

PREVIOUS YEAR PAPER

UP TGT 2021 — Home Science (Series A)

UP TGT · 7 or 8 August 2021

125 questions · +4 for a correct answer, -0 for a wrong one · 120 minutes

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Questions from the U.P. Secondary Education Services Selection Board's paper of 7 or 8 August 2021. Each question is followed by its answer, and the answer key is repeated on the last page.

Take it as a timed practice test: exambharo.com/up-tgt/previous-year-papers/up-tgt-2021-home-science-series-a/

Home Science

1. Present time 'health science' is known as

- (a) Hygiene
- (b) Health and public health
- (c) Preventive medicine and public health
- (d) Preventive and social medicine

Answer: (d)

2. Linen fiber is obtained from the stem of

- (a) Jute plant
- (b) Flax plant
- (c) Cotton plant
- (d) Hemp plant

Answer: (b)

3. World Health Organization was established in the year

- (a) 1940
- (b) 1945
- (c) 1942
- (d) 1954

Answer: (b)

4. Socialization of a child starts from

- (a) Social media
- (b) School
- (c) Family
- (d) Playground

Answer: (c)

5. The word extension education was first used by _____ in 1873.

- (a) Harvard University
- (b) Texas University
- (c) Cambridge University
- (d) Oxford University

Answer: (c)

6. Development of the child is the result of

- (a) Only learning
- (b) Only maturation
- (c) Only individual differences
- (d) Learning and maturation

Answer: (d)

7. World Health Organization work for

- (a) Healthy persons
- (b) Community
- (c) Mother and child
- (d) All of the above

Answer: (c)

8. Nitrogen percentage in protein

- (a) 16%
- (b) 15%
- (c) 14%
- (d) 17%

Answer: (a)

9. Hepatitis caused through

- (a) Virus
- (b) Bacteria
- (c) Fungus
- (d) Algae

Answer: (a)

10. UNICEF was established in the year

- (a) 1945
- (b) 1946
- (c) 1947
- (d) 1948

Answer: (b)



11. Which one is called the axis of Community Development Programme ?

- (a) Extension management
- (b) Extension worker
- (c) Rural leader
- (d) Extension expert

Answer: (b)

12. Balance Sheet is made in the stage of

- (a) End of the year
- (b) Starting of the year
- (c) Mid of the year
- (d) Both (A) and (B)

Answer: (a)

13. According to Nickell and Dorsey human resources are

- (a) Time, energy, money
- (b) Skills, knowledge, energy
- (c) Energy, time, community services
- (d) None of the above

Answer: (b)

14. Type of family resources

- (a) Human and non-human
- (b) Traditional and non-traditional
- (c) Flexible and non-flexible
- (d) Complete and incomplete

Answer: (a)

15. Which amino acid is required during growth of children ?

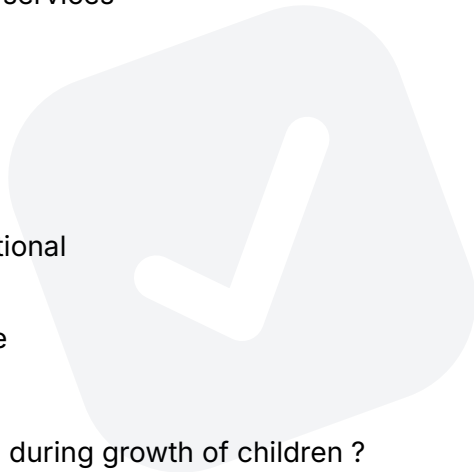
- (a) Lysine
- (b) Threonine
- (c) Histidine
- (d) Valine

Answer: (c)

16. The changed name of "Environment Cleaning" is

- (a) Mental health
- (b) Environmental health
- (c) Positive environment
- (d) Pure environment

Answer: (b)



17. The scope of extension worker is

- (a) Unlimited
- (b) Multi-dimentional
- (c) Prescribed
- (d) Two-dimensional

Answer: (b)

18. Cholera is spread by

- (a) Air
- (b) Water
- (c) Food
- (d) None of these

Answer: (b)

19. Which of the following is a vat dye ?

- (a) Turmeric
- (b) Salt
- (c) Coltar
- (d) Indigo

Answer: (d)

20. In which mode of communication are photos shown directly in front ?

- (a) Flash card
- (b) Film strip
- (c) Television
- (d) Black board

Answer: (a)

21. The period of 30 minutes after birth is known as

- (a) Infancy period
- (b) Neonate period
- (c) Partunate period
- (d) Delivery time

Answer: (c)

22. Shearing is a step in obtaining _____ fibre.

- (a) Cotton
- (b) Wool
- (c) Jute
- (d) Linen

Answer: (b)

23. Which of the following is not a part of female genital organ ?

- (a) Vas deferens
- (b) Ovaries
- (c) Uterus
- (d) Fallopian tube

Answer: (a)

24. Which weave is used in table linen ?

- (a) Plain weave
- (b) Rib weave
- (c) Twill weave
- (d) Basket weave

Answer: (c)

25. Spoon shape nails are sign of a disease known as

- (a) Kwashiorkor
- (b) Anaemia
- (c) Marasmus
- (d) All of the above

Answer: (b)

26. Chickenpox are spread by which virus ?

- (a) Entamoeba histolytica
- (b) Varicella Zoster virus
- (c) Vibrio cholerae
- (d) Salmonella Typhi

Answer: (b)

27. The temperature of simmering method of cooking is

- (a) 82° – 99°C
- (b) 72° – 85°C
- (c) 65° – 75°C
- (d) 80° – 85°C

Answer: (a)

28. What is appropriate proportion for work, relaxation and sleep ?

- (a) 8 : 7 : 4
- (b) 6 : 5 : 5
- (c) 8 : 8 : 8
- (d) 5 : 6 : 6

Answer: (c)

29. Secondary colors are

- (a) Colours made by combination of three primary colours
- (b) Mixing red, yellow colours only
- (c) Mixing blue, black, white colours
- (d) All of the above

Answer: (a)

30. According to ICMR NIN – 2020, RDA table, the weight of reference for Indian men and women is fixed for normal BMI is

- (a) 60 kg for male and 50 kg for female
- (b) 65 kg for male and 55 kg for female
- (c) 49 kg for male and 45 kg for female
- (d) 62 kg for male and 52 kg for female

Answer: (b)

31. "Time Measurement Unit (TMU)" is a _____ part of a second.

- (a) .0036
- (b) .00036
- (c) .0006
- (d) .036

Answer: (d)

32. Long fibre is called

- (a) Staple
- (b) Spun yarn
- (c) Filament
- (d) None of these

Answer: (c)

33. The imbalance of the essential elements present in the environment is called

- (a) Pollution
- (b) Chemical pollution
- (c) Cultural pollution
- (d) Physical pollution

Answer: (a)

34. In garments ruffled collars are generally used in which shape of neck ?

- (a) Rectangular
- (b) V-shape
- (c) U-shape
- (d) Round

Answer: (d)



35. Which is the plan for increase in rate of literacy in rural women ?

- (a) Kasturba Gandhi Education Scheme
- (b) Safety Plan for Mothers
- (c) Rajeev Gandhi Kishoree Yojana
- (d) Kasturba Gandhi Balika Vidyalaya Scheme

Answer: (a)

36. Infant mortality rate is calculated

- (a) Based on every 100 babies born
- (b) Based on every 1000 babies born
- (c) Depending on the infection of various diseases
- (d) Depending on the difference in birth and death numbers

Answer: (b)

37. Which of the following is not a step of extension teaching ?

- (a) Attention
- (b) Interest
- (c) Distraction
- (d) Satisfaction

Answer: (c)

38. Cause of infant mortality in first four weeks are

- (a) Breathlessness
- (b) Congenital malformation
- (c) Infection
- (d) All of the above

Answer: (d)

39.

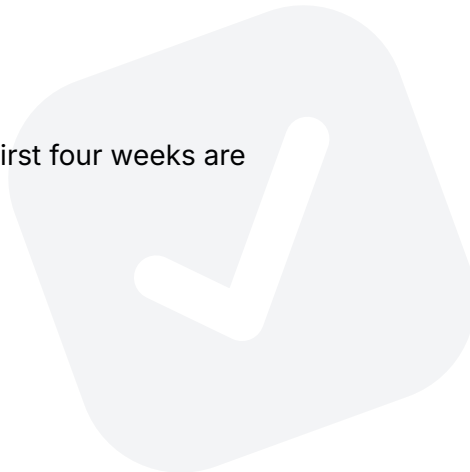
- (a) Poor balance
- (b) Well balance
- (c) Weak balance
- (d) None of these

Answer: (b)

40. International unit of measuring energy

- (a) Joule
- (b) Kilo calorie
- (c) Kilo joule
- (d) Calorie

Answer: (a)



41.

- (a) One bandage
- (b) Two bandage
- (c) Three bandage
- (d) Four bandage

Answer: (b)

42. Which of the following calcium deficiency disease occurs during old age ?

- (a) Osteomalasia
- (b) Osteoporosis
- (c) Pigeon chest
- (d) Rickets

Answer: (b)

43. In condition of fatigue which acid is accumulated in cells ?

- (a) Lactic acid
- (b) Mallic acid
- (c) Acetic acid
- (d) None of these

Answer: (a)

44. Alpana is from

- (a) Bengal
- (b) Uttar Pradesh
- (c) Rajasthan
- (d) Bihar

Answer: (a)

45. Presence of oxalate and phytate in rajma interfere the availability of

- (a) Carbohydrate
- (b) Iron and Calcium
- (c) Iron
- (d) Calcium

Answer: (b)

46. The idea of "Classes of Change" was first given by

- (a) Mundel
- (b) Gilbearth
- (c) Multiman
- (d) Nickell and Dorsey

Answer: (a)



47. Upholstery is used

- (a) Laying on the floor
- (b) To cover furniture
- (c) To lay on bed
- (d) All of the above

Answer: (b)

48. Sulphur-di-oxide mixed in atmosphere gives more impact on

- (a) Plant
- (b) Human beings
- (c) Physical resources
- (d) All of the above

Answer: (a)

49. Extension teaching is a _____ method.

- (a) Non-behavioural teaching
- (b) Group teaching
- (c) Behavioural teaching
- (d) Mass teaching

Answer: (c)

50. Zygote is

- (a) Sperm
- (b) Ovum
- (c) New cell
- (d) Chromosomes

Answer: (c)

51. At what age child learn by trial and error ?

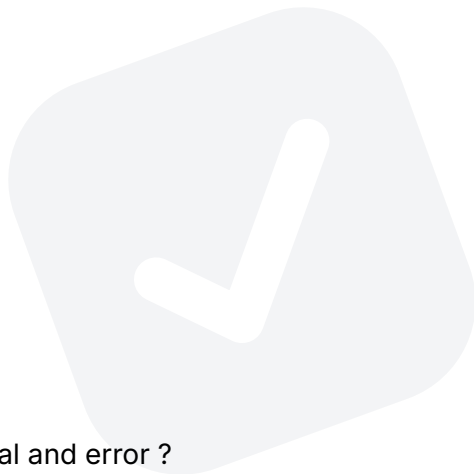
- (a) 0 – 2 yrs
- (b) 2 – 6 yrs
- (c) 6 – 9 yrs
- (d) 9 – 12 yrs

Answer: (a)

52. Written and printed material are type of

- (a) Audio aids
- (b) Visual aids
- (c) Audio-visual aid
- (d) None of these

Answer: (b)



53. Unconscious process of forgetting

- (a) Regression
- (b) Submission
- (c) Repression
- (d) Projection

Answer: (c)

54. "Extension education is a means of achieving the goals of community development". This statement belongs to

- (a) A. Reddy
- (b) B. Ramabhai
- (c) Krishnachari
- (d) Horenabhai

Answer: (a)

55. Multipurpose food is developed by

- (a) NIN, Hyderabad
- (b) CFRTRI, Mysore
- (c) Both (A) and (B)
- (d) None of these

Answer: (b)

56. Smallest unit of any textile material is

- (a) Fabric
- (b) Yarn
- (c) Fiber
- (d) Molecule

Answer: (c)

