

**MIZORAM PUBLIC SERVICE COMMISSION**  
**COMPETITIVE EXAMINATION FOR**  
**SUB-INSPECTOR OF EXCISE & NARCOTICS**  
**UNDER EXCISE & NARCOTICS DEPARTMENT, GOVERNMENT OF**  
**MIZORAM, AUGUST-2024**

**PAPER-I**

Time Allowed : 3 hours

FM : 200

*All questions carry equal marks of 2 each.*

*Attempt all questions.*

1. The period of the First Five Year Plan in India was-  
(a) 1947-52 (b) 1950-55  
(c) 1951-56 (d) 1952-57
2. In which article of the Constitution of India a special provision is given to the state of Mizoram?  
(a) Article 371D (b) Article 371E  
(c) Article 371F (d) Article 371G
3. Goods and Services Taxes was introduced in India on -  
(a) 1<sup>st</sup> January 2017 (b) 1<sup>st</sup> April 2017  
(c) 1<sup>st</sup> July 2017 (d) 1<sup>st</sup> July 2018
4. Which among the following is not written in the Preamble of our Constitution?  
(a) Parliamentary (b) Sovereign  
(c) Secular (d) Republic
5. The National Disaster Management Authority is -  
(a) Constitutional body (b) Quasi-Judicial Body  
(c) Statutory body (d) Development Commission
6. Who elected the members of the Rajya Sabha?  
(a) Members of Lok Sabha  
(b) Members of State Legislative Assemblies  
(c) State Council of Ministers  
(d) Members of Parliament and State Legislative Assemblies
7. How many members does the Lok Sabha currently consist of?  
(a) 552 (b) 545  
(c) 554 (d) 532
8. Which is not a Union Territory?  
(a) Goa (b) Jammu & Kashmir  
(c) Puducherry (d) Chandigarh
9. What is the status of NITI Aayog?  
(a) Statutory body (b) An independent constitutional body  
(c) Quasi-federal commission (d) Non-constitutional and non-statutory body

10. Who conducts elections to the rural and urban local bodies?  
(a) Election Commission of India (b) State Election Commission  
(c) State Local Administration Department (d) Designated Body of the State Government
11. Which of the following benchmark indices is related to National Stock Exchange?  
(a) SENSEX (b) NIFTY  
(c) Dow-Jones (d) NCDEX
12. Monetary policy is regulated by -  
(a) The Central Government (b) Finance Ministry  
(c) Central Bank (d) Commercial Banks
13. *Ad Valorem* means -  
(a) According to value (b) According to weight  
(c) According to size (d) According to cost
14. Which sector is commonly associated with disguised unemployment?  
(a) Agriculture (b) Industry  
(c) Service (d) Tourism
15. A remarkable increase in the production of fish and marine products is called -  
(a) Green Revolution (b) Blue Revolution  
(c) Aquaculture (d) Multi-dimensional fisheries
16. The effect of reducing cash reserve ratio by the central bank on credit creation is -  
(a) Increase (b) Decrease  
(c) No change (d) No expansion
17. A form of tax charged over and above the base tax liability of a taxpayer is -  
(a) Excise (b) VAT  
(c) Cess (d) Excess
18. The amount allocated for capital expenditure in the Mizoram Budget 2024-25 is -  
(a) ₹ 2455.08 crores (b) ₹ 2500.52 crores  
(c) ₹ 2200.02 crores (d) ₹ 2550.08 crores
19. The revenue expenditure accounted for \_\_\_\_\_ of the total expenditure in the Budget Estimate of Mizoram for the year 2024-25.  
(a) 78.9% (b) 80.24%  
(c) 82.97% (d) 83.2%
20. Which item is not included in the minimum support prices recently announced by Mizoram government?  
(a) Ginger (b) Turmeric  
(c) Broomstick (d) Sesamum
21. Which is not centrally sponsored scheme in Mizoram?  
(a) MGNREGS (b) PMAY  
(c) FOCUS (d) JJM
22. Who was the composer of the song "Vande Mataram"?  
(a) Rabindra Nath Tagore (b) Sarojini Naidu  
(c) Bankim Chandra Chatterjee (d) Ramdhari Singh Dinkar
23. The first newspaper in India was -  
(a) Bengal Gazette (b) Hindustan Times  
(c) The Pioneer (d) Sambad Kaumadi

