

NO. XXXXXXXXXXRegister  
Number

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**2018**  
**HOME SCIENCE**  
**(Degree Standard)**

Time Allowed : 3 Hours]

[Maximum Marks : 300

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

**IMPORTANT INSTRUCTIONS**

1. The applicant will be supplied with Question Booklet 15 minutes before commencement of the examination.
2. This Question Booklet contains 200 questions. Prior to attempting to answer, the candidates are requested to check whether all the questions are there in series and ensure there are no blank pages in the question booklet. **In case any defect in the Question Paper is noticed, it shall be reported to the Invigilator within first 10 minutes and get it replaced with a complete Question Booklet. If any defect is noticed in the Question Booklet after the commencement of examination, it will not be replaced.**
3. Answer all questions. All questions carry equal marks.
4. 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.
5. An answer sheet will be supplied to you, separately by the Room Invigilator to mark the answers.
6. You will also encode your Question Booklet Number 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, action will be taken as per Commission's notification.
7. 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.
8. In the Answer Sheet there are **four** circles (A), (B), (C) and (D) against each question. To answer the questions you are to mark with Blue or Black ink Ball point pen **ONLY ONE** circle 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      C   D
9. 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 time of 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.
10. **Do not make any marking in the question booklet except in the sheet before the last page of the question booklet, which can be used for rough work. This should be strictly adhered.**
11. Applicants have to write and shade the total number of answer fields left blank on the boxes provided at side 2 of OMR Answer Sheet. An extra time of 5 minutes will be given to specify the number of answer fields left blank.
12. 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.

[Turn over

SPACE FOR ROUGH WORK

14200008

1. Eighty percent of phosphorus present in pulses is in the form of  
(A) Calcium phosphate  
(B) Magnesium phosphate  
(C) Phytate phosphorus  
(D) Calcium phytate
2. Antioxidant properties of black beans are due to presence of  
(A) Anthocyanins (B) Anthoxanthane  
(C) Chlorophyll (D) Carotenoids
3. Nutritionally vegetables are classified into \_\_\_\_\_ groups.  
(A) Three (B) Four  
(C) Five (D) Six
4. The pigment which gives colour to cauliflower, onion and spinach is  
(A) Chlorophyll (B) Anthocyanin  
(C) Anthoxanthin (D) Carotenoids
5. The colour of chlorophyll is enhanced in the presence of  
(A) Copper and mild alkaline  
(B) Copper and strong alkaline  
(C) Copper and weak acid  
(D) Copper and concentrated acid
6. In over riped/fruits, pectin is converted to  
(A) Proto pectin (B) Poly pectin  
(C) Pectic acid (D) Pectic enzymes

7. Flax seed consumption lowers both total and LDL cholesterol concentration because of its
- (A) Low saturated fat content and high PUFA
  - (B) High saturated fat content and low PUFA
  - (C) High phytosterol and cholesterol
  - (D) Mucilage content
8. Firm ball stage of sugar cookery is considered for the preparation of
- (A) Boondi Laddoo
  - (B) Gulab Jamun
  - (C) Jalebi
  - (D) Fudge
9. Which of the following is a deficiency of protein?
- (A) Bitots spots
  - (B) Scurvy
  - (C) Rickets
  - (D) Kwashiorkor
10. Which of the following sugar encourages the growth of favourable bacteria?
- (A) Glucose
  - (B) Fructose
  - (C) Maltose
  - (D) Lactose
11. Cellulose is present in
- (A) Fruits
  - (B) Corn syrup
  - (C) Structural parts of plants
  - (D) Milk
12. Which of the following is derived from malt extract?
- (A) Maltose
  - (B) Sucrose
  - (C) Lactose
  - (D) Fructose
13. Which of the following is an Animal starch?
- (A) Glucose
  - (B) Glycogen
  - (C) Lactose
  - (D) Maltose

14. A nutrient which is present in the adipose tissue of animals is  
(A) Carbohydrate (B) Protein  
 (C) Fat (D) Vitamins
15. Starch on partial hydrolysis yields  
(A) Maltose (B) Lactose  
 (C) Dextrin (D) Glucose
16. One of the following processes release glucose to the circulation  
(A) Glycogenesis  (B) Glycogenolysis  
(C) Glycolysis (D) Lipogenesis
17. The level of protein structure which features pleated sheets is  
(A) Primary  (B) Secondary  
(C) Tertiary (D) Quarternary
18. Identify a prebiotic food from the following food items  
(A) Kefir (B) Curd  
 (C) Inulin (D) Butter
19. Proteolytic enzyme present in gastric juice is  
(A) Trypsin (B) Carboxy peptidase  
 (C) Pepsin (D) Chymotrypsin
20. Identify the incorrect statement given below :  
 (A) Fermentable fibres cannot be degraded to short chain fatty acids  
(B) Cellulose and lignin are non fermentable fibres  
(C) Faecal bulk consists of unfermented fibre, water and bacterial mass  
(D) Pectin lowers the level of serum cholesterol

