

## FINAL ANSWER KEY

Question 68/2023/OL

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Department Health Services

Question1:-The statistical study of human populations.

A:-Demography

B:-Topography

C:-Human Development

D:-Anthropology

Correct Answer:- Option-A

Question2:-The Sustainable Development Goals are:

A:-Ending poverty in all its forms everywhere

B:-Ending hunger, achieving food security, improving nutrition and promoting sustainable agriculture

C:-Ensuring healthy lives and promoting well-being for all at all ages

D:-All of the above

Correct Answer:- Option-D

Question3:-The rate that defines the number of deaths of children before their first birthday.

A:-Morbidity

B:-Infant mortality

C:-Death rate

D:-Death ratio

Correct Answer:- Option-B

Question4:-Tool to calculate hunger and malnutrition at the regional level in India

A:-Indian Hunger Index (IHI)

B:-The India State Hunger Index (ISHI)

C:-Hunger Index India (HII)

D:-Index of Hunger of India (IHI)

Correct Answer:- Option-B

Question5:-What is the Human Development Index (HDI)?

A:-An index that measures development stages of human

B:-An index that measures key dimensions of human development

C:-An index that measures human growth

D:-An index that measures development of human body

Correct Answer:- Option-B

Question6:-What is the infant mortality rate of Kerala?

A:-Comparable to any developed nation.

B:-Like any other under developed countries

C:-Like other developing countries

D:-Like other states of India

Correct Answer:- Option-A

Question7:-Major areas of epidemiological study include

A:-Disease causation transmission and outbreak investigation

B:-Medical Camps, Disease survey and Investigation.

C:-Screening, biomonitoring and comparisons of treatment effects

D:-Both (A) and (C)

Correct Answer:- Option-D

Question8:-What does NIN stands for

A:-National Index of Nutrition

B:-National Institute of Nutrition

C:-Nutritional Index of Neonates

D:-national Insurance for Nutrition

Correct Answer:- Option-B

Question9:-The science of public health is termed as

A:-Public health care

B:-Epidemiology

C:-Entomology

D:-Pomology

Correct Answer:- Option-B

Question10:-What is Gross Enrollment Ratio (GER)?

A:-Socio economic indicators

B:-Medical status indicators

C:-Health indicator

D:-Nutrition indicator

Correct Answer:- Option-A

Question11:-The time spanning between conception and a baby's second birthday which is very crucial

A:-Infancy

B:-First 1000 days

C:-Toddler

D:-Childhood

Correct Answer:- Option-B

Question12:-This scoring system provides a standardized assessment for infants after delivery

A:-Apgar score

B:-IUGR score

C:-Z score

D:-SD score

Correct Answer:- Option-A

Question13:-DHA supplement in prenatal stage is important for

A:-Muscle development

B:-Bone development

C:-Brain development

D:-Vision development

Correct Answer:- Option-C

Question14:-Extra calories required by the lactating women on a daily basis

A:-800

B:-200

C:-300

D:-500

Correct Answer:- Option-D

Question15:-It is important to breast feed the neonate

A:-For muscle growth

B:-Fat deposit

C:-To gain weight

D:-To boost immunity

Correct Answer:- Option-D

Question16:-This stimulates the Oxytocin release

A:-Suckling of the baby

B:-Prolactin release

C:-Pituitary release

D:-Making a fist by the baby

Correct Answer:- Option-A

Question17:-The food that should be restricted during pregnancy?

A:-Chocolate

B:-Crab and Fish

C:-Ice cream

D:-Rum and wine

Correct Answer:- Option-D

Question18:-Healthy snacks for Pre school children

A:-Burger

B:-Potatoes chips

C:-Steamed banana

D:-Wafers

Correct Answer:- Option-C

Question19:-Pair below works together to help build up the bones of a developing baby

A:-Vitamin A and Calcium

B:-Vitamin B and Calcium

C:-Vitamin D and Calcium

D:-Vitamin C and Calcium

Correct Answer:- Option-C

Question20:-An index that correlates with total body fat content or percent body fat, and is acceptable measure of adiposity or body fatness in children and adults.

