

1. Which of the following would not be regarded as unstructured physical activity, sometimes referred to as activities of daily living?
  - A) Gardening
  - B) Jogging
  - C) House work
  - D) Leisurely walking
2. ----- is a dispersion of gas bubbles in a liquid or semi solid phase.
  - A) Gel
  - B) Foam
  - C) Sol
  - D) None of these
3. Which key nutrient is not usually found in substantial amount in meat?
  - A) Iron
  - B) Protein
  - C) Niacin
  - D) Vitamin C
4. The glycemic index represents
  - A) The effect a particular food has on the rate and amount of increase in the blood glucose level
  - B) The total amount of insulin released in response to food intake
  - C) The amount of glucose released into the blood in response to exercise
  - D) The amount of stored glycogen in the muscle and liver
5. What two tissues in the body store the most carbohydrates?
  - A) Kidney and liver
  - B) Liver and muscles
  - C) Adipose and muscles
  - D) Muscles and kidney
6. Which of the following is most conducive to the development of atherosclerosis?
  - A) A low level of very low density lipoprotein cholesterol
  - B) A high density lipoprotein cholesterol of 70mgs
  - C) A low density lipoprotein cholesterol of 170mgs
  - D) None of the above
7. Which essential fatty acids are needed in the diet?
  - A) Linoleic and alpha-linolenic
  - B) Palmitic and stearic
  - C) Oleic and linoleic
  - D) Palmitoleic and stearic
8. Which of the following statements related to protein metabolism is false?
  - A) Excess protein may be converted to glucose in the body
  - B) The liver is a critical centre for the control of amino acid metabolism
  - C) Essential amino acids can be formed in the liver from carbohydrate and nitrogen from non essential amino acids
  - D) Excess protein may be converted to fat in the body
9. Most of the Vitamin B functions in human metabolism as
  - A) Coenzymes
  - B) Hormones
  - C) Antioxidants
  - D) None of the above

10. The main function of Vitamin E in the body is to act as  
A) Antioxidant B) Free radical  
C) Superoxide D) Hormone
11. Excessive intake of iron can cause damage to which organ in the body?  
A) Kidney B) Heart  
C) Liver D) Lungs
12. In which year the Milk and Milk Products Order was promulgated?  
A) 1992 B) 1983  
C) 1980 D) 1995
13. *Aspergillus oryzae* is used in the production of  
A) Soy sauce B) Tomato ketchup  
C) Vinegar D) Cheese
14. Scarlet fever is caused by  
A) *Streptococcus pyogenes* B) *Shigella sonnei*  
C) *Bacillus cereus* D) None of the above
15. Crystalization property of sugar is used in the preparation of  
A) Fudge B) Jams  
C) Caramel D) None of the above
16. Lathyrism is caused by ----- present in Kesari dhal  
A) Raffinose B) Lectin  
C) Pyridoxine D) None of the above
17. Trichinosis is a parasitic infection transmitted by  
A) Mosquitoes B) Foods  
C) Hookworm D) None of the above
18. ----- was formed in 1945  
A) UNICEF B) FAO C) WHO D) CARE
19. ----- is responsible for the formulation of internationally recognized food standards for all principal foods  
A) Codex Alimentarius Commission  
B) UNICEF  
C) CARE  
D) ICMR
20. Whooping cough is caused by  
A) *Bordetella Pertussis* B) *Salmonellosis*  
C) *E.coli* D) *Shigella*
21. *Treponema pallidum* is the causative organism of  
A) Leprosy B) Gonorrhoea  
C) Syphilis D) None of the above

