

B.Sc. HOME SCIENCE

- When milk is converted into curd, the following changes take place :
 - Lactose is converted into Lactic Acid
 - Protein is converted into Lactic Acid
 - Glucose is converted into Lactose
 - Lactic Acid is converted into Lactose
- The common food preservatives are
 - Sugar
 - Citric Acid
 - Salt
 - All of the above
- Which of the following food-stuffs contains Goitrogenic factors ?
 - Bengal gram
 - Black gram
 - Soyabean
 - Peas
- In which year the Prevention of Food Adulteration Act was formed ?
 - 1954
 - 1976
 - 1973
 - 1995
- Vitamin „C“ can be produced in cereals and pulses by the process of
 - Cooking
 - Roasting
 - Germination
 - All of the above
- Which of the following food items provides us Omega-3-fatty Acids, which are beneficial for health ?
 - Fish
 - Eggs
 - Meats
 - All of the above
- Pasteurization is a process which is done for
 - Preserving Cereals
 - Preserving Milk
 - Preserving Pulses
 - All of the above
- Ripening of fruits is the result of
 - Enzymic reaction
 - Sun rays
 - Preservatives
 - All of the above
- The correct match to A, B, C, D is :

	Food Stuff		Pigment	
A.	Beet root		1.	Flavon
B.	Carrot		2.	Betalain
C.	Onion		3.	Chlorophyll
D.	Spinach		4.	Carotenoid
	A	B	C	D
(a)	1	2	3	4
(b)	2	4	1	3
(c)	3	2	4	1
(d)	4	3	1	2

10. The best method to detect malnutrition in children during initial phase is
 (a) Biochemical test (b) Anthropometry
 (c) Pathological test (d) None of the above
11. The plant source of „Gluten“ is
 (a) Wheat (b) Soyabean (c) Maize (d) Rice
12. The correct match of List-I to List-II is
- | List-I | | | | List-II | | | |
|---------------|---------------|---|---|----------------|------------------------|--|--|
| A. | Keratomalacia | | | 1. | Symmetrical Dermatitis | | |
| B. | Rickets | | | 2. | Moon Face | | |
| C. | Pellagra | | | 3. | Blindness | | |
| D. | Kwashiorker | | | 4. | Pigeon Chest | | |
| | A | B | C | D | | | |
| (a) | 2 | 4 | 1 | 3 | | | |
| (b) | 3 | 4 | 1 | 2 | | | |
| (c) | 4 | 1 | 2 | 3 | | | |
| (d) | 1 | 2 | 3 | 4 | | | |
13. The normal level of blood glucose at fasting should be
 (a) 80 to 100 mg/100 ml blood (b) 110 to 120 mg/100 ml blood
 (c) 130 to 150 mg/100 ml blood (d) None of the above
14. Identify the essential Amino Acids.
 (a) Proline and Glycine (b) Serine and Glycine
 (c) Tryptophen and Valine (d) Alanine and Serine
15. Which type of protein „Haemoglobin“ is ?
 (a) Simple (b) Conjugated
 (c) Derived (d) None of the above
16. According to ICMR (2010) the recommended dietary allowance of Iron for 16-17 years boys is
 (a) 26 mg/day (b) 28 mg/day
 (c) 30 mg/day (d) 32 mg/day
17. Coeliac disease is also known as
 (a) Tropical sprue (b) Peptic Ulcer
 (c) Gluten-sensitive entropathy (d) None of the above
18. F.S.S.A.I. stands for
 (a) Food Security and Standards Association of India
 (b) Food Security and Safety Authority of India
 (c) Food Safety and Standards Association of India
 (d) Food Safety and Standards Authority of India

