

# Sikkim Public Service Commission

Main Written Examination for the Post of Sikkim State Civil Service

OPTIONAL PAPER - HOME SCIENCE

Time Allowed : 3.00 Hrs.

Maximum Marks : 300

## INSTRUCTIONS TO CANDIDATES

*Read the following instructions carefully before answering the questions :-*

1. **IMMEDIATELY AFTER THE COMMENCEMENT OF THE EXAMINATION, YOU SHOULD CHECK THAT THIS TEST 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. Please note that it is the candidate's responsibility to fill in the Roll Number carefully and without any omission or discrepancy at the appropriate places in the **OMR ANSWER SHEET** as well as on **SEPERATE ANSWER SHEET** for MCQ / SUBJECTIVE PAPER. Any omission/discrepancy will render the Answer Sheet liable for rejection.
3. **Use only Black Ball Point Pen to fill the OMR sheet**
4. Do not write anything else on the OMR Answer Sheet except the required information.
5. **This Test Booklet contains 75 items (questions) in MCQ Mode in Part I to be marked in OMR Sheet and Part II Subjective Questions, which has to be written on seperate answer sheet provided to you.**
6. **All items from 1 to 75 carries 2 mark each .**
7. 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.
8. 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 Seperate answer sheet to the Invigilator only . You are permitted to take away with you the Test Booklet.
9. **Marking Scheme**

**THERE WILL BE NEGATIVE MARKING FOR WRONG ANSWERS MARKED BY A CANDI DATE IN THE OBJECTIVE TYPE QUESTION PAPERS.**

- (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 that 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**

**Paper – Home Science**  
**PART – I : OBJECTIVE / MCQ**

**Each question carries 2 marks:**

**(75X2= 150)**

1. A house in a village where waterlogging occurs should
  - (A) Have a slanted roof
  - (B) Be built on stilts
  - (C) Have cement flooring
  - (D) Have a courtyard.
2. A house in a sunny region should have
  - (A) Marble flooring
  - (B) Single storey
  - (C) Water purification system
  - (D) Solar panels.
3. It is preferable for a house belonging to a lower-middle class family to have
  - (A) A dining room
  - (B) Spacious bedrooms
  - (C) Ample storage space
  - (D) A large display unit.
4. A studio apartment needs
  - (A) Multifunctional furniture
  - (B) Carpet on the floor
  - (C) A room for children
  - (D) Kitchen garden in the backyard.
5. Which colour is most suitable for painting bedroom walls?
  - (A) Orange
  - (B) Blue
  - (C) Pink
  - (D) Yellow
6. Which of the following makes a long narrow room appear wider?
  - (A) Hanging horizontal picture
  - (B) Keeping potted plants
  - (C) Placing rugs on the floor
  - (D) Selecting colourful cushions.
7. Which of the following is a neutral colour?
  - (A) Purple
  - (B) Yellow
  - (C) Green
  - (D) Brown
8. Curtains matching the colour of the wallpaint
  - (A) Make a room appear smaller
  - (B) Have no effect on perception of room-size
  - (C) Make a room appear larger
  - (D) Make perception of room-size accurate.

9. Linoleum flooring can not be cleaned with  
(A) Water  
(B) Soda  
(C) Soap  
(D) Shampoo
10. Plasticware should not be cleaned with agents containing  
(A) Chlorine  
(B) Barium  
(C) Helium  
(D) Kaolin
11. The garment which is most convenient for a woman with mobility-problems is  
(A) Saree  
(B) Maxi  
(C) Salwar Kameez  
(D) Ghagra Choli
12. The garment which is most suitable for a car-mechanic is  
(A) Tee-shirt and shorts  
(B) Denim overall  
(C) Shirt and trouser  
(D) Dhoti and kurta.
13. Which dress is most appropriate for a winter afternoon?  
(A) Blue jeans with cotton shirt  
(B) Ankle-length organza dress  
(C) Pant-suit with silk scarf  
(D) Saree with magyar-sleeve blouse.
14. Which of the following fibres is based on cellulose?  
(A) Wool  
(B) Silk  
(C) Cotton  
(D) Mohair
15. Asbestos is a  
(A) Natural inorganic fibre  
(B) Synthetic inorganic fibre  
(C) Natural organic fibre  
(D) Synthetic organic fibre
16. Mordant has  
(A) Affinity to the fibre but not to the dye  
(B) Affinity to the fibre and the dye  
(C) Affinity to the dye but not to the fibre  
(D) No affinity to the fibre and the dye.
17. Naphthol dyes are commonly used in  
(A) Printing silks  
(B) Printing synthetics