21. Vitamin C requirement of adult woman is
- (A) 30 mg/day (B) 40 mg/day  
 (C) 50 mg/day (D) 60 mg/day
22. Conjunctival xerosis is the deficiency symptom of
- (A) Vitamin D (B) Vitamin C  
 (C) Vitamin B (D) Vitamin A
23. Which of the following vitamins are essential for blood formation?
- (A) Vit B<sub>12</sub> and folic acid  
(B) Vit K and folic acid  
(C) Vit A and folic acid  
(D) Vit C and folic acid
24. ORS is
- (A) Oral Rehydration Solution  
(B) Optimum Rehydration Solution  
(C) Optimum Regulatory Solution  
(D) Oral Regulatory Solution
25. Pyriodxine is the other name of
- (A) Vitamin B<sub>1</sub> (B) Vitamin B<sub>2</sub>  
 (C) Vitamin B<sub>5</sub> (D) Vitamin B<sub>6</sub>
26. Which of the following vitamin is essential for good vision?
- (A) Vitamin A (B) Vitamin B  
(C) Vitamin C (D) Vitamin D

27. Riboflavin is otherwise called as

(A) Vitamin A

(B) Vitamin C

(C) Vitamin D

(D) Vitamin G

28. Which of the following B complex vitamin is essential for TCA cycle?

(A) Niacin

(B) Biotin

(C) Thiamin

(D) Riboflavin

29. BMI is calculated as

(A)  $\frac{\text{Ht in m}^2}{\text{Wt in kg}}$

(B)  $\frac{\text{Ht in cm}}{\text{Wt in kg}}$

(C)  $\frac{\text{Ht in m}^2}{\text{Wt in lb}}$

(D)  $\frac{\text{Ht in kg}}{\text{Wt in m}^2}$

30. PUFA is

(A) Poly Uncombined Fatty Acid

(B) Poly Unsaturated Fatty Acid

(C) Poly Uncombined Fat Acetone

(D) Poly Unsaturated Fat Acetone

31. Which method of nutritional status assessment involves physical dimensions of the body?

(A) Clinical

(B) Anthropometry

(C) Biophysical

(D) Diet survey

32. Which is the normal Head Circumference of new borns?

(A) 35 cm

(B) 30 cm

(C) 40 cm

(D) 32 cm

33. What is the allocation of food grains to BPL families per month? At present
- (A) 10 kg  
(B) 20 kg  
(C) 30 kg  
(D) 5 kg
34. When was mid day meal programme launched in Tamil Nadu?
- (A) 1961  
(B) 1964  
(C) 1963  
(D) 1960
35. The dosage of elemental iron given to adults for 100 days to prevent iron deficiency anaemia is \_\_\_\_\_.
- (A) 50 mg/Elemental iron  
(B) 100 mg/Elemental iron  
(C) 500 mg/Elemental iron  
(D) 20 mg/Elemental iron
36. Which source is considered as an ideal vehicle for iron fortification in India?
- (A) salt  
(B) rice  
(C) wheat flour  
(D) milk
37. The bioavailability and stability of iron in double fortified salt was ensured by the use of \_\_\_\_\_.
- (A) ferrous sulphate  
(B) ortho phosphate  
(C) sodium phosphate  
(D) sodium hexameta phosphate
38. What does Food Security mean?
- (A) availability of food  
(B) accessibility of food  
(C) availability and accessibility of food for all  
(D) availability, accessibility and affordability of food for all at all the time



39. 'Matte' is a term associated with which element of design?

- (A) line and shape
- (B) size
- (C) rugs
- (D) texture

40. Name the additive used to control bacterial growth in a flower arrangement.

- (A) camptor
- (B) alcohol
- (C) turpentine
- (D) tea

41. Good lighting produces an effect of

- (A) comfort, speed and accuracy
- (B) glare
- (C) shadow
- (D) eye strain

42. The most important accessory that is widely used in any rooms, any space and in any condition is

- (A) music system
- (B) glass silver and china accessories
- (C) baskets
- (D) flower arrangement

43. The process of drying the lumber of its moisture content before constructing a furniture is called

- (A) sawing
- (B) kilning
- (C) drying
- (D) seasoning

44. A criterion closely related to structural design is  
(A) solidarity  
(C) formal  
 (D) functionalism  
(D) informal
45. This form of rhythm results when lines come together at right angles  
(A) gradation  
(C) transition  
(B) repetition  
 (D) opposition
46. A person who is concerned with the effect of colours upon people is  
(A) physiologist  
 (C) psychologist  
(B) physicist  
(D) chemist
47. A surface which reflects all rays appears  
(A) green  
 (C) white  
(B) yellow  
(D) red
48. This refers to the dullness of the colour  
 (A) Intensity  
(C) Value  
(B) Hue  
(D) Tint
49. These colours cannot be broken down into other colours  
(A) quarternary colours  
(B) tertiary colours  
(C) secondary colours  
 (D) primary colours
50. \_\_\_\_\_ is an ancient colour.  
 (A) purple  
(C) green  
(B) blue  
(D) yellow



56. The success of management process depends upon recognition and use of  
(A) skill (B) attitude  
 (C) resources (D) goals
57. A decision which is taken when we have multiple goals to be achieved  
 (A) economic (B) technical  
(C) crucial (D) group
58. The two components faced in taking economic decisions are  
(A) one goal and limited resources  
(B) one goal and abundance of resources  
 (C) multiple goals and limited resources  
(D) multiple goals and abundance of resources
59. The lowest level of decision among the following is  
(A) individual (B) habitual  
(C) central (D) group
60. Choose the correct sequence of decision making process  
(i) identifying the alternative solutions  
(ii) analysing the alternatives  
(iii) carrying out the plan  
(iv) defining the problem  
(v) selecting an alternative  
(A) (i), (iv), (ii), (v), (iii)  (iv), (i), (ii), (v), (iii)  
(C) (i), (iv), (v), (ii), (iii) (D) (i), (iv), (iii), (ii), (v)
61. One of the following is used as a basis for comparison  
(A) values (B) goals  
 (C) standards (D) social groups

62. Erikson called the period of adolescence as the stage of
- (A) Trust Vs Mistrust
  - (B) Industry Vs Inferiority
  - (C) Initiative Vs Guilt
  - (D) Identity Vs Role confusion
63. Emotional fluctuation in adolescence is caused by
- (A) brain development
  - (B) hormonal imbalances
  - (C) peer group influence
  - (D) parental relationship
64. Growth refers to \_\_\_\_\_ development.
- (A) physical
  - (B) mental
  - (C) language
  - (D) social
65. Which of the following is not true of education?
- (A) education is a dynamic process
  - (B) education is a discontinuous process
  - (C) education is a lifelong process
  - (D) education is a purposeful process
66. Which commission has recommended that guidance should be considered as an integral part of education?
- (A) Planning Commission
  - (B) Kothari Commission
  - (C) Welfare Commission
  - (D) Mahila Commission
67. Identify the disciplinary technique in which children need not get permission for each and everything.
- (A) democratic
  - (B) authoritarian
  - (C) dominant
  - (D) permissive

68. The form of union in which brothers share a wife or have wives in common is
- (A) monogamy (B) polygamy  
 (C) polyandry (D) monoandry
69. "Population when unchecked increases 'in geometrical ratio, subsistence increases' in arithmetical ratio". What said so?
- (A) Malthus (B) Davis  
(C) Freud (D) Mac Iver
70. Night emissions or 'Wet dreams' occur among
- (A) adolescent girls  (B) adolescent boys  
(C) married women (D) married men
71. Which one of the following is not correctly matched?
- (A) Highest sex ratio - Kerala  
(B) Lowest sex ratio - Bihar  
(C) Highest density - New Delhi  
 (D) Lowest density - Sikkim
72. What does NPP stand for?
- (A) National Population Programme  
(B) National Population Project  
 (C) National Population Policy  
(D) National Population Production
73. The most populous state of India is
- (A) West Bengal (B) Kerala  
 (C) Uttar Pradesh (D) Bihar

74. Plangi dyeing is a form of \_\_\_\_\_ dyeing
- (A) Batik (B) Ikat  
 (C) Tie (D) Kasuri

75. Which neckline is most suitable for short necked people?
- (A) 'U' shaped (B) Scoop  
 (C) Rectangular (D) Boat

76. Water jet loom operate at relatively high speeds of upto about \_\_\_\_\_ ppm.
- (A) 500  (B) 600  
 (C) 700 (D) 800

77. Match Twill fabric with their End use

Twill fabric		End use	
(a) Jean		1. technical fabrics	
(b) Drill		2. workshirts	
(c) Gabardine		3. Apparel fabrics	
(d) Chino		4. Striped fabrics	

	(a)	(b)	(c)	(d)
(A)	1	2	3	4
(B)	4	3	2	1
<input checked="" type="checkbox"/> (C)	2	1	4	3
(D)	3	4	1	2

78. Dobby weave is otherwise known as
- (A) Dot (B) Spot  
 (C) Swivel (D) Bird's eye

79. During the twisting operations the effect is accomplished by allowing one of the plies to remain slack in \_\_\_\_\_ yarn.
- (A) Slub (B) Crimp  
(C) Knot  (D) Boucle
80. Two or more strands of yarn twisted together are designated as \_\_\_\_\_.
- (A) single yarn  
 (B) ply yarns  
(C) filament yarns  
(D) cover spun yarns
81. The self twist spinning process is used for \_\_\_\_\_ fibers.
- (A) cotton fibres (B) silk fibres  
 (C) wool or wool like fibres (D) linen fibres
82. Processing of making yarn from fibers is called \_\_\_\_\_.
- (A) spinning (B) weaving  
(C) printing (D) dyeing
83. Match the following
- | Process           |  | Fiber |        |
|-------------------|--|-------|--------|
| (a) Scouring      |  | 1.    | Cotton |
| (b) Mercerization |  | 2.    | Silk   |
| (c) Degumming     |  | 3.    | Jute   |
| (d) Retting       |  | 4.    | Wool   |
- 
- |   |     |     |     |     |
|---|-----|-----|-----|-----|
| <input checked="" type="checkbox"/> (A) | (a) | (b) | (c) | (d) |
|   | 4   | 1   | 2   | 3   |
| (B)                                     | 1   | 2   | 3   | 4   |
| (C)                                     | 2   | 3   | 4   | 1   |
| (D)                                     | 3   | 2   | 1   | 4   |



84. The process of removal of seeds and links from raw cotton is called as  
 (A) Ginning (B) Baling  
(C) Retting (D) Rippling
85. After normal delivery the infant should be put to breast within  
 (A) half-an-hour  
(B) five hours  
(C) ten hours  
(D) twenty four hours
86. The allergen present in cow's milk which causes allergic reaction in infants is  
(A) lacto ferrin  
 (B) lacto globulin  
(C) lacto bacillus  
(D) lacto peroxidase
87. Energy requirements are more for  
(A) adolescent girls  
(B) pregnant women  
 (C) lactating women  
(D) aged women
88. The nutrients needed for calcification process are  
 (A) Calcium, phosphorous, vitamin D  
(B) Magnesium, phosphorous, vitamin D  
(C) Iron, calcium, vitamin D  
(D) Iron, calcium, phosphorous

89. Alzheimer's disease is commonly noticed in
- (A) Infancy
  - (B) Pregnancy
  - (C) Early childhood
  - (D) Old age
90. In our daily diet, fats and oils should be taken
- (A) adequately
  - (B) liberally
  - (C) moderately
  - (D) sparingly
91. Which one of the following statements is not true?
- (A) Breast milk is a renewable source
  - (B) Breast milk is a complete meal
  - (C) Breast milk is rich in vitamin K
  - (D) Breast milk is the sweetest milk due to the high amount of lactose
92. A diet which leaves no residue is a
- (A) full liquid diet
  - (B) soft diet
  - (C) clear liquid diet
  - (D) regular diet
93. Indicate the amount of kilocalories which gives 80 g of amino acids is
- (A) 320 kcal
  - (B) 720 kcal
  - (C) 160 kcal
  - (D) 240 kcal

94. Use of an artificial kidney to remove the waste products from blood and restore body's chemical balance is
- (A) Predialysis
  - (B) Haemodialysis
  - (C) Peritoneal dialysis
  - (D) Post dialysis
95. AIDS infected people showing no overt signs of disease but antibodies are said to be in the category of
- (A) Aids related complex
  - (B) Initial infection stage
  - (C) Asymptomatic carrier state
  - (D) Incubation period
96. Gall stones are called as
- (A) Nephrolithiasis
  - (B) Cholelithiasis
  - (C) Cholecystitis
  - (D) Nephrocystitis
97. After a 100 g-oral glucose load GDM may be diagnosed if fasting blood sugar
- (A)  $\geq 180$  mg / dl
  - (B)  $\geq 155$  mg / dl
  - (C)  $\geq 140$  mg / dl
  - (D)  $\geq 95$  mg / dl
98. Natural chemical components in food that help in preventing or treating one or more diseases is
- (A) Antioxidant
  - (B) Novel foods
  - (C) Designer foods
  - (D) Nutraceuticals

99. Protective foods are
- (A) Cereals and pulses
  - (B) Pulses and legumes
  - (C) Fruits and vegetables
  - (D) Sugar and jaggery
100. Dementia, diarrhoea and dermatitis are deficiency symptoms of
- (A) Riboflavin
  - (B) Thiamine
  - (C) Folic acid
  - (D) Niacin
101. Cereals are seeds of \_\_\_\_\_ family.
- (A) Grass family
  - (B) Leguminous family
  - (C) Herbaceous family
  - (D) Creepers
102. Iron content of wheat is increased during \_\_\_\_\_.
- (A) Tempering
  - (B) Milling
  - (C) Grinding
  - (D) Bleaching
103. Germination of cereal grains increase
- (A) Vitamin A
  - (B) Vitamin B
  - (C) Vitamin C
  - (D) Vitamin D
104. Which of the following fiber is easily damaged by insects?
- (A) Cotton
  - (B) Wool
  - (C) Silk
  - (D) Rayon

105. Gerber test is used to know the percentage of \_\_\_\_\_ content.
- (A) Lactose  
(B) Fat  
(C) Casein  
(D) Phospho protein
106. Yellowish colour of milk is due to the presence of
- (A) Carotene and Thiamine  
(B) Carotene and Riboflavin  
(C) Thiamine and Riboflavin  
(D) Thiamine and Niacin
107. Carcasses of young sheep usually from 12 to about 20 months old are termed as
- (A) Veal  
(B) Beef  
(C) Mutton  
(D) Yearling mutton
108. The minerals involved in contraction and relaxation cycle in the muscles are
- (A) Ca and P  
(B) Ca and Mg  
(C) Ca and Fe  
(D) Ca and Na
109. The fat content of poultry varies according to \_\_\_\_\_ of the bird.
- (A) Age  
(B) Size  
(C) Weight  
(D) Colour
110. The yolk of the egg is enclosed in a sac called
- (A) Vitelline membrane  
(B) Chalazae  
(C) Cuticle  
(D) Spongy layer

111. EFA is

- (A) Essential Fatty Acid
- (B) ECOSA Fatty Acid
- (C) Essential Fatty Alcohol
- (D) ECOSA Fatty Alcohol

112. Which of the following is polysaccharide?

- (A) Dextrin
- (B) Glucose
- (C) Maltose
- (D) Lactose

113. Glucose and fructose combines and forms

- (A) Sucrose
- (B) Lactose
- (C) Maltose
- (D) Glycose

114. Which of the following carbohydrate is used in the preparation of Jelly?

- (A) Cellulose
- (B) Glycogen
- (C) Pectin
- (D) Hemicellulose

115. Which of the following is a complex carbohydrate?

- (A) Glucose
- (B) Fructose
- (C) Lactose
- (D) Pectin

116. Read the following statements carefully and choose the correct answer :

Statement A : The limiting amino acid in cereals are lysine and methionine.

Statement B : The limiting amino acid in pulses are methionine and tryptophan.

- (A) Statement A is true but statement B is false
- (B) Statement A is false but statement B is true
- (C) Both statements are true
- (D) Both statements are false

117. Millets are good source of

- (A) Carbohydrate
- (B) Proteins
- (C) B Complex vitamins and fibre
- (D) Carbohydrates, protein, B complex vitamins and fibre

118. The formula to calculate BMR for a 25 year old Indian female is

- (A)  $8.3 \times W + 788$
- (B)  $10.0 \times W + 565$
- (C)  $14.0 \times W + 471$
- (D)  $14.5 \times W + 645$

119. Angular stomatitis is the deficiency of

- (A) Vitamin B
- (B) Iron
- (C) Iodine
- (D) Vitamin A

120. Which is the high biological value protein?

- (A) Meat
- (B) Dhal
- (C) Greens
- (D) Oil

121. Which is the amino acid that is lacking in corn which may leads to Niacin deficiency?

- (A) Leucine
- (B) Alanine
- (C) Tryptophan
- (D) Lysine

122. Folic acid requirement of pregnant women is  
(A) 0.1 mg/day (B) 0.2 mg/day  
(C) 0.3 mg/day (D) 0.5 mg/day
123. Adult Rickets is otherwise called as  
(A) Osteomalacia (B) Osteopenia  
(C) Osteocalcia (D) Hypercalcia
124. Life span of RBC is  
(A) 80 days (B) 100 days  
(C) 120 days (D) 140 days
125. Which of the following nutrient is important for teeth?  
(A) Iron (B) Iodine  
(C) Copper (D) Fluorine
126. NAD is  
(A) Nicotinamide Adenine Dinucleotide  
(B) Niacin Adenine Dinucleotide  
(C) Nicotinamide Adenine Diamine  
(D) Niacin Adenine Diamine
127. Other name of Riboflavin is  
(A) Vitamin B<sub>1</sub> (B) Vitamin B<sub>2</sub>  
(C) Vitamin B<sub>5</sub> (D) Vitamin B<sub>6</sub>
128. Which of the following nutrient is used to cure pellagra?  
(A) Thiamin (B) Niacin  
(C) Biotin (D) Iron





