

1. Which of the following statements are incorrect about longitudinal child study?
- | | |
|-------------------------|-------------------------|
| 1. Same group is tested | 2. Less expensive |
| 3. Complex | 4. Quick interpretation |
- A) 2 & 4 only B) 1 & 2 only C) 1 & 4 only D) 3 & 4 only
2. Father of cognitive psychology:
- | | |
|-------------------|----------------|
| A) Jean Piaget | B) B F Skinner |
| C) Albert Bandura | D) Erickson |
3. Match Piagets sensory motor development stages to age:
- | | |
|---------------------------------|-----------------|
| List I | List II |
| a. Primary circular reactions | 1. 18-24 months |
| b. Secondary circular reactions | 2. 12-18 months |
| c. Tertiary circular reactions | 3. 1- 4 months |
| d. Internalization of schemes | 4. 4- 8 months |
- | | |
|--------------------|--------------------|
| A) a-4,b-3,c-2,d-1 | B) a-3,b-4,c-2,d-1 |
| C) a-1,b-2,c-3,d-4 | D) a-3,b-4,c-1,d-2 |
4. Decreased responsiveness to a stimulus after repeated presentation of a stimulus:
- | | |
|-------------------|------------------|
| A) Dishabituation | B) Habit |
| C) Habituation | D) None of these |
5. Babies produce strings of consonant-vowel combinations termed as:
- | | | | |
|-----------|-------------|-----------|--------------|
| A) Cooing | B) Babbling | C) Crying | D) Utterance |
|-----------|-------------|-----------|--------------|
6. According to NFHS-5 total fertility rate is ----- children per woman
- | | | | |
|--------|--------|--------|--------|
| A) 1.0 | B) 1.5 | C) 1.8 | D) 2.0 |
|--------|--------|--------|--------|
7. Current Infant Mortality Rate in Kerala below 1 year compared to NFHS -4 is
- | | |
|--------------|---------------------|
| A) increased | B) decreased |
| C) No change | D) highly increased |
8. Choose the **incorrect** statement related to hypothesis Foetal Origins of Adult Disease:
- | |
|---|
| A) Also known as barkers hypothesis |
| B) Early events of development contributes to adult disease |
| C) Catch up growth reflects nutritional excess |
| D) Catch up growth predisposes to metabolic syndrome |
9. ----- is a self reporting technique.
- | | |
|-------------------|-----------------|
| A) Questionnaire | B) Case Study |
| C) Field Analysis | D) Focus Groups |

10. POCSO Act was enacted during ----- to provide legal framework in protecting children from sexual assault
 A) 2009 B) 2010 C) 2012 D) 2011
11. (GOBI-FFF) are a selective package of World Health Organisation primary health care strategies recommended by:
 A) World Bank B) ICMR C) FAO D) UNICEF
12. 'Aarogyakirnam' is a health scheme which covers health expenses of:
 A) BPL children below 18 years
 B) Elderly
 C) Women of reproductive age
 D) Adolescent girls
13. Which one of the following is **not** a prosocial behaviour?
 A) Sharing B) Altruism C) Co operation D) Vandalism
14. -----refers to a group of relatives, members of a formerly complete nuclear family along with some other unmarried, divorced or widowed relative who was not a member of the nuclear family
 A) Sub nuclear family
 B) Supplemented sub nuclear family
 C) Supplemented nuclear family
 D) Nuclear family
15. Formation of a premature identity is known as:
 A) Identity confusion B) Negative Identity
 C) Foreclosure D) None of these
16. According to Kohlberg, moral development begins with:
 A) preconventional thinking B) conventional thinking
 C) stage 2 D) solving moral dilemmas
17. PAKSA technique is associated with building:
 A) Intelligence B) Personality C) Creativity D) Vocabulary
18. A measure of leanness of a person calculated as a relationship between mass and height:
 A) Corpulence Index B) Ponderal Index
 C) Quetlet index D) Both A & B
19. In ELIZ health plan for Adolescents and Adults growth charts BMI < 15.0 represents:
 A) Normal B) Under nutrition
 C) Overweight D) Obese
20. New name for mid day meal scheme is:
 A) Pradhan Mantri Poshan Shakti Nirman
 B) Poshan
 C) Poshan Abhiyaan
 D) Ayushman Bharat

