

MIZORAM PUBLIC SERVICE COMMISSION
COMPETITIVE EXAMINATIONS FOR
DISTRICT SOCIAL WELFARE OFFICER (DSWO)
UNDER SOCIAL WELFARE & TRIBAL AFFAIRS DEPARTMENT,
GOVERNMENT OF MIZORAM, AUGUST-2023
PAPER-IV (HOME SCIENCE)

Time Allowed : 3 hours

FM : 200

SECTION - A (Multiple Choice questions) (100 Marks)

All questions carry equal marks of 2 each. Attempt all questions.

*This Section should be answered only on the **OMR Response Sheet** provided.*

1. _____ is used in the preservation of biological specimen.
(a) Aldehyde (b) Acetone
(c) Ethylene (d) Formaldehyde
2. Starch is an example of
(a) Monosaccharide (b) Disaccharide
(c) Polysaccharide (d) Pentasaccharide
3. Which of the following is an essential fatty acids
(a) Palmitic acid (b) Arachidonic acid
(c) Linoleic acid (d) Oleic acid
4. Which of the following removes sugar from the blood
(a) Glucagon (b) Estrogen
(c) Thyroxine (d) Insulin
5. _____ milk is free from bacteria
(a) Pasteurized (b) Toned
(c) Skimmed (d) Homogenized
6. Germination enhances the content of _____ in food.
(a) Vitamin B (b) Vitamin C
(c) Vitamin D (d) Vitamin E
7. Which of the following is not an example of perishable food
(a) Milk (b) Butter
(c) Egg (d) Meat
8. Energy expenditure in a complete rest is called
(a) Calorie (b) Kilocalorie
(c) BMR (d) None of the above

9. Iron requirement of a pregnant mother is
- (a) 38 mg (b) 30 mg
(c) 35 mg (d) 40 mg
10. Anthropometric assessment includes
- (a) Laboratory (b) Body height and weight
(c) Radiological assessment (d) Vital health statistics
11. Nutritional requirements are maximum at the time of
- (a) Adolescence (b) Lactation
(c) Pregnancy (d) Adulthood
12. The common nutrition-related problems for elderly include
- (a) Depression (b) Arthritis
(c) Osteoporosis (d) Parkinson's disease
13. Colostrum differs from mature milk because it contains
- (a) More fat and lactose (b) Less protein
(c) Antibacterial properties (d) More sweet
14. An adequate diet well tolerated by patient which is easily digested with no unfavorable reactions is given
- (a) Tube feeding (b) Parenteral feeding
(c) Blenderised feeding (d) Elemental diets
15. An infectious disease caused by the bacillus mycobacterium
- (a) Whooping cough (b) Influenza
(c) Tuberculosis (d) Typhoid
16. Fibre are present in large amounts in
- (a) Meat and milk products (b) Bran of cereals, husk of pulses
(c) Condiments and spices (d) Fruits and root vegetables
17. Typhoid may occur due to the presence of
- (a) Bacteria (b) Fungi
(c) Bacillus (d) Salmonella Typhi
18. The Carcinogens that cause the greatest number of deaths are those in
- (a) Cigarette smoke (b) Chewing tobacco
(c) Ionizing radiation (d) Dietary factors
19. The obstetric causes of Maternal Mortality are mainly due to
- (a) Poverty (b) Parity
(c) Haemorrhage (d) Too close pregnancies
20. A condition in which the Hb content of blood is lower than normal is
- (a) Iodine Deficiency Disorder (b) Nutritional Anaemia
(c) Protein Energy Malnutrition (d) Xerophthalmia