- (C) Printing cottons
  - (D) Printing rayons.
18. Discharge printing is done on
- (A) White background
  - (B) Silver background
  - (C) Golden background
  - (D) Black background.
19. Which of the following is not a property of nylon?
- (A) Does not shrink
  - (B) Is good conductor of heat
  - (C) Melts at high temperature
  - (D) Can not resist bleaching.
20. In rainy places, which of the following fibres is most suitable for making curtains?
- (A) Cotton
  - (B) Jute
  - (C) Thermoplastic
  - (D) Rayon.
21. Stain of tea on clothes can be removed using
- (A) Starch paste
  - (B) Drops of Ammonia
  - (C) Lime juice
  - (D) Kerosene.
22. Stain of rust on clothes can be removed using
- (A) Talcum powder
  - (B) Lemon juice
  - (C) 'Acetone
  - (D) Methylated spirit.
23. In washing woollens, one should not
- (A) Use lukewarm water
  - (B) Use soap solution
  - (C) Wring the garment
  - (D) Rinse the garment.
24. Hardness of water is caused by
- (A) Sodium carbonate
  - (B) Potassium carbonate
  - (C) Calcium carbonate
  - (D) Helium carbonate.
25. An example of water softener is
- (A) Talcum powder
  - (B) Chalk
  - (C) Flour
  - (D) Borax.

26. Lung tissue is composed of tiny air sacs called  
(A) Nephron  
(B) Alveoli  
(C) Neuron  
(D) Atria.
27. Which of the following hormone increases metabolism?  
(A) Thyroxin  
(B) Oxytocin  
(C) Estrogen  
(D) Melatonin.
28. Pancreas has  
(A) Only exocrine functions  
(B) Only endocrine functions  
(C) Both exocrine and endocrine functions  
(D) Neither exocrine nor endocrine functions.
29. Insulin is secreted by  
(A) Alpha cells  
(B) Beta cells  
(C) Theta cells  
(D) Delta cells.
30. Parathormone is associated with  
(A) Vitamin A  
(B) Vitamin C  
(C) Vitamin D  
(D) Vitamin E.
31. Acid rain is caused by  
(A) Burning of fossil fuels  
(B) Using DDT as pesticide  
(C) Spilling of oil from tankers  
(D) Unsafe storage of nuclear waste.
32. Mashed banana can be introduced at  
(A) Four months of age  
(B) Six months of age  
(C) Eight months of age  
(D) Ten months of age.
33. Which process can prevent colic pain in babies?  
(A) Weaning  
(B) Babbling  
(C) Burping  
(D) Mouthing.
34. Putting toys in the mouth makes babies prone to  
(A) Aluminium poisoning  
(B) Phosphate poisoning  
(C) Chromium poisoning  
(D) Lead poisoning.

35. A pregnant mother must guard against  
(A) Eczema  
(B) Rubella  
(C) Alopecia  
(D) Acne
36. Regular intake of iodized salt by pregnant women prevents birth of babies with  
(A) Visual challenge  
(B) Hearing impairment  
(C) Orthopaedic problems  
(D) Intellectual challenge.
37. An infantile reflex indicating immaturity of brain is  
(A) Rooting  
(B) Swallowing  
(C) Moro  
(D) Pursing.
38. At six months of age, body-weight of a normal healthy baby becomes  
(A) Double the weight at birth  
(B) Three times the weight at birth  
(C) Four times the weight at birth  
(D) Five times the weight at birth.
39. Lack of eye-contact in babies is a sign of  
(A) Cretinism  
(B) Microcephaly  
(C) Autism  
(D) Epilepsy.
40. The mother-child bond is termed as  
(A) Affiliation  
(B) Adaptation  
(C) Attachment  
(D) Affection.
41. Temporary absence of infant's caregivers induces  
(A) Stranger anxiety  
(B) State anxiety  
(C) Trait anxiety  
(D) Separation anxiety.
42. A single word used as a sentence by babies is known as  
(A) Holophrase  
(B) Paraphrase  
(C) Rephrase  
(D) Monophrase.
43. Major causes of delinquency are  
(A) Genetic factors, ill health and dysfunctional family  
(B) Poverty, ill health and bad schooling

