

DO NOT OPEN THIS TEST BOOKLET UNTIL YOU ARE ASKED TO DO SO

TEST BOOKLET

Sl. No. 00294

Subject Code : 14

Subject : Home Science

LECTURERS FOR NON-GOVT. AIDED COLLEGES OF ODISHA

Time Allowed : 3 Hours

Maximum Marks : 165

: INSTRUCTIONS TO CANDIDATES :

1. IMMEDIATELY AFTER THE COMMENCEMENT OF THE EXAMINATION, YOU SHOULD CHECK THAT THIS TEST BOOKLET CONTAINS 23 PAGES AND DOES NOT HAVE ANY UNPRINTED OR TORN OR MISSING PAGES OR ITEMS ETC. IF SO, GET IT REPLACED BY A COMPLETE TEST BOOKLET.
2. You have to enter your **Roll No.** on the Test Booklet in the Box provided alongside. **DO NOT** write anything else on the Test Booklet. 

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3. The Test Booklet contains **165** questions. Each question comprises four answers. You have to select the correct answer which you want to mark (darken) on the Answer Sheet. In case, you feel that there is more than one correct answer, you should mark (darken) the answer which you consider the best. In any case choose **ONLY ONE** answer for each question. If more than one answer is darkened it will be considered as wrong.
4. You have to mark (darken) all your answers **ONLY** on the **separate OMR Answer Sheet** provided, by using **BLACK BALL POINT PEN**. You have to do rough work on the space provided in the Test Booklet only. See instruction in the Answer Sheet.
5. All questions carry equal marks, i.e. of one mark for each correct answer and each wrong answer will result in negative marking of **0.25** mark.
6. Before you proceed to mark (darken) in the Answer Sheet the answers to various questions in the Test Booklet, you have to fill in some particulars in the Answer Sheet as per the instructions in your Admit Card.
7. After you have completed filling in all your answers on the Answer Sheet and after completion of the examination, you should hand over to the Invigilator the **Original Answer Sheet (OMR Answer Sheet)** issued to you. You are allowed to take with you the candidate's copy/second page of the Answer Sheet along with the Test Booklet after completion of the examination for your reference.

SEAL

Candidate's full signature

Invigilator's signature

RS - 5/20

(Turn over)

2018

1. Which of the following are regulatory foods ?
  - (A) Carbohydrates and fats
  - (B) Water and roughage
  - (C) Vitamins and minerals
  - (D) Proteins and minerals
2. Milk and milk products are primarily sources of :
  - (A) Calorie
  - (B) Vitamins
  - (C) Protein
  - (D) Minerals
3. Clotting of blood requires :
  - (A) Phosphorous and potassium
  - (B) Calcium and vitamin K
  - (C) Manganese and sodium
  - (D) Iron and fluorine
4. Germinated seeds have more of :
  - (A) Protein
  - (B) Maltose
  - (C) Fat
  - (D) Water
5. Leguminous seeds provide high fibre as well as :
  - (A) Bile
  - (B) Acid
  - (C) Anti-nutrients
  - (D) Cholesterol
6. The chief constituents of egg white besides water are :
  - (A) Cholesterol
  - (B) Carbohydrate
  - (C) Protein
  - (D) Vitamins
7. Pasteurisation is a :
  - (A) Cold treatment
  - (B) Heat treatment
  - (C) Water treatment
  - (D) Air treatment
8. Osmotic dehydration is used for preservation of :
  - (A) Vegetables
  - (B) Milk
  - (C) Fruits
  - (D) Cereals
9. Ascorbic acid is retained when fruits are frozen with :
  - (A) Salt
  - (B) Sugar
  - (C) Water
  - (D) Light
10. Parboiled rice contains sufficient amount of :
  - (A) Niacin
  - (B) Vitamin E
  - (C) Thiamine
  - (D) Calcium

11. Vitamin B 12 is stored in :  
 (A) Spleen  
 (B) Liver  
 (C) Pancreas  
 (D) Kidney
12. Rickets occur due to deficiency of :  
 (A) Vitamin A  
 (B) Vitamin K  
 (C) Vitamin D  
 (D) Vitamin C
13. Vitamin C requirement during the lactation period is :  
 (A) 100 mg per day  
 (B) 50 mg per day  
 (C) 80 mg per day  
 (D) 200 mg per day
14. Body needs vitamins and minerals because they :  
 (A) Give body energy  
 (B) Insulate the body's organs  
 (C) Help to carry out metabolic reaction  
 (D) Withdraw heat from the body
15. ICMR has recommended a daily requirement of phosphorus as :  
 (A) 3 gms  
 (B) 5 gms  
 (C) 1 gm  
 (D) .50 gm
16. A diet can be called as balanced when one of the following is taken into account :  
 (A) Protective foods  
 (B) Energy giving foods  
 (C) Five food groups  
 (D) Green vegetables
17. Which of the following is not considered as nutrient ?  
 (A) Fats  
 (B) Minerals  
 (C) Proteins  
 (D) Fibre
18. Milk and milk products are mostly required for :  
 (A) Bones  
 (B) Muscles  
 (C) Teeth  
 (D) (A), (B) and (C)
19. Which of the following is not required for strong bones ?  
 (A) Thiamine  
 (B) Magnesium  
 (C) Calcium  
 (D) Vitamin D

20. A diet that contains required amount of nutrients for human body is called as :
- Nutritious diet
  - Balanced diet
  - Food pyramid
  - Perfect diet
21. Which is not essential in balanced diet ?
- Fruits and vegetables
  - Salads
  - Pulses
  - Tea
22. One gram of protein provides :
- 9 calories
  - 5 calories
  - 4 calories
  - 7 calories
23. Calorie requirement per day of an adult male heavy worker is :
- 2000 kcal
  - 3000 kcal
  - 3800 kcal
  - 4000 kcal
24. What is the recommended daily protein intake of a girl aged 16-18 years ?
- 50 gms
  - 65 gms
  - 70 gms
  - 60 gms
25. Problems related to inadequate absorption of nutrients is called as :
- Malnutrition
  - Solubility of nutrients
  - Insolubility of nutrients
  - Overnutrition
26. For normal growth of body when nutrients are taken more than the requirement, the state of condition is called as :
- Protein energy malnutrition
  - Pepsin enzyme malnutrition
  - Over intake of nutrition
  - Abnormal intake of nutrition
27. A marasmic child has :
- Wrinkle and thin skin
  - Pellagroid dermatitis
  - Black skin
  - Thin skin
28. In most developing countries children of poor socio-economic population suffer from protein energy malnutrition at the age of :
- 5 to 10 years
  - Above 10 years
  - Under 5 years
  - Infancy

29. Vitamin A provides protection against :
- (A) Skin diseases
  - (B) Blindness
  - (C) Blood irregularities
  - (D) Tools carries
30. Magnesium plays a major role in :
- (A) Turning food to energy
  - (B) Bone building
  - (C) Formation of new cells
  - (D) Activating enzymes
31. Daily sodium intake of an adult should be between :
- (A) 800 to 900 mg
  - (B) 1000 to 1200 mg
  - (C) 1500 to 2400 mg
  - (D) Above 2400 mg
32. Which of the following is referred to as proximate group ?
- (A) Carbohydrates, fats and proteins
  - (B) Carbohydrates, proteins and minerals
  - (C) Vitamins, minerals and proteins
  - (D) Fats, carbohydrates and vitamins
33. Which of the following is mostly lacking in flesh diet ?
- (A) Vitamin E
  - (B) Vitamin B
  - (C) Vitamin A
  - (D) Vitamin C
34. Human development is a :
- (A) Slow process
  - (B) Continuous and gradual process
  - (C) Complex process
  - (D) Quick process
35. In childhood, weight is gained principally from :
- (A) Bone and blood
  - (B) Bone, blood and hormone
  - (C) Bone and muscle tissue
  - (D) Cell and tissue
36. Child development is crucially influenced by :
- (A) Heredity
  - (B) School
  - (C) Birth place
  - (D) Peer group
37. Changes that occur in human beings between conception and death are referred as :
- (A) Collection
  - (B) Maturation
  - (C) Growth
  - (D) Development

38. The direction in which human development takes place is :
- (A) Different for different children
  - (B) From smaller muscles to larger muscles
  - (C) From outside to centre
  - (D) From top to bottom
39. An average baby can sit without support between the ages of :
- (A) 8 to 9 months
  - (B) 6 to 7 months
  - (C) 10 to 11 months
  - (D) 2 to 3 months
40. Where parents and teachers participate together in rearing of a child it is called as :
- (A) Authoritarian rearing
  - (B) Democratic rearing
  - (C) Permissive rearing
  - (D) Democratic and permissive rearing
41. Development is a product of :
- (1) Heredity and environment
  - (2) Learning and maturity
  - (3) Learning and training
  - (4) Learning through observation
- (A) (1) and (3) are correct
  - (B) (1) and (2) are correct
  - (C) (2), (3) and (4) are correct
  - (D) (1) and (4) are correct
42. Physical development of children which involves increasing ability to move and control their body movements is called as :
- (A) Growth of the body parts
  - (B) Biological changes
  - (C) Sensory development
  - (D) Motor development
43. An internal mental phenomenon wherein learners receive, process, store and retrieve information in their mind is known as :
- (A) Behaviourism
  - (B) Cognitivism
  - (C) Perception
  - (D) Learning
44. The process through which individuals learn proper ways of acting in a culture is called :
- (A) Acculturation
  - (B) Socialization
  - (C) Association
  - (D) Co-operation

45. At which age, children show the first sign of having the ability to learn :
- (A) Birth
  - (B) 2 weeks
  - (C) 4 weeks
  - (D) 1 year
46. Toy age refers to :
- (A) Early childhood
  - (B) Late childhood
  - (C) Babyhood
  - (D) Infancy
47. A child who writes with his/her left hand and is comfortable with doing things should be :
- (A) Allowed with his/her preference
  - (B) Discouraged
  - (C) Forced to write with right hand
  - (D) Sent to seek medical help
48. Which indicates the change in the quality or character of a child ?
- (A) Hearing
  - (B) Growth
  - (C) Development
  - (D) Environment
49. Which of the following age is mostly influenced by peer groups ?
- (A) Early childhood
  - (B) Late childhood
  - (C) Adolescence
  - (D) Adulthood
50. In which of the following stages the child looks self-centred ?
- (A) Infancy
  - (B) Early childhood
  - (C) Adolescence
  - (D) Adulthood
51. Which is one of the major problems of adolescence ?
- (A) Speech
  - (B) Behaviour
  - (C) Learning
  - (D) Making friends
52. Which one is the adolescent problem ?
- (A) Sharing with mother
  - (B) Sharing with father
  - (C) Identity crisis
  - (D) Jealousness

53. Releasing pent up emotional energy is :
- (A) Body control
  - (B) Emotional sensitivity
  - (C) Emotional catharsis
  - (D) Mental balance
54. Select a person who stated, — “adolescence is a period of stress and strain, storm and strife”.
- (A) Elizabeth Hurlock
  - (B) Erickson
  - (C) Piaget
  - (D) Stanley Hall
55. The peculiar nature of adolescent's such as desire to be noticed and thinks everyone is noticing them is named as :
- (A) Gender identity
  - (B) Imaginary audience
  - (C) Inferiority complex
  - (D) Role confusion
56. Language of word is not necessary for :
- (A) Imaginative thinking
  - (B) Conceptual thinking
  - (C) Associative thinking
  - (D) Perceptual thinking
57. Running of words together is a speech defect known as :
- (A) Slurring
  - (B) Stammering
  - (C) Lisping
  - (D) Stuttering
58. The best of place of social development for a 12 years old child is :
- (A) Neighbourhood
  - (B) Family
  - (C) Playground
  - (D) School
59. Adolescents may experience :
- (A) Feelings of self-actualisation
  - (B) Feelings of satisfaction about life
  - (C) Anxiety and concern about themselves
  - (D) Feelings of fear about wrong that is committed in childhood