

WRITING TEST QUESTIONS

Hygiene of children and youth deals with:

Monitoring of growth and development in children and youth contributes to:

Health protection and promotion of school children is based on:

Anti-epidemic measures in the collective facilities for children include:

Hygienic requirements for the collective facilities for children are aimed at:

A child who is between 12 and 36 months old (1 to 3 years) is defined as:

A child who is between 3 to 6 years old is defined as:

Biological age is determined as:

Dental age is investigated:

The growth of children and youths is:

Secular trend in the growth evaluation means:

Primary prevention in the children's health care includes:

Positive indicators of children's health are:

The aim of Slovak National program of Health is:

Major nutrients (macronutrients) are:

Proteins perform important functions in the body:

The largest part of total energy expenditure is:

Essential nutrients are:

Fats have important functions in the body:

Polyunsaturated fatty acids include:

The usable carbohydrates are:

Glycemic index:

The effect of fiber in the body:

Trace elements, which daily need is counted in micrograms, include:

The content of minerals and trace elements in foodstuffs depends on:

Fat-soluble vitamins:

Water-soluble vitamins:

To the principles of healthy eating belong:

The alimentary infections include:

The recommended dietary allowances (RDA):

Contaminants in foodstuffs:

Among micronutrient malnutrition belongs:

Among micronutrient malnutrition does not belong:

Among protein-energy malnutrition does not belong:

To assess the height-weight proportionality is used:

To evaluate the body fat distribution is used:

To assess body composition and body fat content in preventive practice are mostly used:

In which population group is relatively the most frequent occurrence of malnutrition (6-12%) in developed countries?

Detection of global food consumption (balance method) is the best method:

In terms of health protection and adult obesity prevention a longtime energy balance should be:

Optimal ratio of protein to fat to carbs in the diet for university students is:

For estimating of individual's nutrient intake is suitable:

For determining the energy content and biological value of foods can be used:

Improvement of a population's nutrition depends on:

RDA (Recommended dietary allowances) are:

Recommended consumption of milk and dairy products per capita/per year is:

Health effects of fruits and vegetables:

The recommended ratio of unsaturated fatty acids n-6 to n-3 in the diet is:

Eikosanoids n-3 have:

In the goitre endemic areas for the iodine saturation improvement can be used:

The naturally iodine-rich source of iodine for humans is:

To assess the nutritional status of the population are never used:

Body mass index can be calculated by a formula:

Iron-deficiency anemia due to inadequate dietary iron intake is a health threat in particular for:

Currently, predominant trends in the food consumption in Slovakia are:

The issue of risk factors in healthcare facilities concern:

“Zoning“ of the operating room departments concerns:

Prevention of nosocomial infections:

The principles of nosocomial infections prevention include:

Common hygiene monitoring in health-care facilities is focused on:

Surgical departments:

Hygienic and anti-epidemic regime in hospital wards is influenced by:

Work organization (working time and rest) during the working process involves:

The highest human performance is:

Hygrothermal microclimate includes the following factors:

Workplace health protection and promotion include:

Physical occupational hazards include:

In prevention of work related health damage in the hot conditions is applied:

Glare is:

Noise is:

Noise can cause in human organism:

Effects of noise on auditory system are worsen by:

Hearing protection in the workplace is performed by:

Vibration-exposed workers have more frequent:

Among the biologically most significant non-ionizing radiation belong:

Ultraviolet radiation affects mainly:

Protection of workers against infrared radiation consists mainly of:

Main risks associated with working with display screen equipment are mainly:

For health risk assessment of dust is necessary to know:

Workplace chemicals can enter the body through:

Biological exposure tests (biological monitoring) are used:

Smoking in healthcare facilities is prohibited:

Workplace biological agents include:

Occupational health damage can be:

The most important modifiable cardiovascular diseases risk factors are:

The most effective method in cardiovascular diseases primary prevention is:

The most effective procedures in cardiovascular diseases primary prevention are:

Primary prevention of hypertension includes:

Primary prevention of oncologic diseases is aimed at:

Tobacco smoking:

Excessive alcohol consumption has adverse effects on:

Food additives include:

To the non-modifiable risk factors of cardiovascular diseases belong:

The highest decrease in cardiovascular mortality was recorded during the last 40 years in:

Population-based strategy for the cardiovascular diseases prevention is:

Secondary cardiovascular disease prevention is:

The Framingham heart study began:

The North Karelia Project:

Nutritional habits in North Karelia within the North Karelia Project have changed:

Decline in cardiovascular mortality is mostly caused by:

For total cardiovascular risk reduction the most important is:

The 3 major risk factors for cardiovascular disease include:

Target blood pressure values in hypertension treatment are:

Hypertension risk factors include:

Hypertension risk factors do not include:

High dietary salt intake can come from:

People have to add salt to the meal:

Optimal blood pressure is:

The normal total blood cholesterol level is:

The normal total blood cholesterol level in adults is:

Effects of smoking on the cardiovascular system are:

Obese persons have:

Regular aerobic physical activity:

The optimal number of daily meals is:

The worst effect on blood lipids has diet:

Dietary trans-fatty acids can cause:

Trans-fatty acids are:

Trans-fatty acids are found in:

Trans-fatty acids are not found in:

Trans-fatty acids are produced:

Linoleic acid is:

Linoleic acid is mostly found in:

Saturated fatty acids are mostly found in:

Fatty acids EPA and DHA are:

The source of EPA and DHA are:

Alpha-linolenic acid is:

Cholesterol is not found in:

Cholesterol is found in:

The recommended amount of dietary cholesterol daily intake is:

Fiber is important in the atherosclerosis prevention since:

The source of dietary fiber is:

The role of antioxidants in the atherosclerosis prevention:

The main functions of vitamin C in atherosclerosis prevention are:

Hard drinking water is considered a protective factor in prevention of:

The nutritional risk factors for cardiovascular diseases are:

The nutritional protective factors for cardiovascular diseases are:

The recommended foods in the antisclerotic diet are:

Foods to avoid in the antisclerotic diet:

The definition of metabolic syndrome includes:

The maximum recommended daily salt intake is:

Blood cholesterol level is increased mostly by consumption of:

General recommendations for nutrition cancer prevention:

The maximum amount of bone mass a person reaches in the age:

Among global atmospheric consequences of air pollution belong:

Ultraviolet part of solar radiation causes:

Aerosol is:

London smog:

During smog it is recommended:

Higher outdoor air concentration of SO₂ (above 150 µg/m³) causes:

Harmful effect of dust in the air:

Clean indoor air is ensured by:

Protection of groundwater source for public supply requires:

Health risks from water can be caused by:

Waterborne diseases may be caused by:

Intestinal infections are caused by:

Alimentary methemoglobinemia arises from:

Microorganisms in the soil:

Aspiration psychrometer by Assmann:

Kata Thermometer:

Cooling power of Kata-thermometer

Microbiological examination of the indoor air:

Passive air sampling (sedimentation technique) for microbiological monitoring of indoor air:

Aeroscopic method for microbiological monitoring of indoor air:

Health risk assessment in relation to the environment:

Urban green vegetation:

Humidity is measured by:

For optimization of the hygro-thermal microclimate we take into account:

Passive smoking:

Strategy of passive smoking prevention includes:

Effective dose:

Radiation weighting factor w_R :

Tissue weighting factor w_T :

General principles of radiation prevention are:

Radon:

The indoor accumulation of radon can come from:

Thermoluminescent dosimeter: