

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

T.B.C. : BAC-44

Test Booklet Series

Serial No. **600933**



TEST BOOKLET
HOME SCIENCE

Time Allowed : 2 Hours

Maximum Marks : 300

INSTRUCTIONS TO CANDIDATES

1. IMMEDIATELY AFTER THE COMMENCEMENT OF THE EXAMINATION, YOU SHOULD CHECK THAT THIS TEST BOOKLET **DOES NOT** HAVE ANY UNPRINTED OR TORN OR MISSING PAGES OR ITEMS ETC. IF SO, GET IT REPLACED BY A COMPLETE TEST BOOKLET.
 2. ENCODE YOUR OPTIONAL SUBJECT CODE AS MENTIONED ON THE BODY OF YOUR ADMISSION CERTIFICATE AND ADVERTISEMENT AT APPROPRIATE PLACES ON THE ANSWER SHEETS.
 3. ENCODE CLEARLY THE TEST BOOKLET SERIES A, B, C OR D AS THE CASE MAY BE IN THE APPROPRIATE PLACES IN THE ANSWER SHEET USING HB PENCIL.
 4. You have to enter your **Roll No.** on the Test Booklet in the Box provided along side. **DO NOT** write anything else on the Test Booklet.
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5. This Test Booklet contains **120** items (questions). Each item comprises four responses (answers). You will select the response which you want to mark on the Answer Sheet. In case, you feel that there is more than one correct response, mark the response which you consider the best. In any case, choose **ONLY ONE response** for each item.
 6. You have to mark all your responses **ONLY** on the **separate Answer Sheet** provided by using **HB pencil**. See instruction in the Answer Sheet.
 7. All items carry equal marks. All items are compulsory. Your total marks will depend only on the number of correct responses marked by you in the Answer Sheet. For each question for which a wrong answer is given by you, **one fifth (0.20) of the marks assigned to that question will be deducted as penalty.**
 8. Before you proceed to mark in the Answer Sheet the responses to various items in the Test Booklet, you have to fill in some particulars in the Answer Sheet as per instructions sent to you with your **Admission Certificate**.
 9. After you have completed filling in all your responses on the Answer Sheet and the examination has concluded, you should hand over to the Invigilator the **Answer Sheet**, the Test Booklet issued to you.

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1. The chief protein of rice is
 - (a) Casein
 - (b) Lactalbumin
 - (c) Orizine
 - (d) Zein
2. Enzyme used to tenderize meat is
 - (a) Papain
 - (b) Pepsin
 - (c) Renin
 - (d) Myocin
3. Fried foods available in the market are known as
 - (a) Precooked food
 - (b) Dehydrated food
 - (c) Ready to eat food
 - (d) Instant food
4. Caramelization of sugar starts at a temperature of
 - (a) 120°C
 - (b) 140°C
 - (c) 160°C
 - (d) 180°C
5. Niacin can be converted to _____ in our body.
 - (a) Thiamine
 - (b) Riboflavin
 - (c) Tryptophan
 - (d) Pyridoxine
6. Following nutrients are necessary for bone formation
 - (a) Vitamin A, Vitamin K and Vitamin B Complex
 - (b) Carbohydrates and fats
 - (c) Iron and Vitamin C
 - (d) Calcium, Vitamin D and Protein
7. Amount of water present in our body is
 - (a) 40%
 - (b) 60%
 - (c) 80%
 - (d) 85%
8. Anemia is caused due to deficiency of
 - (a) Iodine
 - (b) Iron
 - (c) Vitamin C
 - (d) Protein
9. Food group which is mainly used for garnishing purpose is
 - (a) Egg
 - (b) Fruits
 - (c) Oilseeds
 - (d) Nuts
10. The average energy requirement of a reference woman performing moderate activities is
 - (a) 1875 kcal/day
 - (b) 2875 kcal/day
 - (c) 2225 kcal/day
 - (d) 2425 kcal/day
11. Weight of an Indian reference woman is
 - (a) 60 kg
 - (b) 70 kg
 - (c) 50 kg
 - (d) 80 kg
12. Basic food groups are divided into
 - (a) Seven
 - (b) Five
 - (c) Four
 - (d) All the above

