WRITTEN 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:

From the point of health protection and prevention of adults obesity, it is appropriate that their longtime energy balance should be:

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:

The principles of healthy diet include:

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 evaluate the distribution of body fat is used:
To assess body composition and fat content in the prevention 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:

The foodborne infections include:

The recommended dietary allowances (RDA):

RDA (Recommended dietary allowances) are:

Health effects of fruits and vegetables:

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

Eicosanoids (n-3 fatty acids) have:

In the endemic areas with occurrence of goitre for an improvement of iodine saturation is used:

The richest natural sources of iodine for humans is:

To assess the nutritional status of the population never used:

Body mass index is formula for:

Anaemia from insufficient of iron dietary intake threatens mostly:

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

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:

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:

Each year from cardiovascular disease in SR die:

Mortality from cardiovascular disease in Slovakia is the highest on:

The highest cardiovascular death rates in the EU countries are currently in these countries:
Framingham study began to realize:

Project PROCAM is:

MONICA Project is:

North Karelia Project:

According to WHO elimination of risk factors can prevent:

Population strategy of cardiovascular diseases prevention concludes risk factors:

For the calculation of the Framingham cardiovascular risk score we need to evaluate:

To reduce a total cardiovascular risk is the most important:

High total cardiovascular risk have persons:

Psychosocial risk factors for cardiovascular diseases do not include:

For type A behavior is characteristic:

The worst impact on blood lipid levels has:

Trans-fatty acids in the diet can cause:

Trans-fatty acids are not:

Fatty acids EPA and DHA belong to the group:

The source of EPA and DHA are:

Alpha-linolenic acid belongs to:

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 in to 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 pressure during hypertension treatment are:
The risk factors of hypertension include:
The risk factors of 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 SO\(_2\) (above 150\,\mu g/m\(^3\)) 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: