

Home Science Sample Question Paper 2022 Term I

Maximum Marks: 35

Time: 90 Minutes

SECTION A

(Attempt any 20 questions)

1. Which is not amongst the four pillars of Ergonomics?

- a. Biometrics
- b. Anthropometry
- c. Physiology
- d. Industrial psychology

2. Rahul ate a sandwich, which appeared good and smelled pleasant. Within few hours he complained of severe stomachache, nausea, and vomiting. This could be attributed to-

- a. Food adulteration
- b. Food intoxication
- c. Food infestation
- d. Food contamination

3. Nitya owns a garment company and took risky decisions in her work every day. Nitya is an/ a -----

- a. Entrepreneur
- b. Wage employed person
- c. Labourer
- d. Unskilled worker

4. In India, health care is provided at three levels. Which of the following is not correctly matched?

- a. Primary level- PHC
- b. Secondary level- CHC
- c. Tertiary level- CHC
- d. Tertiary level-AIIMS

5. While assessing nutritional status of a patient which factor is not considered by the clinical nutritionist?

- a. Anthropometric measurements
- b. Detailed information on diet and medication histories
- c. Relating the information on laboratory and physical measurements
- d. Diet survey

6. Which is the key sector of ICDS to provide preschool education in remote areas?

- a. Aganwadis
- b. Training institutes
- c. Crèche
- d. Day care centres

7. Codex India is located at-

- a. Ministry of Food Processing Industries
- b. Department of Agriculture and Cooperation
- c. **Ministry of Health and Family Welfare**
- d. Directorate General of Health

8. Bacteria multiply quickly in the Food temperature Danger zone. What is the temperature range of this?

- a. 2°C-30°C
- b. **5 °C-60 °C**
- c. 4°C-50°C
- d. 6°C-70°C

9. “Young children have different ways of understanding the world and they need a supportive environment”. Name the psychologist who gave this theory.

- a. **Piaget**
- b. Maria Montessori
- c. Vygotsky
- d. Sigmund Freud

10. The Factories Act 1948 makes sure that there is facility of ____ on the work premises.

- a. Canteen
- b. Shade
- c. **Creche**
- d. First aid

11. The set of methods and techniques used to transform raw ingredients into semi-finished and finished products are-

- a. Food science
- b. Food Manufacturing
- c. **Food Processing**
- d. Food Technology

12. Which of the following is not the function of HACCP?

- a. Preventive approach to ensure food safety
- b. **Enables only producers to utilise resources efficiently**

- c. Assures consistently good quality products
- d. Detect hazards at any stage of processing or manufacturing of food

13. After surgery of stomach, your grandfather is unconscious, which mode of feeding would be preferred for him and why?

- a. Oral feeding and easy to chew
- b. Tube feeding and easy to digest
- c. Intravenous feeding and to get nourishment
- d. Nasogastric feeding and nutrition**

14. In which year the first SOS village was set up in India and who were the beneficiaries?

- a. 1954 and disabled children
- b. 1964 and abandoned children**
- c. 1965 and special need children
- d. 1963 and juvenile delinquents

15. Sun drying is the oldest method of food preservation. Which principle of food preservation is involved in it?

- a. Lowering of temperature
- b. Reduction of pH
- c. Removal of water**
- d. Controlling the availability of oxygen

16. Which of the following is not a feature of Good Manufacturing Practices (GMP)?

- a. Minimize false labeling
- b. Consumer protection
- c. Eliminate contamination
- d. Mislead consumer**

17. She is the chairperson and managing director of Biocon India Ltd. She started her career as a trainee brewer in Carlson and United Beverages. In 2005, she was honoured with Padma Bhushan. Identify the personality.

- a. Ms. Kiran Mazumdar Shaw**
- b. Ms. Kusum Mazumdar shaw
- c. Ms Kiran Mazumdar shah
- d. Ms Kalyani Mazumdar shaw

18. Your sister has completed her diploma in clinical nutrition and dietetics. Choose from the following options which are available to her to start her career.

