

MIZORAM PUBLIC SERVICE COMMISSION

TECHNICAL COMPETITIVE EXAMINATIONS FOR RECRUITMENT TO CHILD DEVELOPMENT PROJECT OFFICER (CDPO) UNDER SOCIAL WELFARE DEPARTMENT, OCTOBER 2016.

HOME SCIENCE PAPER - III

Time Allowed : 2 hours

Full Marks : 200

All questions carry equal marks of 2 each.

Attempt all questions.

1. Meal planning is important for
 - (a) Utilizing time
 - (b) Budget planning
 - (c) Saving energy
 - (d) Nutritional adequacy of diet
2. Megaloblastic anaemia is caused due to deficiency of
 - (a) Iron
 - (b) Folic acid
 - (c) Proteins
 - (d) Cynocobalamine
3. Which of the following is a major food group?
 - (a) Fruits and vegetables
 - (b) Protective foods
 - (c) Condiments and spices
 - (d) Vitamins and minerals
4. Daily nutritional requirements of iron for a pregnant mother is:
 - (a) 20 m.gms
 - (b) 30 m.gms
 - (c) 40 m.gms
 - (d) 46 m.gms
5. Body building serves as
 - (a) Social function
 - (b) Psychological function
 - (c) Physiological function
 - (d) Economic function
6. Macrocytic anaemia is caused by a deficiency of
 - (a) Niacin
 - (b) Vitamin B12
 - (c) Vitamin A
 - (d) Iron
7. Green leafy vegetables are included in the diet as
 - (a) Body building foods
 - (b) Energy yielding foods
 - (c) Protective foods
 - (d) Foods supplying proteins
8. Kwashiorkor is associated with
 - (a) Insanitary condition
 - (b) Total under-nutrition
 - (c) Protein deficiency
 - (d) Protein energy malnutrition
9. Cobalt is a constituent of
 - (a) Folic acid
 - (b) B12
 - (c) Niacin
 - (d) Carotene

10. Xerophthalmia is the deficiency of
(a) Vitamin K (b) Vitamin D
(c) Vitamin E (d) Vitamin A
11. Vitamin E is also known as
(a) Cholecalciferol (b) Inositol
(c) Tocopherol (d) Retinol
12. Sugar and salt are effective preservative because they
(a) Withdraw water from food (b) Are toxic to bacteria
(c) Prevent oxygen from reaching the food (d) React with water forming CO_2
13. The method of cooking which employs radiant heat is
(a) Stewing (b) Boiling
(c) Braising (d) Broiling
14. Linoleic acid is
(a) Triglycerides (b) Saturated fatty acids
(c) Unsaturated fatty acids (d) Essential fatty acids
15. The red colour present in tomato is due to
(a) Lycopenes (b) Anthoxanthins
(c) Anthocyanins (d) Carotenoid
16. The method of heating fruits and vegetables for sometime in boiling water is called
(a) Canning (b) Pasteurisation
(c) blanching (d) germination
17. Diets in diarrhoea
(a) Low fibre, semi solid (b) High fibre, semi liquid
(c) Low fibre, liquid (d) Low fat, high protein
18. About 2gms of it is excreted in the urine daily
(a) Potassium (b) Iron
(c) Zinc (d) Sulphur
19. Following need lots water and fibre to check the problem of constipation
(a) Lactating mother (b) Adult women
(c) Old people (d) Children
20. Plant foods which have high green or yellow colouring contain a pigment called
(a) Chlorophyll (b) Litmus
(c) Carotene (d) Lycopenes
21. The term food means
(a) What nourishes the body (b) Increases the appetite
(c) Stimulate metabolism (d) Development
22. It combines with iron to produce haemoglobin in the body
(a) Copper (b) Zinc
(c) Sulphur (d) Sodium

