

3-2001 11/8/11

**INTE**

Booklet Series

**B**

Register  
Number

[Empty box for Register Number]

**2010  
HOME SCIENCE**

Time Allowed : 3 Hours ]

[ Maximum Marks : 300

**Read the following instructions carefully before you begin to answer the questions.**

**IMPORTANT INSTRUCTIONS**

1. This Booklet has a cover ( this page ) which should not be opened till the invigilator gives signal to open it at the commencement of the examination. As soon as the signal is received you should tear the right side of the booklet cover carefully to open the booklet. Then proceed to answer the questions.
2. This Question Booklet contains **200** questions.
3. Answer **all** questions. **All** questions carry equal marks.
4. The Test Booklet is printed in *four* series e.g.  A  B  C or  D ( See Top left side of this page ). The candidate has to indicate in the space provided in the Answer Sheet the series of the booklet. For example, if the candidate gets  A series booklet, he/she has to indicate in the side 2 of the Answer Sheet with Blue or Black Ink Ball point pen as follows :

A  B  C  D

5. You must write your Register Number in the space provided on the top right side of this page. Do not write anything else on the Question Booklet.
6. An Answer Sheet will be supplied to you separately by the Invigilator to mark the answers. You must write your Name, Register No. and other particulars on side 1 of the Answer Sheet provided, failing which your Answer Sheet will not be evaluated.
7. You will also encode your Register Number, Subject Code etc., with Blue or Black ink Ball point pen in the space provided on the side 2 of the Answer Sheet. If you do not encode properly or fail to encode the above information, your Answer Sheet will not be evaluated.
8. Each question comprises *four* responses (A), (B), (C) and (D). You are to select **ONLY ONE** correct response and mark in your Answer Sheet. In case you feel that there are more than one correct response, mark the response which you consider the best. In any case, choose **ONLY ONE** response for each question. Your total marks will depend on the number of correct responses marked by you in the Answer Sheet.
9. In the Answer Sheet there are **four** brackets [ A ] [ B ] [ C ] and [ D ] against each question. To answer the questions you are to mark with Ball point pen **ONLY ONE** bracket of your choice for each question. Select one response for each question in the Question Booklet and mark in the Answer Sheet. If you mark more than one answer for one question, the answer will be treated as wrong. e.g. If for any item, (B) is the correct answer, you have to mark as follows :

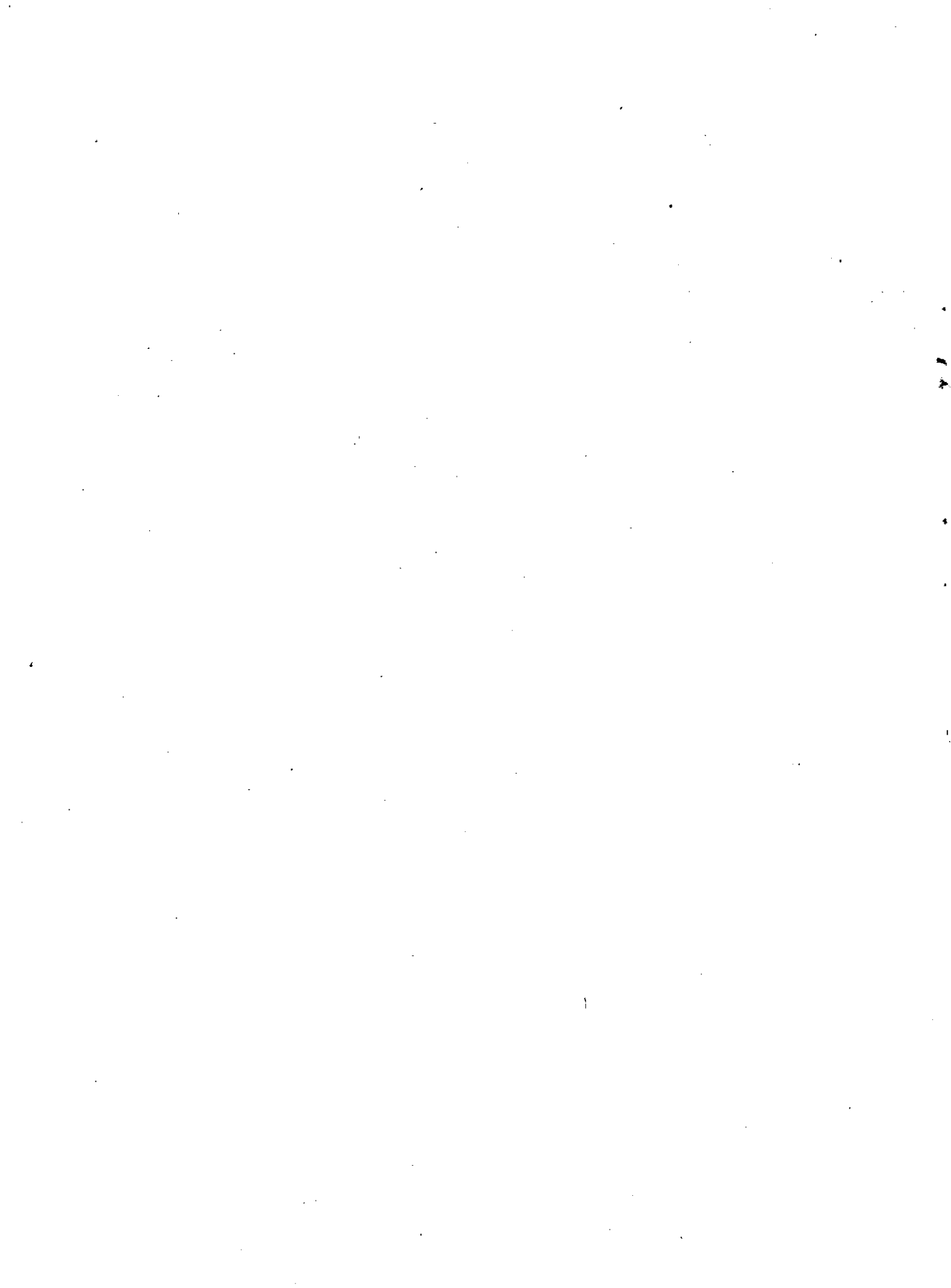
[ A ]  B [ C ] [ D ]

10. You should not remove or tear off any sheet from this Question Booklet. You are not allowed to take this Question Booklet and the Answer Sheet out of the Examination Hall during the examination. After the examination is concluded, you must hand over your Answer Sheet to the Invigilator. You are allowed to take the Question Booklet with you only after the Examination is over.
11. Failure to comply with any of the above instructions will render you liable to such action or penalty as the Commission may decide at their discretion.
12. Do not tick-mark or mark the answers in the Question Booklet.

