Multiple Choice Questions in
HOME SCIENCE
for Competitive Examinations
Dr. P. Nazni is Doctorate in Food Science and Nutrition and working as Associate Professor Department of Food Science and Nutrition, Periyar University, Salem, Tamil Nadu, India. She proved her knowledge in Nutrition and Dietetics by securing first class from Graduation to Doctorate degree. Having more than, 14 years of Teaching and Research Experience and holding various administrative positions like Deputy Warden- Women’s Hostel Periyar University, Salem from 2009 to 2013 and President of International Institute of Food and Nutritional Sciences (IIFANS) from 2012 onwards. Recipient of various awards such as Young Women Scientist Award (2011), Sponsored by Science city, Govt. of Tamil Nadu, Chennai, Young Scientist Fellowship Award (YSFA), Sponsored by TNSCST, Chennai, Tamilnadu, India for 2007-2008, Fellow Award 2010, Sponsored by Society for Applied Biotechnology, Krishnagiri, Tamil Nadu, India 2010, Young Investigator Award, 2011, sponsored by International College of Nutrition, Canada and Award of Honor, 2012, sponsored by ICMR & ISSRF on Centenary Celebrations of ICMR. Visiting Professor in Department of Medicine, Khon Kaen University, Thailand. She has presented more than 210 research papers in various National and International Seminars/Conferences and has published 53 research papers in referred National and International journals. She has been resource person for 72 Seminars / Conferences/Workshops both National and International. She has visited various countries like Canada, Australia, South Africa, Czech Republic, Thailand and UAE for her invited talks and paper presentation. She has organized around 16 National and 5 International conferences. She has completed four Major research projects funded by UGC, DST, RSSDI and ICMR and 10 Minor research projects. She has written six books published by Germany publications. She has guided 52 M.Sc, 45 M.Phil and 4 Ph.D candidates with 10 under guidance. She has been member in Editorial board of various Journals such as International Journal of Cereals and Oil seeds, International Journal of Current Research and International Journal of Life Science and Pharma Reviews (IJLPR). Shi is a Managing Editor of an International Journal of Food and Nutritional Sciences, published by IIFANS. She is also having membership in various Professional Bodies such as Indian Dietetic Association (IDA) (Life Member), Indian Academy of Social Sciences (Life Member), Nutrition Society of India (NSI), Food Security Community (Life Member) and Association of Food Scientists and Technologists in India (AFSTI) (Full Member).
Home science is a scientific course of study which moulds a student with a variety of life skills. This is a unique discipline with a blend of science and art. It does not limit itself to the home related skills of cooking, laundry, decoration and stitching. Home science is now out of the shell of misconceptions and opened its doors for new avenues in all possible fields of life. This is a recognised professional course and requires its students to have a logical and intellectual mind. As there is a growing concern for health and nutrition, the changing lifestyle of present generation, Home Science course has come to limelight. Its changing outlook has attracted several students enabling them to pursue a successful career. In the last decade, many Indian educational organizations including university departments, institutions, colleges and deemed universities have started undergraduate, postgraduate and doctorate degree programmes related to Home science and its disciplinary subjects. Many of these institutes conduct entrance examination for admission in these courses. There are also some national level examinations conducted every year in the area of Home Science such as UGC-NET examination, ICAR-NET examination, SLET and SET examination. Hence there is a great need of an objective type book covering all important topics of subjects related to Home Science. I congratulate the author Dr.P.Nazni for having thought of these relevant collections and to bring out as a bench-top question bank in home Science. I am confident that this book will be well received by the students and research scholars.

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Preface

Home Science is an interdisciplinary field of studies comprising of Food and Nutrition Science, Clothing and Textile Science, Human Resource Management, Human Development and Extension and Communication. It is a unique field of knowledge and its inter-disciplinary approach in synthesizing knowledge drawn from Physical, Biological, Social Science, Arts and Humanities, Technology and Management has enriched its educational programme which prepare an individual in improving the standard of living, quality of life of individuals and communities, which contributes significantly to the economic and over all development of the individual, family and nation to meet the challenges in the global context.

With the large number of enrolments there is a great demand for books on this subject. Hence, there is a need for a comprehensive book dealing in all areas of Home Science. This book intends to present substantial and accurate information to the students on these areas of Home Science. This book has been written to provide knowledge and information as per the needs and demands of the syllabus for competitive examination in the area of Home Science.

