

HOME SCIENCE

1. Which one of the following is *not* a body building food ?
 - (a) Mango
 - (b) Green gram dal
 - (c) Cheese
 - (d) Chicken
2. The highest concentration of Vitamin A is seen in :
 - (a) Polar bear liver
 - (b) Fish liver oil
 - (c) Tomato
 - (d) Papaya
3. All of the following are trace contaminants with no known function, *except* :
 - (a) Aluminium
 - (b) Molybdenum
 - (c) Barium
 - (d) Boron
4. All of the following are *true* of Soyabean, *except* :
 - (a) 40% protein and 20% fat
 - (b) Lysine deficient
 - (c) Proteins of high nutritive value
 - (d) 4% minerals
5. Which of the following indicates chronic malnutrition ?
 - (a) Decreased height for age
 - (b) Decreased weight for height
 - (c) Decreased weight for age
 - (d) None of the above

6. Pasteurization by Holder method is heating milk at :
- (a) 60°C for 45 minutes
 - (b) 65°C for 30 minutes
 - (c) 100°C for 15 minutes
 - (d) 136°C for 15 minutes
7. Target groups in ICDS programme are all, *except* :
- (a) Children upto 6 years
 - (b) Pregnant and lactating women
 - (c) Women in 15-44 years age group
 - (d) School going children
8. Immunity conferred by measles vaccine lasts for :
- (a) 5 years
 - (b) 10 years
 - (c) 15 years
 - (d) Life long
9. During pregnancy the calcium requirement is :
- (a) 50 mg
 - (b) 100 mg
 - (c) 500 mg
 - (d) 1000 mg
10. The toxin in Khesari dal is known as :
- (a) Beta oxalyl amino alanine
 - (b) Beta oxalyl amino acetate
 - (c) Beta oxalyl amino arginine
 - (d) Beta oxalyl amino transferase

11. World AIDS Day is observed every year on :
- (a) January 31st
 - (b) May 1st
 - (c) February 1st
 - (d) October 1st
12. Weaning is started at 4th to 5th month because :
- (a) it increases tooth eruption
 - (b) prevent's deformity of Jaw
 - (c) only mother's milk is not sufficient
 - (d) taste buds are well developed by this time
13. Most common cause of neonatal mortality is :
- (a) Low birth weight
 - (b) Haemolytic disease of new-born
 - (c) Birth anoxia
 - (d) Congenital anomalies
14. Jean Piaget's theory of cognitive development focused on :
- (a) The resolution of psychological crisis
 - (b) Improvements in mental hardware and software
 - (c) Children's creation of 'Theories' that help them understand their worlds
 - (d) Adaptive behaviours that are learned during critical period
15. The first 22 pairs of chromosomes :
- (a) contain either X or Y chromosomes
 - (b) determine the sex of the individual
 - (c) are called autosomes
 - (d) do not vary in size

16. The complete set of genes that makes up an individual's heredity is known as one's :
- (a) phenotype
 - (b) deoxyribonucleic acid
 - (c) genotype
 - (d) genes
17. Being born feet first is known as :
- (a) anoxia
 - (b) breech presentation
 - (c) crowning
 - (d) dilation
18. For girls, puberty typically begins with :
- (a) menstruation
 - (b) the appearance of pubic hair
 - (c) growth of the breasts and the growth spurt
 - (d) ovulation (the release of an egg from the ovary)
19. Most children use a spoon like an adult by the time they are .
- (a) 6 months old
 - (b) 12 months old
 - (c) 18 months old
 - (d) 24 months old
20. Which of the following emerges first ?
- (a) Guilt
 - (b) Embarrassment
 - (c) Pride
 - (d) Fear

21. As children grow from preschoolers to adolescents, their self-concepts become :
- (a) more concrete
 - (b) more elaborate and richer
 - (c) less psychological
 - (d) less future oriented
22. Child abuse is more likely to occur when :
- (a) Children are infants or preschoolers than when they are older
 - (b) Children are healthy
 - (c) Parents have frequent contact with and receive help from friends and relatives
 - (d) Parents have low expectations for their children
23. An intelligence test is reliable if it :
- (a) yields scores that are consistent over various time intervals
 - (b) measures what it claims to measure
 - (c) yields similar scores on equivalent forms
 - (d) has been standardized
24. All of the following are problems antisocial in nature in children, *except* :
- (a) Lying
 - (b) Gambling
 - (c) Unsociability
 - (d) Destructiveness
25. Which of the following abilities marks the end of the sensorimotor period ?
- (a) The ability to use mental symbols
 - (b) Walking
 - (c) Talking
 - (d) The decline of egocentrism

26. Synthetic dyes were first derived from coal tar in :
- (a) 1856
 - (b) 1842
 - (c) 1831
 - (d) 1820
27. Most tension problems are caused by :
- (a) incorrect thread for the fabric
 - (b) tension mark wrongly set
 - (c) wrongly inserted or damaged needle
 - (d) All of the above
28. Block Printing was practised by Chinese and Indians some :
- (a) four thousand years ago
 - (b) three thousand years ago
 - (c) two thousand years ago
 - (d) none of the above is correct
29. Hemming is always over :
- (a) a folded edge
 - (b) a raw edge
 - (c) a smooth edge
 - (d) both (a) and (b) are correct
30. Long and thin neck can wear :
- (a) close-fitted collars
 - (b) high collars
 - (c) fluffy collars
 - (d) all of the above

