

1. Myth or fact?

“Physical inactivity only affects weight and has limited impact on long term health outcomes.”

A) Myth

B) Fact

Correct answer: A) Myth

WHO states that physical inactivity is one of the leading risk factors for global mortality and increases the risk of cardiovascular disease, cancer, diabetes, anxiety and depression – not just weight gain.

2. Which statement is FALSE according to WHO guidance?

A) Any bodily movement requiring energy expenditure counts as physical activity.

B) Only structured exercise sessions meaningfully reduce health risks such as heart/respiratory disease, cancers and diabetes.

C) Transport, work, leisure and domestic activity contribute to health benefits.

D) Both moderate and vigorous intensity activity support health improvement.

Correct answer: B)

WHO clarifies that all forms of physical activity – including commuting, domestic tasks, and work – contribute to reduced risk of noncommunicable diseases. Structured “exercise” is not required.

3. Myth or fact?

“Healthy diets look the same everywhere, regardless of local food systems or cultural context.”

A) Myth

B) Fact

Correct answer: A) Myth

WHO states that while core principles (balance, adequacy, moderation, diversity) are universal, dietary patterns vary by culture, geography, lifestyle, age, and availability of foods.

4. Which of the following is a WHO-confirmed myth?

- A) Carbohydrates should contribute significantly to daily energy intake.
- B) Highly processed foods contribute to global rises in health risks.
- C) A healthy diet must completely avoid dietary fats.
- D) Healthy diets help protect against diabetes, cancer and stroke.

Correct answer: C)

WHO notes that fats are essential; the focus is on limiting unhealthy fats and consuming healthier unsaturated fats – not eliminating fats entirely.

5. Myth or fact?

“Ultra processed foods can be part of a healthy diet if total calories remain controlled.”

- A) Myth
- B) Fact

Correct answer: A) Myth

WHO warns that shifts toward highly processed foods high in sodium, unhealthy fats and free sugars are major contributors to global increases in obesity and other health risk burdens, regardless of calorie control.

6. Which statement is TRUE according to WHO?

- A) Children and adolescents generally meet recommended activity levels globally.
- B) Physical inactivity burden is decreasing worldwide.
- C) 80 per cent of adolescents do not meet recommended physical activity guidelines.
- D) Only vigorous exercise counts toward adolescent health targets.

Correct answer: C)

WHO reports that 80 per cent of adolescents fail to meet recommended activity levels, contributing to rising health risk later in life.

7. Myth or fact?

“Healthy diets primarily protect against malnutrition and have limited effect on chronic disease risk.”

A) Myth

B) Fact

Correct answer: A) Myth

WHO emphasises that healthy diets protect against malnutrition and major health risks, including heart disease, diabetes, stroke and cancer.

8. Which WHO-aligned statement is FALSE?

A) Healthy diets should emphasise minimally processed and unprocessed foods.

B) Nutrient diversity is a core principle of healthy diet design.

C) Energy intake should substantially exceed energy expenditure to ensure micronutrient adequacy.

D) Safe food free from contaminants is part of WHO’s healthy diet framework.

Correct answer: C)

WHO stresses balance between energy intake and expenditure; excessive intake leads to health risks – not nutrient adequacy.

9. Myth or fact?

“Sedentary behaviour poses minimal risk if a person’s total weekly exercise meets WHO guidelines.”

A) Myth

B) Fact

Correct answer: A) Myth

WHO highlights that sedentary behaviour increases health risks independently, even when individuals meet activity guidelines.

10. Which statement matches WHO nutrition guidance?

A) Carbohydrates should contribute less than 10 per cent of daily energy for most people.

B) Unrefined carbohydrates should make up a significant portion (45–75 per cent) of daily energy intake.

C) All sugars should be eliminated from a healthy diet.

D) Processed foods are preferred due to higher nutrient density.

Correct answer: B)

WHO indicates that unrefined carbohydrates should represent a major share of healthy daily energy intake, adjusted for lifestyle and individual needs.