134. FCI stands for —————.
- (A) Food Centre of India
  - (B) Food Complex of India
  - (C) Food Corporation for Investigation
  - (D) Food Corporation of India
135. What is the weighted mean requirement for calories per consumption unit?
- (A) 2050 calories
  - (B) 2150 calories
  - (C) 2250 calories
  - (D) 2075 calories
136. Which among the following aids are non machine operated?
- (A) flash cards
  - (B) audio tapes
  - (C) film strips
  - (D) CDs
137. Madhubani paintings belong to which state in India?
- (A) Tamil Nadu
  - (B) Bihar
  - (C) West Bengal
  - (D) Maharashtra
138. Which element of design will help to highlight the beauty of the basic material?
- (A) line
  - (B) line and direction
  - (C) ornamentation
  - (D) size
139. Finishing chair seats with cushioned surface is called
- (A) Comforter
  - (B) Quilting
  - (C) Upholstery
  - (D) Joining

140. Match the following :

Recommended foot candles for residential occlusion

- |                                      |    |                  |
|--------------------------------------|----|------------------|
| (a) Kitchen work surface             | 1. | 10 foot candles  |
| (b) Concentrated reading             | 2. | 50 foot candles  |
| (c) Sewing on dark fabric            | 3. | 70 foot candles  |
| (d) General illumination in<br>pales | 4. | 200 foot candles |

- |   | (a) | (b) | (c) | (d) |
|---|-----|-----|-----|-----|
| <input checked="" type="checkbox"/> (A) | 2   | 3   | 4   | 1   |
| <input type="checkbox"/> (B)            | 3   | 2   | 1   | 4   |
| <input type="checkbox"/> (C)            | 4   | 2   | 1   | 3   |
| <input type="checkbox"/> (D)            | 1   | 3   | 2   | 4   |

141. The most suitable picture for children's room is

- |   |  |
|---|--|
| <input type="checkbox"/> (A) domestic scenes            | <input type="checkbox"/> (B) still life pictures |
| <input checked="" type="checkbox"/> (C) animal pictures | <input type="checkbox"/> (D) portraits           |

142. The type of lighting that can result in higher amount of glare is

- |   |
|---|
| <input checked="" type="checkbox"/> (A) direct lighting |
| <input type="checkbox"/> (B) indirect lighting          |
| <input type="checkbox"/> (C) general diffused lighting  |
| <input type="checkbox"/> (D) cornice lighting           |

143. This is the basic element of design

- |  |                                    |
|--|------------------------------------|
| <input type="checkbox"/> (A) colour          | <input type="checkbox"/> (B) form  |
| <input checked="" type="checkbox"/> (C) line | <input type="checkbox"/> (D) shape |

144. This is a man made expression of something beautiful

- |                                      |   |
|--------------------------------------|---|
| <input type="checkbox"/> (A) balance | <input type="checkbox"/> (B) proportion     |
| <input type="checkbox"/> (C) rhythm  | <input checked="" type="checkbox"/> (D) art |

145. The aim of design is defined as beauty and \_\_\_\_\_.
- (A) neatness (B) design  
(C) decoration (M) order
146. \_\_\_\_\_ must be a basic factor in any consideration of design.
- (A) balance (B) proportion  
(C) rhythm (M) unity
147. Blue green is an \_\_\_\_\_ colour.
- (A) primary colour (B) secondary  
(C) tertiary (M) intermediate
148. This design gives the impression of flow of movement
- (A) conventional (M) biomorphic  
(C) abstract (D) geometric
149. A design movement that grows out of a central point of axis is referred to as
- (A) Alternation (B) Gradation  
(M) Radiation (D) Progression
150. The nerve center or heart of the home is
- (A) living room (B) bed room  
(M) kitchen (D) dining room
151. Which position requires minimum amount of energy expenditure while performing any task?
- (A) leaning forward  
(B) leaning backward  
(M) meant for that task  
(D) sitting posture