19. Which of the following is an essential fatty acid ?
 (a) Palmitic Acid (b) Stearic Acid
 (c) Linoleic Acid (d) Oleic Acid
20. "Pernicious Anaemia" is caused by the deficiency of
 (a) B_1 (b) B_2
 (c) B_{12} (d) None of the above
21. Net Protein Utilization (NPU) is defined as
 (a) $\frac{N \text{ retained}}{N \text{ intake}} \times 100$ (b) $\frac{N \text{ intake}}{N \text{ retained}} \times 100$
 (c) $\frac{N \text{ absorbed}}{N \text{ retained}} \times 100$ (d) $\frac{N \text{ retained}}{N \text{ absorbed}} \times 100$
22. The National Nutrition Policy in India was adopted in the year
 (a) 1995 (b) 1993
 (c) 1998 (d) 1999
23. A-la-carte menu is
 1. Choice menu 2. Large variety menu
 3. Leisurely dining menu 4. Non-profit making menu
 (a) 1, 2 (b) 1, 2, 3
 (c) 2, 3, 4 (d) 3, 4
24. With reference to organization level in a Catering establishment, which among the following is not a responsibility of top management ?
 (a) Setting goals (b) Policy making
 (c) Planning for Profits (d) Supervision of service points
25. Which among the following is barrier to communication ?
 (a) Fear (b) Insecurity
 (c) Assumption (d) All of the above
26. In Institutional Kitchens, „work simplification“ depends upon
 (a) Work Area (b) Equipments
 (c) Supplies (d) All of the above
27. „Du Jour“ refers to
 (a) Menu for the day (b) Menu for the week
 (c) Menu for the month (d) None of the above
28. In Braising method of cooking, Roasting and _____ are combined.
 (a) Broiling (b) Frying
 (c) Stewing (d) Grilling

29. The average recommended height for highest shelf for general use is
 (a) 100 cm (b) 120 cm
 (c) 150 cm (d) 180 cm
30. Inspection of the product should be carried out in different stages like
 (a) Input (b) Conversion
 (c) Output (d) All of the above
31. A fabric has maximum stretch when it is placed as
 (a) Lengthwise direction (b) Crosswise direction
 (c) Bias (d) None of the above
32. Running stitch is used in which embroidery ?
 (a) Kasuti (b) Sujani
 (c) Kantha (d) Phulkari
33. Correct match to A, B, C, D is
- | | Embroidery | | State | |
|-----|------------|----|---------------|---|
| A. | Chikankari | 1. | Karnataka | |
| B. | Kasuti | 2. | Punjab | |
| C. | Kutch | 3. | Gujarat | |
| D. | Phulkari | 4. | Uttar Pradesh | |
| | A | B | C | D |
| (a) | 1 | 2 | 3 | 4 |
| (b) | 4 | 1 | 3 | 2 |
| (c) | 4 | 3 | 2 | 1 |
| (d) | 3 | 2 | 1 | 4 |
34. The principle „Emphasis“ is also known as
 (a) Guiding principle of design (b) Law of area
 (c) Principle of dominance (d) Golden mean
35. The most expensive method of pattern making is
 (a) Draping (b) Drafting
 (c) Flat pattern (d) None of the above
36. Light coloured clothes are best suitable in which season ?
 (a) Summer (b) Winter (c) Autumn (d) All of the above
37. During Infancy, the child needs clothing which gives
 (a) Comfort and efficiency (b) Comfort and functionality
 (c) Comfort and fashion (d) Comfort and safety

38. The curved part of the head of a sewing machine is called
(a) Bed (b) Arm (c) Treadle (d) 180t
39. The most suitable collar for children's clothing is
(a) Shawl Collar (b) Chinese Collar (c) Peter Pan Collar (d) Polo-neck
40. For pilling test of fabric, on which basis, the grade is given
(a) Number of pills per inch of fabric
(b) Number of pills per metre of fabric
(c) Number of pills on total surface of fabric
(d) by appearance of fabric
41. The best and easiest method for pattern alteration is
(a) Pivot Method (b) Redrawing Method
(c) Slash and Spread Method (d) All of the above methods
42. Organdie, Flannel and Muslin are which type of Fabrics ?
(a) Linen (b) Silk (c) Rayon (d) Cotton
43. Ability of fibres to cling together during spinning
(a) Twist (b) Abrasion resistance
(c) Cohesiveness (d) Elasticity
44. Generally Jamdani sarees are made in
(a) White cotton fabric (b) Red cotton with silk fabric
(c) Cotton and silk of any colour (d) Organdie fabric
45. Which of the following is Non-woven fabric ?
(a) Felt (b) Brocade (c) Denim (d) Velvet
46. Combination of Fat and Alkali makes
(a) Glycerine (b) Soap
(c) Starch (d) Caustic
47. Degumming and desizing is done in which fibres/fabrics ?
(a) Silk and cotton (b) Cotton and zari
(c) Cotton and wool (d) Silk and wool
48. Pashmina shawls are manufactured in
(a) Rajasthan (b) West Bengal (c) Kerala (d) Kashmir

