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**OPSC  
OAS**  
**Previous Year Paper**  
**Mains 2019 (Home  
Science) Paper-I**



**CSM – 36/19**  
**Home Science**  
**Paper – I**

**Time : 3 hours**

**Full Marks : 300**

*The figures in the right-hand margin indicate marks.*

*Candidates should attempt Q. No. 1 from*

*Section – A and Q. No. 5 from Section – B*

*which are compulsory and any three of*

*the remaining questions, selecting*

*at least one from each Section.*

**SECTION – A**

1. Answer any three of the following :

- (a) Describe the nutritional importance of fruits and vegetables and its health benefits. 20
- (b) Give the classification, functions, requirements and deficiency states of protein. Also, outline the importance of protein quality. 20

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(Turn over)

- (c) Describe the principles of diet therapy, the factors to be considered in planning therapeutic diets, routine hospital diets and special feeding methods. 20
- (d) Write on the causes of food poisoning and cross contamination and its associated health hazards and preventive measures. 20
2. (a) Detail on the different factors to be considered in the assessment of the energy requirements of an adult man. 30
- (b) Explain the digestion and absorption of fats. Detail on the different disease conditions that necessitate the need for a low fat diet. 30
3. (a) Elucidate the functions and health benefits of protective and regulatory foods. 30
- (b) How can food adulteration be prevented ? Detail on the food safety and quality control standards at the National and International levels. 30

4. (a) Detail on the role of nutrition in national development and write on the different national and international nutrition programmes for combating malnutrition. 30
- (b) Write the classification of diabetes mellitus, its causes, symptoms, diagnosis and dietary management. 30

#### **SECTION – B**

5. Answer any three sub-questions from those given below :
- (a) Substantiate the importance of genetics and environmental factors on the different facets of human development. 20
- (b) Highlight the factors affecting the different stages of prenatal growth and development. 20
- (c) Describe the role of the family, school, community and mass media in the overall development of children aged 0-5 years. 20

- (d) Explain the importance of counselling in strengthening families and in overcoming psychological problems of the adolescents. 20
6. Give the definition, meaning, classification, management and care of exceptional children. 60
7. Write, in detail, on the different stages of development during the adolescent period of growth. 60
8. (a) Explain the different stages of the family life cycle and also detail on the problems associated with each stage. 45
- (b) Write on the physical, motor, intellectual and emotional development of children aged 0-5 years. 15