



قائمة الاسئلة

صحة عامة وتغذية - المستوى الثاني - قسم تغذية علاجية - كلية الطب والعلوم الصحية - برامج العلوم الطبية التطبيقية - الفترة الثانية - درجة الامتحان

د/ احمد حمود علي الشاحذي

- 1) Definition of Health (WHO, 1948), Health is a state of
 - 1) - (A)Complete physical
 - 2) - (B)Mental and
 - 3) - (C)Social wellbeing
 - 4) + (D)A, B and C are correct
- 2) A substance needed by the body for growth, energy, repair and maintenance is called a?
 - 1) + (A)Nutrient
 - 2) - (B)Carbohydrate
 - 3) - (C)Calorie
 - 4) - (D)Fatty acid
- 3) In which deficiency disease is oedema present in the child ?
 - 1) - (A)Marasmus
 - 2) + (B)Kwashiorkor
 - 3) - (C)Diabetes
 - 4) - (D)Goiter
- 4) The disease which is caused by protein-energy malnutrition is
 - 1) - (A)Tuberculosis
 - 2) + (B)Marasmus
 - 3) - (C)Goiter
 - 4) - (D)Angina
- 5) What Micronutrients deficiencies are a major public health concern
 - 1) - (A)Vitamin D
 - 2) + (B)Iron
 - 3) - (C)Vitamin A
 - 4) - (D)Vitamin C
- 6) Which of the following would be considered components of Public Health Nutrition?
 - 1) - (A)Dietary guidelines
 - 2) - (B)Nutritional epidemiology
 - 3) - (C)Fortification of foods with vitamins and minerals
 - 4) + (D)All of the options listed are correct
- 7) Which of the following are highly prevalent global nutrition problems?
 - 1) - (A)Vitamin A deficiency
 - 2) - (B)Undernutrition
 - 3) - (C)Obesity
 - 4) + (D)All of the options listed are correct
- 8) Which group of the global population is most affected by anaemia?
 - 1) - (A)Preschool children
 - 2) + (B)Pregnant women
 - 3) - (C)Non pregnant women
 - 4) - (D)Men
- 9) The definition of public health nutrition is
 - 1) - (A) Is the process of consuming foods, digesting and absorption nutrients for growth, development, and maintenance of a healthy life.
 - 2) - (B)To promote health and quality of life by preventing and controlling disease. Injury, and





- disability.
- 3) (C) Strive to improve or maintain optimum nutritional health of the whole population and high risk or venerable subgroups within the population
- 4) (D) None one of the above
- 10) Which of these is considered issues in public health?
- 1) (A) Food shortage and taboos and food culture
- 2) (B) Dietary lifestyle and food safety and adulteration
- 3) (C) Food lows and nutritional assessment and relevant intervention
- 4) (D) A, B and C are correct
- 11) Component of changing concept of health are following, EXCEPT:
- 1) (A) Biomedical and Ecological concepts
- 2) (B) Medical concept
- 3) (C) Psychosocial concept
- 4) (D) Holistic concept
- 12) Which of the following is a dimensions of health
- 1) (A) Social
- 2) (B) Weight
- 3) (C) Behavior
- 4) (D) Where you live
- 13) Which of the following is not a Dimensions of health
- 1) (A) Physical and mental
- 2) (B) Emotional and spiritual
- 3) (C) Social and vocational
- 4) (D) Geological factors
- 14) Nutrition Policies specific objective are following. EXCEPT:
- 1) (A) Promote practice favorable to the improvement of nutritional status
- 2) (B) Reduce the prevalence of disease linked to nutritional deficiencies and excess
- 3) (C) Reduce the incidence of sever and moderate malnutrition in children.
- 4) (D) Provide nutritional care and support for people living with HIV/AIDS
- 15) Which are following of steps to address the nutrition situation in Yemen
- 1) (A) Forming the required governance structure and mapping actions
- 2) (B) Engaging with stakeholders
- 3) (C) Conducting contextual and situational analyses
- 4) (D) A, B and C are correct
- 16) What does physical health mean?
- 1) (A) The ability to respond to the many varied experiences of life with flexibility and a sense of purpose
- 2) (B) Perfect functioning of the body in which each organ is working in harmony with the maximum capacity
- 3) (C) It includes integrity, principles and ethics, the purpose in life and commitment
- 4) (D) None of above correct
- 17) In public health three levels of intervention are
- 1) (A) Individual
- 2) (B) Community
- 3) (C) System
- 4) (D) All the above correct
- 18) Some of following points are importance of public health nutrition?
- 1) (A) Adequate nutrition for all is the goal