13. Weight gain during pregnancy in Indian women ranges between
 - (a) 5—9 kg
 - (b) 10—12 kg
 - (c) 12—14 kg
 - (d) 3—4 kg
14. A child should be weaned at the age of
 - (a) 2—4 months
 - (b) 4—6 months
 - (c) 6—8 months
 - (d) None of the above
15. The rapid growth rate is visible after infancy during
 - (a) Childhood
 - (b) Adulthood
 - (c) Adolescence
 - (d) Pregnancy
16. The rate of metabolism (basal) during pregnancy
 - (a) Increases
 - (b) Decreases
 - (c) Does not change
 - (d) Not definite
17. The practice generally used for reducing the cooking time of a pulse-kabuli channa is
 - (a) High cooking temperature
 - (b) Addition of salt
 - (c) Addition of soda
 - (d) All the above
18. Blanching of vegetables helps in
 - (a) Inactivation of enzymes
 - (b) Retention of colour
 - (c) (a) and (b)
 - (d) None of the above
19. Cooking of meat is essential for improving
 - (a) Volume
 - (b) Color
 - (c) Palatability
 - (d) Hardness
20. The unit reference portion of cereals is
 - (a) 40 g
 - (b) 30 g
 - (c) 50 g
 - (d) 100 g
21. Asepsis means
 - (a) Removal of all the micro-organism
 - (b) Removal of harmful micro-organism
 - (c) Hindering the growth of micro-organisms
 - (d) Killing the micro-organisms
22. _____ percent concentration of sugar is required for preserving fruits.
 - (a) 50
 - (b) 10
 - (c) 65
 - (d) 80
23. Semi perishable foods have _____ percent of moisture.
 - (a) > 60
 - (b) 15—60
 - (c) < 15
 - (d) None of the above
24. _____ is most harmful bacteria for food spoilage.
 - (a) Clostridium botulism
 - (b) Clostridium perfringes
 - (c) Salmonella
 - (d) None

25. The principle that dictates that development spreads over the body from head to foot
 - (a) Cephalo caudal
 - (b) Mass specific
 - (c) Peripheral
 - (d) Proximo distal
26. Normally fertilization occurs in
 - (a) Ovary
 - (b) Uterus
 - (c) Placenta
 - (d) Fallopian tube
27. Thyroid deficiency during pregnancy may lead to _____ in the child.
 - (a) Hydrocephaly
 - (b) Cretinism
 - (c) Spina bifida
 - (d) Haemolytic disease
28. Embryonic stage
 - (a) conception to end of second week
 - (b) end of second week to end of second lunar month
 - (c) end of second lunar month to end of seventh lunar month
 - (d) end of seventh lunar month to birth
29. Neonatal stage
 - (a) Birth to 2 weeks
 - (b) Birth to 4 weeks
 - (c) Birth to 8 weeks
 - (d) Birth to 10 weeks
30. Ordinarily the first temporary tooth cuts through the child's gum between
 - (a) 4 and 6 months
 - (b) 6 and 8 months
 - (c) 9 and 12 months
 - (d) 12 and 15 months
31. When sole of baby's foot is stroked baby's toes fan out, foot twists in. This reflex is called
 - (a) Moro
 - (b) Darwinian
 - (c) Babinski
 - (d) Rooting
32. Walking in the child is primarily the result of
 - (a) Imitation
 - (b) Maturation
 - (c) Parental guidance
 - (d) Learning
33. The age at which temper tantrums reach their peak
 - (a) 10 years
 - (b) 7 years
 - (c) 3 years
 - (d) 1 year
34. Release of pent-up emotional energy is known as emotional
 - (a) catharsis
 - (b) control
 - (c) balance
 - (d) dominance
35. Baby's first social responses are to
 - (a) adults
 - (b) other babies
 - (c) siblings
 - (d) play materials
36. Shyness is a form of
 - (a) Worry
 - (b) Anxiety
 - (c) Anger
 - (d) Fear

