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TEST BOOKLET

Sl. No: **0339**

Subject Code: **12**

Subject: **HOME SCIENCE**

**WRITTEN TEST FOR RECRUITMENT OF POST GRADUATE TEACHERS FOR
NON-GOVT. AIDED HIGHER SECONDARY SCHOOLS 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 options. You have to select the correct answer which you want to mark (darken) on the OMR Answer Sheet. In any case, choose ONLY ONE answer for each question. If more than one answer is darkened, it will be considered 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 OMR Answer Sheet.**
- 5. All questions carry equal marks. While 1.5 marks will be awarded for each correct answer, 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 OMR Answer Sheet as per the instructions in your Admit Card.**
- 7. On completion of the Examination, you should hand over the original copy of OMR Answer Sheet issued to you to the Invigilator before leaving the Examination Hall. You are allowed to take with you the candidate's copy (second copy) of the OMR Answer Sheet along with the Test Booklet for your reference.**

Candidate's full signature

Invigilator's signature

P.T.O.

1. Which of the following food items is the best source of plant proteins ?
- (A) Milk (B) Egg
(C) Legumes (D) Cereals
2. Which of the following statements is false about nutrients in milk ?
- (A) Good source of calcium (B) Good source of protein
(C) Good source of Vitamin-C (D) Good source of Vitamin-A
3. Which of the following is the indigestible portion of diet essential to the health of the digestive system ?
- (A) Carbohydrate (B) Fats
(C) Roughage (D) Protein
4. Plunging food into boiling liquid and immersing in cold water is called :
- (A) Marinating (B) Coating
(C) Soaking (D) Blanching
5. For tomato sauce preparation, the chemical preservative added is :
- (A) Potassium metabisulphite (B) Sorbic acid
(C) Sodium benzoate (D) Citric acid
6. Jams, Jellies and Pickles are preserved by the principle of :
- (A) Fermentation (B) Osmosis
(C) Gelatinization (D) Dehydration
7. Food Safety and Standards Act was implemented in the year :
- (A) 2004 (B) 2007
(C) 2005 (D) 2006
8. The fair price shops dealing with distribution of certain basic items among the people to regulate price and quality of food stuff in the region is known as :
- (A) Public Distribution System (B) Public Marketing System
(C) Fair Price System (D) Kirana Shops

9. Codex Alimentarium in Latin means :
- (A) Food safety (B) Food classification
(C) Food law (D) Food adulteration
10. FPO stands for :
- (A) Food Processing Orders (B) Fruit Product Order
(C) Food Product Order (D) Food Product Organisation
11. Which of the following is associated with the development of atherosclerosis?
- (A) Complex Carbohydrate (B) Protein
(C) Vitamins (D) Lipid
12. Renal Calculi, kidney damage, muscle and bone weakness, excessive bleeding and excessive thirst are likely toxicity signs of too much of :
- (A) Vitamin-C (B) Vitamin-D
(C) Vitamin-A (D) Vitamin-K
13. Cold hands and feet, dry hair, irritability, nervousness, obesity and simple goitre are symptoms of deficiency of :
- (A) Cobalt (B) Iodine
(C) Iron (D) Copper
14. The recommended daily requirement of Zinc for women is :
- (A) 25 mg (B) 35 mg
(C) 5 mg (D) 11 mg
15. The recommended daily extra allowance of energy for pregnant woman is :
- (A) +200 Kcal (B) +350 Kcal
(C) +150 Kcal (D) +550 Kcal
16. Beriberi is caused by deficiency of which of the following vitamins :
- (A) Vitamin-B12 (B) Vitamin-B2
(C) Vitamin-B1 (D) Vitamin-B3