- a. School counsellor
- b. Research and development and Nutraceuticals**

- c. ECCE
- d. In Agriculture Industry

19. Which of the following acts as biological catalyst to accelerate chemical reactions in food?

- a. Pesticides
- b. Exposure to light
- c. Enzymes**
- d. Moisture

20. Name the agency which set up guidelines for adoption to safeguard the Welfare and Rights of children.

- a. NARA
- b. CARA**
- c. CAPA
- d. RACA

21. Which of the following is not an objective of diet therapy?

- a. Modification of existing diet
- b. Knowledge of traditional cuisine**
- c. Prevention of complications
- d. Correction of nutritional deficiency

22. At what age the child can distinguish between the stranger and familiar people?

- a. 6-8 months**
- b. 8-12 months
- c. 9-10 months
- d. 10-12 months

23. In how many minutes can Salmonella bacteria double their number?

- a. Every 10 minutes
- b. Every 20 minutes**
- c. Every 40 minutes
- d. Every 5 minutes

24. Mention the years In which 'National Policy for older person' and 'National Youth Policy' were adopted.

- a. Year 1999 and 2003
- b. Year 1998 and 2003
- c. Year 1999 and 2004**
- a. Year 1998 and 2004

25. Identify the components present in natural foods or food products manufactured wherein specific ingredients have been included to confer health benefits.

- a. Nutraceuticals**
- b. Medical foods
- c. Antioxidants
- d. Phytochemicals

SECTION B

(Attempt any 20 questions)

26. Followings are the popular traditional handicrafts of India. Which option is incorrect?

- a. Coconut craft-Kerala
- b. Warli Painting-Maharashtra
- c. Shola Craft-Karnataka**
- d. Bamboo craft –Assam

27. Anita has just completed her schooling. She wants to be an early childhood professional. Suggest her a suitable course from the following which will help her in fulfilling her dream.

- a. Diploma in dietetics
- b. Diploma in ECE**
- c. PG Diploma in ECE
- d. Diploma in HR

28. Mr. Ramesh found a four year old child near the Railway station and handed over him to local Police. Suggest the suitable option for the police for the time being, where the child should be sent.

- a. Juvenile home
- b. Special home
- c. Observation home**
- d. SOS Village

29. Match the following-

A. Manufactured food	i. Sugar from sugarcane
B. Derivative food	ii. Bread
C. Formulated food	iii. Enzymes used in the food industry
D. Synthetic food	iv. Papad

Choose the correct option.

- a. A iv, B i, C ii, D iii**

- b. A ii, B i, C iv, D iii
- c. A iv, B i, C iii, D ii
- d. A iii, B ii, C iv, D i

30. Mr. Anil is 80 years old, who is living in old age home, and underwent heart surgery last week, and he needs continuous nursing care. Which of the programme is suitable for him?

- a. Mobile care unit
- b. Respite homes**
- c. Multi-units
- d. Day care

31. Which type of diets should be prescribed by the dietician to your grandfather who is suffering from kidney and chewing problems respectively?

- a. Low protein diet and mechanical soft diet**
- b. High protein diet and mechanical soft diet
- c. Low fibre diet and liquid diet
- d. High fibre diet and regular diet

32. Which of the following is not the function of FSSAI?

- i. To establish international standards to protect the health of consumers
- ii. Promote general awareness about food safety and food standards.
- iii. To promote the development of standardization and related activities in the world
- iv. Provide training programmes for persons who are involved or intend to get involved in food businesses

Choose the correct option.

- a. i and ii
- b. ii and iv
- c. iii and iv
- d. i and iii**

33. 'The National Service Volunteer Scheme' provides opportunities to students to involve themselves, on a whole-time basis for a short period of one or two years, in programmes of national development.

The following are the programmes undertaken by them-

- i. Organising jamborees
- ii. Vocational training
- iii. Adult Education
- iv. Coastal sailing

Choose the correct option.

- a. i and ii
- b. ii and iv**

c. iii and iv

d. i and iv

34. Sheena wants to work in famous play school of the town. What qualities must she possess?

i. An interest in child

ii. Health status of child

iii. Skills for creative activities

iv. Cooking skills

Choose the correct options.

a. i and ii

b. ii and iii

c. ii and iv

d. i and iii

35. Ramesh wants to start new industry of cheese manufacturing. What knowledge and skills he requires for this?

i. Assessment by sensory methods

ii. Labelling and packaging of marketable product

iii. Seasonal availability of foodstuffs

iv. Food handling skills

Choose the correct option.

a. i and ii

b. i and iv

c. iii and iv

d. ii and iii

36. The elderly are vulnerable group due to various reasons. Few reasons are-

i. Decreased defence mechanism

ii. Increased financial resources

iii. Improved physiological reserves

iv. Nuclear family system

Choose the correct option.

a. i and ii

b. ii and iii

c. i and iv

d. ii and iv

37. After graduation, Reena got a job in MNC, but she is finding it difficult to cope with her working life. Here are few tips to improve work life-

i. Be empathetic

- ii. Thinking in monotonous way
- iii. Encourage partnership
- iv. Be rigid

Choose the correct option.