22. Yellow fever was discovered by  
 A) Gerhard Hansen                      B) Walter Read  
 C) P. Ehrlich                                D) P. Ricord
23. Lactic acid was first discovered in  
 A) 1789                      B) 1793                      C) 1704                      D) 1738
24. In food quality control, HASSOP means  
 A) Hygiene and Standard Sanitation Operating Procedures  
 B) Health and Sanitation Operation Procedures  
 C) Hazard Analysis Standard Sanitation Procedures  
 D) None of the above
25. Children born with PKU cannot use ----- present in food  
 A) Valine                                      B) Phenylalanine  
 C) Tryptophan                                D) None of the above
26. Thematic Apperception test was developed by  
 A) Murray and Morgan                      B) Darwin  
 C) Pestalozzi                                    D) Piaget
27. Rorschach's Ink Blot test was introduced in  
 A) 1938                      B) 1921                      C) 1929                      D) 1939
28. Repeated observation of the same individuals are made in which method of studying children?  
 A) Longitudinal                                B) Case study  
 C) Cross sectional                              D) Anecdotal
29. Which of the statement is not correct?  
 A) Development comes from maturation and learning  
 B) Different areas develop at the same rate  
 C) Development is continuous  
 D) Development follows a pattern.
30. The type of birth in which the infant's buttocks appear first followed by legs and finally the head  
 A) Breech                                        B) Caesarian  
 C) Transverse presentation                      D) Normal
31. MMR is  
 A)  $\frac{\text{Annual number of deaths of mothers}}{\text{Annual number of live births}}$  X 100000  
 B)  $\frac{\text{Annual number of deaths of mothers}}{\text{Annual number of live births}}$  X 1000  
 C)  $\frac{\text{Annual number of deaths of mothers}}{\text{Annual number of live births}}$  X 10000  
 D)  $\frac{\text{Annual number of deaths of mothers}}{\text{Annual number of live births}}$  X 100

32. DPT vaccine provides immunization against  
 A) Diphtheria, Polio, Tetanus  
 B) Diphtheria, Whooping cough, Typhoid  
 C) Diphtheria, Pertussis, Tetanus  
 D) Diphtheria, Polio, Tuberculosis
33. Ego- centrism means  
 A) Development of clear speech  
 B) Talking for the sake of others  
 C) Talking about oneself  
 D) Talking about others
34. The recreation theory was put forward by  
 A) Gullick and Hall                      B) Lazarus  
 C) Spencer and Schiller                D) Karl Groos
35. In ----- level of moral development the child strives to maintain the expectation of family, group or nation regardless of the consequences  
 A) Conventional                      B) Post conventional  
 C) Pre conventional                D) None of the above
36. ICDS programme was started in  
 A) 1970                                      B) 1975  
 C) 1978                                      D) 1973
37. UNESCO means  
 A) United Nations Educational, Scientific and Cultural organization  
 B) United Nations Educational, Scientific Children's Organisation  
 C) United Nations Scientific, Cultural Organisation  
 D) United Nations Educational, Scientific, Co-operative Organisation
38. The condition which will not affect longevity  
 A) Heredity                                B) Physical Characteristics  
 C) Health                                    D) Ordinal Position
39. Early Childhood means the period of  
 A) 0-1 year                                B) 2-6 years  
 C) 1-2 years                                D) 6-7 years
40. When the baby is one year old, his birth weight is  
 A) Doubled                                B) Quardrupled  
 C) Trebled                                 D) None of the above
41. ----- test is used to measure the sight  
 A) Snullen's Test                      B) Distraction Test  
 C) Perfomance Test                    D) None of the above

42. Demography deals with  
 A) The study of statistics of birth, deaths, disease etc.  
 B) Society and social problems  
 C) Psychological well being of people.  
 D) None of the above
43. Preventive approach in sex education concentrates on  
 A) Teaching children what to avoid in sexual behaviour and relationships  
 B) Giving facts and explaining the meaning of sexual behaviour  
 C) Both a and b  
 D) None of the above
44. Anticipatory theory  
 A) Considers play as primarily a preparation for future life and work  
 B) Means that through play, tensions may be released and children feel relaxed after playing  
 C) States that children play in order to spend the accumulated surplus energy  
 D) Refers that the individual in his play activities passes through stages that are typical of those through which human race has passed
45. Which statement is not correct?  
 A) Play helps the child in his physical development  
 B) The child learns different concepts like shapes, sizes, number and textures by handling different play objects  
 C) Play is a socialising force in the lives of children  
 D) The child who lacks academic ability may not readily accept play
46. In ----- stage, the baby indulges in investigating his parts of the body  
 A) Experimentation  
 B) Problem solving  
 C) Co- ordination or reaching out  
 D) None of the above
47. ----- occurs when a child plays along side other children with the same kinds of play material.  
 A) Parrallel Play  
 B) Solitary Play  
 C) Associative Play  
 D) Co-operative play
48. Marriage of one man to one woman is called  
 A) Polygamy  
 B) Monogamy  
 C) Endogamy  
 D) Polyandry
49. Gurgaon experiment was started by  
 A) F. L. Brayne  
 B) S.K. Dey  
 C) Spencer Hatch  
 D) Mahatma Gandhi