Tear here ✂

DO NOT TEAR THIS COVER OF THE QUESTION BOOKLET UNTIL YOU ARE ASKED TO DO SO

Tear here ✂



1. Which one of the following is incorrectly matched ?
 

A) Cellulosic fibres	—	Flame proof
B) Protein fibres	—	Moth proofing
C) Silicone compound	—	Water repellent
D) Temporary finish	—	Waterproofing.
  
2. Which of the following is correctly matched ?
 

A) Cut-pile weave	—	Velvet
B) Plain weave	—	Denim
C) Twill weave	—	Sateen
D) Satin weave	—	Voile.
  
3. Which of the following is a type of warp knitting ?
 

A) Plain knit	B) Purl
C) Rib	D) Tricot.
  
4. The gauze weave is referred to as the
 

A) dobby weave	B) leno weave
C) swivel weave	D) lappet weave.
  
5. Drugs and Cosmetics Act was passed in
 

A) 1950	B) 1947
C) 1940	D) 1945.
  
6. Thread count is termed as
 

A) Yarn count	B) Warp count
C) Weft count	D) Cloth count.
  
7. Manmade cellulosic fibres are
 

A) Nylon and elastomers
B) Zein protein and peanut protein
C) Viscose rayon and modulus rayon
D) Glass and chromeflex.

8. Natural cellulosic fibres include
- A) alpaca and camel
  - B) cotton and kapok
  - C) mineral fibre
  - D) natural rubber.
9. Manmade protein fibre is
- A) Mohair
  - B) Cashmere
  - C) Wool.
  - D) Azlon.
10. The microscopic appearance of polyester is
- A) like a bamboo
  - B) like ribbon
  - C) a lengthwise striations
  - D) like glass rod with smooth surface.
11. The property of conduction of moisture along the fibre is termed as
- A) wetting
  - B) absorbency
  - C) crimp
  - D) cohesiveness.
12. Craving for non-nutritious food during the time of pregnancy is called
- A) Beikost
  - B) Pica
  - C) Hyperemesis Gravidarum
  - D) Toxemia.
13. Vegetables and fruits provide
- A) vitamins, minerals and fibre
  - B) energy and carbohydrate
  - C) energy and protein
  - D) minerals and fibre.
14. The factor(s) that affect food selection is / are
- A) food acceptance
  - B) tradition
  - C) variety
  - D) all of these.

15. The micro-organism that cause peptic ulcer is
- A) Helicobacter pylori                      B) Salmonella  
C) Clostridium                                D) Streptococcus.
16. The amount of protein recommended for a child suffering from PEM is
- A) 2 g/kg body weight                      B) 5 g/kg body weight  
C) 1 g/kg body weight                      D) 10 g/kg body weight.
17. Monounsaturated fatty acid in diet
- A) increases HDL                              B) decreases HDL  
C) increases LDL                              D) increases cholesterol.
18. Clear liquid diet includes
- A) Gruel    B) Dal  
C) Whey water                                    D) Porridge.
19. Providing nutrients directly into the vein is called
- A) Tube feeding                                B) Oral feeding  
C) Parenteral feeding                        D) none of these.
20. High fibre diet is recommended in
- A) peptic ulcer                                B) obesity  
C) fever    D) diarrhoea.
21. Which one of the following is not an essential fatty acid ?
- A) Oleic acid                                    B) Linoleic acid  
C) Linolenic acid                              D) Arachidonic acid.
22. The sulphur containing amino acid is
- A) Alanine                                        B) Phenyl alanine  
C) Methionine                                 D) Tryptophan.

23. 1  $\mu\text{g}$  of  $\beta$ -carotene is equivalent to
- A) 0.15  $\mu\text{g}$  of Retinol                      B) 0.25  $\mu\text{g}$  of Retinol  
 C) 0.35  $\mu\text{g}$  of Retinol                      D) 0.45  $\mu\text{g}$  of Retinol.
24. The desirable ratio of calcium : phosphorus for individuals other than infants is
- A) 1 : 5    B) 1 : 4  
 C) 1 : 2    D) 1 : 1.
25. Prolonged clotting time occurs due to deficiency of
- A) Vitamin E                                      B) Vitamin A  
 C) Vitamin K                                      D) Vitamin C.
26. Ongoing nutrition programme is followed by
- A) NNMB    B) CFTRI  
 C) NIN    D) all of these.
27. Protein energy malnutrition occurs mostly in children between the age of
- A) 1 and 5 years                                  B) 1 and 3 years  
 C) 6 and 10 years                                D) above 10 years.
28. Match **List I** correctly with **List II** and select your answer using the codes given below :

**List I**

- a) Anthropometry  
 b) Clinical examination  
 c) Dietary assessment  
 d) Vital health statistics

**List II**

1. Direct method  
 2. Indirect method  
 3. Indirect method  
 4. Direct method.

*Codes :*

	<i>a</i>	<i>b</i>	<i>c</i>	<i>d</i>
A)	2	3	1	4
B)	1	4	3	2
C)	3	2	1	4
D)	3	1	2	4.



34. An indicator of abdominal obesity in women is
- A) body weight
  - B) body mass index
  - C) ponderal index
  - D) waist and hip circumference ratio.
35. Consider the following statements :
- Nutritional status can be assessed by
- I. Anthropometry
  - II. Diet survey
  - III. Clinical assessment
  - IV. Biochemical method.
- Of these :
- A) I alone is correct
  - B) I and II are correct
  - C) I, II and III are correct
  - D) all are correct.
36. The precursor of Vitamin A is
- A)  $\beta$ -carotene
  - B) Anthocyanin
  - C) Flavonoids
  - D) Anthoxanthin.
37. Abnormal elevation of blood plasma potassium level is known as
- A) Hyperkalemia
  - B) Wilson's disease
  - C) Hybernatemia
  - D) Hypokalemia.
38. The acid that helps in wound healing is
- A) Lactic acid
  - B) Glutamic acid
  - C) Ascorbic acid
  - D) Pyruvic acid.
39. Which is supposed to be termed as good cholesterol ?
- A) Low density lipoprotein
  - B) High density lipoprotein
  - C) Very low density lipoprotein
  - D) Chylomicrons.



40. Which is not the fat soluble vitamin out of the following ?

- A) Thiamine  
 B) Vitamin A  
 C) Vitamin E  
 D) Vitamin K.

