

Government of India
National Institute of Public Health Training & Research, Mumbai.
Sanitary Health Inspector Course (Batch III- 2019-20)
First Semester Examination

**Paper III - Food & Nutrition, Occupational Health, Health Education &
Communication Skills and Applied Computers**

Date: 11/12/2019
Time: 11.00 am to 1.00 pm
Total Marks - 60
10 marks

Q. 1. Multiple choice questions. (All questions are compulsory).

1. Retinol is also known as –
 - A. Vitamin A
 - B. Vitamin B
 - C. Vitamin C
 - D. Vitamin D
2. Health Education Objectives should be –
 - A. Short, Observable, Measurable, Feasible
 - B. Long, Feasible Observable, Measurable
 - C. Specific, Measurable, Attainable, Relevant, Time Bound
 - D. Relevant, Modifiable, Simple, Feasible
3. Diet modification is required in the following:
 - A. Diabetes
 - B. Hypertension
 - C. Kidney disease
 - D. Liver disease
 - E. All of the above
4. ESI act benefits include all except –
 - A. Medical benefits
 - B. Sickness benefits
 - C. Disability benefit
 - D. Education benefit
 - E. All of the above
5. Causes of Low Birth weight are all except –
 - A. Multiple pregnancies
 - B. Preeclampsia
 - C. Diabetes
 - D. Poverty
6. _____ is an integral part of personal hygiene.
 - A. Playing
 - B. Daily bathing
 - C. Domestic Work
 - D. None of the above
7. _____ is usually used for adulteration of Dhania Powder.
 - A. Cow / Horse dung
 - B. Soil
 - C. Green Colour
 - D. All of the above

8. Rich source of Vitamin A is _____.

- A. All fruits
- B. Only Papaya.
- C. Egg
- D. Leafy Vegetables

9. The infection which are likely to be transmitted by food handlers are _____

- A. Diarrhoea and Dysenteries
- B. Typhoid and Paratyphoid
- C. Hepatitis
- D. Worm infection
- E. All of the above

10. The Bread, Cereal, Rice, Pasta group is good source of _____

- A. Carbohydrates
- B. Proteins
- C. Vitamin C
- D. Vitamin D

Q. 2. Define – (in two or three sentences) (Any five)

10 marks

1. Balanced diet
2. Functions of fats
3. Occupational hazards
4. What is counselling? State its importance.
5. What is Adulteration of food? Give two examples.
6. Define foodborne diseases? Give two examples.

Q. 3. Difference between - (Any Three)

9 marks

- A. SAM & MAM
- B. Macronutrients & Micronutrients
- C. Counselling and Health Education
- D. Fat Soluble Vitamins and Water Soluble Vitamins

Q. 4. Write short notes - (Any four)

16 marks

1. Functions of proteins in body
2. Balanced diet pyramid
3. Ergonomics
4. Barriers in Communication
5. Characters of a good counsellor
6. Medical Benefits of ESI Act
7. Silicosis

Q. 5. Discuss - (Any three)

15 marks

- A. Describe in brief Preventive and control measures for Occupational Diseases
- B. Diet Survey
- C. Protein energy malnutrition
- D. Discuss any 5 micronutrients with their Source, daily requirement and deficiency disorders in details.
- E. Discuss Communication Techniques with their Advantages & Disadvantages.