37. Piaget's term for changes in cognitive structure to include new information is
- (a) adaptation
 - (b) adjustment
 - (c) accommodation
 - (d) acceleration
38. The approximate ages of the pre-operational stage
- (a) Birth to 2 years
 - (b) 2 to 7 years
 - (c) 7 to 11 years
 - (d) 11 years and above
39. According to Piaget's theory "object permanence" develops during
- (a) Sensorimotor stage
 - (b) Pre operational stage
 - (c) Concrete operational stage
 - (d) Formal operational stage
40. Tendency to attribute life to objects that are not alive
- (a) Deferred imitation
 - (b) Signifier
 - (c) Transductive reasoning
 - (d) Animism
41. The rule which prescribe that a marriage partner be selected within a particular group to which one belongs
- (a) endogamy
 - (b) homogamy
 - (c) exogamy
 - (d) heterogamy
42. Legal age of marriage of a girl is
- (a) 16 years
 - (b) 21 years
 - (c) 20 years
 - (d) 18 years
43. Marriage satisfies following need
- (a) Need for new experiences
 - (b) Need for security
 - (c) Need for recognition
 - (d) All
44. Success of any marriage depends on
- (a) habits
 - (b) values
 - (c) adjustments
 - (d) attitudes
45. The following function of the family helps in perpetuation of race
- (a) status
 - (b) economic
 - (c) reproductive
 - (d) educational
46. Socialization is the prime responsibility of
- (a) family
 - (b) school
 - (c) peer group
 - (d) community
47. The family consisting of the parents and unmarried children is called
- (a) joint family
 - (b) nuclear family
 - (c) patriarchal family
 - (d) extended family
48. The functions of the family are divided among family members in the form of
- (a) roles
 - (b) values
 - (c) power
 - (d) status

49. Identify the instrumental value from the list
 - (a) love
 - (b) beauty
 - (c) efficiency
 - (d) religion
50. Conventional standards are generally
 - (a) flexible
 - (b) accepted by the community
 - (c) comparatively easy
 - (d) difficult to comprehend
51. The first step in decision making is to
 - (a) define the problem
 - (b) seek alternatives
 - (c) select a suitable alternative
 - (d) think through the alternatives
52. Which of the following is not very essential in a home maker ?
 - (a) punctuality
 - (b) creativity
 - (c) industry
 - (d) scientific temper
53. A longer warm-up period in a work curve indicates that the worker is
 - (a) highly motivated
 - (b) not skilled
 - (c) not motivated
 - (d) highly skilled
54. For a student the maximum peak load would be before the
 - (a) registration date
 - (b) semester break
 - (c) annual concert
 - (d) term paper
55. The amount of household work done in one hour under average conditions by an average worker is known as
 - (a) work unit
 - (b) time norm
 - (c) work norm
 - (d) time cost
56. A safe way of saving for the future is to invest in
 - (a) equity shares of nationalized banks
 - (b) bonds of a company
 - (c) chit fund company
 - (d) equity shares of a multinational company
57. Identify the task requiring expenditure of least calories per minute
 - (a) bed making
 - (b) ironing
 - (c) kneading dough
 - (d) dusting furniture
58. The very tired woman is likely to be the one who
 - (a) has no difficulty in getting to sleep at night
 - (b) has a child under 2 years of age
 - (c) is undisturbed by unfinished home-making tasks
 - (d) has a school going child
59. A tool used in making a more detailed study of some particular part of a Process in energy management is
 - (a) process chart
 - (b) pathway chart
 - (c) operation chart
 - (d) microanalysis chart