57. The first temporary teeth are

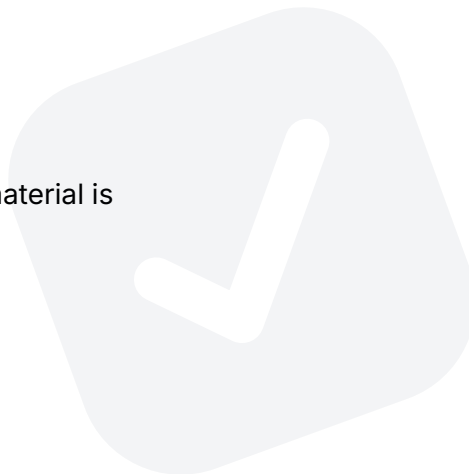
- (a) Molar teeth
- (b) Canine
- (c) Central incisor
- (d) Premolar teeth

Answer: (c)

58. Formal techniques of work simplification is

- (a) Process chart
- (b) Cyclograph
- (c) Operation chart
- (d) Pathway chart

Answer: (b)



59. When did Ujjwala Scheme start ?

- (a) 4th December 2007
- (b) 4th December 2005
- (c) 12th December 2008
- (d) 12th December 2006

Answer: (a)

60. Accumulation of ketone bodies in blood and tissues occurs in

- (a) Hypoglycemia
- (b) Hyperglycemia
- (c) Diabetic coma
- (d) Celiac disease

Answer: (c)

61. "Law of Consumption" for budget was developed by

- (a) Adam Smith
- (b) Dr. Angel
- (c) M. Marshall
- (d) Gross and Crandle

Answer: (b)

62. Child Marriage Restraint Act was passed in year

- (a) 1929
- (b) 1955
- (c) 1976
- (d) 2006

Answer: (a)

63. In Japanese flower arrangement 'soe' indicates

- (a) Heaven
- (b) Earth
- (c) Human
- (d) None of the above

Answer: (c)

64. Which of the following affects cognitive development ?

- (a) Heredity
- (b) Sense organs
- (c) Brain disorder
- (d) All of the above

Answer: (d)

65. The psychologist who has made significant contribution in the field of cognitive development is

- (a) Jean Piaget
- (b) Sigmund Freud
- (c) Erikson
- (d) Pavlov

Answer: (a)

66. Mopping is which kind of work ?

- (a) Light work
- (b) Moderate work
- (c) Strenuous work
- (d) Both (A) and (C)

Answer: (c)

67. Enzymes present in gastric juice

- (a) Amylase
- (b) Pepsin
- (c) Lypase
- (d) Tripsin

Answer: (b)

68. Father of nutrition science

- (a) Lavoiser
- (b) Pettenkofer
- (c) Atwater
- (d) Voit

Answer: (a)

69. Sharda Act is associated with

- (a) Widow marriage
- (b) Sati Pratha
- (c) Child marriage
- (d) All of the above

Answer: (c)

70. First step of extension education is

- (a) Attention
- (b) Satisfaction
- (c) Interest
- (d) Desire

Answer: (a)



71. Which is the best method of extension education among the given options ?

- (a) Shapes and graph
- (b) Exhibition
- (c) Picture and photograph
- (d) Audio content

Answer: (b)

72. International Health Day is celebrated on

- (a) 7 April
- (b) 7 June
- (c) 5 June
- (d) 9 December

Answer: (a)

73. The method of measuring calorie is called

- (a) Photometry
- (b) Geometry
- (c) Temperature
- (d) Calorimetry

Answer: (d)

74. Mass per unit length or length per unit mass of yarn indicates

- (a) Yarn number
- (b) Yarn strength
- (c) Yarn twist
- (d) Evenness of yarn

Answer: (a)

75. Changing the attitude, outlook and behaviour of a man by educating him is the basic philosophy of

- (a) Education
- (b) Extension Education
- (c) Teaching
- (d) Non-formal Education

Answer: (b)

76. Community Development Programme was started in

- (a) 9 May, 1958
- (b) 8 June, 1971
- (c) 2 October, 1952
- (d) 15 January, 1960

Answer: (c)

77. Kantha embroidery is from

- (a) Punjab
- (b) Uttar Pradesh
- (c) Bengal
- (d) Gujarat

Answer: (c)

78. The purpose of extension education is to

- (a) Bring change in attitude
- (b) Bring change in knowledge
- (c) Bring change in skill
- (d) All of the above

Answer: (d)

79. _____ develops the physical, mental, social and moral qualities of a child.