23. Soyabean is prescribed in the diet of diabetic patient because it is
- (a) Less vitamin E (b) High in protein
(c) Low in starch (d) Good sources of calcium
24. About $\frac{2}{3}$ rd of perinatal deaths occur among infants with less than
- (a) 2500g birth weight (b) 2000g birth weight
(c) 1500g birth weight (d) 1000g birth weight
25. The major objective of Mid-day Meal Programme is to improve the child's
- (a) Literacy (b) Health
(c) Standard of living (d) Economic condition
26. Following serves as a reservoir for food for half an hour to two hours.
- (a) The mouth (b) The stomach
(c) The small intestine (d) The large intestine
27. Use of baking soda destroys
- (a) Vitamin C and Thiamine (b) Vitamin C and Calcium
(c) Vitamin C and B12 (d) Vitamin C and Protein
28. The _____ child suffers from loss of fluid and electrolytes.
- (a) Marasmic (b) Displaced child
(c) Oedemic (d) Overweight
29. Which agency have developed a process to produce iodized oil in Safola Oil?
- (a) NIN (b) FAO
(c) CFTRI (d) ICDS
30. The social factor that influence maternal morality.
- (a) Lack of maternal services (b) Obstructed labour
(c) Induced abortion (d) Accidents
31. There is an increased demand for _____ in the second half of pregnancy.
- (a) Protein (b) Iron
(c) Vitamin A (d) Calcium
32. The loss of nutrients is much less in _____ than in the case of polished rice
- (a) Parching (b) Parboiling
(c) Liming (d) Puffing
33. Canned and frozen foods are
- (a) Refrigerated (b) Convenience
(c) Perishable (d) Non-perishable
34. The Special Nutrition Programme covers children between
- (a) 0 – 3 years (b) 0 – 6 years
(c) 2 – 4 years (d) 2 – 5 years
35. The meal served to school children should be
- (a) A substitute to home diet (b) A supplement to home diet
(c) In small quantity (d) Attractive

36. Which state has the lowest birth and infant mortality rate in India?
(a) Mizoram (b) Kerala
(c) Himachal Pradesh (d) Sikkim
37. The basic measure of infant and child survival is the
(a) Under 3 Mortality (b) Under 4 Mortality
(c) Under 5 Mortality (d) Under 6 Mortality
38. The target groups under Special Nutrition Programme
(a) Children and pregnant mother in tribal areas.
(b) Children, pregnant and nursing mothers from all sections of society.
(c) Children, pregnant and nursing mothers from urban slum areas.
(d) Children below 6 years, pregnant and nursing mothers from urban slums, tribal and backward rural areas.
39. Following is the foremost symbol of India's Commitment to her children
(a) NIPCCD (b) ICDS
(c) CFTRI (d) CARE
40. It is a low-cost technology for reducing infant mortality
(a) Immunization (b) Breast feeding
(c) Growth monitoring (d) family planning
41. Nutritional anaemia is a disease syndrome caused by
(a) Iron deficiency (b) Malnutrition
(c) B12 deficiency (d) Folic deficiency
42. Deaths occurring in the first _____ for reducing days of life are called
(a) Perinatal deaths (b) Infant deaths
(c) Postneonatal deaths (d) Neonatal deaths
43. Which is the main cation present in the intracellular fluid?
(a) Potassium (b) Chloride
(c) Iron (d) Magnesium
44. Following have larger surface area per unit body weight
(a) Old people (b) Adults
(c) Adolescents (d) Children
45. Which of the following has the highest percentage of glycogen?
(a) Liver (b) Stomach
(c) Pancreas (d) Heart
46. Following control nerve irritability
(a) Intracellular (b) Electrolytes
(c) Plasma (d) Extra-cellular
47. For the heart muscles to contract in a normal way, the tissue fluid should always have enough of
(a) Potassium (b) Phosphorus
(c) Calcium (d) Sodium

48. Traces of _____ are present in bones, teeth, thyroid gland and skin.
- (a) Zinc (b) Copper
(c) Manganese (d) Fluorine
49. Which of the following acts as a medium for Physiochemical changes going on in the body?
- (a) Electrolytes (b) Water
(c) Plasma (d) ORS
50. Persons suffering from gastro-intestinal disturbances are usually given:
- (a) Liquid diet (b) Soft diet
(c) Semi-liquid diet (d) Semi-solid diet
51. The requirement is at its highest when lactation reaches its maximum
- (a) Iron (b) Energy
(c) Protein (d) Vitamins
52. The protein found in egg is
- (a) Glutenin (b) Caesinogen
(c) Myosin (d) Albumin
53. Two methods of cooking
- (a) Braising (b) Sautéing
(c) Roasting (d) Stewing
54. Which of the following give directions regarding packing, marking and labelling?
- (a) PFA (b) FPO
(c) Agmark (d) Quality standard
55. Following programme is aimed at the all round development of a child
- (a) UNICEP (b) NIPCCD
(c) ICDS (d) CARE
56. Which of the following renders assistance to raise the nutritional status of school going children?
- (a) CARE (b) ICDS
(c) FAO (d) NIN
57. Through photosynthesis, plants produces
- (a) Starch (b) Carbohydrates
(c) Chlorophyll (d) Food
58. Asepsis means
- (a) Removal of micro-organisms (b) Keeping out micro-organisms
(c) Killing micro-organisms (d) Addition of micro-organisms
59. Which of the following gives the consumer an awareness of quality in accordance with the standards laid down?
- (a) FPO (b) PFA
(c) ISI (d) Agmark

