

গার্হস্থ্য বিজ্ঞান (বহুনির্বাচনি প্রশ্ন)

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

সময় : ৩০ মিনিট

- ১। স্বাস্থ্যকর অবস্থায় কিশোর-কিশোরীর প্রতি মিনিটে হৃদয় স্পন্দন কতবার হয় থাকে?
 - ক) ৬০-৭০ বার
 - খ) ৬৫-৮০ বার
 - গ) ৮০-৯০ বার
 - ঘ) ৯০-১০০ বার
- ২। কোন ক্ষেত্রে টুথপেস্ট ব্যবহার করতে হয়?
 - ক) দরম ভাপ লাগলে
 - খ) নখের কোনো দাবলে
 - গ) পেশিতে চাপ লাগলে
 - ঘ) ঈর্ষা মূটলে
- ৩। তেঁত-মুখে পানির কাপটি নিচে হয় কোন দুটিদ্বারা?
 - ক) অঙ্গুলে চাপ লাগলে
 - খ) দরম লাগলে
 - গ) সাপে কামিলে
 - ঘ) অঙ্গুলে হলে
- ৪। পূর্ব পরিবেশ পরিষ্কার-পরিচ্ছন্ন থাকা প্রয়োজন কেন?
 - ক) সুস্থভাবে কাজ করার জন্য
 - খ) ভোগ-বিলাসের জন্য
 - গ) বিশ্রামবিহীন জীবনের জন্য
 - ঘ) উৎসব পালনের জন্য
- ৫। মহলা আবর্তনার ক্ষেত্রে কোন ধরনের সতর্কতা অবলম্বন করা উচিত?
 - i. হ্যান্ডবিনে ফেলা ii. দরজার এককোণে রাখা
 - iii. নির্দিষ্ট স্থানে ফেলা
 নিচের কোনটি সঠিক?
 - ক) i ও ii
 - খ) i ও iii
 - গ) ii ও iii
 - ঘ) i, ii ও iii
- ৬। অঙ্গুলে হলে, রোগীর গায়ে বাতাস লাগার উপায় হলো-
 - i. হাতুড়ের তিড়ি কমানো
 - ii. মুখে পানির কাপটি দেয়া
 - iii. গায়ে কাপড় ঢিলা করা
 নিচের কোনটি সঠিক?
 - ক) i ও ii
 - খ) i ও iii
 - গ) ii ও iii
 - ঘ) i, ii ও iii
- ৭। জীবাণুনাশক দ্রব্য কোনটি?
 - ক) লব
 - খ) বিটিকিং
 - গ) পিপিট
 - ঘ) ব্যাভেক
- ৮। রোগীর কক্ষে অতীব পূরত্বপূর্ণ হলো-
 - ক) সেলাই মেশিন
 - খ) ব্যারোমিটার
 - গ) ড্রেজার
 - ঘ) তরঙ্গিণী মেশিন
- ৯। রোগীর নড়ির পতি নির্দিষ্ট নিচের কোনটির অন্তর্ভুক্ত?
 - ক) পরিচর্যা
 - খ) ভালো পরিবেশ
 - গ) পথচার
 - ঘ) মানসিক যত্নের
- ১০। কার্বেমাইড্রেজেন্টীয় খাবার নিয়ন্ত্রণে রাখতে হয় কোন রোগে?
 - ক) ডায়াবেটিস
 - খ) ডায়রিয়া
 - গ) কিডনি রোগ
 - ঘ) হৃদরোগ
- ১১। রোগীর কক্ষ পরিষ্কার পরিচ্ছন্ন রাখতে হয়। কারণ অপরিস্রূ পরিবেশ-
 - ক) রোগীর জন্য অনিরাপদ
 - খ) রোগের তীব্রতা কমাতে
 - গ) সুস্থলোক চুক্তিতে দেয় না
 - ঘ) কোলাহল হাওয়া