A:-HI

B:-BMI

C:-BMR

D:-MUC

Correct Answer:- Option-B

Question21:-ABCDE in community Nutrition means

A:-Anthropometry, Bioinformatics, Clinical, Dietary and Economical

B:-Anthropometry, Biophysical, Clinical, Dietary and Economical

C:-Anthropometry, Biological Economical, Clinical, Dietary and Economical

D:-Anthropometry, Biochemical, Clinical, Dietary and Economical

Correct Answer:- Option-D

Question22:-Anthropometry is classified into two types

A:-Static and Diplomatic

B:-State and Dynamic

C:-Static and Dynamic

D:-Still and Dynamic

Correct Answer:- Option-C

Question23:-What is the primary method of dietary assessment used in epidemiological studies?

A:-Diet recall

B:-Diet history

C:-Food frequency questionnaire

D:-Food intake interview

Correct Answer:- Option-C

Question24:-Calculate the body mass index (BMI) for a patient whose height is 1.75 m and whose weight is 99 kg.

A:-42

B:-52

C:-62

D:-32

Correct Answer:- Option-D

Question25:-A common anthropometric measure for infants is:

A:-Recumbent length

B:-Head circumference

C:-Skin fold

D:-Biceps

Correct Answer:-**Question Cancelled**

Question26:-Which of the following is the most frequently used anthropometric measure to estimate body mass?

A:-Body weight

B:-Body volume

C:-Skin fold

D:-Head circumference

Correct Answer:- Option-A

Question27:-Data from FAO food balance sheets can be used to determine

A:-Daily food consumption at an individual level

B:-Daily food consumption at a national level

C:-Daily food availability for consumption at a national level

D:-None of the above

Correct Answer:- Option-C

Question28:-Which one of the following methods is a prospective method of dietary assessment?

- A:-Weighed food record
- B:-24 Hour dietary recall
- C:-Diet history
- D:-FFQ

Correct Answer:- Option-A

Question29:-Duties of a dietician includes

- A:-Creating healthy and nutritious diets for patients
- B:-Advising eating healthy food
- C:-Monitoring eating habits and diets of individual, family members or both
- D:-All of the above

Correct Answer:- Option-D

Question30:-This diet is a structured eating plan that restricts daily caloric intake, commonly for weight loss.

- A:-Low calorie diet
- B:-High protein diet
- C:-High calorie diet
- D:-Keto diet

Correct Answer:- Option-A

Question31:-Food to be avoided by an obese person

- A:-Leafy vegetables
- B:-Fruits
- C:-Red meat
- D:-Milk

Correct Answer:- Option-C

Question32:-The food that in the past people would get by hunting and gathering is also known as

- A:-Paleo diet
- B:-Feingold diet
- C:-Adams diet
- D:-Paste diet

Correct Answer:- Option-A

Question33:-A process by which a health professional with special training in nutrition helps people make healthy food choices and form healthy eating habits

- A:-Food counselling
- B:-Nutrition training
- C:-Nutrition counselling
- D:-Balanced diet

Correct Answer:- Option-C

Question34:-The method of feeding via the gastro intestinal track

A:-Parental feeding

B:-Enternal feeding

C:-Breast feeding

D:-Bottle feeding

Correct Answer:- Option-B

Question35:-An eating pattern that cycles between periods of fasting and eating

A:-Fasting diet

B:-Intermitted fasting

C:-30 days diet

D:-Healthy diet

Correct Answer:- Option-B

Question36:-A diet for weight loss

A:-Ketogenic diet

B:-Feingold diet

C:-GFCF diet

D:-DASH diet

Correct Answer:- Option-A

Question37:-This survey is done to assess the quantities of food items and nutrients consumed by the family

A:-Diet record

B:-Nutri survey

C:-Food records

D:-Family diet survey

Correct Answer:- Option-D

Question38:-To assess the food intake at institutional level there are two methods

A:-Inventory method and actual weighment method

B:-Institution method and survey method

C:-Inventory method and non inventory method

D:-Weighment method and non weighment method

Correct Answer:- Option-A

Question39:-One of the aetiology of peptic ulcer

A:-Stress

B:-High calorie food

C:-High protein food

D:-Low calorie food

Correct Answer:- Option-A

Question40:-Pathological changes may follow damage to the liver

A:-Fatty infiltration

B:-Necrosis

C:-Cirrhosis

D:-All of the above

Correct Answer:- Option-D

Question41:-What is the full form of "INSIMP"?

A:-Intensive Millets Promotion

B:-Indian Millets Promotion

C:-Intensive Millets Protection

D:-Indian Millets Protection

Correct Answer:- Option-A

Question42:-Name the millet nutrient that lowers cholesterol

A:-Vitamin C

B:-Biotin

C:-Niacin

D:-Vitamin A

Correct Answer:- Option-C

Question43:-Who is considered as Father of Green Revolution in the World?

