

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

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

Date: 29/11/2019
Time: 11.00 am to 1.00 pm
Total Marks - 60

Q. 1. Multiple choice questions. (All questions are compulsory). 10 marks

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
 - 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

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

10 marks

1. Balanced diet
2. Functions of fats
3. Programme Planning
4. Sources of Vitamin A
5. Micronutrients
6. Key informant
7. Occupational health

Q. 3. Difference between - (Any Three)

9 marks

- A. Counselling and Health education
- B. SAM & MAM
- C. Food Fortification & Food Adulteration
- D. Macronutrients & Micronutrients

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. Audio visual Aids used in Health education
6. Characters of a good counsellor

15 marks

Q. 5. Discuss - (Any three)

- A. Describe in brief Preventive and control measures for Occupational Diseases
- B. Principles of Health Education
- C. Diet Survey
- D. Protein energy malnutrition
- E. Barriers in Communication
