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**TEST BOOKLET**

Sl. No. **0049**

**Subject Code : 14**

**Subject : Home Science**

**LECTURERS FOR NON-GOVT. AIDED COLLEGES OF ODISHA**

**Time Allowed : 2 Hours**

**Maximum Marks : 150**

**: INSTRUCTIONS TO CANDIDATES :**

1. **IMMEDIATELY AFTER THE COMMENCEMENT OF THE EXAMINATION, YOU SHOULD CHECK THAT THIS TEST BOOKLET CONTAINS 16 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 **100** questions. Each question comprises four answers. You have to select the correct answer which you want to mark (darken) on the **Answer Sheet (OMR Sheet)**. 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 **OMR Answer Sheet using BLACK BALL POINT PEN** provided by the State Selection Board. You have to do rough work only in the space provided at the end of the Test Booklet. See instructions in the Answer Sheet.
5. All questions carry equal marks i.e. of one and half mark for each correct answer and each wrong answer will result in negative marking of **0.50** mark.
6. Before you proceed to mark (darken) the answers in the **OMR Answer Sheet** to the 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. On completion of the examination, you should hand over the **original Answer Sheet (OMR Sheet)** issued to you to the Invigilator before leaving the Examination Hall. You are allowed to take with you the candidate's copy (carbon copy) of the **OMR Answer Sheet** along with the Test Booklet for your reference.

**Candidate's full signature**

**Invigilator's signature**

IW – 11/14

2021

(Turn over)

**SEAL**

1. Which of the following is called as body building foods ?
  - (A) Carbohydrates and Proteins
  - (B) Proteins and Minerals
  - (C) Proteins and Vitamins
  - (D) Carbohydrates and Fats
2. Which protein is known as complete protein ?
  - (A) Milk protein
  - (B) Egg protein
  - (C) Cereal protein
  - (D) Vegetable protein
3. Which cholesterol is known as good cholesterol ?
  - (A) LDL
  - (B) VLDC
  - (C) HDL
  - (D) Triglycerides
4. What is meant by empty calories ?
  - (A) Foods that are high in calories
  - (B) Foods that are high in protein
  - (C) Foods that are high in fat
  - (D) Foods that are high in vitamins
5. Where does Albumin get synthesized ?
  - (A) Liver
  - (B) Pancreas
  - (C) Kidney
  - (D) Muscles
6. Lenoleic and Lenoleinic acid belong to which category ?
  - (A) Essential fatty acids
  - (B) Non-essential fatty acids
  - (C) Essential amino acids
  - (D) Non-essential amino acids
7. Which is the amino acid that is non-essential for adults but is necessary for the growth of infants ?
  - (A) Methionine
  - (B) Tryptophan
  - (C) Lysine
  - (D) Histidine
8. Which food is rich in omega-3 fatty acids ?
  - (A) Egg
  - (B) Fish
  - (C) Cashew nuts
  - (D) Groundnut
9. What is food adulteration ?
  - (A) Spoilage of food
  - (B) Action of enzymes in food
  - (C) Reduction of the quality of food
  - (D) Addition of chemical substances to enhance the nutritive value of foods

10. Which of the following is household method of food preservation ?
- (A) Sterilization  
(B) Pasteurization  
(C) Canning  
(D) Irradiation
11. What does Food enzyme cause ?
- (A) Loss of nutrients  
(B) Oxidative damages  
(C) Browning reactions  
(D) Softening of foods
12. At what degree does refrigerator usually operates ?
- (A) 4-7 degree C  
(B) 10-15 degree C  
(C) 0-5 degree C  
(D) 10-20 degree C
13. What is Codex Alimentarius ?
- (A) Food Safety Act  
(B) An ISI mark  
(C) Food Processing Board  
(D) International Food Code
14. What is the first step in planning a balanced diet ?
- (A) Making a menu  
(B) Preparing a food list  
(C) To know the recommended dietary allowances  
(D) Understand the food habits of the individual
15. Who has designed the Food pyramid ?
- (A) FAO  
(B) NIN  
(C) ICAR  
(D) ICMR
16. What is the reason for modification of diet for old people ?
- (A) Physiological and Psychological changes  
(B) Psychological changes only  
(C) Physiological, Psychological and Immunological changes  
(D) Physiological changes only
17. What is the sign and symptoms of Marasmus ?
- (A) Severe muscle wasting  
(B) Oedema  
(C) Apathy and irritability  
(D) Anorexia