31. The short stout figure should avoid :
- (a) horizontal lines
 - (b) vertical lines
 - (c) straight lines
 - (d) none of the above
32. Begin at the left hand side of the part to be darned because :
- (a) it is easier to see any pattern that has to be repeated in the darn
 - (b) the hand does not cover up the darn while it is in progress
 - (c) the hand does not rub over the mending which might fray or become rough looking
 - (d) all of the above are correct
33. Wave stitch is a :
- (a) very popular smocking stitch
 - (b) Herring-bone stitch
 - (c) cable stitch
 - (d) stitch worked from left to right
34. Good conductors of heat are :
- (a) Rayons
 - (b) Cottons
 - (c) Linens
 - (d) None of the above
35. Harmony is created in the elements like :
- (a) line and shape
 - (b) texture and colour
 - (c) both (a) and (b) are correct
 - (d) None of the above is correct

36. On the basis of degree of permanence, finishes are classified as :
- (a) Permanent
 - (b) Durable or semi-durable
 - (c) Temporary
 - (d) All of the above
37. Normal distribution curve depends on :
- (a) Mean and sample
 - (b) Mean and median
 - (c) Median and standard deviation
 - (d) Mean and standard deviation
38. For effective group discussion, the group should consist of :
- (a) 4-5
 - (b) 6-20
 - (c) 30-50
 - (d) 60-75
39. The best method of teaching an urban slum about low cost nutritious recipes is :
- (a) Flash cards
 - (b) Lecture
 - (c) Demonstration
 - (d) Role play
40. The current five year plan is :
- (a) Eighth
 - (b) Ninth
 - (c) Tenth
 - (d) None of the above

41. First Community Development Programme was launched in :
- (a) 1940
 - (b) 1952
 - (c) 1965
 - (d) 1970
42. Red Cross does all the following, *except* :
- (a) Service to war veterans and armed forces
 - (b) Blood donation camp
 - (c) Disaster service
 - (d) Maternity and child welfare service
43. WHO Day is :
- (a) 1st Feb.
 - (b) 7th April
 - (c) 21st May
 - (d) 31st December
44. Extension education as a discipline has its historical roots in :
- (a) U.S.A.
 - (b) U.K.
 - (c) Germany
 - (d) India
45. We tend to remember :
- (a) 90% of what we both say and do
 - (b) 70% of what we say
 - (c) 50% of what we hear and see
 - (d) All of the above are correct

46. 'Extension Programme is a statement of situation, objectives, problems and solutions', is a definition given by :
- (a) Guilford
 - (b) Kelsey and Hearne
 - (c) John and Bell
 - (d) Kohli and Jaya
47. Rural Sociology is :
- (a) scientific study of 'the laws of the structure and development of rural society
 - (b) studies the attitude and behaviour of rural people
 - (c) studies needs and interests of rural people
 - (d) All of the above are correct
48. When an individual forms a favourable or unfavourable attitude towards the innovation is called :
- (a) Persuasion
 - (b) Confirmation
 - (c) Rejection
 - (d) None of the above is correct
49. The communication channels are classified as follows :
- (a) Mass media—Newspapers, Radio, Magazines etc.
 - (b) Government agencies—Extension workers etc.
 - (c) Salesmen and commercial dealers
 - (d) All of the above are correct
50. The last substage is the time of :
- (a) Parenthood
 - (b) Retirement
 - (c) Adulthood
 - (d) None of the above is correct

51. The managerial responsibilities in a family are :
- (a) Setting family goals
 - (b) Planning the use of family income
 - (c) Planning the use of time and energy
 - (d) All of the above are correct
52. Using the most comfortable body position while working :
- (a) eases the body
 - (b) relieves the strain
 - (c) eases the body and relieves the strain
 - (d) none of the above is correct
53. Much of the fatigue experienced in the day-to-day activities of living is of :
- (a) a physical nature
 - (b) a psychological nature
 - (c) a political nature
 - (d) none of the above is correct
54. The family's most widely used source of credit in day-to-day activities and operations is :
- (a) Store credit
 - (b) Book credit
 - (c) Both (a) and (b) are correct
 - (d) None of the above is correct
55. The annual costs of car ownership and maintenance which must be considered in planning the family's automobile budget include :
- (a) Car depreciation
 - (b) Fixed expenses
 - (c) Flexible expenses
 - (d) All of the above

56. In considering the problems of controlling operating expenses, an analysis should first inquire into their nature. They can be classified into :
- (a) Fixed
 - (b) Variable
 - (c) Both fixed and variable
 - (d) None of the above
57. Home management involves :
- (a) Planning
 - (b) Organisation
 - (c) Controlling
 - (d) Planning, organisation, controlling and evaluating
58. Common characteristics of resources are :
- (a) They are recognized as useful
 - (b) They are in limited supply
 - (c) They satisfy wants and need to be managed
 - (d) All of the above are correct
59. Primary colours are :
- (a) red, yellow and blue
 - (b) orange, red and yellow
 - (c) purple, blue and red
 - (d) none of the above
60. Moderate work requires :
- (a) 100 to 150% more energy than the resting energy
 - (b) 50 to 100% more energy
 - (c) 150 to 200% additional energy
 - (d) None of the above is correct