- (a) Play
- (b) Eating
- (c) Screaming
- (d) Taking supplements

Answer: (a)

80. Prenatal period is

- (a) Conception to 2 weeks
- (b) Conception to birth
- (c) Conception to 8 weeks
- (d) Birth to 14 weeks

Answer: (b)

81. Which of the following disease is prevented by BCG vaccine ?

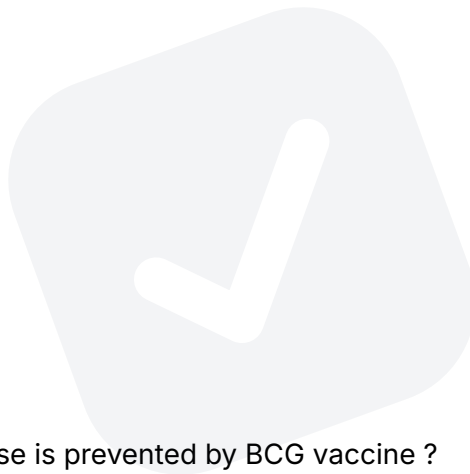
- (a) Chickenpox
- (b) Diphtheria
- (c) Tuberculosis
- (d) Typhoid

Answer: (c)

82. The Rural Health Mission was started in the year

- (a) 1970
- (b) 1980
- (c) 1977
- (d) 2000

Answer: (c)



83. Kempner's diet is used for

- (a) Ulcer
- (b) Diabetes
- (c) Hypertension
- (d) Typhoid

Answer: (c)

84. The power of body to fight with disease is called

- (a) Disinfection
- (b) Immunity
- (c) Evasion period
- (d) None of these

Answer: (b)

85. Agriculture extension was recognized by United States of America in the year

- (a) 1920
- (b) 1914
- (c) 1900
- (d) 1950

Answer: (b)

86. Compulsory saving is example of

- (a) GPF
- (b) Bank deposits
- (c) LIC
- (d) PPF

Answer: (a)

87. As per the RDA table ICMR-NIN 2020 the daily requirement of dietary fibre per 2000 k.cal is considered

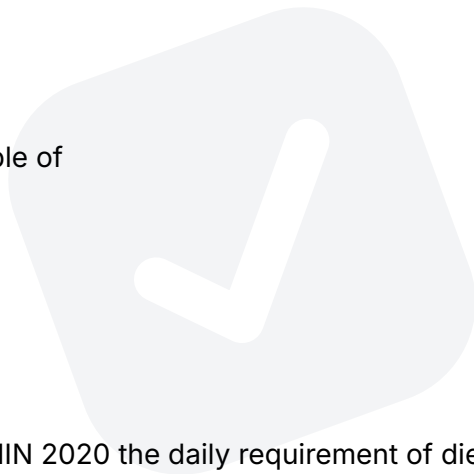
- (a) 30 gms
- (b) 25 gms
- (c) 35 gms
- (d) 40 gms

Answer: (a)

88. Adulteration is

- (a) Adding external things to food
- (b) Extracting valuable things from food
- (c) Selling low quality products at rate of high quality food
- (d) All of the above

Answer: (d)



89. During delivery buttocks appear first, followed by the legs and arms and finally the head. The position is

- (a) Breech birth
- (b) Instrumental birth
- (c) Natural birth
- (d) Spontaneous birth

Answer: (a)

90. Mandrain is a type of

- (a) Collar
- (b) Cuff
- (c) Sleeve
- (d) Yoke

Answer: (a)

91. Normal level of sugar in blood is

- (a) 80 mg/100 ml blood
- (b) 80 – 120 mg/100 ml blood
- (c) 80 – 120 mg/1000 ml blood
- (d) None of these

Answer: (b)

92. First home science college was established in which State ?

- (a) New Delhi
- (b) Uttar Pradesh
- (c) Punjab
- (d) Chennai

Answer: (a)

93. Torsal effort stands for

- (a) Bending, sitting
- (b) Carrying, pulling
- (c) Movements of legs
- (d) Holding

Answer: (a)

94. Inner layer of embryo is called

- (a) Chorion
- (b) Umbilical cord
- (c) Placenta
- (d) Amnion

Answer: (d)



95. Which of the following poisons is a narcotic ?

- (a) Opium
- (b) Liquor
- (c) Hashish
- (d) Cannabis

Answer: (a)