24. Who was known as “Modern Man of India”?  
(a) Swami Vivekananda (b) AO Hume  
(c) Nana Saheb (d) Raja Ram Mohan Roy
25. Who said “Swaraj is my birth right, I shall have it”?  
(a) Raja Ram Mohan Roy (b) Mahatma Gandhi  
(c) Bal Gangadhar Tilak (d) Jawahar Lal Nehru
26. Who was called “Grand Old Man of India”?  
(a) Dadabhai Naoroji (b) Gopal Krishna Gokhale  
(c) Ramesh Chandra Banerjee (d) Lokamanya Tilak
27. The Provincial Governments were constituted under the Act of -  
(a) 1932 (b) 1935  
(c) 1947 (d) 1949
28. The slogan “do or die” was given by -  
(a) Bal Gangadhar Tilak (b) Jawaharlal Nehru  
(c) Bhagat Singh (d) Mahatma Gandhi
29. Which is a volcanic island?  
(a) Narcondam (b) Pamban  
(c) Rameshwaram (d) Aliabet
30. Which is included in the Deccan Plateau region?  
(a) Western Ghats (b) Chhota Nagpur  
(c) Malwa Plateau (d) Arravalis
31. Mc Mohan Line in effect demarcates  
(a) India and Nepal (b) India and China  
(c) India and Bhutan (d) India and Pakistan
32. A sudden fall in mercuric barometer indicates -  
(a) Fair weather (b) Stormy weather  
(c) Cold weather (d) Hot weather
33. Which of the following temperature scale is based upon absolute zero?  
(a) Celsius (b) Fahrenheit  
(c) Kelvin (d) Rankine
34. The motion of an object under free fall is an example of -  
(a) Uniform velocity (b) Uniform acceleration  
(c) Zero acceleration (d) Non-uniform acceleration
35. Which of the following is not a part of the digestive system?  
(a) Small intestine (b) Rectum  
(c) Pharynx (d) Spleen
36. Which of the following is the hybrid between a horse and a donkey?  
(a) Mule (b) Hule  
(c) Tigon (d) Zorse
37. The full form of DNA is -  
(a) Deoxyribonucleic acid (b) Di nucleic acid  
(c) Diribo nucleic acid (d) Dual nitrogen acid
38. Who was the author of the book *Lehkhabu Ram tiam*?  
(a) Lalthuagliana Khiangte (b) R. Vanlawma  
(c) B. Lalthangliana (d) R.L. Thanmawia

39. Who was the composer of Mizo popular song *Lenlai a rual lo?*
- (a) C. Durthanga (b) Englandthanga  
(c) C. Dinthanga (d) Sailothangi Sailo
40. Which is the most literate district according to 2011 Census?
- (a) Aizawl (b) Champhai  
(c) Serchhip (d) Lunglei
41. Annual Status of Education Report (ASER) 2023 was released by -
- (a) Pratham NGO (b) Ministry of Education  
(c) Samagra Shiksha Abhyan (d) NITI Aayog
42. National Multidimensional Poverty Index is released by -
- (a) Ministry of Social Justice and Empowerment (b) Ministry of Commerce and Industry  
(c) NITI Aayog (d) Prime Minister's Office
43. The Prime Ministry recently announced Pradhan Mantri Suryodaya Yojana to provide
- (a) Free electric to the poor households (b) Rooftop solar power to one crore households  
(c) Grid connected power to the households (d) Green energy to the people
44. The Electoral Bond, recently struck down by the Supreme Court, was implemented since -
- (a) 2017 (b) 2018  
(c) 2019 (d) 2020
45. Which state is the first to enact Uniform Civil Code?
- (a) Assam (b) Gujarat  
(c) Uttarakhand (d) Uttar Pradesh
46. Who was recognised as the 2022 Person of the Year by the Time Magazine?
- (a) Joe Biden (b) Narendra Modi  
(c) Vladimir Putin (d) Volodymyr Zelensky
47. Which of the following countries grappling with jihadist violence and poverty have recently announced its departure from ECOWAS?
- (a) Benin (b) Burkina Faso  
(c) Cote d'Ivoire (d) Ghana
48. Which day in a year is celebrated as World AIDS Day?
- (a) 1<sup>st</sup> December (b) 2<sup>nd</sup> December  
(c) 5<sup>th</sup> December (d) 7<sup>th</sup> December
49. The winner of the cleanest cities award 2023 given by the President was given to -
- (a) Surat (b) Portblair  
(c) Goa (d) Jaipur
50. Indian tennis player who won Australian men doubles 2024 was -
- (a) Rohan Bopanna (b) Vishnu Vardhan  
(c) Leander Paes (d) M. Bhupathi
51. In which of the following sentences is the modal verb used to express necessity?
- (a) She might go to the party if she finishes her work on time.  
(b) You should wear a coat; it's cold outside.  
(c) He would play tennis every weekend when he was younger.  
(d) They can swim very well.
52. Which modal verb is used to express possibility in the future?
- (a) Might (b) Must  
(c) Shall (d) Should