- (C) Genetic factors, poverty and dysfunctional family
  - (D) Dysfunctional family, ill health and social withdrawal.
44. Parenting style ideally adopted for rearing of adolescents is
- (A) Autocratic
  - (B) Democratic
  - (C) Permissive
  - (D) Uninvolved.
45. A patient of sunstroke should be given
- (A) Epsom salts
  - (B) Milk
  - (C) Egg white
  - (D) Tea.
46. Burns caused by alkali should be washed with
- (A) Baking soda solution
  - (B) Baking soda and vinegar solution
  - (C) Vinegar
  - (D) None of the above.
47. Which of the following is not true?
- (A) An open wound requires application of antiseptic
  - (B) In case of internal bleeding, food or drink is not immediately given
  - (C) Chin of a person undergoing a fit should be raised
  - (D) Person with a bleeding nose should be asked to blow the nose.
48. Convulsions in children accompany
- (A) High fever
  - (B) Common cold
  - (C) Diarrhoea
  - (D) Itching.
49. Cells are energized by
- (A) Golgi Apparatus
  - (B) Mitochondria
  - (C) Nucleolus
  - (D) Endoplasmic Reticulum.
50. Molecules entering the cell are broken down into enzymes by the
- (A) Lysosomes
  - (B) Vesicles
  - (C) Nucleus
  - (D) Ribosomes.
51. Phagocytes are a type of
- (A) Erythrocytes
  - (B) Plasma
  - (C) Platelets
  - (D) Leucocytes.

52. Fibrin plays a key role in  
(A) Blood transfusion  
(B) Blood flow  
(C) Blood group  
(D) Blood clotting.
53. How many grams make up 1 pound?  
(A) 154 grams  
(B) 254 grams  
(C) 354 grams  
(D) 454 grams.
54. How many grams make up 1 ounce?  
(A) 18.4 grams  
(B) 28.4 grams  
(C) 38.4 grams  
(D) 48.4 grams.
55. 1 pint of liquid is equivalent to  
(A) 1 cup of liquid  
(B) 2 cups of liquid  
(C) 3 cups of liquid  
(D) 4 cups of liquid.
56. 1 tablespoon of sugar equals  
(A) 3 teaspoons of sugar  
(B) 6 teaspoons of sugar  
(C) 9 teaspoons of sugar  
(D) 12 teaspoons of sugar.
57. Bile is secreted by  
(A) Gall Bladder  
(B) Oesophagus  
(C) Colon  
(D) Appendix.
58. Pernicious Anaemia is caused by deficiency of  
(A) Folacin  
(B) Cobalamin  
(C) Biotin  
(D) Niacin.
59. Beriberi is caused by deficiency of  
(A) Thiamin  
(B) Riboflavin  
(C) Niacin  
(D) Pyridoxine.
60. Conversion of Folinic Acid to Folacin is done by  
(A) Ascorbic Acid  
(B) Pantothenic Acid  
(C) Ethanoic Acid  
(D) Sulphuric Acid.



61. According to the Indian system of classification, oranges belong to which of the basic food groups?  
(A) Group 2  
(B) Group 4  
(C) Group 6  
(D) None of the above.
62. According to the Indian system of classification, lentils (pulses) are included in which of the following basic food-groups?  
(A) Group 1  
(B) Group 3  
(C) Group 5  
(D) Group 7.
63. Which of the following foodstuffs does not contain Vitamin C?  
(A) Rice  
(B) Vinegar  
(C) Fruits  
(D) Vegetables.
64. Fluorine should be consumed in  
(A) Trace amounts  
(B) Small amounts  
(C) Moderate amounts  
(D) Large amounts.
65. Which of the following vitamins is synthesized by bacteria in the human body?  
(A) Vitamin A  
(B) Vitamin D  
(C) Vitamin E  
(D) Vitamin K.
66. How many extra Kilo calories of energy are daily required by lactating mothers of newborn infants?  
(A) 400  
(B) 450  
(C) 500  
(D) 550.
67. How many extra Kilo calories of energy are daily required by pregnant women?  
(A) 100  
(B) 200  
(C) 300  
(D) 400.
68. A man weighing 60 Kg and engaged in sedentary work needs food providing  
(A) 1425 Kcal energy daily  
(B) 2425 Kcal energy daily  
(C) 3425 Kcal energy daily  
(D) 4425 Kcal energy daily.