I wish to acknowledge authors and editors of all the books and research publications which helped us in the preparation of this book. I wish to thank the Almighty for his blessings and special thanks to my students and research scholars for their inspiration and support in completing this book. Last but not least I must thank my family for their love, support and encouragement. The patience of Astral Publishers (India) and the assistance provided by Astral Publishers staff members are highly appreciated. The author looks forward to the suggestions from the teachers, research scholars and students for further improvement who are holding and utilizing this formulation efficiently.

Dr. P. Nazni
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Subject: HOME SCIENCE  

Code No.: 12

Note: The Test will consist of three papers. All the three papers will consist of only objective type questions and will be held on 29th December, 2013 (SUNDAY) in two separate sessions as under:

<table>
<thead>
<tr>
<th>Session</th>
<th>Paper</th>
<th>Marks</th>
<th>Number of Question</th>
<th>Duration</th>
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<tbody>
<tr>
<td>First</td>
<td>I</td>
<td>100</td>
<td>60 out of which 50 question to be attempted</td>
<td>1¼ Hours (09.30 A.M. to 10.45 A.M.)</td>
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<tr>
<td>First</td>
<td>II</td>
<td>100</td>
<td>50 questions all are compulsory</td>
<td>1¼ Hours (10.45 A.M. to 12.00 NOON)</td>
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<tr>
<td>Second</td>
<td>III</td>
<td>150</td>
<td>75 questions all are compulsory</td>
<td>2½ Hours (01.30 P.M. to 4.00 P.M.)</td>
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Paper-I shall be of general nature, intended to assess the teaching/research aptitude of the candidate. It will primarily be designed to test reasoning ability, comprehension, divergent thinking and general awareness of the candidate. Sixty (60) multiple choice questions of two marks each will be given, out of which the candidate would be required to answer any fifty (50). In the event of the candidate attempting more than fifty questions, the first fifty questions attempted by the candidate would be evaluated.
Paper-II shall consist of 50 objective type compulsory questions based on the subject selected by the candidate. Each question will carry 2 marks.

Paper-III will consist of 75 objective type compulsory questions from the subject selected by the candidate. Each question will carry 2 marks.

All questions of Paper-II and Paper-III will be compulsory, covering entire syllabus (including all electives, without options).

PAPER-II & PAPER-III(A)
CORE GROUP

Unit—I: Food Science
☆ Food Groups
☆ Food Preparation
☆ Food Preservation
☆ Food Science and Food Analysis
☆ Food Processing

Unit—II: Nutrition Science
☆ Fundamentals of nutrition
☆ Nutritional biochemistry
☆ Food microbiology
☆ Public nutrition
☆ Therapeutic nutrition

Unit—III: Institutional Management
☆ Management of Hospitality Institutes—Hospital/Hotel/Restaurant/Café and Outdoor catering
☆ Management of Social Institutes—family as Institute, child care and Geriatric Institutes, Panchayats
☆ Management of Educational Institutes—Pre-school, Primary and Secondary Schools, (Colleges and Universities) Higher Educational Institutes
☆ Management of Special Institutes for physically, mentally and socially challenged
☆ Challenges and problems faced by Institutions

Unit—III: Clothing
☆ Principles of clothing—Socio-psychological aspects of clothing, selection of fabrics, clothing and family clothing
☆ Clothing construction—basic principles of drafting, flat pattern and draping methods
Textile design—principles and concepts
Fashion design—fashion cycles, business and merchandizing
Care and maintenance of textile materials and garments; Laundry agents—methods and equipments

Unit—V: Textiles
- General properties and fine structure of all textile fibers
- Processing and manufacture of all natural and man-made fibers
- Definition and classification of yarns
- Identification of yarns and its use in various fabrics
- Fabric construction, definition and types of woven, non-woven, knitted and other construction techniques
- Testing of fibers, yarns and fabric; Importance of quality control and research institutes

Unit—VI: Resource Management
- Concept of Home management and steps
- Management of Human Resources; Classification of Resources; Basic Characteristics of Resources
- Decision making in family; Steps in decision making; Methods of resolving conflicts
- Work simplification; Importance of work simplification in home; Mundel’s classes of change; Simple pen and pencil technique in work simplification
- Housing, Interior design, Principles of Interior design, Various colours and colour schemes
- Household equipment—Selection and Care

