WRITING TEST QUESTIONS

Hygiene of children and youth deals with:

Monitoring growth and development of children and youth serves:

Protecting and promoting the health of school children:

Antiepidemic measures in the children's collective facilities include:

Hygienic requirements for children's collective facilities are aimed:

The period from 1 to 3 years of the child’s age is referred to as:

The period from 3 to 6 years of the child’s age is referred to as:

Biological age is determined according to:

Dental age is determined:

The growth process - development of children and youth is:

Secular trend in the evaluation of growth is:

Primary prevention of the health care of children includes:

Positive indicators of child health are:

The aim of National Program of Health is:

Major nutrients (macronutrients) are:

Proteins perform important functions in the body:

The largest portion of total energy expenditure is:

Essential nutrients are:

Fats have important functions in the body:

Polyunsaturated fatty acids include:

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 the:
Fat-soluble vitamins:

Water-soluble vitamins:

The principles of healthy diet include:

The foodborne infections include:

The recommended dietary allowances (RDA):

Contaminants in foodstuffs:

Micronutrient malnutrition includes:

Micronutrient malnutrition does not include:

Among protein-energy malnutrition does not belong:

To evaluate the height-weight proportionality we use:

To evaluate the distribution of body fat depot is used:

To evaluate the body composition and body fat are mostly used:

In which populations in developed countries are higher occurrence of malnutrition (6-12%)?

The best effective method to detect of global food consumption (balance sheet method) serves for:

For health and prevention of obesity in adults is appropriate to be long-term energy balance:

Optimal ratio of energy intake from P: F: C in the diet in young adults is:

To assess individual diet is appropriate:

To calculate the energy and the nutritional value of food can be used:

Rationalization of nutrition in population depends on:

According to the RDA (Recommended Dietary Allowances) for the SR population we should consume the fruit and fruit products around:

According to the RDA (Recommended Dietary Allowances) for the SR population we should consume milk and milk products around:

Health effects of fruits and vegetables:

Recommended optimal ratio of unsaturated fatty acids n-6 : n-3 in the diet is:

N-3 eicosanoids effects are:
To improve the iodine saturation of the population in areas with endemic goiter is used:

The richest natural source of iodine for humans is:

When evaluating health-nutrition status of the population is never used:

Body mass index is expressed by the formula:

Anemia from inadequate dietary iron intake threatens especially:

The recommended food doses are:

The issue of risk factors in health care facilities is related to:

“Zoning“of the operating theatre concerns:

Prevention of nosocomial infections:

When nosocomial infections occur, hospital applies:

Common hygiene surveillance in healthcare facilities are aimed at evaluating of:

Surgical departments:

Hygienic - antiepidemic regimen in inpatients clinics/hospitals is influenced by:

Organization of work (regimen of work and rest) during the working process involves:

The highest human productivity is:

Thermo-moisture microclimate includes the following factors:

Measures to protect health of employees include:

Physical occupational hazards include:

In the prevention of work related health damage in the heat environment is applied:

Glare is:

Noise is:

Noise can cause in human organism:

Negative effects of noise on hearing system are worsen by:

Protection of the employee against noise in workplace is realised:

Workers exposed to the vibrations have higher occurrence of:

To the biologically most important non-ionizing radiation belongs:
Ultraviolet radiation affects mainly:

Protection of the workers from the infrared radiation consists of:

Work with displays is mostly load for:

To evaluate the effect of dust on organism is necessary to know:

Chemical factors in the work environment are entering into organism by:

Biological exposure tests can provide:

Smoking is prohibited in health-care facilities:

Biological factors in workplaces include:

Work related health damage can be:

The most important modifiable risk factors of cardiovascular diseases are:

The most effective prevention of cardiovascular diseases is:

Primary prevention of cardiovascular diseases includes:

Primary prevention of hypertension includes:

Primary prevention of oncologic diseases is aimed at:

Smoking:

Excessive consumption of alcohol has negative effects on:

The contaminants in foodstuffs include:

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

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

Population strategy in the prevention of cardiovascular diseases is:

Secondary prevention of cardiovascular disease is:

Framingham’s study began:

Nutritional habits in North Karelia during Project “North Karelia” have changed:

The decrease in mortality from cardiovascular disease is mostly because of:

Three most important risk factors for cardiovascular disease are:

Target values of hypertension are:

The risk factors for hypertension include:
The risk factors for hypertension do not include:

High salt intake in the diet can come from:

People consume salt:

Optimal blood pressure values are:

Normal levels of total cholesterol in the adult population are:

Effects of smoking on the cardiovascular system are:

Obese persons have:

Regular aerobic physical activity:

The optimal number of daily meals is:

Trans-fatty acids belong to the group:

Trans-fatty acids are in:

Trans fatty acids occur:

Linoleic acid belongs to the group:

Most of linoleic acid is in:

Most of saturated fatty acids are in:

Cholesterol is not present in:

Cholesterol is present in:

The maximum recommended amount of daily intake of cholesterol in the diet is:

Fiber is important in the prevention of atherosclerosis:

Rich source of fiber in the diet are:

The role of antioxidants in the prevention of atherosclerosis is:

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 disease are:

The nutritional protective factors for cardiovascular disease are:

The recommended foods in the antisclerotic diet are:

The inappropriate foods in the antisclerotic diet are:
The definition of metabolic syndrome includes:

The maximum recommended daily salt intake is:

The blood cholesterol level is increased mostly by:

General nutritional recommendations for the prevention of cancer:

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

Among the global atmospheric consequences of air pollution belongs:

UV component of solar radiation causes:

Aerosol is:

London type of the smog:

During the smog situation is recommended:

Higher concentration of SO₂ (above 150µg/m³) in the outer atmosphere causes:

Harmful effects of dust in the air:

Clean indoor air is ensured by:

Protection of groundwater source for public supply requires:

Health risks from water represent:

Waterborne diseases may be caused by:

Intestinal infections are caused by:

Alimentary methaemoglobinemia arises by:

Microorganisms in the soil:

Assman aspiration psychrometer:

Katatermometer:

Value of refrigeration:

Microbiological monitoring of the indoor air:

Sedimentation method for microbiological monitoring of indoor air:

Aeroscopic method for microbiological monitoring of indoor air:

Health risk assessment in relation to the environment:

Urban green:
Humidity is measured by:

Requirements for microclimate (humidity and temperature) consider:

Passive smoking:

Strategy of passive smoking prevention includes:

Effective dose – unit of ionizing radiation is:

Radiation weighting factor $w_R$:

Tissue weighting factor $w_T$:

Basic principles of radiation prevention are:

Radon

The indoor accumulation of radon can come from:

Thermoluminescent dosimeter: