

55 Questions

Health Science T3

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1) Which of the following is a natural disaster?

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- a) Traffic accidents
- ☒ b) Wildfires
- c) Explosions
- d) Wars

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2) One of the following is Not a natural disaster?

- a) Earthquakes
- b) Landslides
- c) Floods
- ☒ d) Industrial accidents

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3) What is a hazard?

- ☒ a) A source of danger
- b) People hurt by an event or incident
- c) The place of an event or action
- d) An unexpected event that kills or hurts people

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4) Which of the following scenes is the most appropriate to be classified as MCI?

- a) An accident with 20 people having minor injuries
- b) An accident with 1 incident having a life-threatening injury
- ☒ c) An accident with 5 people having life-threatening injuries
- d) Any accident can be classified as a MCI

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5) Which of the following is Not taken into consideration when classifying an event as MCI?

- a) Number of paramedics
- b) Number of medical equipment
- ☒ c) The cause of the MCI
- d) The severity of the injuries

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6) Which of the following is True in managing MCI?

- a) Triage is time consuming process
- b) Lie to the emergency services so that they come faster
- c) In cases of smoke, go in and get the people out of the smoke.
- ☒ d) The first priority is to look for hazards

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7) Which of the following is better to be avoided while managing a road traffic accident?

- ☒ a) Stay away from smoke or fumes
- b) Assess the number of ambulances needed
- c) Look for fallen trees or road signs
- d) Move fallen electric lines away from the road

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17) Which of the following is safe to do in cases of floods?

- a) Try to cross high water in a wadi
- b) Try to drive faster to get out of the area with the flood
- ☒ c) Drive through water 8cm deep
- d) Park your car in the flood

18) Which should be avoided during sandstorms?

- a) Close the windows
- b) Cover your nose if outside
- c) Turn off air conditioning
- ☒ d) Turn off the car lights

19) Which is True about foodborne illness?

- ☒ a) Illness caused by eating food that are contaminated with disease-causing microorganisms
- b) Caused only by bacteria
- c) Most are serious and long-standing
- d) The symptoms and signs depend on the type of food

20) The most dangerous zone the aids in bacterial growth is?

- a) Between 0 and 5 °C
- ☒ b) Between 5 and 60 °C.
- c) Above 60 °C.
- d) Below 0 °C.

21) Which of the following is False about bacterial growth?

- ☒ a) Decrease in moist areas
- b) Increase with nutrients
- c) Double every 15 minutes
- d) Ideal temperature is 37 °C

22) Which of the following is Not related to food poisoning?

- a) Campylobacter
- b) Escherichia coli
- c) Salmonella
- ☒ d) Staphylococcus

23) Which of the following is False about handling high-risk food?

- a) Cook properly to a safe temperature
- b) Wash vegetables before eating them
- ☒ c) Wash raw chicken in the kitchen before cooking
- d) Wash and sanitize anything that raw poultry has touched

24) Which is correct about cross-contamination?

- ☒ a) Contamination is when food becomes dangerous because a harmful or unwanted substance like bacteria gets into it.
- b) Using the same cutting board and knife to cut raw meat and vegetables prevent cross-contamination
- c) Proper washing of the equipment after preparing food increase cross-contamination
- d) Adding unwashed, contaminated lettuce to a fresh salad decrease cross-contamination

8) What is the process of sorting people according to the severity of their injury called?

- ☒ a) Triage
- b) Management
- c) Categorizing
- d) First aid

9) What is the appropriate method of triage?

- a) Assess > Sort > Transport > Life Saving interventions
- b) Sort > Transport > Assess > Life Saving interventions
- ☒ c) Sort > Assess > Life Saving interventions > Transport
- d) Assess > Sort > Life Saving interventions > Transport

10) Which of the following casualties should get Immediate medical attention?