50. ----- leaders are those persons who actually initiate action within the group, regardless of whether or not they hold elected office  
A) Professional                                  B) Operational  
C) Laissez- fair                                  D) Lay
51. ----- is an informal conversation put on for the benefit of the audience, by a small group of speakers, usually from 2 to 8 in numbers  
A) Workshop                                  B) Panel  
C) Seminar                                  D) Symposium
52. ----- may be defined as the science of developing capability of the people for sustainable improvement in their quality of life  
A) Informal Education                                  B) Formal Education  
C) Extension Education                                  D) Distance Education
53. The fourth step in extension educational process  
A) Evaluation                                  B) Planning  
C) Reconsideration                                  D) Teaching
54. According to Shanon- Weaver, the ingredients of communication are  
A) Source, Transmitter, Signal, Receiver, Destination  
B) Source, Encoder, Message, Channel, Decoder, Receiver  
C) Speaker, Speech, Audience  
D) Source, Encoder, Signal, Decoder, Destination
55. Carrying some significant responses of the audience back to the communicator  
A) Evaluation                                  B) Follow-up  
C) Monitoring                                  D) Feed back
56. ----- is a placard displayed in a public place with the purpose of creating awareness among the people  
A) Graph                                  B) Map                                  C) Poster                                  D) Diorama
57. ----- is the process by which an innovation is communicated through certain channels over time among the members of a social system  
A) Communication                                  B) Diffusion  
C) Adoption                                  D) None of the above
58. Those who adopt a new idea from the first, much ahead of other members in the community are called  
A) Laggards                                  B) Early adopters  
C) Innovators                                  D) Early majority
59. Which statement is not correct?  
A) Feedback affects the source or communicator  
B) Feed back exerts control over future messages  
C) Feed back affects communication fidelity  
D) Feed back is not source oriented

60. Etawah Pilot Project was launched in  
A) October 1943                      B) October 1948  
C) October 1942                      D) October 1945
61. A ----- is a specification of work to be done or procedures to be followed in order to accomplish a particular objective  
A) Project                                  B) Plan  
C) Calendar of work                      D) None of the above
62. ----- is the starting point of programme planning process  
A) Analysis of situation  
B) Identification of problems  
C) Collection of facts  
D) Determination of objectives and goals
63. Identify the statement which is not correct.  
A) The supervisor should maximize responsibility and minimize authority  
B) Supervision is creative and not prescriptive  
C) Supervision is not a co-operative activity  
D) The supervisor should be sensitive to the opinion of others
64. Final Evaluation is also called  
A) In – Programme Evaluation      B) Process Evaluation  
C) Summative Evaluation              D) None of the above
65. National Literacy Mission was launched in the year  
A) 1978                      B) 1986                      C) 1988                      D) 1998
66. The male literacy rate in India as per 2001 Census report is  
A) 65.3%                      B) 75.8%                      C) 90.1%                      D) 64.5%
67. The scheme of Continuing Education was approved in  
A) 1997                      B) 1996                      C) 1995                      D) 1994
68. Kerala was declared a totally literate State on  
A) April 18, 1991                      B) April 7, 1990  
C) April 15, 1991                      D) April 4, 1990
69. The present life expectancy of women in Kerala is  
A) 71 years                      B) 70 years  
C) 76 years                      D) 75 years
70. Brain storming in group discussion means  
A) Spontaneously creating ideas during a group discussion  
B) Writing the report and handing it over to the moderator  
C) Dividing the group into smaller ones and discussing  
D) None of the above