60. The disaccharides:
- (a) Glucose, fructose, galactose
 - (b) Sucrose, maltose, lactose
 - (c) Starch, dextrans, glycogen
 - (d) Caramel, cellulose, pectin
61. Which vitamin plays the role of natural antioxidants?
- (a) Vitamin C
 - (b) Vitamin E
 - (c) Vitamin K
 - (d) Vitamin A
62. Which of the following maintains the electrolyte balance of the body and plays a role in the maintenance of body fluid?
- (a) Electrolyte
 - (b) Water
 - (c) Fluid
 - (d) Plasma
63. Milk is a poor source of
- (a) Calcium
 - (b) Iron
 - (c) Protein
 - (d) Vitamins
64. The protein present in hair is
- (a) Fibrin
 - (b) Keratin
 - (c) Albumin
 - (d) Gelatin
65. The process of breaking down of complex matter into simpler ones is called
- (a) Fermentation
 - (b) Germination
 - (c) Preservation
 - (d) Fortification
66. Nephrosclerosis may lead to
- (a) Renal failure
 - (b) Ascites
 - (c) Cardiac failure
 - (d) Liver disease
67. Excessive amount of cholesterol causes
- (a) Nephrosis
 - (b) Flatulence
 - (c) Acidosis
 - (d) Atherosclerosis
68. Adulteration due to lack of proper facilities
- (a) Intentional
 - (b) Additional
 - (c) Abstraction
 - (d) Incidental
69. Modification of normal diet to meet the requirements of sick person is
- (a) Therapeutic diet
 - (b) Diet therapy
 - (c) Meal planning
 - (d) Balanced diet
70. People whose BMI is less than 18.5 are considered
- (a) Overweight
 - (b) Underweight
 - (c) An obese
 - (d) None of the above
71. Following is a chronic metabolic disorder that prevents the body to utilise glucose completely or partially
- (a) Obesity
 - (b) Diabetes Mellitus
 - (c) Hypertension
 - (d) Kidney failure

72. Basal metabolism is influenced by
(a) Age (b) Fluid
(c) Water (d) Electrolytes
73. School lunch is a measure
(a) To provide balanced diet at low cost
(b) For improving health and nutrition of children
(c) To provide nutritious food
(d) All of the above
74. A low protein diet during pregnancy
(a) Effect milk secretion (b) Cause teeth problem
(c) Results sickly child (d) Cause jaundice
75. Which of the following vitamins regulates serum level of calcium and phosphate?
(a) Vitamin A (b) Vitamin B
(c) Vitamin D (d) Vitamin K

Direction to Question No. 76 to 83: What number should come next in the following series?

76. 5, 11, 17, 23, 29, 35, 41, ...
(a) 46 (b) 47
(c) 48 (d) 49
77. 2, 3, 6, 7, 10, 11, ...
(a) 7 (b) 10
(c) 14 (d) 15
78. 30, 28, 23, 21, 16, ...
(a) 15 (b) 14
(c) 13 (d) 12
79. 2.5, 3.3, 4.1, 4.9, ...
(a) 5.2 (b) 5.4
(c) 5.6 (d) 5.7
80. 9, 7, 11, 29, 111, ...
(a) 549 (b) 653
(c) 729 (d) 429
81. 16, 20, 18, 14, 20, 8, 22, ..., ..., ...
(a) 14 20 (b) 2 28
(c) 4 22 (d) 2 24
82. 41, 39, 37, 34, 32, 30, 27, ...
(a) 25 (b) 26
(c) 27 (d) 28
83. 864, 432, 440, 220, 228, ...
(a) 110 (b) 80
(c) 114 (d) 89

Direction to Question No. 84 & 85: Which word does NOT belong with the others?

84. Which word does NOT belong with the others?
- | | |
|------------|--------------------|
| (a) tyre | (b) steering wheel |
| (c) engine | (d) car |

85. Which word does NOT belong with the others?
- | | |
|------------|-----------|
| (a) guitar | (b) flute |
| (c) violin | (d) cello |

Direction to Question No. 86 to 88: In each of the following questions two statements are given. Which are followed by four conclusions (1), (2), (3) and (4). Choose the conclusions which logically follow from the given statements.

86. Statements: Some dogs are bats; Some bats are cats.

- Conclusions:**
1. Some dogs are cats.
 2. Some cats are dogs.

