

Government of India
National Institute of Public Health Training & Research, Mumbai.
Sanitary Health Inspector (2023-24) (Batch VII)
First Semester – Final Examination

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

Date: 14/12/2023
Time: 2.00 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. Principles of Health education are all Except -
 - a) Participation
 - b) Motivation
 - c) Reinforcement
 - d) Punishment
2. ESI act benefits include all except?
 - a) Medical benefit
 - b) Sickness benefit
 - c) Disability benefit
 - d) Education benefit
3. For physical as well as mental development of child first _____days are most important.
 - a) 90
 - b) 180
 - c) 365
 - d) 1000
4. Bitot's spots are found in
 - a) Measles
 - b) Mumps
 - c) Vitamin A deficiency
 - d) Diphtheria
5. Body building Foods are -
 - a) Proteins
 - b) Carbohydrates
 - c) Fats
 - d) All of the above
6. Rich source of Protein is _____.
 - a) All fruits
 - b) Only Papaya
 - c) Egg
 - d) Leafy Vegetables
7. Right to Information Act is commenced from _____.
 - a) 10th March 2001
 - b) 11th February 2008
 - c) 15th June 2005
 - d) 7th April 1999

8. Retinol is also known as -
 - a) Vitamin A
 - b) Vitamin B
 - c) Vitamin C
 - d) Vitamin D
9. Which of the following is easily digestible source of protein?
 - a) Egg albumin
 - b) Fish flesh
 - c) Soyabean
 - d) Red meat
10. Micronutrients are all except -
 - a) Vitamins
 - b) Calcium
 - c) Trace elements
 - d) Fats

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

3×3=9 marks

- a) Carbohydrates and Fats
- b) SAM and MAM
- c) Verbal communication and Non-verbal communication
- d) Counselling and Health education
- e) Food fortification and food adulteration

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

4×4=16 marks

- a) Safety measures for occupational risk factors.
- b) Time management
- c) Functions of Micronutrients in body.
- d) Barriers of Communication.
- e) Common causes of Cancer.
- f) Sickness benefit under ESI Act

Section B

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

2×5=10 marks

- a) Sources of Vitamin B12.
- b) Sources of Vitamin C.
- c) Name three essential elements of communication.
- d) Sources of Vitamin D.
- e) Define BCC and SBCC.
- f) What is Fortification of food? Give two examples.
- g) Define waterborne diseases? Give two examples.

Q. 5. Discuss - (Attempt any Three)

5×3=15 marks

- a) National nutrition programme.
- b) Describe in brief preventive and control measures for Occupational Diseases.
- c) Describe the Prevention of Food Adulteration Act
- d) Enumerate the community nutrition programmes. Explain one of them in detail.
- e) Explain Universal Precautions.