41. Cellulosic cotton

- A) ignites upon contact, burns slowly and gives small black bead  
 B) ignites slowly, burns slowly and gives feathery residue  
 C) curls away with flame, burns slowly and gives feathery residue  
 D) ignites upon contact, burns quickly and gives feathery residue.

42. In weaving four operations are fundamental. They are performed in sequence. Identify them :

- A) Shedding, picking, beating up, taking up and letting off  
 B) Taking up and letting off, picking, shedding, beating up  
 C) Picking, beating up, taking up and letting off, shedding  
 D) Beating up, shedding, taking up and letting off, picking.

43. Consider the following statements :

*Assertion (A)* : Satin weave fabrics drape well because the weave is heavier.

*Reason (R)* : More harnesses are used for satin weave.

Now select your answer according to the coding scheme given below :

- A) Both (A) and (R) are true and (R) is the correct explanation of (A)  
 B) Both (A) and (R) are true, but (R) is not the correct explanation of (A)  
 C) (A) is true, but (R) is false  
 D) (A) is false, but (R) is true.

44. Consider the following statements :

*Assertion (A)* : A dropped stitch is an unknitted stitch.

*Reason (R)* : Because yarn carrier not having been set properly or the stitch having been knitted too loosely.

Now select your answer according to the coding scheme given below :

- A) Both (A) and (R) are true and (R) is the correct explanation of (A)
- B) Both (A) and (R) are true, but (R) is not the correct explanation of (A)
- C) (A) is true, but (R) is false
- D) (A) is false, but (R) is true.

45. The moth proofing finish is done on

- A) Silk
- B) Wool
- C) Cotton
- D) Polyester.

46. Which one of the following is correctly matched ?

- A) Batiste — Softening finish
- B) Plisse — Sizing
- C) Cotton — Basic finish
- D) Polyacrylates — Acid finish.

47. Consider the following statements :

- I. The finish that increases the moisture holding power and speed up the drying action of fibres is absorbent finish.
- II. Functional finishes can be external finish.
- III. The finish that improves the hand and drape of the fabric is softening finish.
- IV. Bacteriostat finish is done on babies' clothing.

Of the statements :

- A) I alone is correct
- B) I and II are correct
- C) I, II and III are correct
- D) all are correct.

48. Which one of the following is correctly matched ?

- |             |   |                             |
|-------------|---|-----------------------------|
| A) Burling  | — | Visual inspection           |
| B) Perching | — | Removal of yarn knots       |
| C) Scouring | — | Set the grain               |
| D) Decating | — | Removal of foreign matters. |

49. Which of the following elements do protein, fats and carbohydrates have in common ?

- |             |            |
|-------------|------------|
| A) Nitrogen | B) Sulphur |
| C) Carbon   | D) Sodium. |

50. Consider the following statements :

- I. Clothes after cleansing get creased and need to be straightened by damping
- II. Sanforising is a finish which indicates weighting
- III. Basic finish applied to the fabric produces napped effects
- IV. The polished surface finish applied to silk is more.

Of the statements :

- |                         |                          |
|-------------------------|--------------------------|
| A) I alone is correct   | B) I and III are correct |
| C) I and IV are correct | D) all are correct.      |

51. Which of the following statements is incorrect ?

- A) Furniture should be kept in proportion to space
- B) Furniture arrangement should be symmetrical
- C) Accessories need not be kept in proportion to furniture
- D) Furniture should be placed around a centre of interest.

52. A combination of red and blue provides
- A) black    B) purple  
C) orange    D) green.
53. Flowers should be arranged twice the height of which of the following containers ?
- A) Tall    B) Low  
C) Shallow    D) Narrow.
54. Harmony creates a feeling of
- A) restfulness    B) unity  
C) repose    D) movement.
55. Design enhancing the beauty of an article is called
- A) Natural design    B) Structural design  
C) Abstract design    D) Decorative design.
56. Greek oblong is a standard for
- A) colour use    B) space divisions  
C) centre of interest    D) symmetrical arrangement.
57. The space set for each person on the Diners' table is known as
- A) food cover    B) cover  
C) dining space    D) service space.
58. A good accessory should be
- A) functional    B) beautiful  
C) decorative    D) all of these.
59. Which of the following is the floor decoration of Tamil Nadu ?
- A) Rangoli    B) Kolam  
C) Moggulu    D) Alpana.

60. Value scale is developed by

- |           |              |
|-----------|--------------|
| A) Ross   | B) Prang     |
| C) Robert | D) Gilbreth. |

61. What is a Wok ?

- I. Chinese rice
- II. Chinese kadhai
- III. Chinese chullah
- IV. Oven.

Of these

- |                  |                    |
|------------------|--------------------|
| A) I is correct  | B) II is correct   |
| C) IV is correct | D) III is correct. |

62. Which one of the following is correctly matched ?

- |             |   |            |
|-------------|---|------------|
| A) Money    | — | Non-human  |
| B) Value    | — | Fixed      |
| C) Kitchen  | — | Normative  |
| D) Standard | — | Peninsula. |

63. Match **List I** correctly with **List II** and select your answer using the codes given below :

- | <b>List I</b>       | <b>List II</b>  |
|---------------------|---|
| a) Saving           | 1. Process of abstaining from present consumption for the purpose of future consumption |
| b) Pension          | 2. Payment paid every month to retired persons in recognition of their past service     |
| c) Insurance policy | 3. One who assumes the risk of insuring   |
| d) Insured          | 4. Document which stipulates terms and conditions between the insured and insurer.      |

Codes :

- |    | <b>a</b> | <b>b</b> | <b>c</b> | <b>d</b> |
|----|----------|----------|----------|----------|
| A) | 1        | 2        | 4        | 3        |
| B) | 1        | 2        | 3        | 4        |
| C) | 4        | 3        | 2        | 1        |
| D) | 3        | 4        | 2        | 1.       |

64. Which of the following statements is true ?
- A) Cooking with gas is very cheap
  - B) To finish making rice faster, keep the gas flame on 'ON' position throughout the cooking period.
  - C) Pressure cooker utilizes high pressure and high temperature for cooking.
  - D) Food cooked in hay box lose nutrients.
65. The behavioural expressions of our developing values are
- A) Attitudes
  - B) Standards
  - C) Morales
  - D) none of these.
66. The heart of the management is
- A) organising
  - B) selecting
  - C) decision making
  - D) controlling.
67. Decisions that are referred as habits that have become an established pattern of behaviour is
- A) conscious decisions
  - B) routine decisions
  - C) immediate decisions
  - D) none of these.
68. The process of selecting a course of action from a number of possible alternatives in solving a problem is
- A) planning
  - B) decision making
  - C) directing
  - D) selecting.
69. Looking after the children is an example of
- A) personal decision
  - B) routine decision
  - C) collective decision
  - D) none of these.
70. Bending, learning, sitting etc. are examples of
- A) Manual effort
  - B) Torsol effect
  - C) Redal effort
  - D) None of these.