- 2) - (B)Maternal and child nutrition sets the stage for life
3) - (C)Vulnerable subgroups are at high risk
4) (D)All the above listed correct
- 19) Core responsible of public health are following. EXCEPT:
1) - A. Assessment
2) B. Medical care
3) - C. Policy development
4) - Assurance
- 20) Primary level of prevention is
1) - (A)strategies to stop or down disease progression by targeting at risk groups
2) (B)Reducing or removing risk factors by environmental or community change
3) - (C)Managing and rehabilitating individual with diagnosis health condition to improve quality of life
4) - (D)All of above correct
- 21) Inadequate intake by the pregnant woman of which vitamin may cause neuraltube defects?
1) A. Niacin
2) - B. Riboflavi
3) - C. Folic Acid
4) - D. Thiamine
- 22) Which is the major cause of nutritional blindness in children usually between 1 – 3 years of age
1) - A. Scurvy
2) - B. Keratomalacia
3) C. Aneamia
4) - D. Dandruff
- 23) By 18 months of age all children should have received
1) (A) Three doses of DTaP/IPV/Hib/Hep B
2) - (B) 3 doses of Rotavirus vaccine
3) - (C)Three doses of MenB
4) - (D)Two doses of measles
- 24) In addition to being up to date with the routine immunisations, which of the following should be considered for healthcare staff involved in direct patient contact:
1) (A) BCG
2) - (B) Hepatitis B
3) - (C) Influenza
4) - (C) Hepatitis A
- 25) Which of the following is/are true about Diphtheria
1) - (A) Corynebacterium diphtheriae is the only bacterium causing diphtheria
2) - (B) Only young age group affected
3) - (C)Transmitted by faecal-Oral infection
4) (D) Period of infectivity can be up to 2 weeks if left untreated.
- 26) Recognised complications of infection with measles virus include
1) - (A) Otitis media
2) - (B) Pneumonia
3) - (C)Convulsions
4) (D) All the above mentioned
- 27) Infection with polioviruses is characteristice are following EXEPT?
1) (A) 95% are asymptomatic initially
2) - (B) Acute viral illness – enterovirus, 3 subtypes
3) - (C)Infectious 7-10 days before and after onset
4) - (D) Entry via blood transmission





- 28) The following is/are true about rotavirus vaccines, EXCEPT?
- 1) - rotavirus vaccine against most common cause of severe diarrhoeal disease in children
 - 2) - It is an inactivated vaccine
 - 3) - They can be stored frozen
 - 4) + The vaccine is not injectable
- 29) They can be stored frozen
- 1) + Specilized doctor
 - 2) - Health worker
 - 3) - Doctor
 - 4) - All of the above
- 30) What is PHC means?
- 1) - Primary Healthy Center
 - 2) - Prime Health Care
 - 3) - Primary Healthy Care
- 31) Which of the following is not included in the eight elements of PHC?
- 1) - a. Essential drugs
 - 2) - b. Safe drinking water and sanitation
 - 3) - c. Maternal and child health
 - 4) + d. Occupational health
- 32) First and foremost, element of PHC is
- 1) + a. Immunization
 - 2) - b. FP/MCH
 - 3) - c. Health education
 - 4) - d. Provision of safe drinking water
- 33) Bitot's spot' is the characteristic feature of deficiency
- 1) - a. Calcium
 - 2) - b. Vitamin D
 - 3) - c. Vitamin A
 - 4) + d. Vitamin C
- 34) The following are the principles of primary health care EXCEPT:
- 1) - (A) Availability of essential drugs
 - 2) + (B) Community participation
 - 3) - (C)Ither-sectoral cooperation
 - 4) - (D) Equitability distribution
- 35) Nutritional assessment can be done using
- 1) - (A) Anthropometry
 - 2) + (B) Biochemical/biophysical methods
 - 3) - (C)Clinical methods and Dietary methods
 - 4) - (D) All of the above