21. A birth weight less than 2500g is a
(a) Pre-term baby (b) Low weight for height
(c) Low birth weight (d) Small stature
22. The intake of _____ associated with risk of digestive tract cancers and breast cancer
(a) Fats (b) Sugars
(c) Vegetables (d) Meat
23. Community development helps the individual and community to strive for
(a) Self-improvement (b) Confidence
(c) Experience (d) Courage
24. TRYSEM imparts skills to become self-employed to
(a) Rural housewives (b) Extension workers
(c) Rural youth (d) rural farmers
25. It is used in the hospital as an antiseptic
(a) methyl alcohol (b) glycerol
(c) ethyl alcohol (d) alcohol
26. The average lifespan of RBC is about
(a) 100 days (b) 120 days
(c) 130 days (d) 140 days
27. Universal donors are
(a) Blood group A (b) Blood group B
(c) Blood group AB (d) Blood group O
28. Glucose is an of
(a) Monsaccharide (b) Disaccharide
(c) Polysaccharide (d) Glycogen
29. DNA is the polymer of
(a) Amino acids (b) Nucleotides
(c) Nucleic acid (d) Cellulose
30. The linkage between two Amino acids is known as
(a) Hydrogen bond (b) Caveat bond
(c) Peptide bond (d) Easter bond
31. Kwashiorkar is associated with
(a) Calcium deficiency (b) Protein Calorie Malnutrition
(c) Undernutrition (d) Deficiency of Iron
32. Cooking in a small amount of liquid at a temperature just below the boiling point is called
(a) simmering (b) poaching
(c) stewing (d) blanching
33. Defeciancy of essential fatty acids lead to a condition known as
(a) Ketosis (b) Steatosis
(c) Phrynoderma (d) Eczema

34. It combines with Iron to produce haemoglobin in the body
(a) copper (b) zinc
(c) sulphur (d) sodium
35. Intake of Iron and Iodine gives protection against
(a) Beri Beri and Goitre (b) Osteoporosis and Beri Beri
(c) Anaemia and Goitre (d) Anaemia and Rickets
36. Weaning begins after completing
(a) 4 months (b) 6 months
(c) 7 months (d) 9 months
37. Atherosclerosis caused by excessive amounts of cholesterol makes
(a) heart enlarged (b) blood thicken
(c) blood vessels narrow and harden (d) veins become narrow
38. The oil extracted from Rice bran is rich in
(a) vitamin K (b) vitamin D
(c) vitamin E (d) vitamin C
39. Which of the following is a toxic dal
(a) Moong dal (b) Massor dal
(c) Urad dal (d) Kesari dal
40. It is found in the nectar of most flowers and is also known as fruit sugar
(a) sucrose (b) maltose
(c) fructose (d) lactose
41. _____ is a derived fat present in all animal food especially in egg yolk.
(a) Cholesterol (b) Visible fat
(c) Derived fat (d) Fatty acids
42. It is made up of essential and non-essential amino acids
(a) Carbohydrates (b) Lipids
(c) Proteins (d) Vitamin D
43. Fish liver oils are particularly rich in
(a) Vitamin K (b) Vitamin D
(c) Magnesium (d) Fats
44. Community Development helps the Individual and Community to aim for
(a) self improvement (b) confidence
(c) experience (d) courage
45. It involves designing activities to prevent a problem or disease before it occurs
(a) Primary prevention (b) Secondary prevention
(c) Tertiary prevention (d) Multiple prevention
46. Which of the following is given priority to the programme of rural development
(a) economic development (b) satisfaction of people
(c) understanding of people (d) interest of the people

47. It comprises of all persons residing in an administrative unit of a village.
(a) Community (b) Village panchayat
(c) Rural society (d) Municipal area
48. Permanent change in Man's behaviour comes from
(a) his environment (b) within him
(c) his family (d) extension workers
49. Nutrition during _____ affects growth and development
(a) childhood (b) adolescence
(c) adulthood (d) infancy
50. The psychology of the Rural people is conditioned by
(a) tradition (b) birth
(c) instinct (d) caste

SECTION - B (Short answer type question) (100 Marks)

Marks for each question is indicated against it.

Attempt all questions.

*This Section should be answered only on the **Answer Sheet** provided.*

1. What is Carbohydrates? What are the classification of carbohydrates? (2+8=10)
OR
Define food nutrition. Explain the functions of food. (4+6=10)
2. What is a balanced diet? Discuss the factors to be considered while planning a balanced diet. (2+8=10)
OR
Who is a dietitian? What are the duties of a dietitian? (3+7=10)
3. What are the different ways of diet modification? Explain tube feeding and parenteral feeding. (5+5=10)
4. What are the function, sources and RDA of Proteins? (10)
5. Explain the meaning of community nutrition. (10)
6. Discuss the meaning of Panchayati Raj. What do you understand by tribes? (10)
7. Explain the components of Blood and its composition. What are Blood groups and coagulation of Blood? (10+10=20)
OR
Discuss the functions, food sources, deficiency diseases of any one Fat soluble Vitamin. (7+7+6=20)
8. Define Proteins. What are the properties, food sources and functions of Proteins? (5+15=20)
OR
Explain the meaning and categories of lifestyle behaviour. Name and explain the different basis of lifestyle. (5+5+10=20)