- | | |
|---------------------------------|---------------------------------|
| (a) Neither (1) nor (2) follows | (b) Either (1) or (2) follows |
| (c) Only (2) conclusion follows | (d) Only (1) conclusion follows |

87. Statements: No door is dog; All the dogs are cats.

- Conclusions:**
1. No door is cat.
 2. No cat is door.
 3. Some cats are dogs.
 4. All the cats are dogs.

- | | |
|----------------------|----------------------|
| (a) Only (2) and (4) | (b) Only (3) |
| (c) Only (1) and (3) | (d) Only (3) and (4) |

88. Statements: All the phones are scales; All the scales are calculators.

- Conclusions:**
1. All the calculators are scales.
 2. All the phones are calculators
 3. All the scales are phones.
 4. Some calculators are phones.

- | | |
|----------------------|----------------------|
| (a) Only (1) and (4) | (b) Only (3) and (4) |
| (b) Only (2) and (4) | (d) Only (1) and (2) |

Direction to Question No. 89 & 90: Arrange the words given below in a meaningful sequence.

89.

1. Police
2. Punishment
3. Crime
4. Judge
5. Judgement

- | | |
|-------------------|-------------------|
| (a) 3, 1, 2, 4, 5 | (b) 1, 2, 4, 3, 5 |
| (c) 5, 4, 3, 2, 1 | (d) 3, 1, 4, 5, 2 |

90.

- 1. Leaf
- 2. Fruit
- 3. Stem
- 4. Root
- 5. Flower

- (a) 4, 3, 1, 5, 2
- (c) 4, 1, 3, 5, 2

- (b) 3, 4, 5, 1, 2
- (d) 4, 3, 1, 2, 5

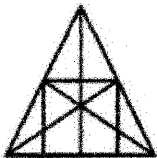
91. Find the number of triangles in the given figure.



- (a) 22
- (c) 26

- (b) 24
- (d) 28

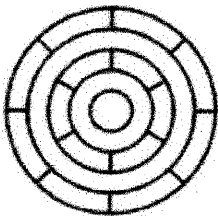
92. Find the number of straight lines in the given figure.



- (a) 7
- (c) 9

- (b) 8
- (d) 10

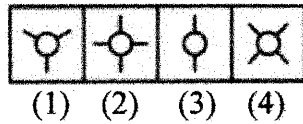
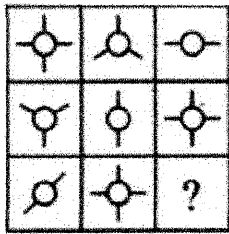
93. What is the minimum number of different colours required to paint the given figure such that no two adjacent regions have the same colour?



- (a) 6
- (c) 5

- (b) 3
- (d) 4

94. Select a suitable figure from the four alternatives that would complete the figure matrix.



- (a) 1 (b) 2
(c) 3 (d) 4

95. Identify the figure that completes the pattern.



(X)



(1)



(2)



(3)



(4)

- (a) 1 (b) 2
(c) 3 (d) 4

96. Select a figure from amongst the Answer Figures which will continue the same series as established by the five Problem Figures.

Problem Figures:



(A) (B) (C) (D) (E)

Answer Figures:



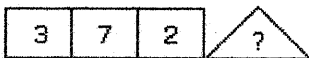
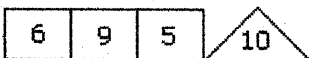
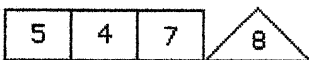
(1) (2) (3) (4)

- (a) 1 (b) 2
(c) 3 (d) 4

97. If $P \# Q$ means P is the mother of Q; $P \$ Q$ means P is the brother of Q; $P * Q$ means P is the daughter of Q in $A \# B \$ C * D$, who is the father?

- (a) Data inadequate (b) B
(c) C (d) D

98. Which one will replace the question mark?

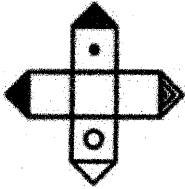


- (a) 1 (b) 4
(c) 3 (d) 6

99. If North-East becomes West and South-East becomes North, so on. What will West become?

- (a) North-East
- (b) North-West
- (c) South-East
- (d) South-West

100. Choose the box that is similar to the box formed from the given sheet of paper (X).



(X)



(1)



(2)



(3)



(4)

- (a) 1 and 2 only
- (b) 1, 2 and 3 only
- (c) 1 and 3 only
- (d) 1, 2, 3 and 4

* * * * *