

## গার্হস্থ্য বিজ্ঞান (বহুনির্বাচনি প্রশ্ন)

(যেটি ৩০টি প্রশ্ন থাকবে, প্রতিটি প্রশ্নের উত্তর দিতে হবে। প্রতিটি প্রশ্নের মান-১)

সূর্যমান-৩০

সময় : ৩০ মিনিট

- ১। স্বাস্থ্যকর অবস্থায় কিশোর-কিশোরীর প্রতি মিনিটে হৃদয় স্পন্দন কতবার হয় থাকে?  
 (a) ৬০-৭০ বার (b) ৬৫-৮০ বার  
 (c) ৮০-৯০ বার (d) ৯০-১০০ বার
- ২। কোন ক্ষেত্রে টুথপেস্ট ব্যবহার করতে হয়?  
 (a) পরম ভাল লাগলে (b) মাঝের কোনো দাঁতলে  
 (c) পেশিতে চাল লাগলে (d) ঠাট্টা ফুটলে
- ৩। তেঁত-মুখে পানির কাপটী দিতে হয় কোন দুটিদ্বারা?  
 (a) অঙ্গুলে চাল লাগলে (b) নখ দাঁতলে  
 (c) সাপে কামিলে (d) অঙ্গুলে হলে
- ৪। পূর্ব পরিবেশ পরিষ্কার-পরিচ্ছন্ন থাকা প্রয়োজন কেন?  
 (a) সুস্থভাবে কাজ করার জন্য  
 (b) রোগ-বিল্যদের জন্য  
 (c) বিল্যদের জীবনের জন্য  
 (d) উৎসব পাঠানের জন্য
- ৫। মহলা আবর্তনার ক্ষেত্রে কোন ধরনের সতর্কতা অবলম্বন করা উচিত?  
 i. হ্যান্ডবিনে ফেলা ii. সরঞ্জাম একত্রে রাখা  
 iii. নির্দিষ্ট স্থানে ফেলা  
 নিচের কোনটি সঠিক?  
 (a) i ও ii (b) i ও iii (c) ii ও iii (d) i, ii ও iii
- ৬। অঙ্গুলে হলে রোগীর গায়ে হাতাল লাগার উপায় হলো-  
 i. হাতুখের ত্বক কমানো  
 ii. মুখে পানির কাপটী দেয়া  
 iii. গায়ে কাপড় ঢিলা করা  
 নিচের কোনটি সঠিক?  
 (a) i ও ii (b) i ও iii (c) ii ও iii (d) i, ii ও iii
- ৭। জীবাণুনাশক দ্রব্য কোনটি?  
 (a) লব (b) বিটিকিং  
 (c) নিপরিট (d) হ্যাডেক
- ৮। রোগীর কক্ষে অতীত পূরত্বপূর্ণ হলো-  
 (a) সেলাই মেশিন (b) ব্যারোমিটার  
 (c) ড্রেজার (d) তরঙ্গি মেশিন
- ৯। রোগীর নড়ির পতি নির্দিষ্ট নিচের কোনটির অন্তর্ভুক্ত?  
 (a) পরিচর্যা (b) ভালো পরিবেশ  
 (c) পথচার (d) মানসিক যত্নের
- ১০। কার্ভোহাইড্রেটজাতীয় খাবার নিম্নলিখিত রাশিতে হয় কোন রাশি?  
 (a) ডায়াবেটিস (b) ডায়ারিয়া  
 (c) কিডনি রোগ (d) হৃদরোগ
- ১১। রোগীর কক্ষ পরিষ্কার পরিচ্ছন্ন রাখতে হয়। কারণ অপরিস্রূ পরিবেশ-  
 (a) রোগীর জন্য অনিরাপদ  
 (b) রোগের তীব্রতা কমাতে  
 (c) সুস্থলোক তুলতে দেয় না  
 (d) কোলাহল বাড়ায়

