

1. What is the thermic effect of food (TEF)?
  - A) Energy used during sleep
  - B) Increase in metabolic rate after eating.
  - C) Energy spent during exercise.
  - D) Energy required for digestion only.
  
2. Which of the following is in ordinal scale?
  - A) Gender
  - B) Weight in kg
  - C) Pain
  - D) Religion
  
3. The suitable sampling method if the population is highly heterogeneous is:
  - A) Systematic sampling
  - B) Stratified sampling
  - C) Simple random sampling
  - D) Cluster sampling
  
4. In the communication process, to encode means:
  - A) Tag the process in various codes
  - B) Translate ideas into a code
  - C) Speak to large group of people
  - D) Interpret a code
  
5. A teacher decides to form six groups of students and assigns a subtheme to each group for discussion and reporting. The communication model which best describes his/her strategy in this regard is ----- model.
  - A) Transactional
  - B) Linear
  - C) Horizontal
  - D) Interactional
  
6. What type of lighting is most suitable for highlighting specific features or objects in a room?
  - A) Task lighting
  - B) Ambient lighting
  - C) Accent lighting
  - D) General lighting
  
7. The primary purpose of an area rug in interior design is to:
  - A) Reduce noise
  - B) Add warmth and comfort
  - C) Create a focal point
  - D) Protect the floor from damage
  
8. What does the term “ergonomics” refer to in interior design?
  - A) The study of the effect of colors on mood and behavior
  - B) The use of natural materials in design
  - C) The science of designing spaces for efficiency and comfort
  - D) The arrangement of furniture for aesthetic appeal

9. What does a bio impedance test primarily measure in athletes?  
 A) Muscle mass                      B) Fat percentage  
 C) Hydration levels                D) Blood Pressure
10. The Basal Energy Expenditure (BEE) for the brain is:  
 A) 7%                      B) 12%                      C) 19%                      D) 27%
11. Match the following facts in List I with the terms related to prenatal development in List II
- |  |                  |
|--|------------------|
| List I   | List II          |
| a. Organ formation                                 | 1. Blastocyst    |
| b. Outer layer of cells during germinal period     | 2. Teratogens    |
| c. Harmful agents causing birth defects            | 3. Trophoblast   |
| d. The inner layer of cells during germinal period | 4. Organogenesis |
- A) a-2, b-4, c-3, d-1                      B) a -1, b-3, c-2, d-4  
 C) a-4, b-1, c-2, d-3                      D) a-2, b-3, c-4, d-1
12. Identify the true statement regarding nature-nurture:  
 A) Nurture refers to the environmental influences that shape behaviour  
 B) Nature refers to traits, abilities and capacities that are inherited from one's parents  
 C) Nature and nurture are two ends of the continuum, with particular behaviours falling somewhere between the ends  
 D) All of the above
13. The toxic compound present in kesar dhal is:  
 A) Mimosine    B) Canavanine    C) BOAA                      D) Indospicine
14. Save Grain Campaign was launched by Govt. of India during:  
 A) 1967 – 68    B) 1968 – 69    C) 1969 – 70                      D) 1970 - 71
15. Which of the following is an anti-nutritional factor found in food?  
 A) Lysine                      B) Phytates                      C) Proteins                      D) Vitamins
16. What is the role of values in home management?  
 A) They determine financial status.  
 B) They act as a basis for decision-making and goal setting.  
 C) They are used to decorate the house.  
 D) They have no significance.
17. Decision-making in home management can be classified as:  
 A) Personal and social                      B) Routine and creative  
 C) Complex and simple                      D) Active and passive



26. Which of the following best defines child development?  
 A) Physical growth only  
 B) Emotional maturity  
 C) Process by which children grow and develop in various domains  
 D) Intellectual development only
27. The process of classical conditioning was demonstrated by:  
 A) John Watson                      B) Sigmund Freud  
 C) Jean Piaget                        D) Ivan Pavlov
28. In Piaget's theory, the stage where a child begins to think logically about concrete events is ----- stage.  
 A) Sensorimotor                      B) Preoperational  
 C) Concrete operational              D) Formal operational
29. Which of the following is a type of research aimed at solving practical problems?  
 A) Basic research                      B) Applied research  
 C) Action research                    D) Theoretical research
30. Which variable is manipulated in an experimental study?  
 A) Dependent variable                B) Control variable  
 C) Independent variable              D) Intervening variable
31. Rejecting a null hypothesis when it is true is called:  
 A) Sampling error                      B) Type I error  
 C) Standard error                      D) Type II error
32. The Rebuild Kerala initiative was started following the unprecedented calamity of:  
 A) Covid 19                              B) Nipah outbreak 2019  
 C) Flood 2014                          D) Flood 2018
33. What process occurs when starch is heated in water and forms a thick paste?  
 A) Gelatinization                      B) Emulsification  
 C) Dextrinization                      D) Rancidity
34. Hydrogenation is a process used to:  
 A) Improve food flavor                B) Convert liquid oils into solid fats  
 C) Reduce calorie content            D) Add moisture to food
35. Which of the following best describes the concept of home management?  
 A) Planning for family activities  
 B) Managing resources efficiently to meet family goals  
 C) Buying household equipment  
 D) Cleaning and maintaining the home

36. Engel's Law of Consumption suggests that:  
A) Families spend more on necessities as income increases  
B) A larger portion of income is spent on food as income decreases  
C) Family savings rise with increased income  
D) All of the above
37. The synthetic fiber known for its elasticity and strength:  
A) Rayon      B) Nylon      C) Cotton      D) Silk
38. The process of converting fibers into yarn:  
A) Weaving      B) Spinning      C) Knitting      D) Dyeing
39. Yarns that have different textures and structures are called:  
A) Simple yarns      B) Complex yarns  
C) Bi-component yarns      D) Blended yarns
40. A hypothesis that states there is no significant difference or effect is called ---- hypothesis.  
A) Null      B) Alternative  
C) Experimental      D) Descriptive
41. The mean weight of 150 students in a class is 60 kg. The mean weight of boys in the class is 70 kg and that of the girls is 55 kg. Find the number of girls in the class?  
A) 100      B) 50      C) 70      D) 80
42. The global initiative to eliminate extreme poverty and improve health by 2030:  
A) Sustainable Development Goals  
B) Millennium Development Goals  
C) World Bank Project  
D) Universal Health Coverage
43. The research method which involves observing children in their natural environments:  
A) Longitudinal study      B) Cross-sectional study  
C) Experimental method      D) Naturalistic observation
44. Which of the following is a characteristic of the prenatal stage of development?  
A) Ability to walk  
B) Fetal growth and development  
C) Independence from parents  
D) Peer interaction
45. The stage of human development at which the individual typically experience a "growth spurt":  
A) Infancy      B) Early childhood  
C) Adolescence      D) Late adulthood

46. Mundell's classes of changes are used to:  
 A) Classify time and motion studies  
 B) Simplify household work  
 C) Measure work fatigue  
 D) Reduce time spent on housework
47. Ergonomics can be applied to which of the following areas in a home?  
 A) Kitchen design                      B) Garden layout  
 C) Bedroom furnishing                D) Living room decoration
48. ----- is an indigenous household equipment.  
 A) Solar cooker                      B) Hay box  
 C) Microwave oven                    D) Washing machine
49. Yarn twist affects which property of fabric?  
 A) Colour                      B) Strength                      C) Weight                      D) Flexibility
50. Which of the following is a bi-component yarn?  
 A) A yarn made from two distinct polymers  
 B) A yarn made from two different fiber sources  
 C) A yarn with alternating thick and thin parts  
 D) A yarn made using only natural fibers
51. The part of the loom that controls the warp threads is called:  
 A) Shuttle                      B) Reed                      C) Heddle                      D) Beam
52. Which of the following is **not** a principle of democratic decentralization?  
 A) Participation                      B) Centralization of power  
 C) Transparency                      D) Accountability
53. The 73<sup>rd</sup> Amendment of the Constitution of India focuses on:  
 A) Education for all                      B) Empowerment of adivasi  
 C) Rural local governance                D) Reservation for economically backward
54. The first step in extension programme planning is:  
 A) Feedback                      B) Implementation  
 C) Need assessment                      D) Budgeting
55. Which of the following is **not** a component of a plan of work?  
 A) Objectives                      B) Time schedule  
 C) Participant feedback                      D) Programme identification
56. The sum of the observations in a data set containing 10 observations is 120 and the standard deviation of data set is 4. If 4 is added to every observations in the data set then, what will be the coefficient of variation of the resulting data set?  
 A) 50 %                      B) 20 %                      C) 25 %                      D) 100 %



66. The coefficient of correlation 'r' between two variables 'X' and 'Y' will be positive when:
- X decreases, Y increases
  - X increase, Y decreases
  - Both X and Y are increasing
  - None of these
67. The adulterant which can be detected in turmeric using a hydrochloric acid test:
- Metanil yellow
  - Chalk powder
  - Lead chromate
  - Coal tar dyes
68. The loom used for high-speed weaving:
- Handloom
  - Jet loom
  - Tapestry loom
  - Backstrap loom
69. A fabric with a diagonal weave pattern is called:
- Plain weave
  - Satin weave
  - Twill weave
  - Jacquard weave
70. Which dye is commonly used for cotton fabrics?
- Acid dye
  - Vat dye
  - Disperse dye
  - Pigment dye
71. A summary of the entire research report is presented in the:
- Conclusion
  - Introduction
  - References
  - None of these
72. Transactional analysis is primarily used for:
- Business negotiations
  - Analyzing communication patterns
  - Budget management
  - Career planning
73. Life skill education primarily helps individuals in:
- Academic achievements
  - Coping with everyday challenges
  - Physical fitness
  - Career advancement
74. Arrange the developmental tasks during early childhood period sequentially:
- Learning to talk
  - Bladder control
  - Learning to walk
  - Learning gender differences
  - Distinguishing right and wrong
  - Getting ready to read
- 3, 1, 4, 2, 5, 6
  - 4, 2, 3, 1, 5, 6
  - 3, 1, 2, 4, 6, 5
  - 1, 2, 3, 4, 6, 5



75. Assertion (A): Mentally challenged people have no right for marriage.  
Reason (R): They are unable to bear and rear children.
- A) Both A and R are correct  
B) Both A and R are wrong  
C) A is correct and R is wrong  
D) A is wrong R is correct
76. Which of the following is a natural food preservative?  
A) Sodium benzoate                      B) Vinegar  
C) Potassium sorbate                    D) Propionic acid
77. Probiotics are useful for:  
A) Enhancing taste                      B) Improving digestion  
C) Preventing food spoilage            D) Cooking food faster
78. Which of the following is **not** considered a food toxicant?  
A) Cyanogenic glycosides              B) Solanine  
C) Lactose                                  D) Oxalates
79. Match the following based on most appropriate factors that enhance the absorption of minerals in List I
- |            |                  |
|------------|------------------|
| List I     | List II          |
| a. Calcium | 1. Histidine     |
| b. Iron    | 2. Parathormone  |
| c. Iodine  | 3. Ascorbic acid |
| d. Zinc    | 4. TSH           |
- A) a-1, b-3, c-4, d-2                      B) a-3, b-2, c-4, d-1  
C) a-2, b-3, c-4, d-1                      D) a-3, b-4, c-2, d-1
80. Which type of lighting is recommended for task areas?  
A) Ambient lighting                      B) Accent lighting  
C) Task lighting                          D) Decorative lighting
81. Space organization refers to:  
A) Proper arrangement of furniture in a room  
B) Efficient use of internal and external space  
C) Creating decorative elements for rooms  
D) Following architectural principles
82. A personal life space is defined as:  
A) The area allocated to personal activities  
B) The space where a person stores personal belongings  
C) A room designated for hobbies  
D) None of the above

83. Which method of dyeing applies color to yarn before it is woven into fabric?  
 A) Stock dyeing                      B) Piece dyeing  
 C) Yarn dyeing                        D) Product dyeing
84. Mercerization is a finishing process that:  
 A) Softens the fabric                B) Increases the strength and shine of cotton  
 C) Adds waterproofing              D) Reduces fabric shrinkage
85. Which of the following is a special finish applied to fabrics?  
 A) Sanforizing                        B) Bleaching  
 C) Flame proofing                  D) Sizing
86. The term "programme development cycle" refers to:  
 A) A repeating process of planning, implementation, and evaluation  
 B) A government-led policy initiative  
 C) A method of financing extension programmes  
 D) A training module for leaders
87. Motivation in extension is important because it:  
 A) Encourages community participation  
 B) Reduces project costs  
 C) Ensures governmental control  
 D) Provides entertainment
88. The purpose of evaluation in extension programmes is to:  
 A) Assign blame for failure    B) Assess the effectiveness of the programme  
 C) Reward the leader              D) Increase funding
89. Which of the following criteria can be used to define intellectual disabilities?  
 1. Inability to converse fluently in English and Hindi  
 2. Significantly below average intellectual functioning  
 3. Impairment in adaptive functioning  
 4. Deficit should be manifested before the age of 18 years  
 A) 1, 2 & 3 only                      B) 1, 2 & 4 only  
 C) 1, 3 & 4 only                      D) 2, 3 & 4only
90. Assertion (A): Post mature babies are generally long and thin as they receive insufficient blood supply towards the end of gestation.  
 Reason (R): The aged placenta is less efficient to supply oxygen.  
 A) Both A and R are correct  
 B) A is correct and R is wrong  
 C) A is wrong but R is correct  
 D) Both A and R are wrong

91. Operant conditioning is also known as ----- conditioning.  
 A) Instrument B) Classical C) Essential D) None of these
92. Match the following:  
 List – I  
 a. Sprouting  
 b. Malting  
 c. Fortification  
 d. Enrichment
- List – II  
 1. The process of deliberately enhancing the content of one or more micronutrients in food  
 2. The process of addition of micronutrients back into the food product lost during processing.  
 3. The process used to enhance the nutritional composition of food  
 4. The process of controlled germination and drying that changes the microstructure of cell walls, protein and starch granules.
- A) a-2, b-1, c-4, d-3 B) a-3, b-4, c-1, d-2  
 C) a -4, b-3, c-1, d-2 D) a -3, b-1, c-4, d-2
93. The method used to estimate energy expenditure through heat production:  
 A) Direct calorimetry B) Body Mass Index (BMI)  
 C) Indirect calorimetry D) Skinfold thickness measurement
94. Which type of diet is recommended for patients after gastrointestinal surgery?  
 A) Clear fluid diet B) Full fluid diet  
 C) Soft diet D) High protein diet
95. Assertion (A) : Adequate calcium and phosphorous in the appropriate ratio of 1-2: 1 in addition to magnesium and vitamin D is vital for bone health and development of infant.  
 Reason (R) : Bone mass accumulation in infancy is essential for the prevention of poor childhood growth and adult osteoporosis.
- A) A is false, but R is true  
 B) A is true, but R is false  
 C) A is true, but R is not the correct explanation of A  
 D) A is true and R is the correct explanation of A
96. Hi-tech household equipment trends focus on:  
 A) Energy conservation B) Advanced technology integration  
 C) Reducing human effort D) All of these
97. The Five R's of waste management include:  
 A) Recycle, Repair, Reuse, Refuse, and Reduce  
 B) Replace, Recycle, Restore, Repurpose, Reduce  
 C) Retain, Reuse, Renew, Recycle, Reduce  
 D) Replace, Reuse, Repurpose, Recycle, Reduce