152. Find out the correct sequence of steps in making family budget

- (i) Estimate and total expected income
- (ii) Set aside a definite sum as emergency fund
- (iii) List the commodities and services required for the family
- (iv) Estimate the cost of desired items and total for the budget
- (v) Bring expected income and expenditure in balance

- (A) (iv), (iii), (i), (ii), (v)                       (iii), (iv), (i), (ii), (v)  
(C) (iii), (iv), (ii), (v), (i)                      (D) (ii), (iii), (i), (iv), (v)

153. Read the following statements carefully and choose the right answer

Statement A : Real income is called as direct income

Statement B : Money income is called as indirect income

- (A) Statement A is true but statement B is false  
(B) Statement A is false but statement B is true  
 (C) Both statements are true  
(D) Both statements are false

154. The repetition of movements at the same tempo is referred to as

- (A) alignment    (B) motion mindedness  
 (C) rhythm    (D) routing

155. Name the scientist who showed that improvement can be made on a work through careful analysis of work and work habits without involving laboratory procedure

- (A) Lilian Gilbreth                                       (B) Marvin Mundel  
(C) Elizabeth Hoyt                                      (D) Clymer Thomas

156. A step by step description of the method used in doing the work is analyzed using a

- (A) process chart                                      (B) memomotion  
(C) operation chart                                      (D) cycle graph

157. Read the following statements carefully and choose the right answer

Statement A : Intrinsic values are means to attain other values

Statement B : Instrumental value is one that is important by itself

- (A) Statement A is true but statement B is false
- (B) Statement A is false but statement B is true
- (C) Both statements are true
- (D) Both statements are false

158. A quick step by step appraisal of a plan in action is referred to as

- (A) control
- (B) adjust
- (C) check
- (D) energize

159. Identify the correct sequence of planning

- (i) accepting the consequences
  - (ii) analyse the alternatives and choosing the right one
  - (iii) recognizing the problem
  - (iv) carrying out the plan
- (A) (i), (ii), (iii), (iv)
  - (B) (iii), (ii), (iv), (i)
  - (C) (ii), (iii), (i), (iv)
  - (D) (iv), (ii), (iii), (i)

160. Adolescence emotions are often \_\_\_\_\_.

- (A) wild
- (B) expressive
- (C) intense
- (D) subdued

161. An adolescent who withdraws himself from most of the situation is said to suffer from \_\_\_\_\_.

- (A) over dependency
- (B) a social behaviour
- (C) inferiority complex
- (D) sexual deviancy

162. The main advocate of client – centered counselling is
- (A) Jean Piaget (B) Sigmand Freud  
 (C) Carl. R. Rogers (D) John Locke
163. The broad range of behaviours from socially unacceptable behaviour to status offenses to criminal acts is called
- (A) school related aggressiveness  
(B) drug overdose  
 (C) juvenile delinquency  
(D) depression
164. Prescriptive counselling is known as
- (A) Counsellor-centered counselling  
(B) Non-directive counselling  
(C) Client – centered counselling  
(D) Eclectic counselling
165. Which of the following is provided in a medical setting?
- (A) guidance (B) counselling  
(C) teaching  (D) psychotherapy
166. Identify the mode of counselling
- (A) Magazines  
(B) Books  
 (C) Mutual consultation  
(D) Mere correspondence
167. Run away situation of a member of the family is a crisis event categorized under
- (A) demoralization  
(B) accession  
(C) dismemberment  
 (D) demoralization plus dismemberment

168. The time of first menstruation is  
 (A) Menarche (B) Menopause  
(C) Maturity (D) Masculinity
169. An example of satin weave is  
(A) Denim  (B) Damask  
(C) Oxford (D) Poplin
170. Which of the following is the latest development in printing  
 (A) Photo printing (B) Duplex printing  
(C) Screen printing (D) Roller printing
171. Spandex fibre is used for foundation garments due to its  
 (A) Elasticity (B) Strength  
(C) Lustre (D) Absorbency
172. The most important factor in selection of clothes is  
(A) Price  (B) Fit  
(C) Season (D) Fashion
173. Which among the following is hand printing method  
 (A) Batik (B) Duplex  
(C) Roller (D) Discharge
174. Mechanical finish is otherwise known as  
(A) chemical finish (B) UV finish  
(C) wet finish  (D) dry finish



