

Government of India
National Institute of Public Health Training & Research, Mumbai.
Sanitary Health Inspector (Batch V- 2021-22)
First Semester Examination

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

Date: 10/12/2021
Time: 02.00 pm to 04.00 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. ESI act benefits include all except -
 - a) Medical benefits
 - b) Sickness benefits
 - c) Disability benefit
 - d) Education benefit
2. Which of the following is a micronutrient?
 - a) Proteins
 - b) Minerals
 - c) Carbohydrates
 - d) Fats
3. Causes of Low Birth weight are all except –
 - a) Multiple pregnancies
 - b) Preeclampsia
 - c) Diabetes
 - d) Poverty
4. Retinol is also known as -
 - a) Vitamin A
 - b) Vitamin B
 - c) Vitamin C
 - d) Vitamin D
5. Diet modification is required in the following:
 - a) Diabetes
 - b) Hypertension
 - c) Kidney disease
 - d) Liver disease
 - e) All of the above
6. An Example of two-way discussion is?
 - a) Seminar
 - b) Role Playing
 - c) Symposium
 - d) Group Discussion
7. All are types of Audio-visual aids except –
 - a) Television
 - b) Cinema
 - c) Flannelgraph
 - d) Slide tape combination

8. According to Factories act minimum space each worker should have in factory (in Cu. ft) is –
- a) 100
 - b) 200
 - c) 400
 - d) 500
9. Reference protein is?
- a) Soyabean
 - b) Milk
 - c) Egg
 - d) Fish
10. Bitot's spots are found in -
- a) Measles
 - b) Mumps
 - c) Vitamin A deficiency
 - d) Diphtheria

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

3×3=9 marks

- a) Food Fortification and Adulteration.
- b) SAM & MAM
- c) Fat soluble Vitamin & Water soluble Vitamin
- d) IEC and BCC.
- e) Proteins and Carbohydrates.

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

4×4=16 marks

- a) Functions of Proteins
- b) Common causes of Cancers
- c) Time Management
- d) Principles of Health Education.
- e) Prevention of Food Adulteration Act.
- f) Legislative measures for industrial workers.

Section B

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

2×5=10 marks

- a) Balanced diet.
- b) Sources of Vitamin B12.
- c) Characteristics of Good Objectives
- d) Mention Vitamin A deficiency disorders.
- e) Mention different AV Aids used in Health Communication.
- f) Give two examples of water borne diseases.
- g) Sources of Vitamin C.

Q. 5. Discuss - (Attempt any Three)

5×3=15 marks

- a) Describe Occupational Hazards of Industrial workers.
- b) Explain sanitation of food handlers.
- c) What is Protein energy malnutrition? Classify Protein Energy malnutrition disease.
- d) Describe the communication process.
- e) Describe role of Computers in Health.