

Government of India
National Institute of Public Health Training & Research, Mumbai.
Sanitary Health Inspector (2022-23) (Batch VI)
First Semester – Final Examination

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

Date: 14/12/2022

Time: 11.00 am to 01.00 pm

Total Marks - 60

Section A

Q. 1. Multiple choice questions. / Fill in the blanks. (All Ten questions are compulsory).

1×10 = 10 marks

1. Which type of word generally not used for verbal communication?
 - a) Easy
 - b) Technical
 - c) Local language
 - d) Simple
2. Reference protein is?
 - a) Soyabean
 - b) Milk
 - c) Egg
 - d) Fish
3. Workplace safety is:
 - a) Personal safety
 - b) Machinery safety
 - c) General safety
 - d) All of the above
4. Principles of health education include all except:
 - a) Participation
 - b) Motivation
 - c) Reinforcement
 - d) Punishment
5. Panel discussion can be defined as:
 - a) Series of speeches
 - b) Discussion by 4-8 qualified persons
 - c) Groups describing individual experiences
 - d) Stagewise formatted teaching
6. Which of the following is water soluble vitamins and hence required to be taken daily -
 - a) Vit.D
 - b) Vit. C
 - c) Vit. K
 - d) Vit. A
7. The infection spread by food handler are:
 - a) Hepatitis
 - b) Typhoid and paratyphoid
 - c) Worm infection
 - d) All of the above

8. Which of the following works with calcium to build strong bones?

- a) Phosphorous
- b) Vit. D
- c) Vit. C
- d) Vit. A

9. Counselor must have all except:

- a) Sensitivity
- b) Sympathy
- c) Understanding
- d) Patience

10. Which of the following is easily digestible source of protein?

- a) Egg albumin
- b) Fish flesh
- c) Soyabean
- d) Red meat

Q. 2. Write Three Differences of each - (Attempt any Three)

3×3=9 marks

- a) Carbohydrates and Fats
- b) Fat soluble vitamins and water-soluble vitamins
- c) SAM and MAM
- d) Verbal communication and Non-verbal communication
- e) Counselling and Health education

Q. 3. Write short notes - (Attempt any Four)

4×4=16 marks

- a) Safety measures for occupational risk factors.
- b) Audio-visual aids for health education.
- c) Barriers in Communication.
- d) Common causes of Cancer.
- e) Time management
- f) Functions of Micronutrients in body.

Section B

Q. 4. Answer in one or two sentence. (Attempt any five)

2×5=10 marks

- a) Steps of counselling.
- b) Sources of Vitamin C.
- c) Sources of Vitamin B12.
- d) Name three essential elements of communication.
- e) Sources of Proteins.
- f) List the occupational hazard.
- g) Define BCC and SBCC.

Q. 5. Discuss - (Attempt any Three)

5×3=15 marks

- a) National nutrition programme.
- b) Preventive and control measures for occupational diseases.
- c) What is Protein energy malnutrition? Classify Protein Energy malnutrition disease.
- d) Discuss health education opportunities for Sanitary inspector in his work place.
- e) Incorporation of municipal rules and regulation in sanitation.