60. An effective method of overcoming psychological fatigue is to
 (a) take frequent rest breaks
 (b) take longer breaks
 (c) work uninterruptedly
 (d) none of the above
61. Spot the two areas/rooms which need to be grouped together for best use
 (a) bed room and study
 (b) kitchen and puja
 (c) dining and drawing
 (d) bath and water closet
62. The best material for kitchen counter top which is acid and alkali-proof is
 (a) marble
 (b) granite
 (c) stainless steel
 (d) mosaic
63. The most desirable site for construction of a residential house is one next to a
 (a) school
 (b) snacks parlour
 (c) shopping complex
 (d) park
64. Identify the odd one from the following in context of housing promotion scenario
 (a) HUDCO
 (b) HDFC
 (c) HSBC
 (d) HMWSSB
65. The furnishings that would go well with cane furniture
 (a) silk
 (b) voile
 (c) handloom
 (d) poplin
66. An area of least emphasis in an interior is generally the
 (a) floor
 (b) walls
 (c) windows
 (d) ceiling
67. In bisymmetrical balance in an interior
 (a) attraction on both sides is same, objects are not similar
 (b) attraction on both sides is not same, objects are different
 (c) attraction on both sides is same, objects are similar
 (d) attraction on both sides is unequal
68. A temple gopuram or a minaret best illustrates
 (a) rhythm through repetition
 (b) formal balance
 (c) rhythm through progression of sizes
 (d) harmony through transition
69. The authority of the District Consumer Court is to settle claims of value upto
 (a) Rs. 50,000
 (b) Rs. 1,00,000
 (c) Rs. 1,50,000
 (d) Rs. 10,00,000
70. An effective tool which gives maximum information about a product to a consumer is a
 (a) purchase bill
 (b) T.V. commercial
 (c) radio advertisement
 (d) pamphlet
71. While purchasing a commodity, it is the responsibility of the consumer to
 (a) bargain and ask for a bill and information
 (b) bargain for less without a bill
 (c) seek information
 (d) enquire about free offers and discounts

72. The Consumer Protection Act was passed in the year
 (a) 1956
 (b) 1966
 (c) 1976
 (d) 1986
73. Which of the following is classified as a natural cellulose fibre ?
 (a) Rayon
 (b) Wool
 (c) Silk
 (d) Linen
74. Man-made filament fibres are made into yarns by
 (a) Direct spinning
 (b) Chemical spinning
 (c) Mechanical spinning
 (d) Wet spitting
75. Cotton and linen fabrics are comfortable to wear in summer because they are
 (a) Durable
 (b) Absorbent
 (c) Resilient
 (d) Elastic
76. The one natural fibre that is of filament length is
 (a) Linen
 (b) Cotton
 (c) Silk
 (d) Wool
77. High degree of twist makes the yarns
 (a) Stronger
 (b) Uniform
 (c) Elastic
 (d) Weaker
78. A yarn that is uniform in texture throughout is called
 (a) Novelty yarn
 (b) Textured yarn
 (c) Simple yarn
 (d) Complex yarn
79. The jacquard loom
 (a) is capable of small complex designs only
 (b) Utilizes wooden pegs to control the pattern
 (c) Uses punched cards to control pattern
 (d) None of the above
80. Satins and sateen weaves are characterized by
 (a) Long float yarns, smooth, shiny fabrics
 (b) Heavy, denim like texture
 (c) 1/1 weave
 (d) Basket weave
81. Finishes are applied to change or improve
 (a) The appearance
 (b) The feel
 (c) Performance
 (d) All three above
82. Which of the following is classified as a chemical finish ?
 (a) Decatizing
 (b) Sizing and coating
 (c) Mercerization
 (d) Tentering
83. Calendering is done to add
 (a) Luster
 (b) Smoothness
 (c) Both luster and smoothness
 (d) None of the above

84. Flannel fabric is obtained by
 - (a) Moireing
 - (b) Chemical finish
 - (c) Napping
 - (d) Felting
85. Natural dyes are the dyes extracted from
 - (a) Leaves, bark, flowers of some trees
 - (b) Certain animal sources
 - (c) Some minerals
 - (d) All three above
86. Batik is a form of
 - (a) Resist printing
 - (b) Resist dyeing
 - (c) Mordent dyes
 - (d) Hand printing
87. Dyeing of fabric composed of one fibre type in single dye bath is called
 - (a) Piece dyeing
 - (b) Stock dyeing
 - (c) Cross dyeing
 - (d) Simple dyeing
88. The fabric printing method most often used by the textile industry is
 - (a) Screen printing
 - (b) Block printing
 - (c) Roller printing
 - (d) Machine printing
89. The best way to restore the luster while laundering silk fabric is to add in the final rinse.
 - (a) Salt
 - (b) Starch
 - (c) Few drops of citric or acetic acid
 - (d) Bleaching agent
90. Principle to be followed in removing fats and oils stain is
 - (a) Oxidation by bleaching
 - (b) Washing with synthetic detergent
 - (c) Treating with alkali
 - (d) Dissolution in a solvent
91. Wool is best dried after laundering
 - (a) Flat in sunlight
 - (b) On the line in shade
 - (c) Flat in shade
 - (d) On hanger in shade
92. Silk and wool should be ironed with
 - (a) High heat and steam
 - (b) Low heat and steam
 - (c) High dry heat
 - (d) Without steam
93. Clothing plays a significant role in the
 - (a) Overall development of an individual
 - (b) Physical development
 - (c) Social development
 - (d) Psychological development
94. The choice of clothing should be done on the basis of
 - (a) Age
 - (b) Season
 - (c) Occasion
 - (d) All the above
95. Elements of design mean
 - (a) Rhythm
 - (b) Colour, line, form, texture
 - (c) Unity of design
 - (d) Uniformity in design