53. In which sentence is the modal verb expressing a past ability?  
(a) I can speak French fluently. (b) He should have arrived by now.  
(c) She would always help me with my homework. (d) We will need to leave early tomorrow.
54. In which sentence is the modal verb used to express a past obligation?  
(a) You should take an umbrella; it might rain later.  
(b) She must finish her homework before she can go out to play.  
(c) He could run very fast when he was younger.  
(d) They would always help their neighbors with chores.
55. The cat jumped \_\_\_\_\_ the fence and ran away.  
(a) on (b) under  
(c) over (d) through
56. She is allergic \_\_\_\_\_ cats.  
(a) to (b) to  
(c) at (d) by
57. In the sentence "The flowers in the garden bloomed beautifully," what is the predicate?  
(a) The flowers (b) Bloomed  
(c) Bloomed beautifully (d) In the garden
58. In the sentence "The concert, filled with excitement and anticipation, captivated the audience," which of the following statements is true?  
(a) "The concert" is the subject and "captivated the audience" is the predicate.  
(b) "Filled with excitement and anticipation" is the subject and "captivated the audience" is the predicate.  
(c) "The concert, filled with excitement and anticipation" is the subject and "captivated the audience" is the predicate.  
(d) "The concert" is the subject and "filled with excitement and anticipation" is the predicate.
59. What is the correct question tag for the statement: "They haven't finished their homework yet"?  
(a) haven't they? (b) have they?  
(c) have they finished? (d) haven't they finished?
60. Identify the sentence with an error in the use of the present perfect tense:  
(a) She has gone to the store to buy some groceries.  
(b) They has been waiting for the bus for over an hour.  
(c) I have never been to Paris before.  
(d) We have already eaten dinner.
61. Identify the sentence with an error in the use of the past continuous tense:  
(a) She was studying when the lights went out.  
(b) He was sleeping when the phone rang.  
(c) They have been going to school last week.  
(d) We were walking in the park when it started raining.
62. Change the sentence "He has completed his homework" into passive voice.  
(a) His homework has been completed by him. (b) His homework is completed by him.  
(c) His homework was completed by him. (d) His homework has been completing by him.
63. Change the sentence "The letter has been sent by him" into active voice.  
(a) He sends the letter. (b) He has sent the letter.  
(c) He is sending the letter. (d) He sent the letter.

64. Choose the synonym for "ephemeral"?
- (a) Lasting (b) Transient  
(c) Permanent (d) Enduring
65. Choose the antonym for "reverence":
- (a) Admiration (b) Respect  
(c) Disdain (d) Veneration
66. Identify the sentence with the correct use of the comparative degree:
- (a) This is the most complicated puzzle I have ever seen.  
(b) Her house is bigger than my apartment.  
(c) This problem is more difficult as compared to the previous one.  
(d) He speaks more fluently than anyone else in the class.
67. Identify the sentence with the correct use of the superlative degree:
- (a) She is more beautiful than any other girl in the room.  
(b) This is the most interesting book I've ever read.  
(c) That car is faster than mine.  
(d) He is the stronger of the two brothers.
68. Choose the sentence with correct punctuation:
- (a) They are going to the beach; tomorrow. (b) The dog barked, at the mailman.  
(c) He asked, "What time is the meeting"? (d) The book is on the shelf; it's on the top.
69. Choose the sentence with correct punctuation:
- (a) They had a picnic, and played games, in the park.  
(b) The concert starts at 8 pm, don't be late.  
(c) She whispered, "I have a secret".  
(d) He looked around but couldn't find his keys.
70. Choose the sentence with correct punctuation:
- (a) The train arrived at 10:30, it was late.  
(b) They visited Rome, Italy, and Paris on their trip.  
(c) She said "I will meet you at the cafe at 3 pm".  
(d) The concert starts at 7:00, but we should arrive early.
71. Arrange the jumbled words and identify the correct sentence.
- (a) Read - a - she - book - interesting - found - yesterday.  
(b) Played - the - children - happily - the - park - in.  
(c) To - they - movies - went - the - yesterday.  
(d) Coffee - she - in - the - morning - enjoys.
72. Arrange the jumbled words and identify the correct sentence.
- (a) The - swam - fish - in - pond - the - happily.  
(b) Walked - dog - the - she - in - park - the.  
(c) Sat - they - on - bench - the - enjoying - the - view.  
(d) Cycled - they - along - the - river - scenic - route.
73. What does the idiom "barking up the wrong tree" mean?
- (a) To make a mistake (b) To be in the wrong place  
(c) To be overly optimistic (d) To pursue the wrong course of action
74. What does the idiom "under the weather" mean?
- (a) To be in a bad mood (b) To be feeling healthy  
(c) To be feeling ill or unwell (d) To be overly optimistic

