

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

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

Date: 06/12/2023  
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. Which type of word generally not used for verbal communication?
  - a) Easy
  - b) Technical
  - c) Local language
  - d) Simple
2. Principles of health education include all except:
  - a) Participation
  - b) Motivation
  - c) Reinforcement
  - d) Punishment
3. The infection spread by food handler are:
  - a) Hepatitis
  - b) Typhoid and paratyphoid
  - c) Worm infection
  - d) All of the above
4. Which of the following works with calcium to build strong bones?
  - a) Phosphorous
  - b) Vit. D
  - c) Vit. C
  - d) Vit. A
5. Which of the following is easily digestible source of protein?
  - a) Egg albumin
  - b) Fish flesh
  - c) Soyabean
  - d) Red meat
6. According to the Factories Act, a woman should be given \_\_\_\_weeks of maternity leave.
  - a) 4
  - b) 12
  - c) 24
  - d) 48
7. Pulmonary massive fibrosis is seen in:
  - a) Anthracosis
  - b) Silicosis
  - c) Byssinosis
  - d) Bagassosis

8. Which barrier of communication is Noise?
  - a) Physiological
  - b) Psychological
  - c) Environmental
  - d) Cultural
9. Art of winning friends and influencing people is called -
  - a) Counselling
  - b) Motivation
  - c) Persuasion
  - d) Raising morale
10. Vitamin D deficiency causes -
  - a) Pellagra
  - b) Rickets
  - c) Scurvy
  - d) Xerophthalmia

**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) Mass Media and Interpersonal Communication
- e) Food additive and Food fortification

**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) Group discussion

### **Section B**

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

**2×5=10 marks**

- a) Sources of Vitamin C.
- b) Name three essential elements of communication.
- c) Sources of Proteins.
- d) List the occupational hazard.
- e) Define BCC and SBCC.
- f) Exclusive breast feeding.
- g) Anthropometry

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

**5×3=15 marks**

- a) National nutrition programme.
- b) Incorporation of municipal rules and regulation in sanitation.
- c) Describe the Prevention of Food Adulteration Act.
- d) Explain physical occupational hazards.
- e) Enumerate the community nutrition programmes. Explain one of them in detail.

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