A:-William S Gaud

B:-Norman Borlaug

C:-M.S. Swaminathan

D:-John Bennet Lawes

Correct Answer:- Option-B

Question44:-The national prophylaxis program against nutritional blindness is being implemented in the country since

A:-1970

B:-1983

C:-1986

D:-1980

Correct Answer:- Option-A

Question45:-What impact does globalisation have on food security?

A:-Globalisation truly has no impact on food security because agriculture is not covered by World Trade Organisation rules.



B:-Developing countries need to create publicly owned food reserves in order to realise the potential benefits.

C:-The only place where food and agriculture have seen globalisation so far is supermarkets.

D:-Developing nations find it challenging to benefit from the potential of globalisation for enhancing food security because of subsidies and trade restrictions from wealthy nations.

Correct Answer:- Option-D

Question46:-In the NFHS-4 following information have been added?

A:-Migration in the context of HIV

B:-Abortion

C:-Malaria prevention

D:-All of the above

Correct Answer:- Option-D

Question47:-Which states are called as Goiter belt in India?

A:-Uttar Pradesh along the belt of Himalayas

B:-Maharashtra and Madhya Pradesh

C:-Coastal areas of Karnataka and Kerala

D:-Coastal belts of Tamil Nadu and Andhra Pradesh

Correct Answer:- Option-A

Question48:-First formal National Health Policy was formulated in

A:-1999

B:-1985

C:-1983

D:-2000

Correct Answer:- Option-C

Question49:-Under ICDS which of the following services are not delivered through the Anganwadi center?

A:-Growth monitoring

B:-Sports training to children below 5 year

C:-Nutritional supplement

D:-Pre-school education

Correct Answer:- Option-B

Question50:-Gomez classification of PEM is based on

A:-Height for age

B:-Weight for age

C:-Weight for height

D:-Mid arm circumference

Correct Answer:- Option-B

Question51:-Recent techniques and advances in Food Preservation

A:-Hurdle technology

B:-Mixed technology

C:-Stumbling technology

D:-Multiple technology

Correct Answer:- Option-A

Question52:-Organic acid used in food preservation include

A:-Nitric acid

B:-Phosphoric acid

C:-Hydrochloric acid

D:-Sorbic acid

Correct Answer:- Option-D

Question53:-The reason for food spoilage is

A:-Growth of microorganism such as bacteria, fungus etc.

B:-Autolysis

C:-Oxidation by air

D:-All of the above

Correct Answer:- Option-D

Question54:-Meat food products order 1973 was promoted under the act:

A:-Essential Service Maintenance Act

B:-Consumer Protection Act, 1986

C:-Essential Commodities Act, 1955

D:-Right to Food Act

Correct Answer:- Option-C

Question55:-AGMARK Act 1937 comes under

A:-Department of Consumer Affairs, GOI

B:-Directorate of Marketing and Inspection

C:-Department of Legal Metrology

D:-Department of Agriculture and Cooperation

Correct Answer:- Option-B

Question56:-What is an example of a biological hazard?

A:-Salmonella

B:-Antibiotics

C:-Pesticide

D:-Metallic objects

Correct Answer:- Option-A

Question57:-Pasteurization of milk effectively kills all the following except:

A:-Fever organisms

B:-Tubercle bacilli

C:-Salmonella

D:-Bacterial spores

Correct Answer:- Option-D

Question58:-Clostridium perfringens poisoning is associated with

A:-Canned food

B:-Meat products

C:-Vegetables

D:-Fish products

Correct Answer:- Option-B

Question59:-What are the intrinsic factors for microbial growth?

A:-Moisture

B:-Redox potential

C:-pH

D:-All of the above

Correct Answer:- Option-D

Question60:-Fortification means

A:-To add additives in processed food products

B:-To add nutrients in food products

C:-To add oil fat in food products

D:-All of the above

Correct Answer:- Option-B

Question61:-The generic name of polysaccharides is

A:-Pentoses

B:-Cellulose

C:-Glycans

D:-Glucans

Correct Answer:- Option-C

Question62:-Inulin is a polymer of

A:-Fructose

B:-Glucose

C:-Lactose

D:-Galactose

Correct Answer:- Option-A

Question63:-The ratio of amino acids converted to proteins to the ratio of amino acids supplied, is called as

