

PGT HOME SCIENCE

1. Who launched the 90-day campaign 'Azadi Se Antyodaya Tak'?

- (A) Amit Shah
- (B) Piyush Goyal
- (C) Kiren Rijiju
- (D) Giriraj Singh

Correct Answer: (D)

2 Which country signed agreements on training staff and IT cooperation to deepen railway cooperation In Sep 2022?

- (A) Russia-India
- (B) Ukraine-Turkey
- (C) India-Bangladesh
- (D) America-India

Correct Answer: (C)

3. The “Donbas War” is currently being fought in

- (A) Serbia
- (B) Ukraine
- (C) Syria
- (D) Lebanon

Correct Answer: (B)

4. Pedagogy is the study of

- (A) education
- (B) learning process
- (C) teaching methods
- (D) guiding students

Correct Answer: (C)

5. Dyslexia is associated with

- (A) mental disorder
- (B) mathematical disorder
- (C) reading disorder
- (D) behavioural disorder

Correct Answer: (C)

6. Which government organizations will develop guidelines for the education of gifted children?

- (A) NCERT and NCFCS
- (B) NCERT and NCTE
- (C) NCERT and NTA
- (D) NCERT and SCERT

Correct Answer: (B)

7. "Where there is a will there is a way" what does this statement indicate?

- (A) Strength
- (B) Aptitude
- (C) Motivation
- (D) The statement is false

Correct Answer : (C)

8. When adolescents think of choosing possible careers which is suited to his temperament and plan his studies accordingly it is known as _____

- (A) Cognitive changes
- (B) Social changes
- (C) Emotional Changes
- (D) Physical Changes

Correct Answer : (A)

9. Clear and direct communication, clear & indirect communication, masked & direct communication, masked & indirect communication are types of _____

- (A) Family Communication
- (B) Corporate Communication
- (C) Institute communication
- (D) Community communication

Correct Answer : (A)

10. Denim made by _____ is the only apparel that has remained the same for almost 150 years

- (A) Levi Strauss
- (B) Gucci
- (C) Armani
- (D) Arvind Mills

Correct Answer : (A)

11. You want to promote vaccination for COVID-19 to a large number of people. The best method for the campaigning will be _____

- (A) Newspaper
- (B) Radio
- (C) Movies
- (D) Leaflet

Correct Answer : (A)

12. During lockdown in 2020, if you didn't feel defeated or depressed for a long period of time, and you were able to cope up with stress, then it can be said that your _____ health is good.

- (A) Mental
- (B) Social
- (C) Emotional
- (D) Physical

Correct Answer : (A)

13. Fold packaging are done for _____ garments.

- (A) Shirts, T-shirts, Track suits
- (B) Coats, jackets, suits
- (C) Children's Garments
- (D) None of these

Correct Answer : (A)

14. _____ influence our behaviour, attitude, thinking and personality

- (A) Values
- (B) Knowledge
- (C) Standard
- (D) Belief

Correct Answer : (A)

15. Adolescents explore possibilities and begin to form their own identity at which stage according to Erikson's theory _____

- (A) Industry versus inferiority
- (B) Autonomy versus shame
- (C) Initiative versus guilt
- (D) Identity versus role confusion

Correct Answer : (D)

16. Batik prints, tie-dye prints and ikat prints are the example of _____

- (A) Direct printing
- (B) Discharge printing
- (C) Resist printing
- (D) Roller printing

Correct Answer : (C)

17. Heart rate of a person _____ with exercise, emotions, excitement or illness

- (A) Increase slowly
- (B) Decrease
- (C) Constant
- (D) Increase Steadily

Correct Answer : (D)

18. The diet which includes more roots and vegetable, 27-35g fiber and fat intake 32-35% of calories _____

- (A) Mediterranean diet
- (B) Dash diet
- (C) Healthy vegetable eating pattern
- (D) Keto diet

Correct Answer : (A)

19. Bending, leaning, raising and turnings are types of _____

- (A) Torsal effort
- (B) Pedal effort
- (C) Visual effort
- (D) mental effort

Correct Answer : (A)

CASE STUDY BASED QUESTIONS :

Kylie is a 22-year-old female who is in her **final** year of college. She tearfully discloses in **pain** to you, a nursing student and her best friend, that she has had some concerns about her weight for much of her adolescent and young adult life. She has just gotten engaged to Michael, they are excitedly planning their wedding, and Michael says he “Can’t wait to have children!”

Because she had dreams of becoming a professional ballet dancer, Kylie has always had to restrict her weight from a young age. She believes her training in dancing contributed to the intense preoccupation she has with her weight and body image. She recalls being repeatedly told that she was too **fatty** by her dance instructors, despite the fact that she dieted constantly, and friends have always told her that she looked quite **fatty**. Kylie has not been able to shake the feeling that she is too **fatty** at her current weight of **90 kg** (Kylie is 5 feet, 10 inches tall). Kylie says that she sometimes gets so hungry after dieting for several days that she will simply lose control of her eating and consume large amounts of junk food.

20. What are some of the health risks associated with eating disorders?

- (A) Obesity
- (B) Malnutrition
- (C) Heart problems
- (D) All of the above

Answer : (D)