21. Choose the **wrong** statement related to food categorisation system
- A) Provides clarity to all stakeholders including enforcement agencies.
 B) Provides cataloguing the various food products in categories in a hierarchical manner.
 C) Provides easy navigation by providing information in a clustered manner.
 D) Provides a direction & space for future regulatory development
22. According to Food fortification resource centre ranking State food fortification index of Kerala is:
- A) 8th B) 6th C) 7th D) 5th
23. When we cook baked food in an oven, such as a cake, or bread, the outside of the food goes a darker colour as starches within the food are broken down by a chemical reaction into sugars by heating by a process known as:
- A) Caramelisation B) Dextrinization
 C) Both A and B D) None of these
24. Match the NOVA classification of foods List I to groups List II
- | | |
|-----------------------------------|--------------|
| List I | List II |
| a. Ultra processed | 1. Group I |
| b. Minimally Processed | 2. Group III |
| c. Processed Foods | 3. Group II |
| d. Processed culinary ingredients | 4. Group IV |
- A) a- 4, b-1,c-2,d-3 B) a-4, b-2, c-1, d-3
 C) a-1, b-4, c-2, d-3 D) a-4, b-1, c-3,d-2
25. Which kind of ionizing radiation used in food processing is not effective in destroying thermophilic bacteria and heat resistant spores:
- A) Microwave B) Ultraviolet
 C) Infrared radiation D) Electron bombardment
26. Name the synthetic flavouring agent used for grapes:
- A) Nootkatone B) Isoamyl Acetate
 C) Methyl anthranilate D) None of these
27. Match the therapeutic diets to diseases/conditions:
- | | |
|-----------------------|---------------------------|
| List I | List II |
| a. Mediterranean diet | 1. Obesity |
| b. Keto diet | 2. Cardiovascular disease |
| c. DASH diet | 3. Epilepsy |
| d. Paleo diet | 4. Hypertension |
- A) a-3, b-2, c-4, d-1 B) a-2, b-3, c-1, d-4
 C) a-2, b-4, c-3, d-1 D) a-2, b-3, c-4, d-1

28. Name the adulterants which causes blood anticoagulation:
 A) Coumarin & dihydrocoumarin
 B) Coumarin
 C) Dihydrocoumarin
 D) Cyclamates
29. The process of food irradiation using low dose of radiation to destroy harmful microorganisms and extend shelf life is:
 A) Radappertization
 B) Radurization
 C) Radicidation
 D) None of these
30. Choose the food with lowest glycemc index:
 A) Potato
 B) Green Peas
 C) Skim milk
 D) Banana
31. FSSAI labelling rules mandate which calorie information related to the food product must be mentioned on its label.
 A) Saturated fat
 B) Unsaturated fat
 C) Transfat
 D) Both A and C
32. Match the food borne infections and foods commonly involved:
 List I Infections
 a. Salmonellosis
 b. Vibrio Cholera
 c. Shigatoxin producing E coli
 d. Vibrio paraheamolyticus
 List II Foods Involved
 1. Raw fish products
 2. Undercooked flesh foods
 3. Contaminated water
 4. Unpasteurized milk
 A) a-1, b-2, c-3, d-4
 B) a-3, b-2, c-4, d-1
 C) a-2, b-3, c-4, d-1
 D) a-2, b-3, c-1, d-4
33. Shafts of long bones appear as glassy in ----- deficiency.
 A) Vitamin C
 B) Vitamin D
 C) Calcium
 D) Phosphorous
34. RDA of folic acid recommended by ICMR(2010) for a lactating mother:
 A) 100µg
 B) 300 µg
 C) 200µg
 D) 400µg
35. 1kJ is how much kilocalorie?
 A) 0.239kcal
 B) 239kcal
 C) 2.39kcal
 D) 23.9kcal
36. Exposure of skin to ultraviolet light converts 7-dehydrocholesterol to:
 A) Precalciferol
 B) Calciferol
 C) Cholecalciferol
 D) Ergocalciferol
37. Which of the following statements are **wrong** about active forms of vitamin A?
 1. Retinol and retinal are interconvertible
 2. Retinoic acid is converted back to retinal
 3. Retinoic acid is converted back to retinol
 4. Retinoic acid support growth and differentiation
 A) 1&2 only
 B) 2 &3 only
 C) 3&4 only
 D) 1&4 only