75. What does the idiom "break a leg" mean?
- |                         |                               |
|-------------------------|-------------------------------|
| (a) To injure oneself   | (b) To wish someone good luck |
| (c) To go on a vacation | (d) To quit a job             |

**Directions (Question Nos. 76 - 80) : Read the given passage carefully and answer the questions that follow. Your answers must be based on the passage only.**

The worst days of any summer are the rainy ones. We spend all year looking forward to nice weather and long, hot days. All of winter, with its dreary gray days and bitter cold, we dream of those endless days at the beach, laying on the sand and soaking in the bright and burning sun. And then, summer comes, and it rains. As a child, I would wake up to rainy summer days and come close to crying. It wasn't fair. We suffered through months of school and miserable weather for those scant ten weeks of freedom and balmy weather. Any day that I could not spend at the beach or playing ball with my friends seemed like a punishment for something I didn't even do.

On those rainy summer days, I had nothing fun to do and could only sit inside, staring out at the rain like a Dickensian orphan. I was an only child, so there was no one else to play with. My father worked from home, so I was not truly alone, but he could not actively play with me since he was technically at work. It was those days that I would resign myself to whatever was on television or any books that I could find lying around. I'd crawl through the day and pray each night that the rain would not be there the next day.

As an adult, though, my opinion of summer rain has changed. When you have to work every day, summer is not as eagerly anticipated. Mostly, the days run together, bleeding into each other so that they no longer seem like separate entities and instead feel like continuations of the same long day. Everything seems monotonous and dull, and an ennui or listlessness kicks in. Such a mindset makes you cheer for anything new or different. I spend the winter dreaming of summer and the summer dreaming of winter. When summer comes, I complain about how hot it is. And then I look forward to the rain, because the rain brings with it a cold front, which offers a reprieve—admittedly one that is all too short—from the torture of 100° and humid days. Rainy days are still the worst days of the summer, but summer rain today means positively beautiful—and considerably cooler—weather tomorrow.

76. The passage makes use of language that is -
- |                  |                |
|------------------|----------------|
| (a) metaphorical | (b) rhetorical |
| (c) formal       | (d) ambiguous  |
77. According to the passage, summer is different for adults because -
- (a) rain brings with it cold temperatures for the following days.
  - (b) the weather is much warmer than it is for children.
  - (c) they do not get a long time off from work for the season.
  - (d) they better know how to occupy their downtime.
78. According to the passage, which of the following is a true statement about the narrator as a child?
- |   |   |
|---|---|
| (a) He or she was often bored on summer days. | (b) He or she preferred cooler weather. |
| (c) He or she liked staying indoors.          | (d) He or she had no siblings.          |
79. Compared to how he or she was as a child, the narrator as an adult is -
- |                     |                    |
|---------------------|--------------------|
| (a) more realistic  | (b) less excitable |
| (c) more idealistic | (d) less calm      |
80. As used in the final paragraph, the word reprieve most nearly means -
- |                            |                          |
|----------------------------|--------------------------|
| (a) a permanent conclusion | (b) a short continuation |
| (c) a higher level of pain | (d) a temporary break    |

**Directions (Question Nos. 81 - 85) : Read the given passage carefully and answer the questions that follow. Your answers must be based on the passage only.**

The Battle of Chancellorsville, one of the most famous battles of the Civil War, took place in Virginia in the spring of 1863. For months, the two armies had been staked out on opposite banks of a narrow river. The Confederate troops were led by perhaps the most revered military tactician in American history, General Robert E. Lee. The Union soldiers were led by "Fighting" Joe Hooker. In appearance, personality, and lifestyle, these men were nearly perfect opposites. Lee, an older man in poor health with a gray beard, had a somber, measured demeanor. Hooker was a blond, strapping young man whose vanity over his appearance was but one aspect of his egotism. Whereas Lee was devout and principled, Hooker was known for his rollicking enjoyment of both women and whiskey.

