- ☐ d) 25 million

(Answer: c) 17.9 million)

6. Which of the following is NOT a major risk factor for heart disease?

- ☐ a) Smoking
- ☐ b) High blood pressure
- ☐ c) Regular physical activity

- ☐ d) High cholesterol
- (Answer: c) Regular physical activity)

7. Which of these foods is considered best for heart health?

- ☐ a) Fried chicken
 - ☐ b) Salmon
 - ☐ c) White bread
 - ☐ d) Processed meat
- (Answer: b) Salmon)

8. What type of exercise is most recommended for heart health?

- ☐ a) Aerobic exercise
 - ☐ b) Weightlifting only
 - ☐ c) Yoga only
 - ☐ d) None at all
- (Answer: a) Aerobic exercise)

9. Which vitamin is especially important for heart and blood vessel health?

- ☐ a) Vitamin A
 - ☐ b) Vitamin C
 - ☐ c) Vitamin D
 - ☐ d) Vitamin E
- (Answer: c) Vitamin D)

10. What is the normal resting heart rate for a healthy adult?

- ☐ a) 40–60 beats per minute
 - ☐ b) 60–100 beats per minute
 - ☐ c) 100–120 beats per minute
 - ☐ d) 120–140 beats per minute
- (Answer: b) 60–100 beats per minute)

11. Which lifestyle habit can significantly reduce the risk of heart disease?

- ☐ a) Smoking
 - ☐ b) Balanced diet and exercise
 - ☐ c) Excess alcohol use
 - ☐ d) Skipping sleep
- (Answer: b) Balanced diet and exercise)

12. Which of the following is known as "bad cholesterol"?

- ☐ a) HDL
 - ☐ b) LDL
 - ☐ c) Triglycerides
 - ☐ d) Omega-3
- (Answer: b) LDL)

13. Which fruit is particularly recommended for heart health due to potassium content?

- ☐ a) Banana
- ☐ b) Apple
- ☐ c) Mango
- ☐ d) Pineapple

(Answer: a) Banana)

14. Which test is commonly used to check heart rhythm and detect problems?

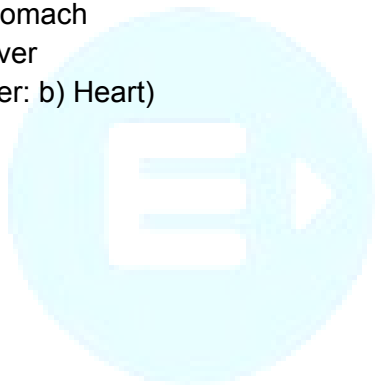
- ☐ a) X-ray
- ☐ b) CT scan
- ☐ c) Electrocardiogram (ECG)
- ☐ d) MRI

(Answer: c) Electrocardiogram (ECG))

15. Which part of the human body is protected by the rib cage and works as a muscular pump?

- ☐ a) Lungs
- ☐ b) Heart
- ☐ c) Stomach
- ☐ d) Liver

(Answer: b) Heart)



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