49. Tensile strength of silk is weakend when wet because
- (a) Fibre lie across the axis
 - (b) Fibre lie parallel to axis
 - (c) Absence of hydroxyl group
 - (d) Absence of cystine linkages
50. Degumming of silk removes
- (a) Starch
 - (b) Sericin
 - (c) Lanolin
 - (d) Fibroin
51. Which type of weave is generally use in „denim“ fabric ?
- (a) Twill weave
 - (b) Pile weave
 - (c) Plain weave
 - (d) Jacquard weave
52. The ergonomic principle is
- (a) maintain neutral posture
 - (b) work in comfort zone
 - (c) allow for movement and stretching
 - (d) All of the above
53. Which statement about the effect of colours is wrong ?
- (a) White colour gives happiness and joy.
 - (b) Yellow gives heat and freshness.
 - (c) Red colour is for love, energy and war.
 - (d) Blue colour is for coldness, peace and trust.
54. A good sitting posture for work is a well balanced position when
- (a) the footrest is used.
 - (b) the line of gravity falls through the middle of the shoulders, hips and seat bones.
 - (c) shoulders are straight.
 - (d) backbone is straight.
55. Physical fatigue can be relieved by
- (a) Recreation
 - (b) Rest
 - (c) Watching movie
 - (d) All of the above
56. Which of the following is the principle of Art ?
- (a) Line
 - (b) Balance
 - (c) Texture
 - (d) Colour
57. What are the responsibilities of government towards consumers ?
- (a) Controlling the price
 - (b) Selection of best products
 - (c) Selling of standardized products
 - (d) All of the above

58. The heaviest demand of the income is in which stage of family life cycle ?
 (a) Child bearing and Preschool (b) Elementary School
 (c) High School (d) College (Higher education)
59. Which one of the following is not a secondary colour ?
 (a) Orange (b) Green (c) Blue (d) Purple
60. What is the best method of Energy Management ?
 (a) To take more energy (b) Work simplification
 (c) To take proper rest (d) Eat and drink water properly
61. Connection between mother and embryo is formed by
 (a) Placenta (b) Umbilical cord
 (c) Amniotic fluid (d) Amniotic Sac
62. If IQ of a child is between 30-50 IQ points, he falls in the category of
 (a) Slow learner (b) Average child
 (c) Mentally retarded (d) Gifted child
63. Development tasks are defined by
 (a) Freud (b) Havighurst
 (c) Piaget (d) Kohlberg
64. Which is the correct formula for measuring IQ (Intelligence Quotient) ?
 (a) $IQ = \frac{\text{Mental Age}}{\text{Chronological Age}} - 100$ (b) $IQ = \frac{\text{Chronological Age}}{\text{Mental Age}} \times 100$
 (c) $IQ = \frac{\text{Chronological Age}}{\text{Mental Age}} + 100$ (d) $IQ = \frac{\text{Mental Age}}{\text{Chronological Age}} \times 100$
65. Symbolic play happens in
 (a) Formal operational stage (b) Pre-operational stage
 (c) Reflex stage (d) Concrete operational stage
66. Erik Erikson is associated with the theories of
 (a) Psychosocial Development (b) Physical Development
 (c) Cognitive Development (d) Emotional Development
67. B.C.G. vaccination is given against
 (a) Chicken-Pox (b) Small-Pox
 (c) Tuberculosis (d) Polio