- a. i and ii
- b. ii and iv
- c. i and iii**
- d. ii and iii

38. Mrs. Verma wants to open up pre- school in her locality, Which guiding principles of ECCE should be considered by her?

- i. Blend of textual and cultural resources
- ii. Use of local materials
- iii. Focus only on nutritious meals
- iv. Promoting difficult tasks

Choose the correct option.

- a. i and ii**
- b. ii and iv
- c. i and iv
- d. ii and iii

39. When is food said to be spoilt?

- i. Poor presentation
- ii. Change in consistency
- iii. Change in texture and flavour
- iv. Unhealthy meal

Choose the correct option.

- a. i and iii
- b. ii and iii**
- c. iii and iv
- d. ii and iv

40. Given below are two statements labeled as Assertion (A) and Reason (R)

- Assertion(A)- A programme or an institution for children will be successful if the community feels a sense of involvement and ownership with it.
- Reason(R)- While planning for such a programme, people in management must be involved right from the start.

Select the most appropriate answer from the options given below.

- a. Both A and R are true, and R is the correct explanation.**
- b. Both A and R are true, but R is not the correct explanation.
- c. A is true, R is false.

d. A is false, but R is true

41. Given below are two statements labeled as Assertion (A) and Reason (R)

- Assertion(A)- Milk and curd spoil quickly within one or two days.
- Reason(R)-They are perishable foods.

Select the most appropriate answer from the options given below.

a. Both A and R are true, and R is the correct explanation.

b. Both A and R are true, but R is not the correct explanation.

c. A is true, R is false.

d. A is false, but R is true

42. Given below are two statements labeled as Assertion (A) and Reason (R)

- Assertion(A)- Nutritional status and support, prior to and after illness, play an important role in prognosis, recovery, and even duration of hospitalisation.
- Reason(R)- Nutritional care has gained importance worldwide, more so in recent times

Select the most appropriate answer from the options given below.

a. Both A and R are true, and R is the correct explanation.

b. Both A and R are true, but R is not the correct explanation.

c. A is true, R is false.

d. A is false, but R is true

43. Given below are two statements labeled as Assertion (A) and Reason (R)

- Assertion(A)- Food quality refers to the texture of meal.
- Reason(R)- The WTO Agreement covers goods, services, and intellectual property.

Select the most appropriate answer from the options given below.

a. Both A and R are true, and R is the correct explanation.

b. Both A and R are true, but R is not the correct explanation.

c. A is true, R is false.

d. A is false, but R is true

44. Given below are two statements labeled as Assertion (A) and Reason (R)

- Assertion(A)- Food fortification is done by adding the nutrients that are lacking in foodstuffs to ensure that the minimum dietary requirements are met.
- Reason(R)- India has progressed from an agro-deficient to an agro-surplus country, creating a need for storage and processing of agricultural and horticultural produce.

Select the most appropriate answer from the options given below.

a. Both A and R are true, and R is the correct explanation.

b. Both A and R are true, but R is not the correct explanation.

c. A is true, R is false.

d. A is false, but R is true

45. Given below are two statements labeled as Assertion (A) and Reason (R)

- Assertion(A)- Meaningful work is useful to society or to others, is done responsibly, and is enjoyable to the worker.
- Reason(R)- It is important to choose something to sustain the individual's enthusiasm to carry on his/her work.

Select the most appropriate answer from the options given below.

- a. Both A and R are true, and R is the correct explanation.**
- b. Both A and R are true, but R is not the correct explanation.
- c. A is true, R is false.
- d. A is false, but R is true

46. Given below are two statements labeled as Assertion (A) and Reason (R)

- Assertion(A)-A medical nutrition therapist is a health professional who diagnoses and treats the dietary and nutritional problems of a person.
- Reason(R)-Medical nutrition therapist plans diet at gyms, hostels, aircraft, five-star hotels, etc.

