

Government of India
National Institute of Public Health Training & Research, Mumbai.

Sanitary Health Inspector (Batch IV- 2020-21)
First Semester Examination

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

Date: 21/01/2021

Time: 02.00 pm to 04.00 pm

Total Marks - 60

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

1×10 = 10 marks

1. ESI act benefits include all except -
 - a) Medical benefits
 - b) Sickness benefits
 - c) Disability benefit
 - d) Education benefit
 - e) All of the above
2. Body building Foods are -
 - a) Proteins
 - b) Carbohydrates
 - c) Fats
 - d) All of the above
3. _____ is an integral part of personal hygiene.
 - a) Playing
 - b) Daily bathing
 - c) Domestic Work
 - d) None of the above
4. Rich source of Protein is _____.
 - a) All fruits
 - b) Only Papaya
 - c) Egg
 - d) Leafy Vegetables
5. Right to Information Act is commenced from _____.
 - a) 10th March 2001
 - b) 11th February 2008
 - c) 15th June 2005
 - d) 7th April 1999
6. Which one of the following mineral elements is essential for muscle contraction?
 - a) Iron
 - b) Sodium
 - c) Zinc
 - d) Calcium

7. Retinol is also known as -
 - a) Vitamin A
 - b) Vitamin B
 - c) Vitamin C
 - d) Vitamin D
8. Diet modification is required in the following;
 - a) Diabetes
 - b) Hypertension
 - c) Liver disease
 - d) All of the above
9. Micronutrients are all except -
 - a) Vitamins
 - b) Calcium
 - c) Trace elements
 - d) Fats
10. Essential amino acids are all except –
 - a) Leucine
 - b) Vitamin A
 - c) Valine
 - d) Histidine

Q. 2. Answer in one or two sentences. - (Any five)

2×5 = 10 marks

- a) Sources of Vitamin B12.
- b) Name three essential elements of communication.
- c) What is Fortification of food? Give two examples.
- d) Define waterborne diseases? Give two examples.
- e) Balanced diet.
- f) Sources of Vitamin D.
- g) Occupational health.

Q. 3. Write three Difference of each - (Any Three)

3×3 = 9 marks

- a) SAM & MAM
- b) Verbal communication and Non-verbal communication
- c) Individual Approach and Group Approach in Health Education
- d) Counselling and Health education

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

5×3 = 15 marks

- a) Common causes of Cancer.
- b) Sickness benefit under ESI Act.
- c) Adulteration and its types.
- d) Functions of Micronutrients in body.
- e) Barriers in Communication.

Q. 5. Discuss - (Any two)

8×2 = 16 marks

- a) Describe in brief preventive and control measures for Occupational Diseases.
- b) What is Protein energy malnutrition? Classify Protein Energy malnutrition disease.
- c) What are the different Barriers in Communication? Explain giving examples.