A:-NPU

B:-PER

C:-Biological value

D:-Nitrogen balance

Correct Answer:- Option-A

Question64:-Two chain of DNA are formed by

A:-Sugar deoxy ribulose and sulphate

B:-Sugar and zinc

C:-Sugar deoxyribose and phosphate

D:-Copper and deoxyribose

Correct Answer:- Option-C

Question65:-Under anaerobic condition of glycolysis pyruvic acid is converted to

A:-Pyruvic acid

B:-Lactic acid

C:-Citric acid

D:-Glucose

Correct Answer:- Option-B

Question66:-Fatty acids are oxidized in the

A:-Mitochondria

B:-Cytoplasm

C:-Lysosome

D:-None of the above

Correct Answer:- Option-A

Question67:-During fasting, glucose is phosphorylated mainly by

A:-Glucokinase

B:-Hexokinase

C:-Both (a) and (b)

D:-None of the above

Correct Answer:- Option-B

Question68:-Which of the following substances is being separated using gas-solid chromatography?

A:-Thermally stable organic components

B:-Volatile organic components

C:-Thermally stable inorganic components

D:-Low molecular weight gaseous species

Correct Answer:- Option-D

Question69:-Menke's disease is due to an abnormality in the metabolism of

A:-Iron

B:-Manganese

C:-Magnesium

D:-Copper

Correct Answer:- Option-D

Question70:-Dietary fiber denotes

A:-Undigested proteins

B:-Plant cell components that cannot be digested by own enzymes

C:-All plant cell wall components

D:-All non-digestible water insoluble polysaccharide

Correct Answer:- Option-B

Question71:-Applied nutrition programme was aided by

A:-UNICEF

B:-FAO

C:-WHO

D:-All the above

Correct Answer:- Option-D

Question72:-\_\_\_\_\_ provides the clearest picture of acute malnutrition in a population at a specific point in time.

A:-Weight for Age

B:-Height for Age

C:-Weight for Height

D:-All the above

Correct Answer:- Option-C

Question73:-DASH diet is recommended for patients with

A:-Diabetes

B:-Cancer

C:-Hypertension

D:-Acute Respiratory Distress

Correct Answer:- Option-C

Question74:-Which method is suitable for a small group of mothers to present a

situation illustrating how they deal with malnourished children?

A:-Problem Solving Method

B:-Role Play Method

C:-Discussion Decision Method

D:-None

Correct Answer:- Option-B

Question75:-Applied nutrition programme was aided by

A:-UNICEF

B:-FAO

C:-WHO

D:-All the above

Correct Answer:- Option-D

Question76:-National Program for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS) was launched in

A:-2009

B:-2011

C:-2010

D:-2012

Correct Answer:- Option-C

Question77:-Vitamin A prophylaxis Programme recommended a dose of \_\_\_\_\_ Vitamin A for children in age group of 1-5 years.

A:-0.3 million IU

B:-0.1 million IU

C:-0.4 million IU

D:-0.2 million IU

Correct Answer:- Option-D

Question78:-Match the year of intervention programmes of malnutrition

ICDS	(i)	1971
SNP	(ii)	1975
WNP	(iii)	1986
MDM	(iv)	1956

A:-(ii), (i), (iv), (iii)

B:-(i), (ii), (iii), (iv)

C:-(ii), (i), (iii), (iv)

D:-(i), (ii), (iv), (iii)

Correct Answer:- Option-A

Question79:-Message circulated in the form of letter among the intended group of receivers

A:-Announcement letter

B:-Calendar

C:-Circular letter

D:-Leaflet

Correct Answer:- Option-C

Question80:-Which statement is incorrect?

A:-Discussion is an unorganized conversation

B:-Discussion promote socialized interaction

C:-Get possible solutions

D:-Leadership and participation are two essential characteristics of discussion

Correct Answer:- Option-A

Question81:-High altitude leads to

A:-Acute Mountain Sickness

B:-High Altitude Pulmonary Oedema

C:-High Altitude Cerebral Oedema

D:-All the above

Correct Answer:- Option-D

Question82:-Sports persons have to consume \_\_\_\_\_ fruits and vegetables.

A:-500-700 g

B:-250-500 g

C:-700-900 g

D:-100-200 g

Correct Answer:- Option-A

Question83:-Catabolic hormones are \_\_\_\_\_ during and after space flight.