38. ----- is the central core of management.
 A) Evaluation B) Implementation
 C) Organization D) Decision making
39. A simple device for making a motion and time study in the home.
 A) Operation chart B) Pathway chart
 C) Process chart D) Cycle graph
40. Business cycle when prices and income are low, the market for goods is sharply reduced:
 A) Depression B) Boom C) Recession D) Recovery
41. Moderate work requires ----- more energy than resting energy.
 A) Less than 100 % B) 100-150 %
 C) 150-200 % D) Above 200 %
42. Engel curve is impacted by:
 A) Age B) Gender C) Education D) All of these
43. Choose the correct sequence of Mundel class of changes:
 A) Change in hand and body motions, Change in production sequence, Change in work arrangement, Change in finished product, Change in material
 B) Change in work arrangement, Change in hand and body motions, Change in production sequence, Change in finished product, Change in material
 C) Change in hand and body motions, Change in work arrangement, Change in production sequence, Change in finished product, Change in material
 D) Change in hand and body motions, Change in work arrangement, Change in production sequence, Change in material, Change in finished product.
44. The total length of the arms of the working triangle in the kitchen used by a person moving in a wheelchair should not exceed
 A) 7m B) 9m C) 8m D) 6m
45. Household Air Pollution (HAP) generally caused by solid fuels used in traditional cooking methods, is responsible for over 3.8 million premature deaths every year as per the latest WHO data which accounts ----- of the total global mortality.
 A) 7.7 % B) 8.0 % C) 7.5 % D) 8.5 %
46. Evaporative cooling device from -----provide a more stable low temperature and high humidity environment, are easier to refill with water, and provide protection from animals and insects.
 A) Straw B) Sack C) Brick D) Saw
47. Process of creating energy in the form of electricity or heat from primary treatment of waste:
 A) Landfilling B) WtE
 C) Bioremediation D) Composting

48. Dealing with resource crisis and environmental degradation the term preservation refers to:
 A) Input reduction B) Maximise use
 C) Non-use D) Minimise use
49. Match Resources with examples:
 List I List II
 a. Perpetual resource 1. Wind
 b. Renewable resource 2. Mineral
 c. Potentially renewable resource 3. Solar
 d. Non renewable resource 4. Forest
- A) a-3, b-1,c-4, d-2 B) a-1,b-3, c-4, d-2
 C) a-2, b-3,c-1, d-4 D) a-3, b-1, c-2,d-4
50. Match states with names of rangoli:
 List I List II
 a. Kerala 1. Alpana
 b. Bihar 2. Mandana
 c. Bengal 3. Kolam
 d. Rajasthan 4. Chowk
- A) a-1, b-2, c-3, d-4 B) a-4, b-3, c-1, d-2
 C) a-3, b-4, c-1, d-2 D) a-3, b-4, c-2, d-1
51. Practice of taking the root ball of a plant and suspending it in a mud ball, which is then coated with soft green moss:
 A) Bonsai B) Kokedama C) Ikebana D) None of these
52. Building types in Buddhist architecture:
 A) Chaitya B) Vihara C) Stupa D) All of these
53. ----- scaping is the practice of integrating edible plants into ornamental landscapes.
 A) Food B) Xeri C) Aqua D) Nature
54. ----- is known as father of extension globally.
 A) Dr J P Leagans B) Dr K N Singh
 C) James Stuart D) F L Brayne
55. ----- credibility is the credibility which a communicator is seen to possess after inter personal interaction is completed.
 A) Initial B) Terminal C) Derived D) Extrinsic
56. Final step in extension education process:
 A) Teaching B) Situation
 C) Evaluation D) Reconsideration
57. Panchayath raj day is celebrated on:
 A) April 14 B) April 24 C) March 14 D) March 24

58. The committee appointed in 1986 by Rajiv Gandhi on “Revitalisation of Panchayth Raj for democracy and development:
- A) L M Singhvi B) Balwant Rai Mehta
C) Ashok Mehta D) G V K Rao
59. Leaders who make decisions without reference to anyone else:
- A) Democratic B) Laissez Faire
C) Autocratic D) Paternalistic
60. Extension management, extension training, farm information and farm women development are functional areas of:
- A) NCERT B) Directorate of Extension
C) ECCE D) None of these
61. The leadership theory which states that “ Leaders are born, not made”:
- A) Trait theory B) Behaviour theory
C) Contingency Theory D) Cognitive resource theory
62. In programme development cycle the step covered in programme action:
- A) Collection of facts B) Analysis of situation
C) Identification of problem D) Developing plan of work
63. Digital learning platform for MGNREGS:
- A) e Krishi B) e Saksham C) e Jaalakam D) None of these
64. Match the description to components of plan of work
- | | |
|--|---------------------|
| List I | List II |
| a. Predetermined course of action | 1. Calendar of work |
| b. Outline of procedure | 2. Plan |
| c. Schedule of activities | 3. Plan of work |
| d. Chronologically arranged plan of work | 4. Work Plan |
- A) a-2, b-3, c-4, d-1 B) a-1, b-2, c-3, d-4
C) a-3, b-2, c-1, d-4 D) a-2, b-3, c-1, d-4
65. Evaluation carried out before the programme begins:
- A) Formative B) Summative C) Ex-ante D) Ex-Post Facto
66. An urge or combination of urges to induce conscious or purposeful action:
- A) Need B) Motive C) Wants D) Likes
67. REACH is an initiative of ----- to empower women in Kerala through education.
- A) KSWDC B) SIRD C) Skill India D) K-DISC
68. National agency which act as a catalyst for the development of technology in rural areas:
- A) CSWB B) CAPART C) NYKS D) None of these
69. ----- channels originate outside a social system.
- A) Localite B) Interpersonal C) Cosmopolite D) Mass media