17. Calculate the Body Mass Index (BMI) for a person whose height is 1.75m and weight is 99 Kg.
- (A) 29 (B) 32
(C) 39 (D) 43
18. Which organisation was established on December 11, 1946 after the World War II ?
- (A) FAO (B) UNICEF
(C) WHO (D) NIN
19. ICMR-NIN is situated in :
- (A) Kolkata (B) Delhi
(C) Hyderabad (D) Mumbai
20. Central Food Technological Research Institute (CFTRI) is under which council ?
- (A) ICMR (B) CSIR
(C) ICAR (D) CRN
21. Under Food fortification theme, the salt is fortified with :
- (A) Sodium and Potassium (B) Zinc and Phosphorous
(C) Iron and Iodine (D) Magnesium and Calcium
22. Low Sodium Diet is recommended to the persons with :
- (A) Gastro-Intestinal disorder (B) Cancer
(C) Lungs disease (D) Cardio-vascular disease
23. Vitamin-D deficiency in elderly persons causes :
- (A) Rickets (B) Osteoporosis
(C) Parkinson's disease (D) Diabetes mellitus
24. The Lactic Acid Bacteria (LAB) is an example of :
- (A) Preservative (B) Flavouring agent
(C) Probiotics (D) Prebiotics

25. Hidden Hunger refers to :
- (A) Protein deficiency (B) Energy deficiency
(C) Micro-nutrient deficiency (D) Water deficiency
26. Oedema is seen in which of the following conditions ?
- (A) Kwashiorkor (B) Marasmus
(C) Rickets (D) Goitre
27. The gestation period in human beings is approximately :
- (A) 240 days (B) 210 days
(C) 280 days (D) 290 days
28. How many numbers of chromosomes are there in a zygote ?
- (A) 23 (B) 42
(C) 46 (D) 45
29. The inner lining of the uterine wall is called :
- (A) Perimetrium (B) Endometrium
(C) Myometrium (D) Epimetrium
30. The stage during three to eight weeks in prenatal development period is known as :
- (A) Germinal stage (B) Foetal stage
(C) Embryonic stage (D) Infancy stage
31. German Measles, which is a fatal disease during pregnancy is also called :
- (A) Syphilis (B) Rubella
(C) Mumps (D) Meningitis
32. The best method in assessing children is :
- (A) Case study (B) Self-report method
(C) Observational technique (D) Projective method

33. Children who have softer adipose tissue than muscular tissue, tend to :
- (A) Ectomorphy (B) Mesomorphy
(C) Endomorphy (D) Perimorphy
34. The gross and finer skills come under which development ?
- (A) Physical development (B) Motor development
(C) Social Development (D) Emotional development
35. Personality formation is one type of :
- (A) Intellectual development (B) Cognitive development
(C) Social Development (D) Analytical development
36. Who was not a psychologist ?
- (A) Jean Piaget (B) Sigmund Freud
(C) Alfred Marshall (D) E. B. Hurlock
37. Which of the following is not an acceptable social behaviour pattern?
- (A) Sympathy, Empathy (B) Friendliness, unselfishness
(C) Aggression, bullying (D) Generosity, loyalty
38. The development of analysis, synthesis, reasoning in children comes under :
- (A) Motor development (B) Cognitive development
(C) Physical development (D) Social Development
39. The rapid and confused speech is a speech disorder called :
- (A) Lispings (B) Slurring
(C) Stammering (D) Cluttering
40. Mal adjustment problems arise among children due to upbringing by :
- (A) Family (B) Cultural setting
(C) School (D) Society

41. In the contemporary families, the authority of aged members is :
- (A) Increasing (B) Decreasing
(C) Unchanged (D) Dominating
42. Early Childhood Care and Education is very important in the child's :
- (A) Holistic development (B) Physical development
(C) Emotional development (D) Motor development
43. The first stage of family life cycle is :
- (A) Child bearing families (B) Families with preschool children
(C) Married couples (D) Families with teenagers
44. What is the major family problem in urban area ?
- (A) Work life balance (B) Care of the elderly people
(C) Families with disabled (D) Economic distress
45. Divorce in general occurs due to :
- (A) Poor marital adjustment (B) Economic distress
(C) Disabled members in family (D) Influence of social media
46. Dowry Prohibition Act was enacted in the year :
- (A) 1960 (B) 1961
(C) 1962 (D) 1963
47. The change in population is an example of :
- (A) Economic change (B) Political change
(C) Demographic change (D) Geographical change
48. Which one of the following is the major factor for strong families?
- (A) Spousal understanding (B) Authoritarian parents
(C) Good economic condition (D) Educated parents