96. Rhythm as one of the principles of design gives
- (a) Movement to the design
 - (b) Repetition of line, shape, colour etc.
 - (c) Informal balance
 - (d) Formal balance
97. Extension Education aims at
- (a) Creating facilities in rural community
 - (b) Bringing desirable behavioural changes
 - (c) Integrating with various programmes
 - (d) Utilizing the services
98. Extension work is based on the principle of
- (a) Helping people through Government agencies
 - (b) Helping people to help others
 - (c) Helping people to help themselves
 - (d) Helping people through voluntary agencies
99. The ultimate step in Extension teaching is
- (a) Diffusion
 - (b) Satisfaction
 - (c) Adoption
 - (d) Perfection
100. An organised, systematic educational activity carried on outside the framework of formal system is
- (a) Non-formal Education
 - (b) Extension Education
 - (c) Adult Education
 - (d) Informal Education
101. The ratio of 'takes' to 'exposure' is high in
- (a) Personal letters
 - (b) Farm and Home visits
 - (c) General Meeting
 - (d) Demonstration
102. This method requires certain amount of showmanship not possessed by some extension workers
- (a) Symposium
 - (b) Group discussion
 - (c) Lecture
 - (d) Method demonstration
103. Classification of Extension methods according to use and form done by
- (a) Wilson and Gallup
 - (b) Edgar Dale
 - (c) Paul Leagans
 - (d) Saunders
104. It is a single piece of paper folded once or twice, when opened material is presented in sequence
- (a) Leaflet
 - (b) Newsletter
 - (c) Pamphlet
 - (d) Folder
105. The appeal of Flannel graph is in its
- (a) Presentation
 - (b) Colourful effect
 - (c) Action and suspense
 - (d) Orderliness
106. A, B, C is the chief characteristic of
- (a) Bulletin board
 - (b) Model
 - (c) Graph
 - (d) Poster
107. This type of puppet is used to create speed
- (a) Glove puppet
 - (b) String puppet
 - (c) Rod puppet
 - (d) Stick puppet

108. Duty chart is an example for
- Flow chart
 - Pie chart
 - Tree chart
 - Flip chart
109. The concept of VLW was started by
- Etawah Project
 - Community Development Project
 - Srinikethan Project
 - Marthandam Project
110. Broad objective of community development includes
- Economic development
 - Village development
 - Economic, social and democratic growth
 - Area development
111. It consists of persons in social interaction within a geographical area and having one or more additional communities
- Village
 - Town
 - Corporation
 - Community
112. Devolution of control of authority among local units is known as
- Democratic decentralisation
 - Sharing of power
 - Delegation of power
 - Ruling of people
113. Community Development Project was started in the year
- 1950
 - 1962
 - 1958
 - 1952
114. The Mandatory function of NABARD is
- Development of Agriculture and Rural Development
 - Financing large scale industries
 - Encouraging entrepreneurs
 - Promoting local business
115. At the district level IRDP is implemented by
- FTC
 - SFDA
 - DRDA
 - ITDA
116. A programme especially intended for women and children at the national level is called
- UNICEF
 - DWACRA
 - IRDP
 - ICDS
117. The Motto of 4-H club is
- To make the best better
 - To create wealth
 - To enhance learning
 - To improve health
118. SGSY was launched in the year
- 1997
 - 1995
 - 1999
 - 1998
119. DRDA is headed by
- VDO
 - VLW
 - Commissioner
 - Collector
120. Target group of TRYSEM must be within
- 15—25 years
 - 20—30 years
 - 18—35 years
 - 25—35 years

SPACE FOR ROUGH WORK

Examrace