Despite the fact that the Confederacy had won the last four major battles and the Union soldiers were famished, exhausted, and demoralized, Hooker proclaimed, "My plans are perfect. And when I start to carry them out, may God have mercy on Bobby Lee, for I shall have none." Why, aside from a propensity for narcissism, was Hooker so confident? Hooker had used spies, analysts, and even hot air balloons to compile a vast amount of intelligence about Lee's army. He had discerned, for example, that Lee had only 61,000 men to Hooker's own 134,000. Buoyed by his superior numbers, Hooker covertly moved 70,000 of his men fifteen miles up and across the river, and then ordered them to sneak back down to position themselves behind Lee's army. In effect, Hooker had cut off the Confederate soldiers in front and behind. They were trapped. Satisfied with his advantage, Hooker became convinced that Lee's only option was to retreat to Richmond, thus assuring a Union victory.

Yet Lee, despite his disadvantages of both numbers and position, did not retreat. Instead, he moved his troops into position to attack. Union soldiers who tried to warn Hooker that Lee was on the offensive were dismissed as cowards. Having become convinced that Lee had no choice but to retreat, Hooker began to ignore reality. When Lee's army attacked the Union soldiers at 5:00 p.m., they were eating supper, completely unprepared for battle. They abandoned their rifles and fled as Lee's troops came shrieking out of the brush, bayonets drawn. Against all odds, Lee won the Battle of Chancellorsville, and Hooker's forces withdrew in defeat.

81. Based on information in the passage, it can be concluded that Hooker lost the Battle of Chancellorsville mostly because of his -
- (a) vanity (b) ignorance  
(c) overconfidence (d) faulty information
82. The contrast drawn between Lee and Hooker in paragraph 2 is intended to -
- (a) showcase the different backgrounds and personal histories of these two enemy soldiers.  
(b) provide support for the idea that Lee was a more virtuous person than Hooker, and therefore a better military commander.  
(c) suggest that if Hooker had been more devout and principled, he might not have been outwitted by Lee.  
(d) imply that these men fundamentally differed in their approaches to nearly everything, including battle.
83. Based on its use in paragraph 3, it can be inferred that the word *propensity* belongs to which of the following word groups?
- (a) fondness, partiality, affection (b) flaw, fault, shortcoming  
(c) distaste, aversion, dissatisfaction (d) tendency, inclination, predisposition
84. As used in paragraph 4, buoyed most nearly means -
- (a) strengthened (b) anchored  
(c) floated (d) heartened



85. If this passage were to continue, which of the following would most likely be the first sentence of the next paragraph?
- (a) Not one to gloat over his success, Lee remarked that the victory had been the product of valiant fighting and good luck, as he began to map out strategies for their next move.
  - (b) In all his days of fighting, Hooker had never been met with such surprise and opposition; he took to solemn contemplation of the events that had transpired as well as the lessons he might learn from them.
  - (c) Wounded in both body and spirit, Hooker and his severely diminished forces retreated to higher ground where they proceeded to reload their weapons and prepare for a counter attack.
  - (d) Upon returning to camp, the triumphant Lee immediately ordered for supplies to be brought up and provisions made for a raucous victory celebration.

**Directions (Question Nos. 86 - 90) : Read the given passage carefully and answer the questions that follow. Your answers must be based on the passage only.**

Persuasion is the art of convincing someone to agree with your point of view. According to the ancient Greek philosopher Aristotle, there are three basic tools of persuasion: ethos, pathos, and logos.

Ethos is a speaker's way of convincing the audience that she is a credible source. An audience will consider a speaker **credible** if she seems trustworthy, reliable, and sincere. This can be done in many ways. For example, a speaker can develop ethos by explaining how much experience or education she has in the field. After all, you would be more likely to listen to advice about how to take care of your teeth from a dentist than a firefighter. A speaker can also create ethos by convincing the audience that she is a good person who has their best interests at heart. If an audience cannot trust you, you will not be able to persuade them.

