

PRACTICE QUESTION (SET-49)

1. Daily requirement of vitamin A by an adult man is____
(a) 350 mcg (b) 600 mcg
(c) 100 mcg (d) 2000 mcg
2. Minimum of sunlight exposure necessary for adequate synthesis of vitamin in the human body is____
(a) 5 min (b) 2 hrs
(c) 30 min (d) 5 hrs
3. Iron absorption from habitual Indian diets is approximately____
(a) <5% (b) 40-50%
(c) 15-20% (d) 70-80%
4. Most sensitive tool for evaluating iron status of the body is ____
(a) Hemoglobin level
(b) Serum transferring saturation
(c) Serum iron
(d) Serum ferritin
5. Daily requirement of iodine in adult is ____
(a) 50 mcg (b) 150 mcg
(c) 100 mcg (d) 200 mcg
6. "One dietary cycle" comprises____
(a) 24 hrs (b) 7 days
(c) 48 hrs (d) 1 months
7. Midday meal contains proteins and calories in____ proportions
(a) $\frac{1}{2}$ proteins and $\frac{1}{2}$ calories
(b) $\frac{1}{2}$ proteins and $\frac{1}{3}$ rd calories
(c) $\frac{1}{3}$ rd proteins and $\frac{1}{3}$ rd calories
(d) $\frac{1}{3}$ rd proteins and $\frac{2}{3}$ rd calories
8. Weight of an Indian reference woman is____
(a) 45 kg (b) 55 kg
(c) 50 kg (d) 60 kg
9. Weight of an Indian reference man is____
(a) 45 kg (b) 65 kg
(c) 60 kg (d) 70 kg
10. Most widely used method for the pasteurization of milk is
(a) Holder method (b) UHT
(c) HTST (d) All the above
11. Efficiency of pasteurization is measured by all except
(a) Methylene blue reduction test
(b) Phosphatase test
(c) Coliform count
(d) Standard plate count
12. Aflatoxin cause
(a) Neurolathyrism
(b) Hepatoma
(c) Botulism
(d) Cholangio carcinoma
13. "Epidemic dropsy" is caused by consumption of
(a) Khesari dal (b) Argemone oil
(c) Mustard oil (d) Crotalaria seeds
14. Which of the following food standard is for international market?
(a) Codex alimentarius
(b) PFF standards
(c) Agmark standard
(d) ISI Mark
15. Earliest clinical sign of vitamin A deficiency is
(a) Conjunctival xerosis
(b) Night blindness
(c) Bitot's spots
(d) Keratomalacia
16. Most immediate treatment of night blindness is
(a) Topical vitamin A
(b) Vitamin A orally
(c) Vitamin A parenterally
(d) Any of the above
17. The triad of clinical features of pellagra consists of all except
(a) Diarrhoea
(b) Derpatitis
(c) Dementia
(d) Demyclination of spinal cord

18. Best natural source of calcium is
 - (a) Milk and milk products
 - (b) Jowar
 - (c) Green leafy vegetables
 - (d) Cereals
19. Requirement of iron per day in second half of pregnancy is
 - (a) 1.8 mg
 - (b) 2.4 mg
 - (c) 2.8 mg
 - (d) 3.5 mg
20. All are features of kwashiorkor except
 - (a) Skin changes
 - (b) Mental alertness
 - (c) Oedema
 - (d) Diffuse pigmentation of skin
21. Which of the following indicates chronic malnutrition
 - (a) Decreased height for age
 - (b) Decreased weight for height
 - (c) Decreased weight for age
 - (d) None of the above
22. The recommended level of iodization at consumer level is
 - (a) 5 ppm
 - (b) 10 ppm
 - (c) 15 ppm
 - (d) 30 ppm
23. Dental fluorosis develops when water fluoride content is above
 - (a) 1.5 mg/b
 - (b) 3 mg/b
 - (c) 4.5 mg/b
 - (d) 6 mg/b
24. Genuralgum due to fluorosis is seen in people whose staple diet is
 - (a) Rice
 - (b) Jowar
 - (c) Bajra
 - (d) Maize
25. Nalgonda technique is for
 - (a) Fluoridation of water
 - (b) Iodination of water
 - (c) Defluoridation of water
 - (d) Chlorination of water
26. Major toxic principle of "Lathyrus satires" causing neurolathyrism in khesari dal is
 - (a) BOAA
 - (b) Aflatoxin
 - (c) Sanguinarine
 - (d) Pyrrolizidine alkaloids
27. The health survey and development committee generally referred and popularly known as____
 - (a) Bhore committee
 - (b) Mehta committee
 - (c) Shetty committee
 - (d) High power committee
28. _____ in February 1954 made resolution to constitute a "nursing committees" to review conditions, emoluments, etc.
 - (a) Bhore committees
 - (b) Mehta committee
 - (c) Shetty committee
 - (d) High power committee
29. _____ is also called as "Medical Education Review Committee"
 - (a) Bhore committee
 - (b) Mehta committee
 - (c) Shetty committee
 - (d) High power committee
30. A high power committee on nursing and nursing profession was set up by the government of India in_____
 - (a) April 1987
 - (b) July 1987
 - (c) May 1987
 - (d) August 1987
31. First five year plan was started from
 - (a) 1951-56
 - (b) 1961-66
 - (c) 1956-56
 - (d) 1969-74
32. Tenth five year plan was started from--
 - (a) 1985-90
 - (b) 1997-2002
 - (c) 1991-95
 - (d) 2002-2007
33. Eleventh five year plan was started from
 - (a) 1991-95
 - (b) 2002-2007
 - (c) 1997-2002
 - (d) 2007-12
34. Community health officer will be posted at each primary health center and will cover _____ population.
 - (a) 20,000 in tribal and 20,000 in hilly areas population
 - (b) 30,000 in tribal and 20,000 in hilly areas population
 - (c) 40,000 in tribal and 20,000 in hilly areas population