71. Which one of the following is correctly matched ?

<i>List - I</i>	—	<i>List - II</i>
A) Blanket cloth	—	Linen passed through building off process
B) Boiled linen	—	A heavy bed cover
C) Blister cloth	—	A double cloth with face cloth
D) Bouclé	—	A plain woven cotton fabric.

72. Which one of the following is correctly matched ?

A) Decating	—	Rayon
B) Mercerising	—	Cotton
C) Pressing	—	Wool
D) Crabbing	—	Silk.

73. Weighting is usually done using

- A) Ammonium chloride
- B) Stannous chloride
- C) Sodium chloride
- D) Aluminium chloride.

74. Consider the following statements :

*Assertion (A)* : Mercerised cotton fibre becomes more lustrous and strength increased by as much as 20%.

*Reason (R)* : Mercerising causes the flat twisted ribbon like cotton fibre to swell into a round shape and to contract in length.

Now select your answer according to the coding scheme given below :

- A) Both (A) and (R) are true and (R) is the correct explanation of (A)
- B) Both (A) and (R) are true, but (R) is not the correct explanation of (A)
- C) (A) is true, but (R) is false
- D) (A) is false, but (R) is true.

75. Bleaching is carried out

- A) if cloth is finished to be white
- B) if cloth is to be given surface ornamentation
- C) if discoloration or stains have occurred during processing
- D) all of these are correct.

76. Factor(s) that affect(s) the family clothing is / are

- I. Family income
- II. Size and age of the family members
- III. Life style
- IV. Locality in which living.

Of these :

- A) I alone is correct
- B) I and II are correct
- C) I, II and III are correct
- D) all are correct.

77. Any product capable of being spun, woven or otherwise made into a fabric is known as

- A) fibre
- B) yarn
- C) thread
- D) textile.

78. Conversion of fibres to a yarn is carried out by a process termed as

- A) combing
- B) carding
- C) spinning
- D) weaving.



79. Match **List I** correctly with **List II** and select your answer using the codes given below :

<b>List I</b>		<b>List II</b>	
a)	Cellulose fibre	1.	Asbestos
b)	Protein fibre	2.	Nylon
c)	Thermoplastic fibre	3.	Silk
d)	Mineral fibre	4.	Cotton.

Codes :

	<b>a</b>	<b>b</b>	<b>c</b>	<b>d</b>
A)	1	2	3	4
B)	2	3	4	1
C)	3	4	1	2
D)	4	3	2	1.

80. The naturally occurring filament fibre is

- |           |          |
|-----------|----------|
| A) Cotton | B) Flax  |
| C) Wool   | D) Silk. |

81. Evaluate wool fibres :

- A) Wool is weakened by prolonged exposure to sunlight
- B) Wool fibres do not dye well
- C) Wool is not damaged by strong alkalis
- D) Wool cannot be blended with other fibres.

82. Rapid population growth affects certain aspects of physical environment :

- I. Food
- II. Natural resources
- III. Quality of life.

Of these :

- |                    |                         |
|--------------------|-------------------------|
| A) I is correct    | B) I and II are correct |
| C) All are correct | D) None of these.       |

83. An organised, regulated, orderly way of behaviour is termed as
- A) character
  - B) habit
  - C) custom
  - D) discipline.
84. Which of the following is a characteristic of authoritarian disciplinary technique ?
- A) Strict rules and regulations
  - B) Too much of freedom
  - C) No harsh punishment
  - D) Respecting individual rights.
85. Which is not an effect of democratic disciplinary technique ?
- A) Developing initiative in action
  - B) Developing dependence in thinking
  - C) Achieving greater creativity
  - D) Losing self control.
86. What is mandatory to adopt the small family norm ?
- A) No child
  - B) One child
  - C) Two children
  - D) Three children.
87. Which of the following is not an objective of population education to elementary school children ?
- A) Developing an appreciation of the small family size as a proper and desirable norm
  - B) Developing an awareness of population policies of the country
  - C) Developing an understanding about the crisis of overpopulation
  - D) Giving family planning education.
88. The state which has the lowest birth rate in India is
- A) Tamil Nadu
  - B) West Bengal
  - C) Gujarat
  - D) Kerala.

89. Which of the following is incorrectly matched ?
- |                             |   |   |
|-----------------------------|---|---|
| A) Too early marriage       | — | premature birth                           |
| B) Too early pregnancy      | — | birth of low weight baby                  |
| C) Too many pregnancies     | — | equal attention to all children           |
| D) Too frequent pregnancies | — | more chances to develop cancer of cervix. |
90. The major effort being made to help people adopt the small family norms is
- |  |
|--|
| A) providing necessary information       |
| B) providing necessary services          |
| C) increasing female literacy            |
| D) raising the age at marriage of women. |
91. Meat contains protein hydrolysing enzymes as
- |             |               |
|-------------|---------------|
| A) Lysozyme | B) Ficin      |
| C) Bromelin | D) Cathepsin. |
92. A bovine male animal castrated at very young age is
- |          |           |
|----------|-----------|
| A) Stear | B) Heifer |
| C) Cow   | D) Stag.  |
93. The millet which consists of five spikes which radiate from a central point is
- |                 |                   |
|-----------------|-------------------|
| A) Pearl Millet | B) Forager Millet |
| C) Barley       | D) Maize.         |
94. The leavening agent used in baking industry is
- |          |                  |
|----------|------------------|
| A) Air   | B) Baking powder |
| C) Yeast | D) all of these. |
95. The biological method of leavening is by
- |          |                   |
|----------|-------------------|
| A) Air   | B) Steam          |
| C) Yeast | D) none of these. |

