

Sikkim Public Service Commission

Written (Main) Examination for the post of Sub-Jailer

Time Allowed: 3 hours

PAPER - II
HOME SCIENCE

Maximum Marks: 250

INSTRUCTIONS TO CANDIDATES

Read the instructions carefully before answering the questions: -

1. This Test Booklet consists of 8 (eight) pages and has 63 (sixty-three) printed questions.
2. IMMEDIATELY AFTER THE COMMENCEMENT OF THE EXAMINATION, YOU SHOULD CHECK THAT THIS BOOKLET DOES NOT HAVE ANY UNPRINTED, TORN OR MISSING PAGES OR ITEMS. IF SO, GET IT REPLACED BY A COMPLETE TEST BOOKLET.
3. Use only Black Ball Point Pen to fill the OMR Sheet.
4. Please note that it is the candidate's responsibility to fill in the Roll Number carefully without any omission or discrepancy at the appropriate places in the OMR ANSWER SHEET as well as on SEPARATE ANSWER BOOKLET for Conventional Type Questions. Any omission/discrepancy will render the Answer Sheet liable for rejection.
5. Do not write anything else on the OMR Answer Sheet except the required information. Before you proceed to mark in the OMR Answer Sheet, please ensure that you have filled in the required particulars as per given instructions.
6. This Test Booklet is divided into 3 (three) parts - Part-I, Part-II and Part-III.
7. All three parts are Compulsory.
8. Part-I consists of Multiple-Choice Questions. The answers for these questions have to be marked in the OMR Answer Sheet provided to you.
9. Parts II and III consist of Conventional Type Questions. The answers for these questions have to be written in the Separate Answer Booklet provided to you.
10. After you have completed filling in all your responses on the OMR Answer Sheet and the Answer Booklet(s) and the examination has concluded, you should hand over the OMR Answer Sheet and the Answer Booklet(s) to the Invigilator only. You are permitted to take the Test Booklet with you.
11. **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
(Multiple Choice Questions)

Choose the correct answer for Questions 1 to 50 from the given options. Each question carries 3 marks.
[50 x 3 = 150]

1. Which of the following rooms falls under the category of working area?
 - (a) Verandah
 - (b) Bathroom
 - (c) Kitchen
 - (d) Bedroom
2. If we use light colours, it gives a feeling of _____ rooms.
 - (a) smaller
 - (b) Elongated
 - (c) Narrow
 - (d) Larger
3. Which of these is an invisible resource?
 - (a) Farm house
 - (b) Money
 - (c) Jewellery
 - (d) Skill/Knowledge
4. The process of managing does not include:
 - (a) controlling
 - (b) Production
 - (c) Implementation
 - (d) Evaluation
5. When mother is the basis of ancestry, such family is known as:
 - (a) Matrilineal
 - (b) Matrilocal
 - (c) Matriarchal
 - (d) Extended
6. Which among these is a natural fibre?
 - (a) Fax
 - (b) Acrylic
 - (c) Nylon
 - (d) Polyester
7. What are the factors that should be avoided while buying clothes for a five-month-old child?
 - (a) Wrinkle free and starch free
 - (b) Made of cotton or linen
 - (c) Elastic and tight clothes
 - (d) Loose and comfortable
8. What type of fabric should a college going girl purchase for daily wear which should be durable and easy to care for?
 - (a) Satin and chiffon
 - (b) Cotton and denim
 - (c) Silk and taffeta
 - (d) Worsted and silk
9. Which method is used to remove stains which are soluble?
 - (a) Chemical method
 - (b) Sponging method
 - (c) Absorbing method
 - (d) Solvent method
10. Which of the following is not a feature of detergent?
 - (a) They dissolve readily in water
 - (b) If rinsing is inadequate, it does not weaken the fabric
 - (c) The insoluble compounds clog the drains and pipes
 - (d) Washed clothes smell good
11. Which of these is an unhygienic habit according to you?
 - (a) The cook uses spoon to taste food
 - (b) The cook washes hands with soap and water
 - (c) The cook keeps food covered
 - (d) The cook does not take off watch before starting cooking and preparation.

12. The cheapest method of water filtration at large scale is:
- Reverse osmosis
 - Chlorine
 - Filter
 - Boiling
13. Which of the following does not occur during adolescence of girls?
- Onset of menstrual cycle
 - Enlargement of breasts
 - Cessation of menstrual cycle
 - Brightening of eyes
14. Chemical messengers which are secreted by ductless glands are called _____.
- Lymph
 - Platelets
 - Plasma
 - Hormones
15. The metabolic rate in mammals is controlled by which organ/gland?
- Pancreas
 - Liver
 - Thyroid
 - Pituitary
16. Which nutrient deficiency may lead to anaemia during pregnancy?
- Vitamin A and Fe
 - Vitamin D and Fe
 - Vitamin E and Ca
 - Vitamin C and Fe
17. Water which is free from impurities and safe for human consumption is known as:
- Potable water
 - Clean water
 - Safe water
 - Drinking water
18. Adolescent age is considered between:
- 10 - 14 years
 - 9 - 14 years
 - 10 - 19 years
 - 10 - 25 years
19. Saheli is a/an _____ contraceptive.
- Oral
 - Intravenous
 - Topical
 - Vaginal
20. Which of these is a viral infection?
- Tuberculosis
 - Diphtheria
 - Chicken Pox
 - Pertussis
21. COLLABORATION in providing care to a group of patients under the direction of a professional nurse is:
- Care method
 - Primary method
 - Team method
 - Modular method
22. The normal temperature of a human body is:
- 98.4 °F - 98.6 °F
 - 97.6 °F - 97.8 °F
 - 99.2 °F - 99.4 °F
 - 96.8 °F - 96.9 °F
23. Giving of fluid by mouth to correct dehydration which results due to diarrhoea or vomiting is:
- ORT
 - OST
 - ODT
 - RTO
24. Salmonella infection may cause:
- Sleeplessness
 - Diarrhoea
 - Brain fever
 - Encephalitis
25. _____ is a jelly like substance found floating inside the plasma membrane.
- Cell sap
 - Nucleus
 - Lysosome
 - Cytoplasm