Pathos is a speaker's way of connecting with an audience's emotions. For example, a speaker who is trying to convince an audience to vote for him might say that he alone can save the country from a terrible war. These words are intended to fill the audience with fear, thus making them want to vote for him. Similarly, a charity organization that helps animals might show an audience pictures of injured dogs and cats. These images are intended to fill the viewers with pity. If the audience feels bad for the animals, they will be more likely to donate money.

Logos is the use of facts, information, statistics, or other evidence to make your argument more convincing. An audience will be more likely to believe you if you have data to back up your claims. For example, a commercial for soap might tell you that laboratory tests have shown that their soap kills all 7,000,000 of the bacteria living on your hands right now. This piece of information might make you more likely to buy their brand of soap. Presenting this evidence is much more convincing than simply saying "our soap is the best!" Use of logos can also increase a speaker's ethos; the more facts a speaker includes in his argument, the more likely you are to think that he is educated and trustworthy.

Although ethos, pathos, and logos all have their strengths, they are often most effective when they are used together. Indeed, most speakers use a combination of ethos, pathos, and logos to persuade their audiences. The next time you listen to a speech, watch a commercial, or listen to a friend try to convince you to lend him some money, be on the lookout for these ancient Greek tools of persuasion.

86. As used in paragraph 2, what is the best antonym for credible?
- (a) Unintelligent
  - (b) Boring
  - (c) Dishonest
  - (d) Amazing

87. Amy is trying to convince her mother to buy her a pair of \$200 shoes. She says: "Mom, the shoes I have are really old and ugly. If I don't get these new shoes, everyone at school is going to laugh at me. I will be so embarrassed that I will want to die." What form of persuasion is Amy using here?
- (a) Pathos (b) Ethos  
(c) Logos (d) Combination of ethos, pathos, and logos
88. According to the passage, logos can build ethos because -
- (a) an audience is more easily convinced by facts and information than simple appeals to emotions like pity or fear.  
(b) an audience is more likely to trust a speaker who uses evidence to support his argument.  
(c) a speaker who overuses pathos might make an audience too emotional; audiences who are too frightened or too sad are unlikely to be persuaded.  
(d) a speaker can use misleading or false information to make his argument seem more convincing.
89. According to the passage, the most effective tool of persuasion is -
- (a) Ethos, because you cannot persuade an audience that does not trust you  
(b) Logos, because it can also be used to build ethos  
(c) A combination of ethos, pathos, and logos  
(d) Pathos, because human beings are most easily persuaded by emotion
90. What conclusion can be drawn about the importance of credibility in persuasion?
- (a) Credibility is irrelevant in persuasion.  
(b) Pathos is more important than credibility in persuasion.  
(c) Credibility is essential for effective persuasion.  
(d) Logos is more important than credibility in persuasion.

**Directions (Question Nos. 91 - 100) : Read the given passage carefully and answer the questions that follow. Your answers must be based on the passage only.**

Power foods are foods that provide rich levels of nutrients like fibre, potassium and minerals. With people becoming increasingly health conscious today, a lot of fitness trainers encourage their clients to include these foods in their daily diet to increase muscle development. There are various ways of incorporating power foods in your daily diet. Of course, the key to enjoying power foods is proper preparation of these foods, the use of season-fresh foods, and identifying your choice of flavour among power foods.

Some of the recommended power food combinations are those that are prepared in our kitchens on a regular basis. Take for instance, the combination of chickpeas and onions. This combination is a powerful source of iron which is required by the body to transport oxygen to its various parts. Iron deficiency can lead to anaemia, fatigue, brain fog and tiredness. A study by the Journal of Agricultural and Food Chemistry says that sulphur compounds in onion and garlic help in the absorption of iron and zinc from chickpeas. The combination is a hit with teenagers who need to be diligent about getting iron in their diet. A quick way to prepare this power food is to make a chickpea salad with chopped onions, chaat masala and cilantro.

Another favourite combination with power food takers is yoghurt and bananas. This makes for a perfect snack after a rough game of football. Exercising burns glucose and thus lowers blood sugar. Yoghurt is packed with proteins that help preserve muscle mass, and bananas are packed with carbohydrates that help in refuelling energy and preventing muscle soreness. A quick and easy recipe with bananas is a banana smoothie topped with cool yoghurt.