- a) Someone with broken bones
- b) Someone expected to die
- ☒ c) Someone with cardiac arrest
- d) Someone with a cut

11) The first to group to get medical attentions are the:

- ☒ a) Ones lying without moving at all
- b) Ones lying but moving their hands
- c) Walkers
- d) Waivers

12) All of the following is categorized as Green while assessing the injured people, except?

- a) Those who have minor injuries
- b) Minor cuts
- c) Minor fractures
- ☒ d) Minor amputations

13) Which of the following will not receive treatment?

- a) Those classified as Red
- ☒ b) Those classified as Black
- c) Those classified as Yellow
- d) Those classified as Green

14) What does S stand for in SALT technique?

- a) Safety
- b) Salt
- ☒ c) Sort
- d) Still

15) Someone with a broken bone and signs of possible head injury should be classified as?

- ☒ a) Yellow
- b) Red
- c) Black
- d) Green

16) In which of the following cases should we use the Drop Cover and hold technique?

- ☒ a) Earthquakes
- b) Floods
- c) Aftershocks
- d) Two of the above

- 25) Hamad adds unwashed contaminated lettuce to a fresh salad. Which type of cross-contamination is this?
- ☒ a) Food to food
 - b) Equipment to food
 - c) Food to equipment
 - d) People to food
- 26) Sara uses the same cutting knife to cut raw meat and vegetables. Which type of cross-contamination is this?
- a) Food to food
 - ☒ b) Equipment to food
 - c) Food to equipment
 - d) People to food
- 27) Adnan sneezed on his hand then wiped it with his shirt and started preparing food. Which type of cross-contamination is this?
- a) Food to food
 - b) Equipment to food
 - c) Food to equipment
 - ☒ d) People to food
- 28) What are the Five keys to safer food?
- a) A Movie
 - b) A meal at KFC
 - ☒ c) It is a global health message that everyone all over the world should know. They help prevent foodborne illnesses and improve health.
 - d) A company
- 29) Which of the following is Not from the five keys to safer food?
- a) Keep clean
 - ☒ b) Don't eat fast food
 - c) Cook thoroughly
 - d) Use safe water and raw materials
- 30) While dealing with food, which of the following should be avoided?
- a) Wash hands and sanitize all equipment used for food preparation
 - ☒ b) Place raw meat above cooked food in the fridge
 - c) Don't Leave hot food cool overnight
 - d) Keep cooked food piping hot more than 60c prior to serving
- 31) Safe water and raw material should be free from bacteria and chemicals, which of the following is Not safe?
- a) Use pasteurized dairy products
 - b) Buy ready-to-eat food stored in safe temperatures
 - c) Use safe water to make ice
 - ☒ d) Use safe water to wash rotten fruits.
- 32) Which of the following increase the risk of pests contacting the food?
- ☒ a) Store food in the pets area
 - b) Food should be covered or in closed containers
 - c) Food preparation area should be free of cracks and holes
 - d) Rubbish bins should be covered and emptied regularly

33) The inability of the body to digest certain food leading to symptoms of bloating and diarrhea is called:

- a) Food allergy
- b) Food tolerance
- ☒ c) Food intolerance
- d) Food inacceptance

34) When the body's immune system responds unusually to certain foods. What is this called ?

- ☒ a) Food allergy
- b) Food tolerance
- c) Food intolerance
- d) Food inacceptance

35) Which of the following is a Not cause of food allergy?

- a) Eggs
- b) Milk
- c) Fish
- ☒ d) Caffeine

36) Which of the following is a symptom/sign that occurs in an allergic reaction more than in an intolerance?

- a) Heartburn
- ☒ b) Swelling and Rash
- c) Bloating and Gas
- d) Nausea and Vomiting

37) Lactose is present in ?

- a) Wheat
- b) Barley
- ☒ c) Yoghurt
- d) Pasta

38) Samer has a digestive problem after eating dairy products. Which condition is this?

- ☒ a) Lactose intolerance
- b) Fructose intolerance
- c) Gluten intolerance
- d) Food allergy

39) Which of the following is False about gluten?