98. Thin sheets of wood produced by slicing with a knife, by sawing or by rotary cutting:  
 A) Glazed wood                      B) Laminated wood  
 C) Layered wood                      D) Veneers
99. Match the following:  
 List-I                                      List-II  
 a. Rayon                                  1. Ring spinning  
 b. Cotton                                  2. Melt spinning  
 c. Nylon                                   3. Wet spinning
- A) a-3, b-2, c-1    B) a-3, b-1, c-2    C) a-2, b-3, c-1    D) a-2, b-1, c-3
100. Identify the statements which are true about rapier loom:  
 1. Production speed is 600 ppm  
 2. Fancy fabrics can be produced  
 3. Higher production cost than other shuttleless looms  
 4. Only suitable for weaving of hydrophobic yarns
- A) 1 & 2 only    B) 2 & 3 only    C) 2 & 4 only    D) 1 & 3 only
101. A short-lived fashion trend is referred to as a:  
 A) Classic            B) Style            C) Fad            D) Silhouette
102. The term 'silhouette' in fashion refers to:  
 A) A pattern of fabric  
 B) The outline or shape of a garment  
 C) A type of sewing technique  
 D) The choice of fabric used
103. Which aspect is considered when making clothing choices based on personality factors?  
 A) Comfort                                  B) Fashion trends  
 C) Brand popularity                      D) Image and self-expression
104. The Sustainable Development Goal (SDG) number 3 is:  
 A) Gender equality  
 B) Zero hunger  
 C) Good health and well being  
 D) Non-formal education
105. Which category of adopters is known for being the last to adopt an innovation?  
 A) Early adopters                      B) Innovators  
 C) Laggards                              D) Late majority

106. Development communication refers to:  
 A) Communication aimed at fostering economic and social development  
 B) Government-led propaganda  
 C) Commercial advertisements  
 D) Communication between large businesses
107. ----- is **not** a method of communication in extension.  
 A) Group method                      B) Individual method  
 C) Mass method                      D) Coercive method
108. The ICT tool widely used in rural development for extension work is:  
 A) Mobile phones                      B) Radio  
 C) Television                      D) Newspapers
109. ----- is an eco-friendly textile fiber.  
 A) Polyester                      B) Nylon  
 C) Organic cotton                      D) Acrylic
110. Which of the following focuses on the interaction between diet and genes?  
 A) Nutrigenomics                      B) Nutrigenetics  
 C) Nutraceuticals                      D) Zero-calorie foods
111. Early detection and intervention is important to help a child develop skills during the condition called :  
 A) Developmental delays                      B) Seizure disorder  
 C) Malnutrition                      D) Developmental milestones
112. Modular housing designs are based on:  
 A) Low-cost construction                      B) Pre-fabricated units  
 C) Custom-built homes                      D) Sustainable materials
113. The role of the consumer court is to:  
 A) Provide advice on purchasing  
 B) Address consumer grievances  
 C) Set market prices  
 D) Ensure product availability
114. ---- period is known for the development of Gothic architecture.  
 A) Egyptian    B) Greek    C) Medieval    D) Roman
115. Social change refers to:  
 A) A temporary shift in social behaviour  
 B) Fundamental alterations in society's structure  
 C) Economic improvement only  
 D) A short-term political shift

116. The Protection of Children from Sexual Offences Act was enacted in:  
A) 1986                      B) 1956                      C) 2013                      D) 2012
117. Which of the following is an example of a leavening agent?  
A) Sugar    B) Baking soda  
C) Salt     D) Vinegar
118. The embroidery technique commonly associated with Uttar Pradesh:  
A) Kantha    B) Chikankari  
C) Kasuti     D) Phulkari
119. The diffusion of innovations in extension involves:  
A) The spread of new ideas and technologies in a community  
B) The rejection of old traditions  
C) A government mandate for social change  
D) A centralized control system
120. The bacteria responsible for botulinum, a serious food born illness:  
A) Salmonella    B) Clostridium botulinum  
C) E-coli     D) Saphylococcus aureus
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