68. Which type of parenting is thought to be an ideal ?
 (a) Authoritarian (b) Authoritative (c) Democratic (d) Permissive
69. Unrealistic fear is termed as
 (a) Autism (b) Depression (c) Hyperactivity (d) Phobia
70. The proximodistal sequence of physical development indicates that development proceeds from
 (a) General to specific (b) Specific to general
 (c) Head to foot (d) Centre to periphery
71. The number of chromosomes in human beings are
 (a) 46 (b) 44 (c) 23 (d) 22
72. The Dowry Prohibition Act was started in India in
 (a) 1959 (b) 1961 (c) 1970 (d) 1971
73. Research in which the same individuals are studied across relatively longer period of time
 (a) Case study (b) Longitudinal study
 (c) Biography (d) Autobiography
74. Newspaper, television and internet are the extension teaching methods, which are appropriate for
 (a) Individual contact (b) Group contact
 (c) Mass contact (d) All of the above
75. Which method would be most suitable for women who want to learn stitching ?
 (a) Demonstration (b) Lecture
 (c) Radio (d) Newspaper
76. Home Science extension education is given to rural women at
 (a) Home (b) Farms/Fields
 (c) Work place (d) All of the above
77. In India, ICDS (Integrated Child Development Scheme) was started in the year
 (a) 1965 (b) 1975 (c) 1985 (d) 1995
78. Non-formal education does not include the use of
 (a) Magazine (b) Television
 (c) Classified syllabus (d) Newspaper
79. Mission “Indradhanush” is about
 (a) Nutrition (b) Education (d)
 (c) Immunization (d) Self-employment

80. In Uttarakhand, schemes for women welfare is
(a) Sabala Yojana (b) Matritva Sahyog Yojana
(c) Swadhar (d) All of the above
81. Meats can be preserved by smoking. Which is a complex mixture of :
(a) Carbon, waxes & pigments
(b) Alcohols, acids, phenols and toxic substances
(c) Phenyl, gases and fatty acids
(d) None of the above
82. Communication is used for
(a) Developmental purpose (b) Entertainment purpose
(c) Commercial advertising (d) All of the above
83. Which is the correct communication model ?
(a) Message – Channel – Receiver
(b) Receiver – Message – Sender – Channel
(c) Sender – Message – Channel – Receiver
(d) None of the above
84. Which of the following problems is not related to communication ?
(a) Technical problem (b) Physical problem
(c) Recreational problem (d) None of the above
85. The written words have more importance as they are
(a) more authentic (b) more power
(c) more convincing (d) All of the above
86. In which of the following methods of communication, the ICT tools are not used ?
(a) LCD projector (b) Radio talk
(c) Delivering lecture (d) Use of Internet
87. Which type of research is also referred as action research ?
(a) Fundamental (b) Applied (c) Quantitative (d) Qualitative
88. Stratified proportion sampling in which information is gathered on convenience basis from different group of population is classified as _____ sampling.
(a) purposive (b) convenience (c) quota (d) judgement
89. The aim of _____ research design is to predict relationship.
(a) correlational (b) descriptive
(c) semi-experimental (d) experimental

90. "SPSS" is used as which type of tool in the research ?
 (a) Statistical (b) Serial (c) Parallel (d) Behavioural
91. „Mean“, „median“ and „mode“ are
 (a) Measures of deviation (b) Ways of sampling
 (c) Measures of control tendency (d) None of the above
92. „t“-test for two independent samples is reliable only if each sample follows
 (a) Normal distribution (b) Sample variances are homogenous
 (c) Both (a) and (b) (d) None of the above
93. When independent variable is only partially under the control of the researcher, the research design is considered as _____.
 (a) Experimental (b) Quasi-experimental
 (c) Correlational (d) Descriptive
94. A researcher lives with the cultural community for a period of months or years is known as
 (a) Case study (b) Clinical study
 (c) Ethnography (d) Specimen record
95. The main barriers of participation are
 (a) Fear (b) Lack of knowledge
 (c) Lack of time (d) All of the above
96. Vitamin „D“ is formed in the skin by sunlight exposure from :
 (a) 7-dehydro cholesterol (b) 6-dehydro cholesterol
 (c) 5-dehydro cholesterol (d) All of the above
97. Free radicals are prevented by
 (a) Energy (b) Protein (c) Lipid (d) Antioxidants
98. How many goals are there under the "Millennium Development Goals" ?
 (a) 8 (b) 10 (c) 12 (d) 18
99. Which of the following statements is not true about "Fermentation" ?
 (a) It increases vitamin B and C content of the food.
 (b) It's products are highly digestible.
 (c) It adds flavour to food.
 (d) It increase the pH value of the food stuffs.
100. Which of the following are not deficiency diseases ?
 (a) Xerophthalmia and Osteomalacia (b) Xerophthalmia and Bulemia
 (c) Bulemia and Anorexia Nervosa (d) Keratomalacia and Pellagra