- a) Found in cereal, pastries, cookies, doughnuts
- b) A protein in wheat, barley, rye
- c) Found in bread
- ☒ d) All people with digestive problems caused by gluten are gluten intolerant

40) Mr. John had difficulty breathing, rapid heart rate, and nausea. These are symptoms of ?

- a) Food intolerance
- b) Food borne illness
- ☒ c) Anaphylaxis
- d) Cross contamination

- 41) Which of the following is a correct definition of Therapeutic diets?
- a) A special diet plan which is given by mother
 - b) The use of medication to treat and manage diseases
 - c) Foods and drinks that you regularly eat
 - ☒ d) A diet for people who have an illness or disease
- 42) Which of the following health conditions Doesn't benefit from a therapeutic diet ?
- a) Eating and digestive disorders
 - ☒ b) Asthma and multiple sclerosis
 - c) Cardiovascular diseases and diabetes
 - d) Food allergies
- 43) Which of the following is False about therapeutic diets ?
- a) A special diet given by health professional
 - b) Increase life expectancy and quality of life
 - ☒ c) Help increase the amount of medication needed
 - d) Can cure some condition without any medication
- 44) Julia has osteoporosis and was advised to follow a nutrient modification based therapeutic diet. Which of the following is correct about nutrient modification?
- a) This type of diets is not useful for osteoporosis
 - b) Nutrient modifications can be classified to soft, puree, minced and moist
 - c) This type of modification depends on only removing a nutrient from the diet
 - ☒ d) Low sodium, low sugar, low fat and renal diet are examples of this type of modifications
- 45) What is the medical term used to describe when people have problems with swallowing food ?
- a) Aswallowing
 - ☒ b) Dysphagia
 - c) Odynophagia
 - d) Tube feeding
- 46) In texture modification, The texture and consistency of food can be modified to make eating easier for certain people. Which of the following is the lump free type ?
- ☒ a) Puree
 - b) Soft
 - c) Minced and moist
 - d) Solid
- 47) Which of the following is False about overweight and obesity?
- a) Person who is overweight or obese has higher risk of developing other diseases such as diabetes, heart disease and cancer.
 - b) A person with a BMI above 30 is classed as obese.
 - ☒ c) A person who has a BMI between 25-29.9 is classed as normal
 - d) Someone who wants to lose weight should gradually reduce the number of calories he consume.
- 48) Which of the following is True about Energy balance ?
- a) Energy output – energy input
 - b) More energy input leads to weight loss over time
 - c) Less calorie intake leads to weight gain over time
 - ☒ d) More energy expenditure leads to negative energy balance

49) Sami weighs 96kg and he is 164 cm long. Which BMI category is he?

- a) Underweight
- b) Overweight
- ☒ c) Obese
- d) Morbid obese

50) What is the name of the rate at which your body burns calories when it is at total rest?

- a) BMI
- ☒ b) Basal metabolic rate (BMR)
- c) Energy output
- d) Thermal effect of food

51) Which of the following energy outputs use the least amount of energy?

- a) Physical activity such as walking upstairs
- b) Anything that raises your heart rate above resting
- c) Energy used when your body is at total rest
- ☒ d) Energy used to chew food

52) Which of the following is NOT helpful for weight loss

- ☒ a) Eat one type of food each day
- b) Consuming enough water everyday
- c) Try to avoid processed food
- d) Try to eat enough fruits and vegetables

53) Which of the following can help in preventing type 2 diabetes ?

- a) Eat a high sugar diet
- b) Smoke only 2 packets per day
- ☒ c) Exercise regularly
- d) Stay overweight

54) The type of sugar found in foods and can be produced by the body after breaking down certain foods that you eat. What is it called?

- a) Receptor
- ☒ b) glucose
- c) Hormone
- d) Insulin

55) Something produced by the pancreas to control the amount of glucose in the blood by helping the cells in the body to take in the glucose from the blood and use it up as energy. What is it called ?

- a) Receptor
- b) glucose
- c) Hormone
- ☒ d) Insulin

Good luck

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