

Sikkim Public Service Commission
Main Written Examination for the Post of Sub Inspector
PAPER - II HOME SCIENCE

Time allowed: 3.00 Hrs

Maximum Marks: 250

INSTRUCTION TO CANDIDATES

Read the instructions carefully before answering the questions: -

1. **IMMEDIATELY AFTER THE COMMENCEMENT OF THE EXAMINATION, YOU SHOULD CHECK THAT THIS 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. **Use only Black Ball Point Pen to fill the OMR Sheet.**
3. Do not write anything else on the OMR Answer Sheet except the required information.
4. **This Test Booklet contains 50 questions in MCQ Mode in Part I to be marked in OMR Sheet. Part II and Part III are Subjective Questions which have to be written on separate answer sheet provided to you.**
5. Before you proceed to mark in the Answer Sheet (OMR), you have to fill in some particulars in the Answer Sheet (OMR) as per given instructions.
6. After you have completed filling in all your responses on the Answer Sheet (OMR) and the examination has concluded, you should hand over the Answer Sheet (OMR) and separate answer sheet to the Invigilator only. You are permitted to take with you the Test Booklet.
7. **Marking Scheme**

THERE WILL BE NEGATIVE MARKING FOR WRONG ANSWERS MARKED BY A CANDIDATE IN THE OBJECTIVE TYPE QUESTIONS

- i. There are four alternatives for the answer to every question. For each question for which a wrong answer has been given by the candidate, one-third of the marks assigned to the question will be deducted as penalty.
- ii. If a candidate gives more than one answer, it will be treated as a wrong answer even if one of the given answers happens to be correct and there will be same penalty as above to the question.
- iii. If a question is left blank. i.e., no answer is given by the candidate; there will be no penalty for that question.

DO NOT OPEN THIS TEST BOOKLET UNTIL YOU ARE ASKED TO DO SO

PART - I

Choose the correct answer for the following questions:

(3x50=150)

1. **Milk is deficient in _____**
 - A. Vitamin C & Iron
 - B. Vitamin D & Calcium
 - C. Vitamin E & Phosphorus
 - D. Vitamin B & Magnesium

2. **Extension uses which of the following as a tool to motivate people to change their behavior ?**
 - A. Social work
 - B. Communication
 - C. Diagnosis
 - D. Analysis

3. **Which vitamin is responsible for prevention of pernicious anemia?**
 - A. Vit.B12
 - B. Vit. C
 - C. Vit. D
 - D. Vit. B1

4. **One of the most effective methods of imparting skill is**
 - A. Field visit
 - B. Group discussion
 - C. Demonstration
 - D. Project

5. **Full form of FSSAI is**
 - 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

6. **A la carte menu is**
 - A. Served on a particular day as special
 - B. Limited choice of fixed price
 - C. Choices of items listed with its price
 - D. Series of dishes repeated after a period of time

7. Which of the following food is rich in Omega 3 fatty acids ?
- A. Flax Seed
 - B. Fruits
 - C. Vegetables
 - D. Pulses
8. Cotton textile in India comprise of
- A. Cotton
 - B. Blended yarn
 - C. All of these
 - D. Mill-made fabrics
9. Sociometry is a tool to measure a child's
- A. Intelligence level
 - B. Behaviour problems
 - C. Relationship with peers
 - D. Relationship with parents
10. The iron requirement for a pregnant mother is
- A. 30 mg
 - B. 32 mg
 - C. 38 mg
 - D. 36 mg
11. The functions of body protein include_____.
- A. Immune function where antibodies attach bacteria and viruses
 - B. Fluid balance where blood proteins attract fluid
 - C. Acid base balance where proteins act as buffer
 - D. All of the Above
12. Which of the following in an example of probiotic
- A. Yogurt
 - B. Apple
 - C. Juice
 - D. Fish Oil
13. Obesity is due to positive energy balance of the body resulting from_____
- A. High energy intake and low activity level
 - B. Low energy intake and high activity levels
 - C. High energy intake and high activity levels
 - D. Low energy intake and low activity levels

- 14. Which organ acts as a detoxifier for the body?**
- A. Liver
 - B. Pancreas
 - C. Gall bladder
 - D. Ileum
- 15. The HbA1C level above which a person is diagnosed as Diabetic is :**
- A. 6.2%
 - B. 6.5%
 - C. 6.8%
 - D. 7.0%
- 16. 'World Consumer Rights day' is observed on which date?**
- A. 15th of March
 - B. 8th of February
 - C. 10th of December
 - D. 16th of March
- 17. Sodium Pottasium and magnesium loss occurs by**
- A. Blanching
 - B. Leaching
 - C. Soaking
 - D. None of these
- 18. Septic Sore throat is caused by**
- A. Salmonella
 - B. Staphylococci
 - C. Clostridium Welchi
 - D. Botulinum
- 19. Yeast is a rich source of**
- A. Vit C
 - B. Vit D
 - C. Vit B
 - D. Vit.A
- 20. Soyabean is prescribed in the diet of diabetic patients because it is**
- A. High in protein
 - B. Less in vit. E
 - C. Low in Starch
 - D. Less in vit C
- 21. Good taste in a dress involves**
- A. Beauty
 - B. Suitability
 - C. Visual perception
 - D. All the above