18. Which nutrient deficiency is found in pernicious anaemia ?
- (A) Vitamin B12
  - (B) Vitamin B1
  - (C) Iron
  - (D) Protein
19. Name the organization that keeps data on the prevalence of Malnutrition in India :
- (A) NSSO
  - (B) NNMB
  - (C) NFHM
  - (D) ICDS
20. What is the full form of CSSM ?
- (A) Child Service System Management
  - (B) Child Survival and Safe Motherhood Programme
  - (C) Child Safety and System Management
  - (D) Child Service and Safe Motherhood Programme
21. What are the changes that occur in Development ?
- (A) Quantitative changes
  - (B) Qualitative changes
  - (C) Both quantitative changes and qualitative changes
  - (D) Socio-emotional changes
22. Maturation in child refers to :
- (A) Development of the learning process
  - (B) Social emotional control
  - (C) Physical and motor development
  - (D) Unfolding of traits potentially present resulting from hereditary endowment
23. Who established the fact that hereditary characteristics are transmitted from parents to children through genes ?
- (A) G. J. Mendel
  - (B) Erickson
  - (C) Jean Piaget
  - (D) Uri Bronfrenbrener
24. Development follows a particular sequence :
- (A) Cephalo-caudal
  - (B) Proximodistal
  - (C) Cephalo-caudal and proximodistal
  - (D) Stage by stage

25. Physical growth of the child is the outcome of the factors :
- (A) Age, sex and hereditary
  - (B) Maturation of the brain, muscle and skeletal system
  - (C) Development of the brain and nervous system
  - (D) Food, nutrition and health care
26. In which period of life is Growth very rapid ?
- (A) First three years of life
  - (B) During puberty
  - (C) Early childhood years
  - (D) Early adulthood
27. A child's ability to talk is dependent upon :
- (A) Development of speech organs
  - (B) Maturation of brain
  - (C) Learning experiences
  - (D) Development of speech organs and maturation of the brain
28. Which is the period of Middle childhood ?
- (A) 2 to 6 years
  - (B) 6 to 10 years
  - (C) 11 to 13 years
  - (D) 14 to 18 years
29. What is the most important crisis faced by adolescents as stated by Erickson ?
- (A) Identity confusion
  - (B) Physical growth and sexual maturity
  - (C) Voice change
  - (D) Identity and role confusion
30. Adolescence is marked by significant changes :
- (A) Physical changes
  - (B) Sexual changes
  - (C) Emotional changes
  - (D) Physical, sexual, emotional and behavioural changes
31. What are the developmental tasks during adolescence ?
- (A) Learning to get along with age-mates
  - (B) Accepting one's physique and accepting one's sex role
  - (C) Selecting a mate
  - (D) Achieving civic and social responsibility

32. In which way the understanding of the stages of human development helps ?
- (A) Predict behaviour and accordingly responds to the needs of the individual
  - (B) Identify any developmental deviance if any
  - (C) Ensure better growth and development
  - (D) Plan better health care strategies
33. Aging is a natural process that brings developmental changes as :
- (A) Retirement from jobs
  - (B) Shrinking of family pattern
  - (C) Reduce friends circle
  - (D) Weakened eyesight and reaction patterns
34. What is the key to successful ageing ?
- (A) Sound financial condition
  - (B) Post retirement engagements
  - (C) Having a large family
  - (D) Maintaining quality life and relationships with good mental health
35. Mention the problem that the contemporary family faces :
- (A) Unemployment
  - (B) Gender discrimination
  - (C) Gender violence
  - (D) Occupational health hazards
36. The most important cause of marital disharmony and conflict in families today is :
- (A) Infidelity
  - (B) Economic scarcity
  - (C) In laws problem
  - (D) Housing problem
37. In divorce, who is the most affected individual in the family ?
- (A) Husband
  - (B) Wife
  - (C) Children
  - (D) Old parents
38. Family problems can be solved through which one of the following modes ?
- (A) Family counselling
  - (B) Individual counselling
  - (C) Counselling to the women
  - (D) Counselling to children

39. In India Gender discrimination starts :
- (A) Before birth
  - (B) After birth
  - (C) During childhood
  - (D) After marriage
40. The International Day of Older Persons is celebrated annually on :
- (A) 1st April
  - (B) 30th June
  - (C) 15th September
  - (D) 1st October
41. Home management process involves steps as planning, controlling and :
- (A) Weighing values and making decisions
  - (B) Use of resources
  - (C) Acceptance of the consequences of planning
  - (D) Evaluation
42. The basis for Home management is :
- (A) Planning and controlling
  - (B) Evaluation
  - (C) Implementation
  - (D) Decision making
43. What are the methods adopted to maximize the use of resources in the household ?
- (A) Increasing supply and balancing choices among resources
  - (B) Wise decision making
  - (C) Adopting economy in the use of resources
  - (D) Increase in money income
44. Which are the Human resources ?
- (A) Metabolism
  - (B) Money
  - (C) Knowledge and skills
  - (D) Wages and savings
45. Decision making involves :
- (A) Knowledge and skills
  - (B) Problem solving ability
  - (C) Values and goals
  - (D) Mental ability and Rationality
46. What are the tools of time management ?
- (A) Handling peak load periods
  - (B) Reducing fatigue
  - (C) Time schedule
  - (D) Evaluation of time plan