Select the most appropriate answer from the options given below.

- a. Both A and R are true, and R is the correct explanation.
- b. Both A and R are true, but R is not the correct explanation.
- c. A is true, R is false.**
- d. A is false, but R is true

47. Given below are two statements labeled as Assertion (A) and Reason (R)

- Assertion(A) - A National Plan of Action for women was taken up by the Department of Social Welfare.
- Reason(R) – It was set to implement the Equal Remuneration Act.

Select the most appropriate answer from the options given below.

- a. Both A and R are true, and R is the correct explanation.
- b. Both A and R are true, but R is not the correct explanation.**
- c. A is true, R is false.
- d. A is false, but R is true

48. Given below are two statements labeled as Assertion (A) and Reason (R)

- Assertion(A)- Three-year-old children are curious to learn more.
- Reason(R) – Satisfying a child's curiosity by providing an optimal learning environment is an essential consideration at this age.

Select the most appropriate answer from the options given below.

- a. Both A and R are true, and R is the correct explanation.**
- b. Both A and R are true, but R is not the correct explanation.
- c. A is true, R is false.
- d. A is false, but R is true

49. Given below are two statements labeled as Assertion (A) and Reason (R)

Assertion(A)- A nutrient-based approach is a very effective strategy to overcome nutritional deficiencies.

Reason(R)-It has wide coverage and is inexpensive.

Select the most appropriate answer from the options given below.

- a. Both A and R are true, and R is the correct explanation.**
- b. Both A and R are true, but R is not the correct explanation.
- c. A is true, R is false.
- d. A is false, but R is true

SECTION C

(Attempt any 5 questions)

50. Read the following passage and answer Q No. 50 to 55

In any society, nutritional problems are not just linked to food but to a variety of interacting/interrelated factors at various levels. While poverty is often the underlying cause, the situation becomes worse when a substantial proportion of families do not have access to basic amenities. Rural households have less access to toilets. Poor sanitation results in loss of work days and further economic loss. Further, considerable proportion of the population does not have safe drinking water.

The causes of malnutrition identify several levels of causes: immediate, underlying, and basic.

Which of the following is not one of the underlying causes?

- a. Insufficient rainfall for agriculture**
- b. Inadequate access to food
- c. Inadequate care for mothers and children
- d. Insufficient health services and unhealthy environment

51. Following are nutrition programmes and their examples operating in India. Select the incorrect option.

- a. Food Supplementation Programme - Mid-day meal
- b. Food Security Programme - Public distribution system
- c. ICDS-Annapurna Scheme**
- d. Nutrient Deficiency Control Programme- National Prophylaxis Programme

52. What is the mission of Public Health Nutrition?

- a. To prevent overnutrition and to maintain optimal nutritional status of individual and family
- b. To prevent undernutrition and to maintain optimal nutritional status of individuals
- c. To prevent undernutrition and overnutrition problems of society.
- d. To prevent both undernutrition and overnutrition and to maintain optimal nutritional status of the population**

53. Since past 15 days, Seema who is 30-year-old is feeling lethargic, breathlessness and fatigue on slight exertion. Identify the deficiency disease she might be suffering from.

- a. IDA
- b. IDD
- c. VAD
- d. Osteoporosis

54. To tackle with nutritional problems, Poshaan Abhiyaan was started. Following interventions were initiated-

- i. Food fortification
- ii. Ensuring food security
- iii. Poverty alleviation
- iv. Production of low-cost nutritious food

Which of these are direct short-term interventions to tackle nutritional problems?

- a. i and ii
- b. ii and iii
- c. i and iv
- d. ii and iv

55. Given below are two statements labeled as Assertion (A) and Reason (R)

- Assertion(A)- Deficiency of iodine results in an insufficient amount of thyroid hormone, which is synthesized by the thyroid gland.
- Reason(R)- IDD is an ecological phenomenon, largely due to a deficiency of iodine in the soil.

Select the most appropriate answer from the options given below.

- a. Both A and R are true, and R is the correct explanation.
- b. Both A and R are true, but R is not the correct explanation.
- c. A is true, R is false.
- d. Both A and R are false.

BioSmartNotes