- (d) 50,000 in tribal and 20,000 in hilly areas population
35. In the year ____ registration of births and deaths act was implemented
(a) 1960 (b) 1967
(c) 1965 (d) 1969
36. ____ estimates of vital rates are being used extensively for policy making and planning purpose
(a) Representative sample system
(b) Sample registration system
(c) Health survey system
(d) Birth registration system
37. Sample registration system was started in ____ on a regular basis at the all India level.
(a) 1968-69 (b) 1972-73
(c) 1969-70 (d) 1974-75
38. National family health survey-3 was carried out in ____
(a) 2002-03 (b) 2007-08
(c) 2005-06 (d) 2009-10
39. From 202 onwards, the sample registration system includes a new method called-
(a) RHIME (Representative, Re-sampled, routine household interview of mortality with medical evaluation)
(b) RHIME (Representative, household interview of mortality with medical evaluation)
(c) RHIME (Resampled, routine household interview of mortality with medical evaluation)
(d) RHIME (Representative, resampled, routine household interviews of morbidity with medical evaluation)
40. National family health survey conducted under the stewardship of ____
(a) The Ministry of Healthy and Family Welfare, Government of India
(b) The Ministry of Health and Family Welfare, State Government
(c) Panchayat Raj System
(d) District Level
41. The Central Government Health Scheme was started in the year ____
(a) 1950 (b) 1954
(c) 1952 (d) 1958
42. Community Health Center has been established for every ____ population
(a) 60,000 to 1,00,000
(b) 75,000 to 1,20,000
(c) 70,000 to 1,00,000
(d) 80,000 to 1,20,000
43. One primary health center covers atleast ____ sub-centers
(a) 2 to 4 (b) 5 to 6
(c) 4 to 6 (d) 6 to 8
44. The Pradhan Mantri Swasthya Suraksha Yojana has been approved in ____
(a) March 2006 (b) March 2007
(c) April 2006 (d) April 2008
45. Janani Suraksha Yojana was launched in ____
(a) 12th April 2005 (b) 12th April 2007
(c) 12th April 2006 (d) 12th April 2008
46. ____ is a safe motherhood intervention runs under the national rural health mission
(a) Janani Suraksha Yojana
(b) National Family Welfare Programme
(c) IMNCI
(d) ASHA training programme
47. Anganwadi workers maintain all files and records of services provided and growth of children and submit the report every month to ____
(a) ANM (b) LHV
(c) Medical Officer (d) Mukhya Sevika
48. Cabinet Secretariat by an administrative order in the year ____ prohibited smoking in public place
(a) 1985 (b) 1990
(c) 1985 (d) 1992



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49. The government of India launched district rehabilitation center scheme in_____
- (a) 1980 (b) 1985
(c) 1982 (d) 1990
50. Multipurpose worker scheme in India was introduced by which committee
- (a) Srivastava Committee
(b) Bhore Committee
(c) Kartar Singh Committee
(d) Mudaliar Committee





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ANSWERS

1	B	11	A	21	A	31	A	41	B
2	A	12	B	22	C	32	D	42	D
3	A	13	B	23	A	33	D	43	B
4	D	14	A	24	B	34	B	44	A
5	B	15	A	25	C	35	D	45	A
6	B	16	B	26	A	36	B	46	A
7	B	17	D	27	A	37	C	47	D
8	C	18	A	28	C	38	C	48	B
9	C	19	D	29	B	39	A	49	B
10	C	20	B	30	B	40	A	50	C