96. Mold infection in Bread can be prevented by the addition of
- A) Sodium propionate                      B) Sodium benzoate  
C) Sodium chloride                         D) none of these.
97. A pulse which can be substituted for meat products is
- A) Soybean                                      B) Cowpea  
C) Kidney bean                                D) Pea.
98. The fermenting agent in Tempe is
- A) Bacillus subtilis                         B) Aspergillus  
C) Rhizopus oryzae                         D) none of these.
99. The non-casein proteins of milk are called
- A) Albumin                                      B) Globulin  
C) Renin                                         D) Whey protein.
100. Skim milk is used in the preparation of
- A) Cottage cheese                            B) Cream cheese  
C) Cheddar cheese                            D) Swiss cheese.
101. The powerful fat soluble antioxidant is
- A) Vitamin B<sub>1</sub>                                    B) Vitamin C  
C) Selenium                                    D) Vitamin E.
102. Brewer's yeast is a concentrated source of
- A) Riboflavin                                    B) Thiamine  
C) Niacin                                        D) Pyridoxine.
103. Which of the following is correctly matched ?
- A) Vitamin B<sub>6</sub>                                 —                      Thiamine  
B) Vitamin B<sub>1</sub>                                 —                      Riboflavin  
C) Vitamin B<sub>2</sub>                                 —                      Pyridoxine  
D) Vitamin B<sub>12</sub>                                —                      Cyanocobalamin.

104. Compounds of protein with nucleic acid are known as

- |                   |                    |
|-------------------|--------------------|
| A) Nucleoproteins | B) Lecithoproteins |
| C) Neoproteins    | D) Glycoproteins.  |

105. The deficiency condition of Vitamin C is

- |             |             |
|-------------|-------------|
| A) Beriberi | B) Pellagra |
| C) Scurvy   | D) Rickets. |

106. Which is not the nutritional anaemia ?

- A) Microcytic hypochromic anaemia  
 B) Macrocytic hyperchromic anaemia  
 C) Normocytic normochromic anaemia  
 D) Sickle cell anaemia.

107. The high energy molecule involved in metabolism is

- |                        |                            |
|------------------------|----------------------------|
| A) Pyridoxal phosphate | B) Adenosine triphosphate  |
| C) Pantothenate        | D) Pyridoxamine phosphate. |

108. Which amino acid has an interrelationship with Niacin ?

- |               |                    |
|---------------|--------------------|
| A) Threonine  | B) Tyrosine        |
| C) Tryptophan | D) Phenyl alanine. |

109. Vitamin B<sub>12</sub> is also termed as

- |                       |                           |
|-----------------------|---------------------------|
| A) extrinsic factor   | B) intrinsic factor       |
| C) preparatory factor | D) co-preparatory factor. |

110. Match **List I** correctly with **List II** and select your answer using the codes given below :

<b>List I</b>		<b>List II</b>	
a)	Grape sugar	1.	Fructose
b)	Fruit sugar	2.	Glucose
c)	Invert sugar	3.	Lactose
d)	Milk sugar	4.	Sucrose.

Codes :

	<b>a</b>	<b>b</b>	<b>c</b>	<b>d</b>
A)	2	3	4	1
B)	3	4	1	2
C)	2	1	4	3
D)	4	3	2	1.

111. Moderate work needs an additional energy of

- |                |                 |
|----------------|-----------------|
| A) 50%         | B) 50% - 100%   |
| C) 100% - 115% | D) 150% - 200%. |

112. Consider the following statements :

- I. Ambilocal is one in which after marriage wife moves to husband's place.
- II. Ambilocal is one in which after marriage husband moves to wife's place.
- III. Ambilocal is one in which husband & wife live alternatively at each other's residence.
- IV. Ambilocal is one in which husband and wife live in a new house.

Of the statements :

- |                              |                         |
|------------------------------|-------------------------|
| A) III alone is correct      | B) I and II are correct |
| C) I, II and III are correct | D) All are correct.     |

113. .... is used mainly in homes as sources of indirect lighting for general illumination.
- A) Fluorescent lighting                      B) Direct lighting  
C) Semidirect lighting                      D) Incandescent lighting.
114. The quality of light is measured in terms of its
- A) lighting                                      B) intensity  
C) colour                                      D) all of these.
115. Which one of the following statements is not correct ?
- A) Family is a biological unit composed of husband, wife and children  
B) Family is a system of relationship existing between parents and children  
C) Family is a group defined by social relationship  
D) Family is a group of persons whose relations to one another are based upon religion.
116. The institution in which relation exists between parents and children is
- A) Family                                      B) Society  
C) Community                                      D) Residence.
117. The status of women in Indian society is
- A) ascribed status                                      B) achieved status  
C) very high status                                      D) all of these.
118. Which of the following factors is responsible for the disintegration of joint family system in India ?
- A) Social legislation                                      B) Education of women  
C) Industrialization                                      D) All of these.
119. Of the following which is referred to as a primary group ?
- A) Factory                                      B) School  
C) Political party                                      D) Family.

120. In the present Indian Hindu society, the usual form of marriage is

- A) Monogamy  
B) Anuloma  
C) Pratiloma  
D) none of these.

121. Consider the following statements :

**Assertion (A) :** Skin-fold calipers is used to measure the thickness of the fat layer.

**Reason (R) :** Skin-fold calipers is available in all the medical equipment company.

Now select your answer according to the coding scheme given below :

- A) Both (A) and (R) are true and (R) is not the correct explanation of (A)  
B) (A) is true, but (R) is false  
C) (A) and (R) are false  
D) Both (A) and (R) are true, but (R) is the correct explanation of (A).

122. The vitamin which is very labile and easily destroyed during cooking as well as storage is

- A) Vitamin A  
B) Vitamin B<sub>6</sub>  
C) Vitamin C  
D) Vitamin K.

123. Body mass index has good correlation with fatness. It is taken as an indicator of health risk.

- A) This statement is true  
B) This statement is partially true  
C) This statement is false  
D) None of these.



124. Choose the correct combinations of the statements whether *true* or *false* :

- I. Ideal body weight can be measured by means of Broka's index.
- II. In the case of Grade I obesity the BMI is  $> 30.0$ .
- III. Spooning of the nails is due to iron deficiency.
- IV. In rickets there is ground glass appearance of long bones with loss of density.

Of the statements :

- A) I - true, II - true, III - true, IV - false
- B) I - true, II - false, III - true, IV - false
- C) I - false, II - false, III - false, IV - true
- D) I - true, II - true, III - false, IV - true.

125. Choose the correct combinations of the statements whether *true* or *false* :

- I. The first indication of Malnutrition is lowering of serum total protein and albumin.
- II. Dietary survey indicates food inadequacies which is helpful in planning health education activities.
- III. Weighment method is used for assessing the average intake of food per person per day. No direct weighing is done.
- IV. Clinical examination covers pulse rate & blood pressure of a person.