70. According to Rogers 1971 classification of farmers based on innovativeness ----- are the last to adopt innovation.
 A) Innovators B) Laggards
 C) Early adopters D) Early Majority
71. Identify the model of communication
 Source---- Encoder -----Message -----Channel -----Decoder -----Receiver
 A) Leagan B) Aristotle C) Shannon D) Berlo's
72. Non-verbal elements of communication used to modify meaning and convey emotion.
 A) Paralinguistics B) Paralanguage
 C) Haptics D) Oculesics
73. Match the following:
 List I States List II Traditional Textiles
 a. West Bengal 1. Phulkari
 b. Gujarat 2. Chikanakari
 c. Punjab 3. Patola
 d. Uttar Pradesh 4. Kantha
 A) a-4, b-3, c-1, d-2 B) a-1, b-2, c-3, d-4
 C) a-3, b-4, c-1, d-2 D) a-4, b-3, c-2, d-1
74. The short length man-made yarns are called ----- yarns.
 A) Complex B) Filament C) Spun D) None of these
75. Which among the following is an elastomeric fiber?
 A) Acrylic B) Nylon C) Mod Acrylic D) Spandex
76. When the design elements work well together -----is achieved.
 A) Rhythm B) Balance C) Proportion D) Harmony
77. The process of converting fibers directly into fabric is:
 A) Felting B) Weaving C) Spinning D) Knitting
78. ----- is the art of creating designs for knitted, woven and non-woven fabrics.
 A) Illustrations B) Textile Designs
 C) Paintings D) Sketches
79. Grey cloth is also known as:
 A) Toile B) Kutch
 C) Maison D) Unfinished fabric
80. The fiber which is popularly called 'Golden fiber':
 A) Cotton B) Silk C) Jute D) Flax
81. In a knit, the lengthwise rows of stitches are called:
 A) Courses B) Wales C) Warps D) Weft

82. Batik is a ----- dyeing technique.
 A) Resist B) Tie& Dye C) Egyptian D) Stock
83. Part of the garment that turns back below the collar is called:
 A) Yoke B) Hem C) Lapel D) Trim
84. The ability of fabric to draw moisture away from your body is -----.
 A) Wicking B) Absorbency C) Resiliency D) None of these
85. Sueding is a -----treatment.
 A) Cleaning B) Finishing C) Dyeing D) Printing
86. Fabric cut at 45° angle is-----.
 A) Seam allowance B) Seam finish
 C) Seam D) Bias
87. Dacron is a trade name of----- fiber.
 A) Nylon B) Polyester C) Spandex D) Acrylic
88. Final stage in spinning is:
 A) Carding B) Cone Winding
 C) Mixing D) Opening
89. While wet, wool may lose as much as ----- of its strength.
 A) 50 % B) 25 % C) 40 % D) 70 %
90. The ability of a color to remain unchanged is called:
 A) Colour flare B) After chroming
 C) Colour fastness D) Colour Bleeding
91. The final stage of fashion life cycle is:
 A) Rise Stage B) Saturation Stage
 C) Decline stage D) Out of fashion stage
92. The traditional process of fashion adoption is also called:
 A) Trickle Down B) Trickle Up
 C) Trickle Across D) Mass Dissemination
93. Air quality index of ----- severely affects healthy people and seriously impacts those with existing diseases
 A) 101-200 B) 201-300 C) 401-500 D) 50-100
94. The "Sociogram" technique is used to study:
 A) Vocational Interest B) Human Relations
 C) Professional Competence D) Motivation

