GOVERNMENT OF KERALA
PARAMEDICAL COUNCIL
DIPLOMA IN HEALTH INSPECTOR COURSE
First Year Examination Regular and Reappearance January 2026
PAPER II - NUTRITION, PERSONAL HYGIENE, BASIC PHARMACOLOGY, BASIC MICROBIOLOGY

Time: 3 hrs. **Marks: 100**

I. Choose the correct answer: **(1x10=10 Marks)**

1. Which is a protective food
   a) meat b) milk c) cereal d) fat
2. Scaly skin formation is due to the deficiency of
   a) linoleic acid b) linolenic acid c) lycine d) lucine
3. Which one is a monosaccharide
   a) galactose b) sucrose c) lactose d) maltose
4. Example of passive exercise
   a) running b) yoga c) massage d) walking
5. The branch of medicine which deals with feet
   a) paediatric b) orthopaedic c) podiatric d) periodontal
6. Injections given into the bone marrow is called
   a) intra thecal b) intraosseous c) intra articular d) none of the above
7. Interval between administration of drug and development of response is
   a) therapeutic lag b) therapeutic index c) biological lag d) none of the above
8. Rubbing the drug on skin is called
   a) iontophoresis b) inunction c) adhesive units d) jet injection
9. Bacteria without cell wall
   a) cocci b) bacilli c) spirochetes d) mycoplasma
10. Duck egg should not be eaten raw due to presence of
    a) microorganisms b) pesticides c) dirt d) trypsin inhibitor

II. Fill in the blanks: **(1x5=5 Marks)**

1. Excessive scaling of scalp skin is called .....
2. Optimum level of fluoride in drinking water is .....
3. .....deals with sources, description & preparation of drugs.
4. Quantity of drug that is absorbed and reaches systemic circulation after non vascular administration is .....
5. .....is the organ of locomotion in bacteria.

III. Name the following: **(1x5=5 Marks)**

1. Softening of cornea of eye.
2. The agent which soften and retain moisture in hair.
3. Drug delivery system placed directly under eyelid .
4. Name an antipyretic.
5. Method of sterilization employing steam under pressure.

IV. State whether True or False: **(1x5=5 Marks)**

1. Malnutrition causes foetus to become 'small for date' babies.
2. If the total effect produced by two drugs is greater than the sum of individual effects it is known as synergism.
3. Unusual resistance to normal therapeutic dose of drug is known as tolerance.
4. Saprophytes live on dead or decaying organic matter.
5. Thalidomide produces phocomelia.

V. Match the following: **(1x5=5 Marks)**

1. Protien - subcutaneous tissue
2. Micro nutrient - typhoid
3. Excretion of drug - dose of drug
4. Young's formula - saliva
5. Mechanical vectors - synthesis of antibodies
   - vitamin

VI. Expand the following **(1x5=5 Marks)**

1. EFA
2. ICMR
3. IP
4. BBB
5. NSAID

VII. Answer in two to three sentences: **(2x5=10 Marks)**

1. Essential amino acids
2. Invisible fats
3. Glycemic index
4. Sebum
5. Optimum health

VIII. Write short note on any five: **(5x5=25 Marks)**

1. Retinol
2. Nutritional anemia
3. Care of teeth
4. Care of feet
5. Biotransformation of drugs
6. Sterilization using heat

IX. Write Essays on any two: **(15x2=30 Marks)**

1. Explain
   (a) Food guide pyramid (5 marks)
   (b) Food hygiene (10 marks)
2. Community nutrition programmes (15 Marks)
3. (a) Define immunity (1 mark)
   (b) Classification of immunity (14 marks)

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