



**TERTIARY AND VOCATIONAL EDUCATION COMMISSION  
COMMON WRITTEN EXAMINATION**

**Nurse**

**NVQ Level 6 Examination**

**First Aid, General Science & Nutrition**

**N85T002M04, N85T002M20 & N85T002M15**



- **Answer all questions** in the answers sheets given separately.

**Time Allocation: 03 Hours**

**Total Marks: 100**

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**Question - 01**

An effective first aider may be the link between life and death.

- 1.1) Outline essential five (5) qualities of a first aider (3 Marks)
- 1.2) List five (5) main aims of a first Aider (3 Marks)
- 1.3) Identify five (05) signs of fracture. (4 Marks)
- 1.4) Describe the cardiopulmonary resuscitation given to drowning victim and safety precautions to prevent accidents. (5 Marks)
- 1.5) Discuss first aid for a child who has taken kerosene poisoning. (5 Marks)
- 1.6) Write short notes on immediate actions give to spinal injury victim. (5 Marks)

**Question - 02**

- 2.1) various types of microscopes are used in laboratories to observe specimens under different magnifications. (3 Marks)  
List 2 types of optical microscopes that are used in laboratories
- 2.2) Radioactive elements emit Alpha particles, Beta particles and which are injurious. Explain the way of these particles and rays mainly enter the human body? (3 Marks)
- 2.3) Oxygen is essential for all living organisms for respiration. Appraise the volume of Oxygen in liters that a normal person consumes per day? (4 Marks)
- 2.4) Fire Extinguishers are used to control a fire instantly. Fire triangle is an important factor in controlling a fire. (5 Marks)  
Draw the fire triangle and name its sides
- 2.5) Point out the types of fire extinguishers that are normally used in hospitals. (5 Marks)
- 2.6) To measure the temperature accurately for various purposes different types of thermometers are used. (5 Marks)  
Name the two types of liquids that are used in thermometers?

### Question - 03

Vitamins and minerals are important for normal growth and development. Individuals need to have Recommended Dietary Allowance (RDA) to minimize the incidence of vitamin and mineral deficiencies.

- 3.1) What is meant by Recommended Dietary Allowance (RDA) (4 Marks)
- 3.2) Name three food sources containing following Minerals. (8 Marks)
- a. Sodium:
  - b. Calcium:
  - c. Magnesium:
  - d. Zinc:
- 3.3) Outline the role of antioxidants in human body (5 Marks)
- 3.4) Explain how to prevent destroying of vitamin and mineral content in a food item while cooking and adopting food preparation methods. (8 Marks)

### Question - 04

- 4.1) Define these 4 terms. (8 Marks)
- a. Nutrition:
  - b. Nutrient:
  - c. Macronutrients:
  - d. Micronutrients:
- 4.2) Write down 3 signs of food spoilage. (6 Marks)
- 4.3) Write down 3 ways to preserve foods. (6 Marks)
- 4.4) Discuss the Food insecurity in Sri Lanka. (5 Marks)

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