Among beverages, green tea is the best source of catechins that are effective in halting oxidative damage to cells. According to researchers at the Purdue University, adding a dash of lemon juice to green tea makes the catechins even more easily absorbable by the body. So, the next time you have friends serve them rounds of iced green tea with mint and lemon juice.

91. What is the primary purpose of power foods, as mentioned in the passage?
- (a) To provide essential nutrients for muscle development and overall health
  - (b) To enhance taste and flavor in meals
  - (c) To replace traditional meals entirely
  - (d) To cater specifically to the dietary needs of teenagers
92. According to the passage, what role do sulphur compounds in onion and garlic play in the body?
- (a) They help in preventing muscle soreness after physical activities.
  - (b) They assist in the absorption of iron and zinc from chickpeas.
  - (c) They contribute to the preservation of muscle mass during exercise.
  - (d) They aid in the refuelling of energy levels after strenuous activities.
93. From the passage, who are the target audience of power foods?
- (a) They primarily consist of children and adolescents.
  - (b) They are specifically designed for professional athletes.
  - (c) They cater to individuals concerned about their health and fitness.
  - (d) They are only suitable for individuals with iron deficiencies.
94. From the passage, what inference can be made about the nutritional benefits of yoghurt and bananas as a snack?
- (a) They are rich in carbohydrates but low in proteins.
  - (b) They are **primarily** consumed by individuals with a sweet tooth.
  - (c) They are not recommended for consumption after physical activities.
  - (d) They provide a combination of proteins and carbohydrates beneficial for muscle recovery.
95. Based on the passage, what inference can be drawn about the effectiveness of green tea with lemon juice?
- (a) Green tea is more effective than lemon juice alone in preventing oxidative damage to cells.
  - (b) Adding lemon juice to green tea enhances its flavor but does not affect its nutritional value.
  - (c) Green tea with lemon juice is less effective in halting oxidative damage compared to other beverages.
  - (d) The combination of green tea and lemon juice improves the absorption of catechins, thus enhancing its benefits.
96. Reflecting on the nutritional benefits of power foods discussed in the passage, what implications might these recommendations have on broader societal issues such as healthcare costs and public health policies?
- (a) Increased consumption of power foods may lead to a reduction in healthcare costs due to improved overall health and reduced incidence of chronic diseases.
  - (b) Power foods may exacerbate health disparities as access to these nutrient-rich foods may be limited for certain socio-economic groups.
  - (c) Public health policies should prioritize the promotion of power foods to address nutritional deficiencies and improve population health outcomes.
  - (d) The focus on power foods overlooks cultural dietary preferences and may not be applicable or accessible to all individuals.
97. From the information provided in the passage, what can be inferred about the role of power foods in promoting overall health and fitness?
- (a) Power foods are exclusively recommended for individuals with specific dietary restrictions.
  - (b) The consumption of power foods is primarily intended to enhance taste and flavor in meals.
  - (c) Power foods play a crucial role in providing essential nutrients and supporting muscle development.
  - (d) Power foods have limited effectiveness and are not considered significant contributors to overall health and fitness.

98. Which of the following sentences from the passage is punctuated correctly?
- (a) Proper preparation, using fresh ingredients and choosing flavors that appeal to individual tastes are key to enjoying these power foods.
  - (b) Proper preparation, using fresh ingredients, and choosing flavors that appeal to individual tastes, are key to enjoying these power foods.
  - (c) Proper preparation, using fresh ingredients, and choosing flavors that appeal to individual tastes are key to enjoying these power foods.
  - (d) Proper preparation using fresh ingredients, and choosing flavors that appeal to individual tastes are key to enjoying these power foods.
99. Choose the sentence from the passage with correct subject-verb agreement:
- (a) The sulfur compounds in onions and garlic enhances the absorption of iron and zinc from chickpeas.
  - (b) Iron deficiency can lead to fatigue, brain fog, and tiredness.
  - (c) Exercising burns glucose and thus lowering blood sugar.
  - (d) Adding lemon juice to green tea make the catechins more absorbable.
100. Which word is closest in meaning to “incorporating” as used in the passage?
- (a) Including
  - (b) adopting
  - (c) Eliminating
  - (d) Increasing

\* \* \* \* \*