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**T.B.C. : BAC–44**

**Test Booklet Series**

**A**

**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.
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



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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

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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

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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



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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



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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



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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 curds 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



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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



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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



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108. Duty chart is an example for
(a) Flow chart
(b) Pie chart
(c) Tree chart
(d) Flip chart

109. The concept of VLW was started by
(a) Etwah Project
(b) Community Development Project
(c) Srinikethan Project
(d) Marthandam Project

110. Broad objective of community development includes
(a) Economic development
(b) Village development
(c) Economic, social and democratic growth
(d) Area development

111. It consists of persons in social interaction within a geographical area and having one or more additional communities
(a) Village
(b) Town
(c) Corporation
(d) Community

112. Devolution of control of authority among local units is known as
(a) Democratic decentralisation
(b) Sharing of power
(c) Delegation of power
(d) Ruling of people

113. Community Development Project was started in the year
(a) 1950
(b) 1962
(c) 1958
(d) 1952

114. The Mandatory function of NABARD is
(a) Development of Agriculture and Rural Development
(b) Financing large scale industries
(c) Encouraging entrepreneurs
(d) Promoting local business

115. At the district level IRDP is implemented by
(a) FTC
(b) SFDA
(c) DRDA
(d) ITDA

116. A programme especially intended for women and children at the national level is called
(a) UNICEF
(b) DWACRA
(c) IRDP
(d) ICDS

117. The Motto of 4-H club is
(a) To make the best better
(b) To create wealth
(c) To enhance learning
(d) To improve health

118. SGSY was launched in the year
(a) 1997
(b) 1995
(c) 1999
(d) 1998

119. DRDA is headed by
(a) VDO
(b) VLW
(c) Commissioner
(d) Collector

120. Target group of TRYSEM must be within
(a) 15—25 years
(b) 20—30 years
(c) 18—35 years
(d) 25—35 years

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