- 22. The fastest method of pattern making is**
- A. Flat patterning
 - B. Drafting
 - C. Draping
 - D. All the above
- 23. Following Fat is the richest source of MUFA**
- A. Sunflower Oil
 - B. Soyabean Oil
 - C. Coconut Oil
 - D. Olive Oil
- 24. Major function of Zinc in the human body is**
- A. Haemoglobin synthesis
 - B. DNA and RNA synthesis
 - C. Maintaining Bone health
 - D. Maintaining Vision
- 25. RDA of Thiamin (ICMR 2010) for a moderately active man is**
- A. 1.2 mg/day
 - B. 1.4 mg/day
 - C. 1.5 mg/day
 - D. 1.7 mg/day
- 26. 'Allin' is a compound found in**
- A. Garlic
 - B. Cinnamon
 - C. Cloves
 - D. Turmeric
- 27. Which of the following is a theory of clothing ?**
- A. Individuality
 - B. Conformity
 - C. Tattooing
 - D. Modesty
- 28. Advantages of Genetically Modified Foods (GM) are**
- A. Improving crop productivity
 - B. Reducing pesticide applications
 - C. Bioavailability of commonly eaten foods
 - D. All of the above
- 29. The function of Ego is based on**
- A. Pleasure principle
 - B. Reality principle
 - C. Reflex action
 - D. Practical experience

- 30. Smoothing, sharpening and rounding off angular lines is done by**
- A. ironing
 - B. blending
 - C. shaping
 - D. none of these
- 31. Communication will be effective if it is**
- A. Delivered slowly and clearly
 - B. Delivered using appropriate media
 - C. Received as intended by the sender
 - D. Received immediately
- 32. A good design is characterized by**
- A. Flexibility
 - B. Appropriateness
 - C. Efficiency
 - D. All of the above
- 33. Strict restriction of carbohydrates is not done in a diabetic diet because it can lead to**
- A. Constipation
 - B. Glycosuria
 - C. Ketosis
 - D. Steatorrhoea
- 34. The enzyme responsible for digestibility of fats in human body is**
- A. Lipase
 - B. Amylase
 - C. Renin
 - D. Protease
- 35. Haemoglobin level below which a pregnant woman is considered anaemic :**
- A. 12 g / dl of blood
 - B. 11.5 g / dl of blood
 - C. 11 g / dl of blood
 - D. 10 g / dl of blood
- 36. Following is not a method of nutritional assessment using anthropometry.**
- A. Skin fold thickness
 - B. Waist circumference
 - C. Blood Pressure
 - D. Mid Upper Arm Circumference
- 37. Lipase Enzyme is used in digestion of...**
- A. Carbohydrates
 - B. Fat
 - C. Protein
 - D. Vitamin

38. *Helicobacter Pylorii* infection causes the following disease :
- A. Peptic Ulcer
 - B. Cholera
 - C. Typhoid
 - D. Constipation
39. The cause of phobia could be
- A. Social
 - B. Emotional
 - C. Classical conditioning
 - D. None of the above
40. In case of nausea, vomiting, gas-formation, diarrhoea, loss of appetite, give
- A. Liquid diet
 - B. Full fluid diet
 - C. Soft diet
 - D. Clear liquid diet
41. Thermophilic bacteria affect the
- A. Refrigerated food
 - B. Milk processing
 - C. Pickle making
 - D. None of the above
42. Which of the following is not a good source of essential fatty acids
- A. Sunflower
 - B. Soyabean
 - C. Cottonseed oil
 - D. Coconut
43. Fruits are stimulated to ripening by
- A. Oxygen
 - B. Carbon-di-oxide
 - C. Ethylene gas
 - D. None of these
44. The property of viscosity of starch is utilized in preparation of
- A. Soup thickener
 - B. Cotton Clothes
 - C. Starch pudding
 - D. All of these
45. Richest source of Vitamin C is _____
- A. Tomato
 - B. Lemon
 - C. Amla
 - D. Orange

46. Which of the following is synthesized in presence of sunlight in our body?

- A. Vit.D
- B. Vit.E
- C. Vit.A
- D. Vit.C

47. Which of the following is rich in fiber?

- A. Green leafy vegetables
- B. Bread
- C. Carrot
- D. Eggs

48. MUAC term is associated with _____

- A. Biochemical assessments
- B. Anthropometric assessments
- C. Clinical assessments
- D. Dietary assessments

49. In take of iron and iodine gives protection against

- A. Anemia and Goiter
- B. Anemia and Rickets
- C. Beri-Beri and Goiter
- D. Osteoporosis and Beri-Beri

50. The fungus *Aspergillus flavus* produces toxin called aflatoxin which causes

- A. Indigestion
- B. Toxicity
- C. Liver Damage
- D. None of these

Part - II

Attempt **ANY FIVE** of the following short notes

(10 X 5 = 50)

- (1) Types of family budget.
- (2) Reasons for malnutrition during old age
- (3) Principles of meal planning
- (4) Types of Therapeutic diets.
- (5) Iron deficiency in Adolescent girls.
- (6) Entrepreneurship.
- (7) Importance of Calcium in daily diets.
- (8) Consumer Protection Act.

PART - III

Attempt **ANY TWO** of the following

(25 X 2 = 50)

- (1) What is the importance of meal planning? Explain the factors affecting meal planning ?
- (2) Explain different cardiac disorders with the dietary recommendations.
- (3) what is the importance of effective communication? Explain the type of methods of communication ?
- (4) Explain obesity. Write its causes, consequences and dietary management ?
- (5) Explain the role of extension education in development of different fields in society ?