Of the statements :

- A) I - false, II - false, III - true, IV - false
- B) I - false, II - true, III - false, IV - true
- C) I - true, II - true, III - false, IV - true
- D) I - true, II - false, III - true, IV - false.

126. National Mid-day Meal Programme is the common name used for

- A) Applied Nutrition Programme
- B) Balwadi Nutrition Programme
- C) Special Nutrition Programme
- D) National Programme for Nutritional Support to Primary Education.

127. National Nutrition Policy was adapted by the Government of India in

- A) 1991
- B) 1992
- C) 1993
- D) 1994.

128. BMI value of 15 indicates

- A) overweight
- B) obesity
- C) underweight
- D) malnutrition.

129. The number of babies dying in the first year of life per 1000 live births is termed as

- A) infant mortality rate
- B) perinatal mortality rate
- C) toddler mortality rate
- D) neonatal mortality rate.

130. Match List I correctly with List II and select your answer using the codes given below :

List I		List II	
a) Hair		1. Xerosis	
b) Eye		2. Dry and brittle	
c) Nail		3. Angular stomatitis	
d) Mouth		4. Spooning.	

Codes :

	a	b	c	d
A) 2	1	4	3	
B) 1	2	3	4	
C) 2	3	4	1	
D) 3	4	1	2.	

131. Children who are subjected to authoritarian discipline would

- A) get confused and become insecure
- B) develop independence in thinking
- C) become resentfully submissive and obedient
- D) develop illusions concerning their own rights.

132. .... is called king of the fibre.

- A) Silk
- B) Cotton
- C) Wool
- D) Bast fibre.

133. The number of warp and filling yarns in one square inch of the fabric is

- A) thread count
- B) yarn count
- C) weft count
- D) warp count.

134. Arrange the weaving operations in order. Choose the correct order :

- I. Battering
- II. Shedding
- III. Picking
- IV. Taking up and letting off.

Of these :

- A) 1, II, III, IV
- B) II, III, I, IV
- C) IV, III, II, I
- D) II, III, IV, I.

135. Which of the following is not a weave to produce crepe fabrics ?

- A) Warp crepe
- B) Filling crepe
- C) Balanced crepe
- D) Heat set crepe.

136. Fibres as they come from the loom are called

- A) Gray goods
- B) Raw fabric
- C) Finished fabric
- D) Natural fabric.

137. Decating is applied to

- A) Silk  
B) Wool  
C) Rayon  
D) all of these.

138. Beetling is a common finishing process for

- A) Linen  
B) Rayon  
C) Wool  
D) Cotton.

139. Embossing can be applied to fabrics made of all types of fibres with the exception of

- A) Wool  
B) Cotton  
C) Silk  
D) Rayon.

140. Consider the following statements :

*Assertion (A)* : Organdy is an acid finish given to sheer cotton.

*Reason (R)* : This finish gives permanent crispness to the fabric.

Now select your answer according to the coding scheme given below :

- A) Both (A) and (R) are true and (R) is the correct explanation of (A)  
B) Both (A) and (R) are true, but (R) is not the correct explanation of (A)  
C) (A) is true, but (R) is false  
D) (A) is false, but (R) is true.

141. Routine hospital diet include(s)

- A) soft diet  
B) liquid diet  
C) clear fluid diet  
D) all of these.

142. The condition in which the volume of urine is decreased is called

- A) Oliguria  
B) Hematuria  
C) Proteinuria  
D) Anuria.

143. Nephrotic syndrome is caused due to

- A) Streptococcus
- B) Salmonella
- C) Mycobacterium tuberculosis
- D) none of these.

144. Olive oil is

- A) high in saturated fat and MUFA
- B) low in saturated fat and MUFA
- C) low in saturated fat and high in MUFA
- D) high in saturated fat and low in MUFA.

145. Blood volume during pregnancy

- A) increases
- B) decreases
- C) remains unchanged
- D) fluctuates widely.

146. The increased need for Vitamin A during pregnancy may be met by foods such as

- A) chicken
- B) extra egg whites
- C) citrus fruits
- D) carrots.

147. Which of the following hormones is responsible for milk let-down during lactation ?

- A) Prolactin
- B) Estrogen
- C) Oxytocin
- D) Human growth hormone.

148. Acute glomerulonephritis is best treated by which of the following methods ?

- A) Reducing protein because filtration is impaired
- B) Using a normal amount of protein for optimum tissue nutrition and growth
- C) Restricting energy to help control edema
- D) Allowing moderate salt use in uncomplicated case.

149. Which of the following foods may be used freely on a low-sodium diet ?

- A) Fruits  
 B) Milk  
 C) Meat  
 D) Spinach and carrots.

150. A low-cholesterol diet restricts which of the following foods ?

- A) Fish  
 B) Liver  
 C) Butter  
 D) Non-fat milk.

151. Use of colours lying close to each other on the colour wheel gives

- A) analogous colour harmony  
 B) monochromatic colour harmony  
 C) split complementary colour harmony  
 D) triad colour harmony.

152. The law of relationships is also known as the principle of

- A) harmony  
 B) proportion  
 C) balance  
 D) emphasis.

153. Which of the following is correctly matched ?

- A) Rhythm — An organised movement used to create interest and movement and reduce monotony  
 B) Colour — An art principle by which the eye is carried first to the important thing in any arrangement.  
 C) Emphasis — The quality which an object has only when light falls on it  
 D) Harmony — An art principle which produces an impression of unity through the selection and arrangement consistent objects and ideas.

154. Consider the following statements :

*Assertion (A)* : Balance is rest or repose.

*Reason (R)* : The restful effect is obtained by grouping shapes and colours around a centre in such a way that there are equal attractions on each side of that centre.

Now select your answer according to the coding scheme given below :

- A) Both (A) and (R) are true and (R) is the correct explanation of (A)
- B) (A) is true, but (R) is not the correct explanation of (A)
- C) (A) is true, but (R) is false
- D) (A) is false, but (R) is true.

155. Analyse the statements and choose the correct option code :

*Statement (i)* : It is not often possible to give illusion of texture through clever use of colour.

*Statement (ii)* : The roughness or smoothness of a material affects its capacity to reflect or absorb light.

Codes :

- A) Both the statements are true
- B) Both the statements are false
- C) Statement (i) is true, but statement (ii) is false
- D) Statement (ii) is true, but statement (i) is false.