96. The word Hygiene derived from hygia which means

- (a) Name of a Greek Goddess
- (b) Name of a person
- (c) Name of a place
- (d) None of the above

Answer: (a)

97. Which one is appointed to provide health services in villages ?

- (a) Health guide
- (b) Health worker
- (c) Doctor
- (d) All of the above

Answer: (a)

98. Situational analysis is a technique of _____ method.

- (a) Biographical method
- (b) Informal and controlled observation method
- (c) Autobiographical method
- (d) None of the above

Answer: (b)

99. Beauty is an

- (a) Instrumental value
- (b) Intrinsic value
- (c) Both (A) and (B)
- (d) None of these

Answer: (b)

100. Which one is not clear fluid diet ?

- (a) Fruit juice
- (b) Lemon water
- (c) Dal ka pani
- (d) Tea

Answer: (d)

101. Mark on the canned jam or jelly is

- (a) AGMARK
- (b) ISI
- (c) FPO
- (d) None of these

Answer: (c)

102. Asbestos is a

- (a) Natural fibre
- (b) Manmade fibre
- (c) Natural mineral fibre
- (d) Manmade mineral fibre

Answer: (c)

103. 'Reverse stitch' also known as

- (a) Purl stitch
- (b) Miss stitch
- (c) Tuck stitch
- (d) Jersey stitch

Answer: (a)

104. Which hormone is produced by intestinal wall ?

- (a) Insulin
- (b) Glucagon
- (c) Cholecystokinin
- (d) Somatostatin

Answer: (c)

105. Scouring is used in

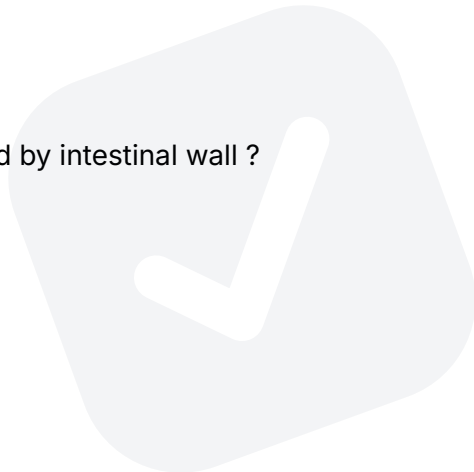
- (a) Wool
- (b) Silk
- (c) Rayon
- (d) Nylon

Answer: (a)

106. Dacca muslin is made by

- (a) Cotton fibre
- (b) Woolen fibre
- (c) Artificial fiber
- (d) Silk fiber

Answer: (a)



107. Aspects of child development includes

- (a) Physical development
- (b) Motor development
- (c) Language development
- (d) All of the above

Answer: (d)

108. Demand of resources increases during which stage of life cycle ?

- (a) Beginning stage
- (b) Expanding stage
- (c) Contracting stage
- (d) Retirement stage

Answer: (b)

109. In Glycolysis process

- (a) Glucose convert into glycogen
- (b) Disruption of glycogen
- (c) Glucose convert into pyruvic acid
- (d) Amino acid and fat formation

Answer: (c)

110. 1 g fat is burn and produce energy

- (a) 6 k. cal
- (b) 7 k. cal
- (c) 8 k. cal
- (d) 9 k. cal

Answer: (d)

111. Bolany wool is known as

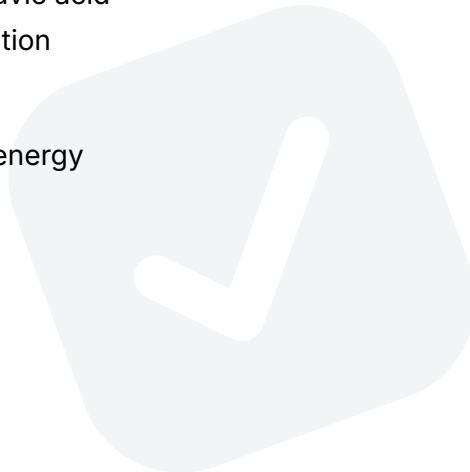
- (a) Merino wool
- (b) Pashm wool
- (c) Shahtush
- (d) None of these

Answer: (a)

112. Which chemical is used in mercerizing finish ?

- (a) Ammonia
- (b) Boric acid
- (c) Caustic soda
- (d) None of these

Answer: (c)