- ১২। হিসেল রাবোরা তার অনুশ্রম মেজের জন্য কাম্বিবিদ্যুল সহজলভ্য খাবার তৈরি করছেন, তার মেজ তৃপ্তহীন-  
 (a) ডায়াবেটিসে (b) হৃদরোগে  
 (c) বেশি ভুবে (d) মাথা ব্যথায়
- ১৩। অনুশ্রম ব্যক্তির সবার সহযোগিতা দরকার হয় কেন?  
 (a) শরীর দুর্বল থাকায় (b) হাত অবশ থাকায়  
 (c) মাথা কাজ না করার (d) রোগে কিছু না সেবার
- ১৪। রান্না উৎসাহিত হওয়ার তার নিজা কমে পক্ষের কাছে দাঁখি বাড়ি বা পাড়ি চায়। এটি নিচের কোন বিষয়কে সমর্থন করছে?  
 (a) উৎসাহ গ্রহণ (b) বৌদ্ধিক  
 (c) ঘুম গ্রহণ (d) উপহার আসলে প্রমদ
- ১৫। মেলে শিশুরা কীভাবে বৌন নিপীড়নের শিকার হয়?  
 (a) প্রাপ্ত বয়স্ক মহিলাদের দ্বারা  
 (b) প্রাপ্ত বয়স্ক পুরুষ ব্যক্তির দ্বারা  
 (c) সহপাঠী দ্বারা  
 (d) বোমার সান্নী দ্বারা
- ১৬। শিশু-কিশোরদের মন থেকে হতাশা দূর করতে কোনটি করা উচিত?  
 (a) কপটবিবাস বাড়তে হবে  
 (b) বেকার ভাবা দিতে হবে  
 (c) পরিবারিক শান্তি নিশ্চিত করা  
 (d) শেয়ার দ্রব্য সরবরাহ করা
- ১৭। কোনগুলোকে মানকপ্রত্য বলা হয়?  
 i. বাজা, মেসেইন ii. অফিম, ফেনসিডিল  
 iii. ইয়াবা, সিটি জুস  
 নিচের কোনটি সঠিক?  
 (a) i ও iii (b) i ও ii (c) i, ii ও iii
- ১৮। খাবার কক্ষ কী?  
 (a) পুষ্টিমান (b) বৃদ্ধিসাধন  
 (c) খুশা বিহারণ (d) রোগ প্রতিরোধ করা
- ১৯। পোশাক ইটীর অংশে কয়টি পদ্ধতিতে কাপড় প্রস্তুত করা হয়?  
 (a) ২টি (b) ৩টি (c) ৪টি (d) ৫টি
- ২০। অপটিকজনিত রোগগুলোর মধ্যে নিচের কোনটি অধিক উপযোগী?  
 (a) ক্লার (b) মাথাব্যাধা  
 (c) ডায়ারিয়া (d) হাতকালনা
- নিচের উদ্দীপকটি পড় এবং ২১ ও ২২নং প্রশ্নের উত্তর দাও :  
 রেহানা তার মেয়েকে নিয়ে খুবই চিন্তিত। কারণ তার বয়স মাত্র ২ বছর। কিন্তু মুখ তুলে পোলে হয়ে উঠেছে মতো হয়ে গেছে। স্বাস্থ্যকর ওজন বৃদ্ধি হচ্ছে না। সে কিছু খেতে চায় না এবং হাত, পা ও মুখে পানি জমে গেছে।  
 ২১। রেহনার মেয়ের মধ্যে কোন রোগের উপলব্ধি পরিলক্ষিত হয়?  
 (a) ডায়ারিয়া (b) ম্যালেরিয়া  
 (c) হজিকালা (d) কোরোণারকর

- ২২। উক্ত রোগটি প্রতিরোধে ভূমি যে ধরনের বিষয়কে সমর্থন কর-  
 i. প্রোটিনযুক্ত খাবার পাওয়া  
 ii. ডায়ারিয়ার পর পুষ্টিকর খাবার পাওয়া  
 iii. খালি পাত্রে ইটীর অত্যাচার করা  
 নিচের কোনটি সঠিক?  
 (a) i ও ii (b) i ও iii  
 (c) ii ও iii (d) i, ii ও iii
- নিচের উদ্দীপকটি পড় এবং ২৩ ও ২৪ নং প্রশ্নের উত্তর দাও :  
 কাম্ভা পরিবারের সদস্যদের জন্য প্রাচী বিকেল বেলা বিভিন্ন ধরনের সবজি নিয়ে চপ, মাছের কাটলেট ইত্যাদি তৈরি করে খাওয়ায়। খাবারগুলো মুখেহেতক বলে সবাই খুব পছন্দ করে।  
 ২৩। কাম্ভা বিকেলের কাম্ভা তৈরিতে রান্নার কোন পদ্ধতি ব্যবহার করে?  
 (a) মূলতঃল নিম্ব (b) ভাজা  
 (c) বেজিং (d) সেকা
- ২৪। কাম্ভার তৈরি খাবারগুলোতে আছে-  
 i. ভিটামিন এ ও ডি ii. ভিটামিন ই ও কে  
 iii. ভিটামিন সি ও বি  
 নিচের কোনটি সঠিক?  
 (a) i ও ii (b) i ও iii  
 (c) ii ও iii (d) i, ii ও iii
- ২৫। কটির সরঞ্জামগুলো কাজ শেষ করার পর কী করতে হবে?  
 (a) বাইরে ফেলে দিতে হবে  
 (b) ঘরের চালে রেখে দিতে হবে  
 (c) লুটিয়ে রাখতে হবে  
 (d) নির্দিষ্ট স্থানে পুড়িয়ে রাখতে হবে
- ২৬। রান্নার সময় বার বার কী খোঁচা হয়?  
 (a) অরকারি (b) রান্নার সরঞ্জাম  
 (c) হাত (d) মুখ
- ২৭। সবুজ বৈজ্ঞানিক ও সুন্দর পোশাকে একটি অনুষ্ঠানে যাচ্ছে। এটি নিচের কোন ধরনের অনুষ্ঠানকে সমর্থন করছে?  
 (a) আনন্দমুখর (b) ধর্মীয়  
 (c) পোকাবহ (d) শিকাদুলক
- ২৮। পোশাকের স্বাভাবিক হিসের উপর নির্ভর করে?  
 (a) বয় (b) পৌষা (c) মূল্য (d) সিটি
- ২৯। ভূমি পোশাক তৈরির পর কেবল তার বাহু বা কলির মেয়ের মাল সঠিক হয়নি। ভূমির পোশাকের এ মাপের সাথে সাদৃশ্য রয়েছে কোনটির?  
 (a) কুল (b) হাতা (c) মুহুরী (d) বেটী
- ৩০। মহিলাদের পর পর দুটি সন্ধান রয়েছে। বড় ছেলেটির কখন কম এবং কুল পাড়ল। এটি কোন রোগের লক্ষণ?  
 (a) মাল্পাস (b) কোরোণারকর  
 (c) হাম (d) ডায়ারিয়া

## উত্তরমালা

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**Jesper Manniche, Bjornar Saether**



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