49. The psychology that deals with the elderly persons is :
- (A) Paediatric psychology (B) Geriatric psychology
(C) Adult psychology (D) Adolescent psychology
50. Dementia in old age refers to :
- (A) Temporary memory loss (B) Hearing loss
(C) Loss of vision (D) Loss of appetite
51. Enthusiasm is :
- (A) A negative attribute of a homemaker (B) Not an attribute of a homemaker
(C) The nature of a homemaker (D) The quality of a homemaker
52. Values, standards and goals are :
- (A) Elements of management (B) Functions of management
(C) Motivating factors in management (D) Resource management
53. Obtaining information and formulating possible course of action is the :
- (A) Second step of decision making (B) Factors affecting decision making
(C) One faulty step of management (D) First step of resource management
54. Attitude and knowledge are the :
- (A) Financial resources (B) Non-human resources
(C) Material resources (D) Human resources
55. Peak loads are the :
- (A) Factors of time management (B) Tools of work curves
(C) Tools in time management (D) Rest period
56. Satisfaction is :
- (A) Money income (B) Total income
(C) Real income (D) Psychic income

57. Home management process involves steps such as planning, controlling and _____
- (A) Resource mobilization (B) Use of resources
(C) Making decisions (D) Evaluation
58. Which of the following is a part of household budget planning ?
- (A) Children's Education (B) Honesty of the homemaker
(C) Gross Domestic Product (D) National income
59. When budget receipts are more than budget expenditure, the budget is called :
- (A) Deficit budget (B) Surplus budget
(C) Planned budget (D) Unplanned budget
60. Lines are the basic elements of design associated with :
- (A) Physical condition of human body (B) Position of human body
(C) Posture of human body (D) Mental state of human body
61. Placing or grouping of objects refers to :
- (A) Use of rhythm (B) Use of balance
(C) Use of harmony (D) Use of emphasis
62. The relationship of sizes or areas to one another or to a whole represents :
- (A) Informal balance (B) Proportion
(C) Movement of eyes (D) Single idea
63. Prang colour chart represents :
- (A) Yellow, Blue, Red (B) Blue, Red, White
(C) Red, Yellow, Orange (D) Yellow, Blue, Green
64. Tertiary colour is produced from :
- (A) Mixing of primary colours (B) Mixing of quaternary colours
(C) Mixing of monochromatic colours (D) Mixing of two secondary colours

65. The Consumer Protection Act came into existence and was implemented in the year :
- (A) 1996 (B) 1986
(C) 1985 (D) 1984
66. How many redressal agencies are functional under the Consumer Protection Act ?
- (A) 3 (B) 2
(C) 5 (D) 4
67. Right to Safety is one of the :
- (A) Rights of a producer (B) Responsibilities of a consumer
(C) Rights of a consumer (D) Rights of a trader
68. Labels and catalogues are used as :
- (A) Consumer aids (B) Consumer products
(C) Consumer association (D) Redressal agencies
69. The quality mark used for environment friendly products is :
- (A) Eco Mark (B) FPO
(C) AGMARK (D) ISI
70. Which date is celebrated as "National Consumer Day" ?
- (A) 22nd November (B) 23rd December
(C) 24th December (D) 21st January
71. Adequate and accurate information about quality, quantity, purity standard and the price of the goods and services is provided by :
- (A) Right to choose (B) Right to be heard
(C) Right to be informed (D) Right to safety
72. Extension education refers to :
- (A) Education belonging to one discipline
(B) Book oriented education
(C) Communication and transfer of technology
(D) Education beyond the formal boundary