47. Mundel's classes of change is applied to :
- (A) Change in hand and body motions
  - (B) Change in body posture
  - (C) Change in work plan
  - (D) Change in the daily work routine
48. A chart which shows step by step description of the method used in doing a task :
- (A) Operation chart
  - (B) Process chart
  - (C) Pathway chart
  - (D) Micromotion film analysis
49. A kitchen that enhances its efficiency by proper planning of :
- (A) Work places
  - (B) Storage places
  - (C) Cooking spaces
  - (D) All work centres
50. Many tasks require a great deal of walking and frequent changes from one type of muscular work to another. It is then advisable to :
- (A) Change the task quickly
  - (B) Avoid such tasks
  - (C) Proceed with operation until finished
  - (D) Take a break or rest in between the task
51. Who is the key factor in influencing market activities ?
- (A) Whole seller
  - (B) Retailer
  - (C) Producer
  - (D) Consumer
52. What is the role of a consumer ?
- (A) To spend money to buy goods and services
  - (B) To fulfil the needs and provide satisfaction to family members
  - (C) Earner, spender, saver and investor of money
  - (D) Purchases any goods or avail any services free of charge

53. What is the major objective of consumer education ?
- (A) Understand different products available in the market
  - (B) Learn different ways of consumption
  - (C) To evaluate products efficiently
  - (D) Help people to manage their money wisely by making wise choice in the market
54. What is the Right of a Consumer ?
- (A) Right to buy
  - (B) Right to sell
  - (C) Right to seek compensation/redressal
  - (D) Right to speak about the product
55. What are the responsibilities of a Consumer ?
- (A) To buy products within means
  - (B) To compare products with similar products
  - (C) To speak out about the product of choice
  - (D) To know his/her rights as a consumer
56. How are Consumers Protected ?
- (A) Good buymanship
  - (B) Wise decision making
  - (C) Consumer bill of rights
  - (D) Awareness on products or services
57. The Manufacturers indulge in Sale Gimmicks by sale of :
- (A) Substandard quality products
  - (B) Imitation or duplicate products
  - (C) Alluring advertisements
  - (D) Free gifts and discounts
58. The World Consumer Rights Day is celebrated on :
- (A) 24th December
  - (B) 15th March
  - (C) 23rd April
  - (D) 10th November

59. Mention the name of the third party using special negotiation and communication technique for settling consumer disputes :
- (A) State Consumer Helpline  
 (B) Grahak Suvida Kendra  
 (C) Mediation  
 (D) National Consumer Helpline
60. Which Act provides protection to consumers against the malpractice of underweight or under measures of the products ?
- (A) The Standard Weights and Measures Act, 1976  
 (B) Prevention of Food Adulteration Act, 1954  
 (C) Consumer Protection Act, 1986  
 (D) Central Packaged Commodities Order, 1975
61. What is Extension Education ?
- (A) An adult education programme  
 (B) Pure science-based knowledge  
 (C) Adult and Informal education  
 (D) Education in Humanities and Social Sciences
62. Who is known as the Father of Extension Education ?
- (A) J. P. Leagans  
 (B) Albert Mayer  
 (C) A. H. Saville  
 (D) E. Brunner
63. What are the objectives of Extension Education ?
- (A) To change the attitude and practices of people with whom the work is done  
 (B) Educate adult people on alphabets and grammar  
 (C) Provide formal education to rural people  
 (D) Education for Youths on self employment
64. Which one is the principle of Extension Education ?
- (A) Classroom teaching  
 (B) Writing and speaking  
 (C) Demonstration  
 (D) Leadership