95. Research problem is selected from the standpoint of:
 A) Financial support
 B) Researcher's interest
 C) Availability of relevant literature
 D) Social Relevance
96. A sampling frame is:
 A) A summary of various stages involved in designing a survey
 B) A list of all the units in the population from which a sample will be selected
 C) An outline view of all the main clusters of units in a sample
 D) A wooden frame used to display tables of random numbers
97. What effect does increasing the sample size have upon the sampling error?
 A) It increases the sampling error
 B) It reduces the sampling error
 C) No effect on sampling error
 D) None of these
98. ----- sampling is **not** a type of non-probability sampling.
 A) Quota
 B) Stratified random
 C) Snow ball
 D) Convenience
99. Snowball sampling can help the researcher to:
 A) Access hidden population
 B) Theorise inductively in a qualitative study
 C) Overcome the problem of not having an accessible sampling frame
 D) All the above
100. ----- is **not** a primary data collection method.
 A) Focal group discussion
 B) Documents
 C) Interview
 D) Questionnaire
101. Which of the following is **not** a green house gas?
 A) Carbon monoxide
 B) Methane
 C) Nitrous Oxide
 D) Carbon dioxide
102. In a study, subjects are randomly assigned to three groups Control group A and experimental groups B and C, which is the appropriate statistical test for comparing the mean score of groups
 A) Correlation
 B) Chi-square
 C) ANOVA
 D) T Test
103. The Human Development Index of Kerala according to 2021 Global Data:
 A) 0.782
 B) 0.682
 C) 0.592
 D) 0.569
104. Which programme was initiated in 1987 to translate the goals of National Policy on Education and empowerment of women in rural areas:
 A) Kudumbasree
 B) SHGs
 C) Mahila Samakhya Programme
 D) Sthree Suraksha

105. Name the premier agency of the Government of Kerala, formed in 1961 mandate for industrial and investment promotion in Kerala:
 A) KVIC B) KSIDC C) KITCO D) SIETI
106. Which of the following supplements will **not** be of added benefit for a bodybuilder?
 A) Caffeine B) Arginine
 C) Creatine D) Coenzyme Q10
107. Which among the following is a weakness of Ayurveda?
 A) Cure allergies
 B) Prevents chemical pollution
 C) Its more effective when the body is at rest
 D) A way to revitalize
108. Method of therapy where social interactions are analyzed to determine the ego state of the communicator as a basis for understanding behavior.
 A) Transaction analysis B) Horticultural therapy
 C) Bibliotherapy D) None of these
109. Olericulture is a branch of horticulture which deals with the production, storage, processing, and marketing of -----.
 A) Fruits B) Vegetables C) Flowers D) Meat
110. A window treatment where wood or faux wood decorative piece at the top of your blind to cover the head rail:
 A) Valance B) Cornice C) Cascade D) Awning
111. A specially engineered type of polyester exclusively produced by Invista, carefully engineered to wick moisture and allow the passage of heat.
 A) Lycra B) Tactel C) Lyorell D) Coolmax
112. ----- extension refers to using the power of online networks, computer communications & digital interactive multi-media to facilitate dissemination of Agricultural Technology.
 A) Cyber B) Agricultural
 C) Home Science D) Digital
113. The sequence of generations following, the parental generation:
 A) Conjugal B) Maternal C) Paternal D) Filial
114. Thinning of bones is seen in:
 A) Osteoporosis B) Osteopenia
 C) Both A & B D) Osteomalacia
115. Form of vitamin K present in plant foods:
 A) K1 B) K2 C) K3 D) K4

116. 'Kutir Jyoti Yojana' is associated with:
A) Greening of rural development activities
B) Extending single point light connections to BPL homes
C) Promoting cottage industries in villages
D) Promoting LPG connections to rural families
117. -----is a style that is popular in the present or a set of trends that has been accepted by a wide audience
A) Style B) Fad C) Fashion D) Classic
118. Sustainable Development Goal associated with ensuring affordable and clean energy:
A) Goal 5 B) Goal 7 C) Goal 9 D) Goal 11
119. Study of the role of eye contact in non-verbal communication:
A) Oculesics B) Haptics
C) Paralanguage D) Paralinguistics
120. Sodium bicarbonate helps to improve athletic performance primarily by:
A) Reducing the metabolic acidosis
B) Decreasing perception of effort
C) Enhancing sprint capacity and power output
D) Reducing stress and anxiety
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