175. Dimity is a variation of \_\_\_\_\_ weave
- (A) Plain (B) Basket  
(C) Satin (D) Rib
176. Suitable weave structure used in producing home textiles
- (A) Basket (B) Rib  
(C) Plain (D) Twill
177. Which one of the following is not a correct spinning methods?
- (A) Open-end spinning  
(B) Tow-to-yarn spinning  
(C) Friction spinning  
(D) Twist-lens spinning
178. Different generic types of yarns are combined together to make a \_\_\_\_\_ fabric.
- (A) Blended (B) Woven  
(C) Mixture (D) Combination
179. The Identification of thread size is referred to as \_\_\_\_\_.
- (A) Yarn court (B) Denier  
(C) Ticket number (D) Yarn twist
180. Yarn which is smooth and uniform and evenly twisted is called as a \_\_\_\_\_ yarn.
- (A) effect (B) simple  
(C) cord (D) ply

181. A fibre must possess the following essential characteristics EXCEPT

- (A) cohesiveness  
(B) flammability  
(C) flexibility  
(D) tenacity

182. Match the following :

Fibers	Examples
(a) Plant	1. Rayon
(b) Animal	2. Asbestos
(c) Mineral	3. Cotton
(d) Manmade	4. Silk

- |       |     |     |     |
|-------|-----|-----|-----|
| (a)   | (b) | (c) | (d) |
| (A) 3 | 4   | 2   | 1   |
| (B) 1 | 2   | 3   | 4   |
| (C) 4 | 3   | 2   | 1   |
| (D) 2 | 3   | 4   | 1   |

183. Mercerization improves the following EXCEPT

- (A) Strength  
(B) Lustre  
(C) Flexibility  
(D) Absorbency

184. An example of mineral fibre is

- (A) cotton  
(B) jute  
(C) nylon  
(D) asbestos

185. Which of the following fibre is called as the "golden fibre"?

- (A) coir  
(B) jute  
(C) cotton  
(D) linen

186. The foods excluded by pesco-vegetarian are
- (A) fruits and vegetables
  - (B) milk and milk products
  - (C) meat and meat products
  - (D) fish and egg
187. Which one of the following is not a carotenoid?
- (A) Carrot
  - (B) Tomato
  - (C) Yogurt
  - (D) Guava
188. Pregnancy induced hypertension is known as
- (A) Amenorrhea
  - (B) Amylophagia
  - (C) Eclampsia
  - (D) Geophagia
189. Bleeding or hemorrhagic disease of the new born is due to the deficiency of
- (A) Vitamin B
  - (B) Vitamin C
  - (C) Vitamin K
  - (D) Vitamin A
190. To reduce the cost of meal, the following pulse could be included
- (A) Black gram
  - (B) Bengal gram
  - (C) Horse gram
  - (D) Peas
191. The cereal and pulse protein quality could be increased by following the ratio of
- (A) 4:1
  - (B) 4:2
  - (C) 4:3
  - (D) 1:4

192. 5 milligrams of salt contains \_\_\_\_\_ mg of sodium
- (A) 8 mg
  - (B) 4 mg
  - (C) 2 mg
  - (D) 3 mg
193. If BMI is \_\_\_\_\_ it is grade III obesity
- (A) < 25
  - (B) 25-29.9
  - (C) 30-40
  - (D) > 40
194. Juvenile obesity occurs due to \_\_\_\_\_ in the first few years of life
- (A) Hyperplasia
  - (B) Hypertrophy
  - (C) Over eating
  - (D) High calorie foods
195. Recommended calorie requirements for a non-ambulatory patient is
- (A) 30-35 kcal/kg body weight
  - (B) 20-25 kcal/kg body weight
  - (C) 40-45 kcal/kg body weight
  - (D) 50-55 kcal/kg body weight

196. The dietary guidelines for peptic ulcer is all of the following except one
- (A) Bland diet
  - (B) Individualised liberal diet
  - (C) Inclusion of protein foods
  - (D) Stimulating foods
197. Disturbance in copper metabolism known as \_\_\_\_\_ can lead to cirrhosis
- (A) Crohn's disease
  - (B) Wilson's disease
  - (C) Hepatic disease
  - (D) Wilson's hepatic disease
198. SMBG is \_\_\_\_\_ of blood glucose
- (A) standard monitoring
  - (B) sequence monitoring
  - (C) self monitoring
  - (D) sugar monitoring
199. NCD's are \_\_\_\_\_
- (A) Non Compensative Diseases
  - (B) Non Controllable Diseases
  - (C) Non Communicable Diseases
  - (D) Non Convertable Diseases
200. Lack of blood supply to the heart caused by constriction or obstruction of the blood vessel is
- (A) Infarct
  - (B) Thrombus
  - (C) Plaque
  - (D) Ischemia

SPACE FOR ROUGH WORK

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SEAL