26. One pound is equal to how many kilograms?
 (a) 0.482
 (b) 0.445
 (c) 0.431
 (d) 0.454
27. Fibrous tissue which connects the two bones is:
 (a) Ligament
 (b) Connective tissue
 (c) Epithelial tissue
 (d) Adipose tissue
28. Globulins of the blood plasma are responsible for:
 (a) Blood clotting
 (b) Oxygen transport
 (c) Defence mechanism
 (d) Fluid balance
29. The cell organelle which is responsible for extracting energy from carbohydrates to form ATP:
 (a) Lysosome
 (b) Mitochondrion
 (c) Ribosome
 (d) Xylem
30. Which of the following foods are from the protective food group?
 (a) Protein foods
 (b) Carbohydrate foods
 (c) Vitamins and minerals foods
 (d) Fatty foods
31. Which of the following statements regarding meal planning for adolescent girls is/are correct?
 (a) The food should not be according to her likes and dislikes
 (b) The meal should be nutritionally balanced
 (c) The food item should not be rich in protein and iron
 (d) Both A and C are incorrect
32. Dietary recommendations for a patient suffering from constipation are:
 (a) Plenty of fluids (8-10 glasses/day)
 (b) Avoid refined foods
 (c) More of fibre rich foods
 (d) All of the above
33. At which stage of marketing does adulteration take place?
 (a) Distributor
 (b) Retailer
 (c) Producer
 (d) All of these
34. While buying a bottle of squash which standard mark should you look for?
 (a) AGMARK
 (b) ISI
 (c) FPO
 (d) ECOMARK
35. "Smoking" as a method of preservation, was originally used for?
 (a) Milk
 (b) Vegetables
 (c) Meat
 (d) Cereals
36. Benzoic acid is class ____ preservative.
 (a) I
 (b) II
 (c) III
 (d) IV
37. Which of these is known as "grape sugar"?
 (a) Glucose
 (b) Fructose
 (c) Galactose
 (d) Sucrose
38. The function of Vitamin 'K' is chiefly in the process of:
 (a) ATP generation
 (b) Oxygen exchange
 (c) Clotting of blood
 (d) Contraction and relaxation of heart muscles

39. Osteomalacia is the deficiency feature of which of the following nutrient?
- Iodine
 - Potassium
 - Iron
 - Calcium
40. Which of the following obstacles are faced by rural women?
- Overburdened with work
 - False family ethics and taboos
 - Lack of knowledge of their rights and laws
 - All of the above
41. International Day of Girl Child is celebrated on which date?
- 11th August
 - 11th October
 - 11th November
 - 11th January
42. What percentage of women contributes to rural development?
- 40%
 - 80%
 - 20%
 - 30%
43. Children who are raised in democratic family are:
- More functional and extrovert
 - Less functional and extrovert
 - More functional and introvert
 - Less functional and introvert
44. Which of the following are water borne diseases?
- Malaria and dengue
 - Stone and tapeworm
 - Typhoid and jaundice
 - Chicken pox and TB
45. What are the things which can damage clothes during storage?
- Silver fish and mildew
 - Carpet beetles and perspiration
 - Fungus and algae
 - Bacteria and microorganisms
46. Ranjan is a 75-year-old man. What type of fabric should be purchased for him?
- The clothes should have hooks
 - Easily washable and stain resistant
 - A complex design with bright colours
 - Tight and un-stretchable clothes
47. Who issues ISI marks in India?
- FSSAI
 - NSOI
 - BIS
 - Both B and C
48. Polyurea and polydipsia are the symptoms of which disease?
- Hypertension
 - Jaundice
 - Diabetes
 - Fever
49. The adolescent growth spurt:
- generally, begins two years earlier for girls than for boys
 - generally, begins two years earlier for boys than for girls
 - is slower in early adolescent years then speeds up around age 15 for boys and girls
 - proceeds along a smooth and rapid curve over the 10 years
50. Pleasing sense of organized movement that gives continuity to a design is known as:
- Harmony
 - Balance
 - Proportion
 - Rhythm

PART - II
(Conventional Type Questions)

Answer any 2 (two) from Questions 51 to 55. Each question carries 25 marks.

[2 x 25 = 50]

51. Discuss the general characteristics of family resources.
52. Differentiate between natural and synthetic fibre. Explain the properties of nylon fibre.
53. 'Grandparents provide the best substitute care to children.' Explain in detail.
54. Write a short note on artificial respiration.
55. 'Structure of a family affects its meal planning.' Support this statement with the help of four different examples.

PART - III
(Conventional Type Questions)

Answer any 5 (five) from Questions 56 to 63. Each question carries 10 marks.

[5 x 10 = 50]

56. Explain the different type of colour schemes.
57. Classify stains and write about various bleaches used to remove stains.
58. Which hormones are produced by ovary and testis? Explain.
59. Which are the factors associated with Juvenile Delinquency?
60. Give an outline of a well-equipped sick room and its equipment.
61. Enumerate different types of bandages and their applications.
62. Enlist the various functions of blood.
63. Describe the responsibility of modern youth for making a better community.

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