113. What is the sequence of proximo-distal development in child ?

- (a) From head to toe
- (b) From head to heart
- (c) From centre to periphery
- (d) From chest to legs

Answer: (c)

114. Inherited income is

- (a) Regular income
- (b) Irregular income
- (c) Direct income
- (d) Indirect income

Answer: (d)

115. Wheat bran is found in layer of

- (a) Epidermis
- (b) Endosperm
- (c) Embryo
- (d) Pericarp

Answer: (d)

116. Synthetic dye was invented by

- (a) William Henry Parkin
- (b) Moureau
- (c) J.T. Dickson
- (d) George Audemars

Answer: (a)

117. Growth indicates which types of changes in the body ?

- (a) Qualitative
- (b) Quantitative
- (c) Both (A) and (B)
- (d) None of these

Answer: (b)

118. Which method is extremely beneficial in terms of personal contact, mutual goodwill and friendship ?

- (a) Official calls
- (b) Farm and home visits
- (c) Method and result demonstration
- (d) Group discussion

Answer: (b)

119. Biological value is used to measure the quality of

- (a) Carbohydrates
- (b) Proteins
- (c) Fat
- (d) Vitamins

Answer: (b)

120. When floats are made of warp yarns it is

- (a) Satin weave
- (b) Sateen weave
- (c) Rib weave
- (d) Both (A) and (B)

Answer: (a)

121. The DWCRA implemented by

- (a) Central Govt.
- (b) State Govt.
- (c) Jila Parishad
- (d) None of the above

Answer: (b)

122. In general terms, which of the lipo-protein is said to be "Bad Cholesterol" ?

- (a) LDL
- (b) VLDL
- (c) HDL
- (d) Chylomicron

Answer: (a)

123. Pasteurization is a method of preservation of

- (a) Paneer
- (b) Beverage
- (c) Vegetables
- (d) Milk

Answer: (d)

124. Which of the following is not a type of investment ?

- (a) Life Insurance
- (b) Short term investment
- (c) Wallet
- (d) Long term investment

Answer: (c)

125. "Home Management is a practical science" a statement by

- (a) Gross and Crandall
- (b) Kotzin
- (c) Rajamal P. Devdas
- (d) Irene Oppenheim

Answer: (b)



Answer key

Answer key from the U.P. Secondary Education Services Selection Board's official answer key for this sitting. "—" means the key gave none.

Home Science

1	(d)	2	(b)	3	(b)	4	(c)	5	(c)	6	(d)	7	(c)	8	(a)
9	(a)	10	(b)	11	(b)	12	(a)	13	(b)	14	(a)	15	(c)	16	(b)
17	(b)	18	(b)	19	(d)	20	(a)	21	(c)	22	(b)	23	(a)	24	(c)
25	(b)	26	(b)	27	(a)	28	(c)	29	(a)	30	(b)	31	(d)	32	(c)
33	(a)	34	(d)	35	(a)	36	(b)	37	(c)	38	(d)	39	(b)	40	(a)
41	(b)	42	(b)	43	(a)	44	(a)	45	(b)	46	(a)	47	(b)	48	(a)
49	(c)	50	(c)	51	(a)	52	(b)	53	(c)	54	(a)	55	(b)	56	(c)
57	(c)	58	(b)	59	(a)	60	(c)	61	(b)	62	(a)	63	(c)	64	(d)
65	(a)	66	(c)	67	(b)	68	(a)	69	(c)	70	(a)	71	(b)	72	(a)
73	(d)	74	(a)	75	(b)	76	(c)	77	(c)	78	(d)	79	(a)	80	(b)
81	(c)	82	(c)	83	(c)	84	(b)	85	(b)	86	(a)	87	(a)	88	(d)
89	(a)	90	(a)	91	(b)	92	(a)	93	(a)	94	(d)	95	(a)	96	(a)
97	(a)	98	(b)	99	(b)	100	(d)	101	(c)	102	(c)	103	(a)	104	(c)
105	(a)	106	(a)	107	(d)	108	(b)	109	(c)	110	(d)	111	(a)	112	(c)
113	(c)	114	(d)	115	(d)	116	(a)	117	(b)	118	(b)	119	(b)	120	(a)
121	(b)	122	(a)	123	(d)	124	(c)	12	(b)						