69. A woman weighing 50 Kg and engaged in labour-intensive work needs food providing  
(A) 2725 Kcal energy daily  
(B) 2825 Kcal energy daily  
(C) 2925 Kcal energy daily  
(D) 3025 Kcal energy daily.
70. A child with Rickets has to be fed  
(A) Ketchup  
(B) Honey  
(C) Pickles  
(D) Butter.
71. Daily cereal consumption of a non-vegetarian one year old infant should be  
(A) 50 grams  
(B) 100 grams  
(C) 150 grams  
(D) 200 grams.
72. Which of the following fruits should not be refrigerated?  
(A) Apples  
(B) Strawberries  
(C) Bananas  
(D) Pears.
73. Rice is best stored in  
(A) Jute bags  
(B) Plastic tub  
(C) Tin drum with lid  
(D) Earthenware.
74. Which of the following vegetables should not be refrigerated?  
(A) Tomatoes  
(B) Peas  
(C) Potatoes  
(D) Spinach.
75. Pasteurization of milk is done by heating it to  
(A) 53 degrees Celsius for 20 minutes  
(B) 63 degrees Celsius for 20 minutes  
(C) 53 degrees Celsius for 30 minutes  
(D) 63 degrees Celsius for 30 minutes.

## PART – II

**Subjective / conventional : Marks: 150**

This paper consists of : A - 10 question of 5 marks each.....50 Marks

B - 5 question of 10 marks each.....50 Marks

C - 2 question of 25 marks each.....50 Marks

**A. Attempt only 10 questions, each question carries 5 marks.**

1. Enumerate the points to be kept in mind while planning a house for a small middle socio-economic status family.
2. Design a kitchen for a low socio-economic status urban family.
3. Why is it necessary to frame a family-budget and keep household accounts?
4. How can one keep one's heart healthy?
5. What are the major sources of water pollution?
6. Delineate the importance of sex education in adolescence and young adulthood.
7. How can airborne infectious diseases be prevented?
8. What are the different types of marriage prevalent in India?
9. Classify different tissues found among human beings.
10. Compare the structures of small and large intestines.
11. Discuss the nutritional functions of proteins.
12. State the general principles of meal planning.
13. How can spoilage of meat be prevented?
14. What are the functions of Panchayats in rural India?

**B. Attempt only 5 questions, each question carries 10 marks.**

1. Compare among the major types of traditional floor decorations found in India.
2. Discuss how LPG gas and electricity can be saved in Indian households.
3. Describe the features of various savings schemes available at post offices.
4. Present the classification and major properties of natural fibres.
5. How can one take care of one's lungs and kidneys?
6. Discuss the ways in which children and adolescents be counselled.
7. Describe a well-equipped room for a patient at home. What are the furniture, furnishings and equipments necessary in a room for the sick?
8. Examine the changing role of Indian women in the contemporary society.

C. Attempt only 2 questions, each question carries 25 marks.

1. What is the importance of having a clean house? Explain how the entire house can be cleaned on a daily, weekly and monthly basis. Discuss the functions of different reagents in this context.
2. Describe the major infectious diseases afflicting children in India. State the signs and symptoms of each disease. How can these child-patients be taken care of and treated?
3. Define and distinguish between balanced diet and therapeutic diet. Plan the menu for a day's diet for a moderate-working woman weighing 55 Kg who is suffering from high blood pressure and diabetes mellitus. Justify the menu you suggest.
4. What do you mean by democracy? How can families groom the young for democratic citizenship? Point out the ways in which adolescents and the youth can participate in the functioning of municipalities and corporations.