71. State Resource Centre was formulated in Kerala in  
 A) 1986 B) 1978  
 C) 1985 D) 1976
72. The method of teaching designed to show by example the practical application of an established fact is known as  
 A) Result Demonstration B) Method Demonstration  
 C) Lecture cum Demonstration D) None of the above
73. Cooking food with microwaves was discovered by  
 A) William Cullen B) Percy Spencer  
 C) Oliver Evans D) Jacob Perkins
74. Which statement is not correct?  
 A) Values grow out human interests and desires  
 B) All values are not interdependent and intimately related  
 C) Values give meaning to life  
 D) Values may be either intrinsic or instrumental
75. The believed capacity of something or somebody to satisfy a human desire is  
 A) Attitude B) Goal  
 C) Value D) Standard
76. ----- decisions are based on allocation and exchange processes relating to resource use  
 A) Technical B) Economic  
 C) Central D) Habitual
77. ----- is the most tangible resource  
 A) Time B) Money  
 C) Abilities D) None of the above
78. ----- is used in making a detailed study of a particular part of the process  
 A) Process Chart B) Operation Chart  
 C) Memomotion Cycle Graph D) None of the above
79. ----- income comprises of the flow of goods and services which a family enjoys over a given period of time  
 A) Psychic B) Money  
 C) Real D) Total
80. ----- is an example of moderately heavy work  
 A) Sewing by foot-driven machine  
 B) Washing clothes by hand  
 C) Rinsing clothes  
 D) Hand sewing



81. The first step in income management is  
 A) Analysing all kinds of available income  
 B) Clearly defining and recognising family goals  
 C) Synchronizing the plans for the shorter periods with the plans for the longer periods  
 D) Choosing the method of handling money that will satisfy all members of the family
82. In -----method of handling family income a certain portion of the money is allocated for all or a part of family living expenses  
 A) Family Finance                      B) Allowance  
 C) Equal salary                          D) Hand- out
83. If the equipments are arranged in a continuous working surface around the three walls of the kitchen it is called  
 A) L- shaped plan                      B) U -shaped plan  
 C) Broken U- shaped plan            D) One wall plan
84. In .....lighting method almost all the beams of light are directed from source to the wall or ceiling and from there reflected to the other parts of the room  
 A) Direct                                      B) Indirect  
 C) Semi-direct                              D) Semi- indirect
85. The principle based on the movement of eye in viewing a design  
 A) Rhythm                                    B) Harmony  
 C) Emphasis                                D) Balance
86. Which is the first step to be followed in making flower arrangement?  
 A) Selecting Containers  
 B) Selecting flowers  
 C) Making a definite plan based on the purpose, room, space and location in the room  
 D) None of the above
87. Identify the wrong statement  
 A) Aesthetic considerations of arrangements are more important than Functional considerations in furniture arrangement  
 B) Furniture size should be proportionate to the size of the room  
 C) Furniture may be grouped for various activities for consideration of space  
 D) Upholstered furniture can be mixed with wooden pieces
88. Bureau of Indian Standards Act was passed in  
 A) 1983                                      B) 1986  
 C) 1988                                      D) 1987
89. The term Landscape Architecture was invented by  
 A) Gilbert Laing Meason                B) Frederick Law Olmsted  
 C) Beatrix Farrand                        D) Jens Jenson