Unit—VII: Human Development
- Child Development—Principles and Stages
- Life Span Development—Theories of Human Development and Behaviour
- Child rearing, Socialization practices and Dynamics
- Early Childhood Care and Education—Emerging trends
- Development problems and disabilities during childhood and adolescence, guidance and counseling
- Advanced child study methods and assessment
- Women’s Studies, Faintly Welfare Programme—Recent Approaches

Unit—VIII: Non-formal Education and Extension Education
- History and Development of Home Science in Formal/Non-formal and Extension Education
- Theory and Practices of programme/curriculum planning and development
Management and Administration of Formal/Non-formal and Extension Education
Monitoring, Supervision and Evaluation of Formal, Non-formal and Extension Education
Vocationalization of Home Science in India
Theories and Principles of Guidance and Counseling in Formal/Non-formal/Extension
Problems and Challenges encountered in Formal/Non-formal/Extension

Unit—IX: Developmental and Educational Communication
- Concept and classification of communication
- Traditional Methods and Materials of communication—selection/preparation/use
- Modern methods and materials of communication—selection/preparation/use
- Strategies for developmental communication
- Classroom communications in Home Science trends
- Communication for publicity and public relations
- Change, and challenges in communication in contemporary society

Unit—X: Methods of Research
- Trends in Research in Home Science
- Research Designs
- Types of Research
- Sampling Techniques
- Selection and Preparation of Tools for data collection
- Type of variables and their selection
- Data collection and classification/coding
- Analysis of data through parametric and non-parametric statistics
- Report writing—presentation of data, interpretation and discussion

Paper—III (B)
[ELECTIVE/OPTIONAL]

Elective—I: Food and Nutrition
- Food Science and Quality Control
- Macro- and Micro-nutrients
- Human Nutritional Requirements
- Assessment of Nutritional Status
- Food Biotechnology
Elective—II: Institutional Management and Dietetics
- Advanced Management and Organisation
- Management of Human Resources
- Experimental Quantity Cookery
- Financial and Profit Management
- Quantity Food Preparation Techniques
- Food Service and Delivery Systems
- Marketing
- Therapeutic Dietetics

Elective—III: Child and Human Development
- Human Development—Rights perspective
- Principles and theories of human development
- Early childhood care and development—Strategies, monitoring and supervision
- Children with special needs and children at risk (child labour, street children, child abuse, chronically sick); Intervention programmes
- Socialization in various family contexts across different cultures
- Advances in assessment of children

Elective—IV: Clothing and Textiles
- Textile Chemistry—Fibers and dyes
- Dyeing, printing and finishing of fibers yarns and fabrics
- Textile and Apparel Industry—Fundamental of business, specifications, quality control agencies and marketing
- Historic and Traditional Textiles of world with emphasis on India
- Curriculum and Teaching in clothing and textiles, analysis and development of curriculum; teaching methods and aids
- Consumer and Textiles and Clothing
- Recent developments in Textile and Clothing

Elective—V: Home and Community Resource Management
- Concept of Home management. System approach to family, Input, Output and feedback
- Family Resources—Management of Resources like time energy and money; Basic characteristics of Resources; Efficient methods of utilization of Resources
- Family life cycle—Demands upon resources like time, energy and money
- Concept of Ergonomics—its importance and application in home
Concept of communication process and its Importance in family; Barriers in Communication process; Measures for effective communication

Concept of work simplification—Its importance in home; Simple pen and pencil technique

Consumer Education—Laws protecting consumer; Role of consumer society in protecting consumer; Kinds of adulteration; Identification of adulteration

Elective—VI: Home Science Extension Education

Curriculum Development for formal education in Home Sciences

General and special methods of teaching Home Science

Media and Materials for promoting Home Science in Formal/Non-formal/Adult/Extension Education

Non-formal and Adult Education in Home Science

Extension Education in Home Science

Women in Changing India and Plans for their development

Self-employment and Entrepreneurship through Home Science

Programmes of extension in Home Science

Measurement and Evaluation including monitoring and supervision for Formal/Non-formal/Adult Education/Extension Education
Chapter 1

Food Science