156. Match **List I** correctly with **List II** and select your answer using the codes given below :

<b>List I</b>		<b>List II</b>	
a)	Red	1.	Daintiness
b)	Pink	2.	Richness
c)	Green	3.	Warmth
d)	Brown	4.	Coolness.

Codes :

	<b>a</b>	<b>b</b>	<b>c</b>	<b>d</b>
A)	2	1	4	3
B)	1	2	3	4
C)	4	3	2	1
D)	3	2	1	4.

157. Consider the following statements :

*Assertion (A)* : The law of colour areas is sometimes known as "the law of backgrounds".

*Reason (R)* : The larger the area to be covered, the less intense the colour should be and the smaller the area, the brighter the colour may be.

Now select your answer according to the coding scheme given below :

- A) Both (A) and (R) are true and (R) is the correct explanation of (A)
- B) Both (A) and (R) are true, but (R) is not the correct explanation of (A)
- C) (A) is true, but (R) is false
- D) (A) is false, but (R) is true.



158. Consider the following statements :

- I. In a very small room, picture of bright colour and bold designs should be hung.
- II. Use triangular wires for hanging pictures.
- III. Pictures should be hung neither too high nor too low.
- IV. Pictures should be hung flat against the wall.

Of the statements :

- |                           |                            |
|---------------------------|----------------------------|
| A) I alone is correct     | B) I and II are correct    |
| C) II and III are correct | D) III and IV are correct. |

159. What is the percentage of light reflected by dark colours and tones ?

- |              |               |
|--------------|---------------|
| A) 7% - 24%  | B) 29% - 64%  |
| C) 69% - 79% | D) 80% - 90%. |

160. Which of the following is incorrectly matched ?

- |  |   |         |
|--|---|---------|
| A) Brightness                          | — | candela |
| B) Flow of light                       | — | lumen   |
| C) Amount of light remitted by surface | — | lambert |
| D) Amount of light reaching surface    | — | ohms.   |

161. Consider the following statements :

*Assertion (A)* : The largest muscle in the part of the body moved should be brought into action whenever an action is performed to conserve energy and reduce fatigue.

*Reason (R)* : Large muscle occurs at those points in the body which are meant to take up maximum strain.

Now select your answer according to the coding scheme given below :

- A) Both (A) and (R) are true and (R) is the correct explanation of (A)
- B) Both (A) and (R) are true, but (R) is not the correct explanation of (A)
- C) (A) is true, but (R) is false
- D) (A) is false, but (R) is true.

162. Match **List I** correctly with **List II** and select your answer using the codes given below :

<b>List I</b>		<b>List II</b>	
a)	Height for work surfaces	1.	90 – 100 cms
b)	Sink top	2.	180 cms
c)	Work surface	3.	90 cms
d)	Highest shelf for general	4.	85 – 100 cms.

Codes :

	<b>a</b>	<b>b</b>	<b>c</b>	<b>d</b>
A)	3	1	4	2
B)	2	4	1	3
C)	4	3	2	1
D)	1	2	3	4.

163. Consumer Protection Act was passed in the year

- |         |          |
|---------|----------|
| A) 1986 | B) 1976  |
| C) 1966 | D) 1996. |

164. The basic concept for positioning work centres in the kitchen layout is

- I. Smooth work flow
- II. Comfortable work environment
- III. Avoidance of congestion at work tables
- IV. Hygiene & sanitary conditions.

Of these :

- |                       |                               |
|-----------------------|-------------------------------|
| A) I alone is correct | B) I and III are correct      |
| C) All are correct    | D) I, II and III are correct. |

165. Which one of the following is correctly matched ?

- A) Dry storage area — 30°C - 35°C  
 B) Cold storage area — 0°C - 10°C  
 C) Recommended kitchen temperature and humidity — 18°C to 20°C, 60%  
 D) Deep freezer — - 30°C to 0°C.

166. Home management is

- A) Planning and Organization  
 B) Implementation and Controlling  
 C) Evaluation  
 D) ( Planning + Organisation ) + ( Implementation + Controlling ) + Evaluation.

167. Which of the following statements is incorrect ?

- A) All resources are useful                      B) All resources are unlimited  
 C) All resources are interrelated              D) None of these.

168. Match **List I** correctly with **List II** and select your answer using the codes given below :

<b>List I</b>		<b>List II</b>	
a)	Bain marie	1.	Cooking equipment
b)	Rotisserie	2.	Preparation equipment
c)	Dishwasher	3.	Holding equipment
d)	Chopper	4.	Washing equipment.

Codes :

	<b>a</b>	<b>b</b>	<b>c</b>	<b>d</b>
A)	1	3	2	2
B)	2	1	4	1
C)	3	4	1	4
D)	4	2	3	3.

169. Which one of the following is wrongly matched ?

- |              |   |                |
|--------------|---|----------------|
| A) Skill     | — | Human resource |
| B) Education | — | Goal           |
| C) Love      | — | Value          |
| D) Money     | — | Ability.       |

170. Consider the following statements and choose the right option :

*Assertion* : Resources are essentials for achievement of family goals.

*Reason* : Resources are materials and human attributes that satisfy our wants.

- A) Assertion and Reason are true  
 B) Assertion and Reason are false  
 C) Reason is the explanation for the Assertion  
 D) Reason is not the explanation for the Assertion.

171. Saussages are made of

- |                |          |
|----------------|----------|
| A) minced meat | B) egg   |
| C) vegetables  | D) pork. |

172. The amount of carbohydrates in cereals is

- |                      |                       |
|----------------------|-----------------------|
| A) about 50 per cent | B) about 80 per cent  |
| C) about 90 per cent | D) about 30 per cent. |

173. Soluble dietary fibre supplementation reduces

- |                          |                            |
|--------------------------|----------------------------|
| A) serum potassium level | B) serum cholesterol level |
| C) serum sodium level    | D) serum protein level.    |

174. To retain the colour in cooking red cabbage the cooking medium should be made

- |             |                   |
|-------------|-------------------|
| A) Alkaline | B) Acidic         |
| C) Neutral  | D) none of these. |

175. Which of the following statements is incorrect ?

Cereals are used as

- |                      |                   |
|----------------------|-------------------|
| A) thickening agents | B) coating agents |
| C) shortening agents | D) beverages.     |

176. Meat contains protein of high biological value to the extent of

- A) 15 - 20 per cent                      B) 30 - 35 per cent  
C) 5 - 10 per cent                      D) 50 - 60 per cent.

177. Mutton is the flesh of

- A) young ovine animals of 12 months or under  
B) cows and pigs only  
C) mature ovine animals  
D) mature female goat.