90. A combination of yellow and blue give  
 A) Green B) Orange  
 C) Purple D) Black
91. Value indicates  
 A) Dullness and brightness B) The lightness and darkness of colours  
 C) Darkness and brightness D) None of the above
92. ----- is the common adulterant found in rava  
 A) Stone B) Iron filings  
 C) Chalk powder D) None of the above
93. ISI means  
 A) International Standards Institution  
 B) Indian Standards Institution  
 C) Indian Scientific Institution  
 D) International Scientific Institution
94. Consumer Protection Act is known as  
 A) COPRA B) COPA  
 C) CPA D) CPRA
95. Minimizing waste during production is  
 A) Waste management B) Zero waste  
 C) Recycling D) None of the above
96. The insulating material used in refrigerators  
 A) Corn husk B) Cotton  
 C) Fibre glass D) None of the above
97. ... .. is the method of fabric construction where the fabric is produced directly from fibres  
 A) Bonding B) Netting  
 C) Felting D) None of the above
98. A type of printing consisting of the application of very short fibres to the surface of a fabric by means of an adhesive  
 A) Block Printing B) Stencil Printing  
 C) Flock Printing D) Batik Printing
99. A stiff fabric made by impregnating a light-weight cloth adhesives and fillers  
 A) Buckram B) Braid  
 C) Felt D) Lace
100. Woven fabrics as they leave the loom before being bleached, dyed or finished is called  
 A) Pressed cloth B) Raw material  
 C) Grey goods D) None of these

101. Sleeve cut all in one with the bodice  
 A) Kimono sleeve                      B) Raglan sleeve  
 C) Puff sleeve                            D) Leg O'mutton sleeve
102. Weave of a fabric with upright surface yarns such as velvet  
 A) Leno                                      B) Dobby  
 C) Lappet                                    D) Pile
103. .... is used to mark perforations in the fabrics to indicate seams, darts, the position of pockets, necklines etc.  
 A) Tracing Wheel                      B) Tailor's Chalk  
 C) Pins                                        D) Shears
104. A pointed metal with a wooden handle and is used to make eyelet holes or openings  
 A) Bodkins                                  B) Stiletto  
 C) Crewels                                  D) Chenile
105. ----- holds the fabric in place, ready to be sewn.  
 A) Feed dog                                B) Needle plate  
 C) Presser foot                            D) Drop feed control
106. The ----- pleat is folded back at both sides to meet at the centre line of the pleat on the under side  
 A) Inverted                                 B) Kick  
 C) Box                                         D) Knife
107. Name the placket which is used for slit openings where there is no seam line  
 A) Kurtha placket                        B) One-piece placket  
 C) Two-piece placket                    D) Zipper placket
108. The colour suitable for stout persons  
 A) Blue                                        B) Yellow  
 C) White                                      D) Cream
109. Identify the statement which is not correct to ensure a good fit  
 A) The neck line should lie flat without gaping  
 B) The shoulder seam should be in a straight line on the top of the shoulder  
 C) The arm hole seam should fall along the natural curve of the arm  
 D) The darts should not point towards the fullest part of the bust
110. For tall figures ----- are suitable  
 A) Contrasting colours                B) Vertical stripes  
 C) Tubular skirts                         D) Long, fitted sleeves
111. The best quality of flax fibre is produced by  
 A) Dew retting                              B) Dam retting  
 C) Stream retting                         D) Chemical retting

112. ----- is done only to worsted yarns  
 A) Drawing B) Carding  
 C) Blending D) Scouring
113. The cupramonim process of making rayon was first developed by  
 A) J. P. Bemberg B) Dr. E. Thiele  
 C) Dr. E. Elsaesser D) L. H. Despaisses
114. Which statement is correct?  
 A) Mildew has no effect on nylon  
 B) Moths and other insects will attack nylon  
 C) Nylon fabric are not resistant to perspiration  
 D) Shrinkage is greater in nylon
115. ----- is the common finishing process applied to linen  
 A) Beetling B) Cireing  
 C) Moireing D) Schreinering
116. Creping by chemical process is treatment with  
 A) Acetic acid B) Oralic acid  
 C) Caustic soda D) Borax
117. ----- is a boat like mechanism on which filling yarns are wound  
 A) Harness B) Beam or cylinder  
 C) Shuttle D) Reed
118. The number of warp and filling yarns per square inch of a fabric  
 A) Yarn count B) Fabric count  
 C) Balance of cloth D) Grain
119. The weave in which the filling yarns are interlaced with the warp so as to form diagonal ridges across the fabric  
 A) Satin weave B) Sateen weave  
 C) Twill weave D) Dobby weave
120. ----- is the formation of a fabric by the interlooping of one or more sets of yarns  
 A) Weaving B) Knitting  
 C) Braiding D) Laminating

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