

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

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

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

Date: 07/01/2021

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. Micronutrients are all except
 - a) Vitamins
 - b) Calcium
 - c) Trace elements
 - d) Fats

2. Health Behaviour can be changed by:
 - a) Using force
 - b) Informing and communicating
 - c) Discussing and participating
 - d) Applying Rules

3. ESI act benefits include all except
 - a) Medical benefits
 - b) Sickness benefits
 - c) Disability benefit
 - d) Education benefit
 - e) All of the above

4. Indicators of malnutrition are all except
 - a) Wasting
 - b) Stunting
 - c) Under weight
 - d) All of the above

5. Essential amino acids are all except-
 - a) Leucine
 - b) Vitamin A
 - c) Valine
 - d) Histidine

6. For physical as well as mental development of child first _____ days of baby are most important.
 - a) First 90 days
 - b) First 60 days
 - c) First 1000 days
 - d) First 1 year

7. Which disease is caused by 'Cotton Dust' -
 - a) Siderosis
 - b) Silicosis
 - c) Bagassosis
 - d) Byssinosis
8. Iron deficiency causes.....
9. Deficiency of Iodine causes.....
10. Body building Foods are
 - a) Proteins
 - b) Carbohydrates
 - c) Fats
 - d) All of the above

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

2×5 = 10 marks

- a) Balanced diet
- b) Characteristics of Good Objectives
- c) Programme Planning
- d) Sources of Vitamin B12
- e) Focus Group discussion
- f) Visual Blindness
- g) Name three essential elements of communication

Q. 3. Difference between - (Any Three)

3×3 = 9 marks

- a) SAM & MAM
- b) Food Adulteration & Food fortification
- c) Verbal communication and Non-verbal communication
- d) Fat soluble Vitamin & Water soluble Vitamin

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

5×3 = 15 marks

- a) Functions of Carbohydrates
- b) Ergonomics
- c) Audio visual Aids used in Health education
- d) Common causes of Cancer
- e) Classification of Anaemia in different age groups as per Anaemia Mukht Bharat.

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.