65. Which fundamental method is "learning by doing" ?
- (A) Teaching  
(B) Exhibition  
(C) Fairs  
(D) Demonstration
66. Programme Planning involves :
- (A) Only planning  
(B) Only evaluation  
(C) Planning, implementation and evaluation  
(D) Planning and evaluation
67. Who said, "An Extension programme is a statement of situation, objectives, problems and solutions" ?
- (A) Boyle  
(B) Kelsey and Hearne  
(C) Roger  
(D) Leagans
68. Which step in program planning involves developing the programme by identifying the needs to be done to achieve the objectives ?
- (A) 1st step  
(B) 2nd step  
(C) 3rd step  
(D) 4th step
69. Identification of needs of people is a part of :
- (A) Programme of work  
(B) Teaching method  
(C) Step of demonstration  
(D) Best quality of work
70. Who, What, When and Where are the part of :
- (A) Evaluation  
(B) Plan of work  
(C) Method of approach  
(D) Calender of work
71. How is Communication known ?
- (A) Sharing of ideas and information  
(B) Verbal expression  
(C) Written expression  
(D) Non-verbal expression
72. What are the elements of communication ?
- (A) Motivation  
(B) Personality traits  
(C) Treatment and the channel  
(D) Readiness to send message

73. What are the main purposes of communication ?
- (A) Education, information and entertainment
  - (B) Keeping good rapport
  - (C) Developing healthy relationship
  - (D) Influencing others
74. What are the tools of effective extension work ?
- (A) Communication media
  - (B) Motivation
  - (C) Feed back
  - (D) Work plan
75. What is the most widely used communication method for individual approach ?
- (A) Personal letter
  - (B) Telephone call
  - (C) Farmers call
  - (D) Farm and Home visit
76. Which approach is essential for skill training ?
- (A) Method demonstration
  - (B) Result demonstration
  - (C) Group discussion
  - (D) Field trips
77. Which type of chart highlights the development or growth of a thing ?
- (A) Table chart
  - (B) Flow chart
  - (C) Strip-teach chart
  - (D) Tree chart
78. In mass media channels, message flow is :
- (A) One way
  - (B) Two way
  - (C) Three way
  - (D) Four way
79. Which scientist stated "Who says what he says in which channel to whom with what effect" in communication ?
- (A) Aristotle
  - (B) David Berlo
  - (C) Harold Lasswell
  - (D) Leagans
80. Mention the Time-space-Time communication channels ?
- (A) Printed materials, Radio and TV
  - (B) Books and magazines
  - (C) Audience participation
  - (D) Public meetings or exhibitions

81. What is the length range of staple fibers ?
- (A)  $\frac{1}{2}$ -10 cms  
 (B) 1-20 cms  
 (C) 1-40 cms  
 (D) 1-60 cms
82. Identify the filaments fiber :
- (A) Cotton  
 (B) Wool  
 (C) Linen  
 (D) Rayon
83. Which properties of wool makes it a popular fiber ?
- (A) Durability  
 (B) Absorbency  
 (C) Feeling  
 (D) Warmth
84. How many sets of yarn does a woven fabrics consist ?
- (A) One set  
 (B) Two sets  
 (C) Three sets  
 (D) Four sets
85. Which set of yarn are fitted on to the loom ?
- (A) Warp yarn  
 (B) Weft yarn  
 (C) Both warp and weft yarn  
 (D) Extra yarn
86. Which are the basic weaves in fabric construction ?
- (A) Plain weave  
 (B) Twill weave  
 (C) Satin weave  
 (D) Plain, twill and satin weaves
87. The selvedge of the fabric is constructed on the :
- (A) Lengthwise edge of the fabric  
 (B) Widthwise edge of the fabric  
 (C) Both lengthwise and widthwise  
 (D) Face of the fabric
88. Denim and jeans are made up of :
- (A) Rib weave  
 (B) Basket weave  
 (C) Twill weave  
 (D) Satin weave
89. The unfinished fabric that comes from the loom are called as :
- (A) White fabrics  
 (B) Gray fabrics  
 (C) Weighted fabrics  
 (D) Bleached fabrics

90. A finishing process that adds sheen to the fabrics :
- (A) Embossing
  - (B) Beetling
  - (C) Moireing
  - (D) Calendering
91. What is Research ?
- (A) An endeavour to discover facts by scientific method
  - (B) A formal process of collecting information
  - (C) Acquiring knowledge on a subject
  - (D) Finding answers to questions in mind
92. Which Research aims to understand phenomena by discovering and measuring causal relations among them ?
- (A) Exploratory research
  - (B) Descriptive research
  - (C) Analytical research
  - (D) Predictive research
93. What is the name of the Conceptual Framework in which the research work is carried out ?
- (A) Hypothesis
  - (B) Synopsis
  - (C) Research paradigm
  - (D) Research design
94. Which is the following feature considered as critical in qualitative research ?
- (A) Collecting data with standardized research tools
  - (B) Design sampling with probability sample technique
  - (C) Collecting data with bottom-up empirical evidence
  - (D) Gathering data with top-down schema evidence
95. What is the most important step of research ?
- (A) Need assessment
  - (B) Problem Identification
  - (C) Data analysis
  - (D) Research setting



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