A:-Altered

B:-No change

C:-Decreased

D:-Increased

Correct Answer:- Option-D

Question84:-For athletes all these drugs are banned except

A:-Amino acids

B:-Anabolic Steroids

C:-Beta 2 Agonists

D:-Diuretics

Correct Answer:- Option-A

Question85:-Among the techniques used to assess body composition which has the lowest standard error of estimate.

A:-Hydrodensitometry

B:-Skinfold

C:-Bioelectric Impedance Analysis

D:-DXA

Correct Answer:- Option-D

Question86:-For long lasting events \_\_\_\_\_ pathway provides primary fuel.

A:-Glycolytic

B:-Non oxidative

C:-Oxidative

D:-Phosphagen

Correct Answer:- Option-C

Question87:-At high altitude intake of carbohydrate need to be

A:-Low

B:-High

C:-Moderate

D:-Adequate

Correct Answer:- Option-B

Question88:-Type of beverage most suitable for sports persons 1-2 hour before activity

A:-Plain cold water

B:-Diluted fruit juice

C:-Glucose

D:-Electrolyte drink

Correct Answer:- Option-A

Question89:-Which of the following is not true related to food handling in emergencies?

A:-Type of disaster

B:-Duration of disaster

C:-Nutritional status of population following disaster

D:-Size of disaster affected area

Correct Answer:- Option-C

Question90:-For athletes who are physically very active fluid requirements are increased from

A:-5-10 L/day



B:-5 L/day

C:-5 to 16 L/day

D:-15 L/day

Correct Answer:-**Question Cancelled**

Question91:-Which is a variable associated with control group?

- (i) Independent variable
- (ii) Dependent variable
- (iii) Effect
- (iv) Criterion variable

A:-(ii), (iii), (iv)

B:-(i), (ii), (iii)

C:-(i), (iii), (iv)

D:-(ii), (iii), (i)

Correct Answer:- Option-A

Question92:-In which type of interview free environment is given to respondents so that they can express their views freely and the interviewer simply supports the views expressed by the respondent instead of approving or disapproving them?

A:-Focussed interview

B:-Clinical interview

C:-Non-directive interview

D:-Structured interview

Correct Answer:- Option-C

Question93:-\_\_\_\_\_ deals with different meaning of words.

A:-Syntactics

B:-Diction

C:-Grammar

D:-Semantics

Correct Answer:- Option-D

Question94:-Choose the ethical problems in research

- (i) Beneficence
- (ii) Breach of confidentiality
- (iii) Plagiarism
- (iv) Coercion

A:-(i), (ii), (iv)

B:-(i), (ii), (iii)

C:-(ii), (iii), (iv)

D:-(i), (iii), (iv)

Correct Answer:- Option-C

Question95:-Correct sequence in steps of research process

A:-Validated findings-peer review-Addition to the pool of knowledge

B:-Addition to the pool of knowledge-peer review-validated findings

C:-Peer review - Validated findings - Addition to the pool of knowledge

D:-Peer review - Addition to the pool of knowledge - Validated findings

Correct Answer:- Option-A

Question96:-Method of collection of data to obtain accuracy in recording the scores

A:-Reliability

B:-Generalisation

C:-Validity

D:-Objectivity

Correct Answer:- Option-D

Question97:-Which of the following steps in research are least vulnerable to ethics in research?

(i) Data Collection Procedure

(ii) Data Analysis Procedure

(iii) Defining research variables

(iv) Identify research variables

A:-(iii), (iv)

B:-(i), (ii)

C:-(ii), (iv)

D:-(i), (iv)

Correct Answer:- Option-A

Question98:-Sampling which is useful when we are trying to reach population that are inaccessible or hard to find

A:-Quota sampling

B:-Stratified sampling

C:-Snowball sampling

D:-Multistage sampling

Correct Answer:- Option-C

Question99:-Which statement on peer review is true?

A:-A method of typesetting in publishing

B:-Process of peer review ensures that a scientific paper is correct

C:-Process by which scientists friends can give advice

D:-Process by which independent scientists evaluate the technical merit of scientific research

Correct Answer:- Option-D

Question100:-Choose the correct sequence of steps involved in case study

(i) Collecting background information

(ii) Determining the present status

- (iii) Instituting remedial action
- (iv) Testing the suggested hypothesis

A:-(i), (ii), (iii), (iv)

B:-(ii), (i), (iii), (iv)

C:-(i), (ii), (iv), (iii)

D:-(ii), (i), (iv), (iii)

Correct Answer:- Option-D