73. Learning by doing is one of the :
- (A) Elements of extension education
 (B) Laws of extension education
 (C) Principles of extension education
 (D) Factors affecting extension education
74. Who is the father of extension education ?
- (A) O. P. Dahama (B) V. K. Dubey
 (C) J. P. Leagan (D) S. V. Supe
75. Simple living and high thinking is one of the qualities of :
- (A) Corporate executive (B) Manager
 (C) Entrepreneur (D) Extension Worker
76. Who said : "Extension is changing the attitude, knowledge and skills of the people" :
- (A) D. Ensminger (B) Kelsey and Hearne
 (C) S. P. Shukla (D) R. Bhatnagar
77. Which one is the first step of programme planning?
- (A) Organizing (B) Controlling
 (C) Implementing (D) Analyzing the situation
78. Who suggested the eleven principles of programme planning ?
- (A) Loomis and Beegle (B) Kelsey and Hearne
 (C) Schramm (D) David Berlo
79. Evaluation of extension programme is done to :
- (A) Continue a programme
 (B) Prevent a stagnation of the programme
 (C) Maintain records of the programme
 (D) Assess and check the programme

80. The full form of SMART objectives is :
- (A) Specific, Measurable, Achievable, Realistic, Time bound
 (B) Success, Measurable, Acceptable, Reward, Target
 (C) Smart, More, Accept, Repeat, Trigger
 (D) Specific, Motivation, Adjustment, Receivable, Total
81. In which of the following models of communication, there are six elements ?
- (A) Schramm's Model (B) Berlo's Model
 (C) Riley's Model (D) Lasswell's Model
82. A communication process comprises elements like communicator, message, channels and :
- (A) Receiver (B) Audience
 (C) Feedback (D) Diffusion
83. The responses, reaction and information from the audience to the communicator is called :
- (A) Channel (B) Message
 (C) Feedback (D) Information
84. The avenue of communication is known as :
- (A) Message (B) Channel
 (C) Sender (D) Receiver
85. SMCRE is a :
- (A) Financial model (B) Community model
 (C) Communication model (D) Behaviour model
86. The use of radio talks is a :
- (A) Individual approach (B) Group approach
 (C) Community approach (D) Mass approach

87. Transmitting the technology in a simple and understandable form is :
- (A) Direct contact method (B) Demonstration method
(C) Group method (D) Lecture method
88. Rayon is known as :
- (A) Natural fibre (B) Animal fibre
(C) Metal fibre (D) Artificial silk
89. Which of the following dyes is used in acrylic fibres ?
- (A) Mordant (B) Basic
(C) Disperse (D) Direct
90. The group of warp and weft threads interlaced to form a simple criss cross pattern is :
- (A) Basket weave (B) Twill weave
(C) Plain weave (D) Satin weave
91. The ability of the fabric to come back to its original position is known as :
- (A) Drapability (B) Smoothness
(C) Elasticity (D) Lusture
92. Which of the natural fibres usually comes in the form of continuous filament ?
- (A) Wool (B) Silk
(C) Linen (D) Cotton
93. Applied research deals with :
- (A) Identifying the facts
(B) Only secondary data
(C) Finding a solution for an immediate problem
(D) Empirical data
94. Which of the following characteristics of the secondary data must be verified by the researcher ?
- (A) Reliability, Suitability, Adequacy
(B) Suitability, Flexibility, Completeness
(C) Inadequacy, Incompleteness, Testability
(D) Reliability, Inadequacy, Source

95. In which of the following sampling techniques, the population has not an equal chance to participate in research study ?
- (A) Sampling design (B) Snow ball
(C) Probability sampling (D) Non-probability sampling
96. Cartograms are used to present :
- (A) Population data (B) Geographic data
(C) Financial data (D) Calculated data
97. ANOVA is an example of :
- (A) Non- parametric test (B) Aptitude test
(C) Logical reasoning (D) Parametric test
98. The complete outline of the research report is presented at :
- (A) Main text (B) Review of literature
(C) Result and discussion (D) Bibliography
99. Sample design must result in a :
- (A) Sampling unit (B) Sampling source
(C) Truly representative sample (D) Independent variable
100. Schedule is generally filled by :
- (A) Respondent (B) Subject Specialist
(C) Client (D) Enumerator

SPACE FOR ROUGH WORK

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