

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

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

Date: 01/12/2022  
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 of the following works with calcium to build strong bones?
  - a) Phosphorous
  - b) Vit. D
  - c) Vit. C
  - d) Vit. A
2. The infection spread by food handler are:
  - a) Hepatitis
  - b) Typhoid and paratyphoid
  - c) Worm infection
  - d) All of the above
3. Which of the following is easily digestible source of protein?
  - a) Egg albumin
  - b) Fish flesh
  - c) Soyabean
  - d) Red meat
4. Health behaviour can be changed by
  - a) Information and communication
  - b) Using force
  - c) Discussing, participating and following up
  - d) Rules and regulations
5. How many food samples are sent for tasting of food adulteration?
  - a) Two samples
  - b) Three samples
  - c) One sample
  - d) Don't know
6. Panel discussion is defined as:
  - a) Series of speeches
  - b) Discussion by 4-8 qualified persons
  - c) Groups describing individual experiences
  - d) Stagewise formatted teaching
7. Counselor must have all except:
  - a) Sensitivity
  - b) Sympathy
  - c) Understanding
  - d) Patience

8. Snow storm appearance is seen in:
  - a) Anthracosis
  - b) Silicosis
  - c) Byssinosis
  - d) Bagassosis
9. Under ESI act the state government share of expenditure on medical care is?
  - a) 1/8
  - b) 3/8
  - c) 5/8
  - d) 7/8
10. Diet modification is required in the following;
  - a) Diabetes
  - b) Hypertension
  - c) Liver disease
  - d) All of the above

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

**3×3=9 marks**

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

**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) Importance of IPC mode of communication.
- d) Role of Fibre in diet.
- e) Adulteration and its types.
- f) Barriers in Communication.

**Section B**

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

**2×5=10 marks**

- a) Steps of counselling
- b) Focus group discussion
- c) Sources of Vitamin C.
- d) Time management
- e) Sources of Vitamin B12.
- f) What is food enrichment? Give two examples.
- g) Mention two mass media methods.

**Q. 5. Discuss - (Attempt any Three)**

**5×3=15 marks**

- a) Incorporation of municipal rules and regulation in sanitation.
- b) National nutrition programme.
- c) What is Protein energy malnutrition? Classify Protein Energy malnutrition disease.
- d) What are the different Barriers in Communication? Explain giving examples.
- e) Discuss health education opportunities for Sanitary inspector in his work place.

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