- ১২। হিসেল রাবেরা তার অনুশ্রম মেজের জন্য কাম্বিবিহীন সহজলভ্য খাবার তৈরি করছেন, তার মেজ কুপছন্দ-
 - ক) ডায়াবেটিসে
 - খ) হৃদরোগে
 - গ) বেশি ভুবে
 - ঘ) মাথা ব্যথায়
- ১৩। অনুশ্রম ব্যক্তির সবার সহযোগিতা দরকার হয় কেন?
 - ক) শরীর দুর্বল থাকায়
 - খ) হাত অবশ থাকায়
 - গ) মাথা কাজ না করার
 - ঘ) রোগে কিছু না সেবার
- ১৪। রানা উচ্চশিক্ষিত হওয়ার তার নিজা কমে পক্ষের কাছে দাখি বাড়ি বা বাড়ি চায়। এটি নিচের কোন বিষয়কে সমর্থন করছে?
 - ক) উৎসাহ গ্রহণ
 - খ) বৈতনিক
 - গ) মুখ গ্রহণ
 - ঘ) উপহার আসনে প্রদান
- ১৫। মেলে শিশুরা কীভাবে বৌন নিদ্রাকালের শিকার হয়?
 - ক) প্রাপ্ত বয়স্ক মহিলাদের দ্বারা
 - খ) প্রাপ্ত বয়স্ক পুরুষ ব্যক্তির দ্বারা
 - গ) সহপাঠী দ্বারা
 - ঘ) বেলার সাথী দ্বারা
- ১৬। শিশু-কিশোরদের মন থেকে হতাশা দূর করতে কোনটি করা উচিত?
 - ক) কপড়বিলাস বাড়তে হবে
 - খ) বেকার ভাতা দিতে হবে
 - গ) পরিবারিক শান্তি নিশ্চিত করা
 - ঘ) শেখার দ্রব্য সরবরাহ করা
- ১৭। কোনগুলোকে মানকপ্রত্য বলা হয়?
 - i. বাজা, মেয়েটিন
 - ii. অফিম, ফেনসিডিল
 - iii. ইয়াবা, সিটি জুস
 নিচের কোনটি সঠিক?
 - ক) i ও iii
 - খ) i ও ii
 - গ) i, ii ও iii
 - ঘ) ii ও iii
- ১৮। খাবারের কাজ কী?
 - ক) পুষ্টিসাধন
 - খ) পুষ্টি নিয়ন্ত্রণ
 - গ) রোগ প্রতিরোধ করা
 - ঘ) পোশাক ইত্যাদি অংশে করটি পক্ষান্তরে কাপড় প্রস্তুত করা হয়।
- ১৯। পোশাক ইত্যাদি অংশে করটি পক্ষান্তরে কাপড় প্রস্তুত করা হয়।
 - ক) ২টি
 - খ) ৩টি
 - গ) ৪টি
 - ঘ) ৫টি
- ২০। অপুষ্টিজনিত রোগগুলোর মধ্যে নিচের কোনটি অধিক উপযোগী?
 - ক) কুচ
 - খ) মাথাব্যথা
 - গ) ডায়রিয়া
 - ঘ) হাতকালা

- 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 উপসর্গ পরিলক্ষিত হয়?
- ক) ডায়রিয়া
 - খ) হ্যাডামাস
 - গ) হার্কিনোয়
 - ঘ) কোরাশিরকর

- ২২। উক্ত রোগটি প্রতিরোধে ভূমি যে ধরনের বিষয়কে সমর্থন কর-
 - i. প্রোটিনযুক্ত খাবার পাওয়া
 - ii. ডায়রিয়ার পর পুষ্টিকর খাবার পাওয়া
 - iii. খালি পাত্রে ইটের অভয়ন করানো
 নিচের কোনটি সঠিক?
 - ক) i ও ii
 - খ) i ও iii
 - গ) ii ও iii
 - ঘ) 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 মুখেহোয়ক বলে সবাই খুব পছন্দ করে।

- ২৩। কাম্ভা বিকেলের কাম্ভা তৈরিতে রান্নার কোন পদ্ধতি ব্যবহার করে?
 - ক) মূলতঃল নিম্ব
 - খ) ভাজা
 - গ) বেজি
 - ঘ) সেঁকা
- ২৪। কাম্ভার তৈরি খাবারগুলোতে আছে-
 - i. ভিটামিন এ ও ডি
 - ii. ভিটামিন ই ও ফে
 - iii. ভিটামিন সি ও বি
 নিচের কোনটি সঠিক?
 - ক) i ও ii
 - খ) i ও iii
 - গ) ii ও iii
 - ঘ) i, ii ও iii
- ২৫। কটির সরঞ্জামগুলো কাজ শেষ করার পর কী করতে হবে?
 - ক) বাইরে ফেলে দিতে হবে
 - খ) ঘরের চালে রেখে দিতে হবে
 - গ) লুটিয়ে রাখতে হবে
 - ঘ) নির্দিষ্ট স্থানে পুড়িয়ে রাখতে হবে
- ২৬। রান্নার সময় বার বার কী খোঁজা হয়?
 - ক) অরকারি
 - খ) রান্নার সরঞ্জাম
 - গ) হাত
 - ঘ) মুখ
- ২৭। সবুজ বৈজ্ঞানিক ও সুন্দর পোশাকে একটি অনুষ্ঠানে যাচ্ছে। এটি নিচের কোন ধরনের অনুষ্ঠানকে সমর্থন করছে?
 - ক) আনন্দমুখর
 - খ) ধর্মীয়
 - গ) পোকাবহ
 - ঘ) শিকাদুলক
- ২৮। পোশাকের স্বাভাবিক কিসের উপর নির্ভর করে?
 - ক) বয়স
 - খ) পৌষা
 - গ) মূল্য
 - ঘ) সিঁচি
- ২৯। ভূমি পোশাক তৈরির পর কেবল তার বাহু বা কক্ষির মেয়ের মাল সঠিক হয়নি। ভূমির পোশাকের এ মাপের সাথে সাদৃশ্য রয়েছে কোনটির?
 - ক) কুল
 - খ) হাতা
 - গ) মুহুরী
 - ঘ) বেটী
- ৩০। মহিলাদের পর পর দুটি সন্তান হয়েছে। বড় ছেলেটির কখন কম এবং চুল পাতলা। এটি কোন রোগের লক্ষণ?
 - ক) হাম্পস
 - খ) কোরাশিরকর
 - গ) হাম
 - ঘ) ডায়রিয়া

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Roman Wölfel



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