178. Which of the following statements is true ?

- A) Raw milk decreases proteolytic enzymes and makes gluten sticky  
B) Starch is the main protein in cereals  
C) Sago is gelatinized starch granules prepared from corn  
D) Gluten is a soluble protein and cannot be readily separated from flour by adding water.

179. Match **List I** correctly with **List II** and select your answer using the codes given below :

<b>List I</b>	<b>List II</b>
a) Chlorophyll	1. Orange and yellow coloured water insoluble pigment present in carrots & papayas.
b) Anthocyanin	2. Red coloured water soluble pigment present in beetroot & red cabbage.
c) Carotinoid	3. Green coloured water insoluble pigment present in cabbage & lettuce.
d) Flavonoid	4. White coloured pigment present in onions and garlic.

Codes :

	<b>a</b>	<b>b</b>	<b>c</b>	<b>d</b>
A)	3	2	1	4
B)	1	2	3	4
C)	4	3	2	1
D)	3	4	1	2

180. The amount of fat distribution appearing as white flecks within the lean meat is called
- A) Tattuing  
B) Streaking  
C) Curing  
D) Marbling.
181. Permissive disciplinary technique employs
- A) reward  
B) praise  
C) strict rules  
D) light punishment.
182. Population education is an education
- A) to decrease population knowledge  
B) for family planning  
C) to remove illiteracy  
D) to change the attitude towards family size.
183. Which of the following solvents is used in dry cleaning of clothes ?
- A) Chloroform  
B) Acetone  
C) Alcohol  
D) Carbon tetrachloride.
184. Identify the population growth in a decreasing order.
- A) India, Indonesia, Japan, China  
B) China, Indonesia, Japan, India  
C) China, India, Indonesia, Japan  
D) Indonesia, China, India, Japan.
185. Consider the following statements :
- Assertion (A) :* Our country faces the problem of population explosion.
- Reason (R) :* Ignorance and illiteracy.
- Now select your answer according to the coding scheme given below :
- A) Both (A) and (R) are true, but (R) is the correct explanation of (A)  
B) Both (A) and (R) are true, but (R) is not the correct explanation of (A)  
C) (A) is true, but (R) is false  
D) (A) is false, but (R) is true.

186. Match **List I** correctly with **List II** and select your answer using the codes given below :

<b>List I</b>	<b>List II</b>
a) Population education	1. Increased medical facilities
b) Population explosion	2. Malnutrition
c) High Life Expectancy	3. Overpopulation
d) Mortality	4. Understanding population problems.

Codes :

	<b>a</b>	<b>b</b>	<b>c</b>	<b>d</b>
A)	2	4	4	1
B)	4	3	1	2
C)	1	2	3	4
D)	3	1	2	3.

187. The objective(s) of population education is/are :

- I. To understand the factors causing population growth
- II. To develop responsible attitude towards population related issues
- III. To develop population policies
- IV. To involve students in issues related to population.

Of the statements :

- |                         |                           |
|-------------------------|---------------------------|
| A) I alone is correct   | B) II and III are correct |
| C) I and II are correct | D) All are correct.       |

188. Causes of population explosion are

- |                      |                       |
|----------------------|-----------------------|
| A) Teenage pregnancy | B) Women's employment |
| C) Illiteracy        | D) Mobility.          |

189. Giving too much of freedom to the child is

- A) over-protectiveness
- B) permissiveness
- C) acceptance
- D) dominance.

190. Match **List I** correctly with **List II** and select your answer using the codes given below :

- | <b>List I</b>          | <b>List II</b>     |
|------------------------|--------------------|
| a) Over-protectiveness | 1. Aggressiveness  |
| b) Permissiveness      | 2. Over-dependency |
| c) Rejection           | 3. Confident       |
| d) Acceptance          | 4. Irresponsible.  |

Codes :

- |    | <b>a</b> | <b>b</b> | <b>c</b> | <b>d</b> |
|----|----------|----------|----------|----------|
| A) | 2        | 4        | 1        | 3        |
| B) | 4        | 1        | 2        | 3        |
| C) | 3        | 2        | 4        | 1        |
| D) | 1        | 3        | 4        | 2.       |

191. Match **List I** correctly with **List II** and select your answer using the codes given below :

- | <b>List I</b>         | <b>List II</b>                  |
|-----------------------|---------------------------------|
| a) Endogamous family  | 1. One man with one woman       |
| b) Monogamous family  | 2. Marrying outside the group   |
| c) Exogamous family   | 3. Marrying inside the group    |
| d) Polyandrous family | 4. Many men marrying one woman. |

Codes :

- |    | <b>a</b> | <b>b</b> | <b>c</b> | <b>d</b> |
|----|----------|----------|----------|----------|
| A) | 1        | 3        | 2        | 4        |
| B) | 3        | 1        | 2        | 4        |
| C) | 4        | 3        | 1        | 2        |
| D) | 2        | 3        | 1        | 4        |



192. Which of the following is the major issue among Indian marriages and families ?
- A) Intercaste system                      B) Education of girls  
C) Dowry system                          D) Social prejudices.
193. In which kind of family system, the male head is granted full authority over the family members ?
- A) Patriarchal family                      B) Matrilocal family  
C) Matronymic family                      D) Matrilineal family.
194. The family system which is based on the mother as the head of the household is
- A) Polygamous family                      B) Conjugal family  
C) Endogamous family                      D) Matrifocal family.
195. Socialization is a process which
- A) begins after marriage                      B) continues throughout life  
C) ceases at maturity                      D) ends at schooling.
196. Which is the kind of family wherein a group of people generally live under one roof, eat food cooked at one hearth and hold property as common ?
- A) Joint family                              B) Nuclear family  
C) Polyandrous family                      D) Exogamous family.
197. The family wherein the children tend to dominate the scene and their wishes determine the policy of the family is
- A) Smaller family                              B) Filocentric family  
C) Consanguinous family                      D) Matrilineal family.

198. A family performs which of the following functions ?

- |                    |                                |
|--------------------|--------------------------------|
| A) Economical need | B) Satisfaction of sexual urge |
| C) Procreation     | D) All of these.               |

199. Malnutrition associated with improper eating and alcohol intake leads to

- |                         |                  |
|-------------------------|------------------|
| A) Enlargement of heart | B) Dysentery     |
| C) Constipation         | D) Muscle cramp. |

200. Pulling and hauling at the children is too often in

- |                |                   |
|----------------|-------------------|
| A) Bereavement | B) Demoralisation |
| C) Divorce     | D) Adoption.      |