



SLIATE

SRI LANKA INSTITUTE OF ADVANCED TECHNOLOGICAL EDUCATION

(Established in the Ministry of Higher Education, vide in Act No. 29 of 1985)

Higher National Diploma in Consumer Sciences & Product Technology (HND CSPT) SELECTION TEST - 2018

Instructions:
Answer all questions.
Every question carries equal marks

No. of Pages : 09
No. of Questions : 60
Time : 1 1/2 Hours

Index No:

Multiple Choice Questions

Read the following questions and underline the correct answer from the list of answers given below.

1. What are the elements of carbohydrates?
 - a. carbon, hydrogen, and nitrogen
 - b. carbon, hydrogen, oxygen and nitrogen
 - c. carbon, and oxygen
 - d. carbon, hydrogen, and oxygen
2. Which of the following included in monosaccharide group?
 - a. glucose, galactose and fructose
 - b. glucose, sucrose and fructose
 - c. glucose, galactose and lactose
 - d. glucose, maltose and fructose
3. What are the main sources of fructose?
 - a. fruit, honey, and high fructose corn syrup
 - b. fruit, honey, and milk
 - c. fruit, honey, and rice
 - d. fruit, milk, and rice
4. What are the basic units of sucrose?
 - a. one glucose and one galactose
 - b. one glucose and one fructose
 - c. one galactose and one fructose
 - d. one galactose and one lactose
5. What are the digestible poly saccharides?
 - a. starch and cellulose
 - b. starch and glycogen
 - c. cellulose and hemicellulose
 - d. glycogen and cellulose

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6. The vitamins found in fruits is called
- vitamin B
 - vitamin E
 - vitamin D
 - vitamin C
7. Proteins are made up of the following except
- hydrogen
 - carbon
 - nitrogen
 - sulfur
8. is important for body tissues and fluids.
- fats
 - maize
 - water
 - bread
9. are for protecting the body from diseases.
- starch
 - vitamins
 - carbohydrate
 - oils
10. Which of the following is a body builder
- Yam
 - fat
 - beans
 - oil
11. Cooking food in hot oil is
- boiling
 - frying
 - stewing
 - oiling
12. A person having good social health is one who
- is energetic
 - has good appetite
 - gets along well with others
 - has confidence in one's own abilities
13. Food that provides protection against diseases is
- Sugar
 - Ghee
 - Potatoes
 - Green leafy vegetables

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14. When you cook food in an enclosed box as a constant temperature, it is known as,
- Baking
 - Boiling
 - Pressure cooking
 - Steaming
15. Nylon fiber is classified as follows
- blended
 - animal
 - man made
 - vegetable
16. Most important feature to be kept in mind while selecting clothes for 1 adolescents.
- durability
 - fashion & variety
 - comfort and variety
 - fashion
17. pH 7 indicates that the solution or substance is?
- acidic
 - alkaline
 - neutral
 - salty
18. An adult heavy worker male requirescalories per day.
- 2000
 - 2875
 - 3800
 - 1900
19. Which of the following house hold equipment is a time and energy saving device?
- Pressure cooker
 - Telephone
 - DVD Player
 - TV
20. Which of the following are rich sources of cholesterol?
- egg, beef, pork
 - soya oil , rice , sunflower oil
 - gingelly oil , soya oil , coconut oil
 - egg, coconut oil , sunflower oil
21. β -carotene in the body changes into Retinol in
- Liver
 - Pancreas
 - Gall Bladder
 - Intestine

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22. The most durable, long lasting and low maintenance metal used commonly for construction of household equipment is
- Aluminium
 - Iron
 - Stainless steel
 - Copper
23. Which of the following method is used to enhance the nutritive value of the legumes and pulses?
- fermentation
 - germination
 - preservation
 - fortification
24. Which of the following foods are rich in omega 3 fatty acids?
- Lard
 - Butter
 - Fatty fish
 - Mustard seeds
25. Which of the two nutrients are responsible for green ring formation in boiled egg?
- iron and protein
 - calcium and protein
 - iron and sulfur
 - calcium and copper
26. Which of the following aspects are closely related to programme planning?
- plan of work
 - supervision
 - coordination
 - monitoring
27. Immunization is necessary for children:
- to develop defense mechanism in the body.
 - to increase nutritional status.
 - to reduce discomfort.
 - to increase weight gain of the body.
28. Retinol requirement (μg /day) of pregnant women is
- 250
 - 400
 - 800
 - 1000
29. Developmental period from birth to 8 to 12 months known as
- Toddler
 - Infancy
 - Teen
 - Peer

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30. The primary reason for parboiling is
- whiten the rice
 - enhance cooking time
 - conserve nutrients
 - to favour gelatinization
31. Which of the following is source of the turmeric?
- Fragrant stigma
 - Gum resin
 - Aromatic root
 - Lentil
32. Which of the following equipment are not used in the kitchen?
- Oven
 - Blender
 - Bain-marie
 - Potato peeler
33. What is the name of the protein included in wheat flour?
- lysine
 - gluten
 - isoleucine
 - valine
34. What is the pigment present in the meat mussel?
- hemoglobin
 - myoglobin
 - chlorophyll
 - flavonoid
35. What is osteoporosis?
- a disease marked by low bone mass and deteriorating structure of bone tissue
 - a complication of obesity where bones break easily under the strain of excess weight
 - a type of cancer that causes bones to shrink and a part
 - a hereditary condition characterized by short stature and small body frame
36. What are the importance of proteins?
- they improve mental clarity
 - they build enzymes, muscles, tissues, hormones and red blood cells
 - they provide the body with energy
 - they build muscle strength and endurance
37. Which of the foods or combinations of foods provide good quality protein?
- cereals, pulses and legumes
 - cereals, fruits and vegetables
 - cereals, fruits and green leafy vegetables
 - pulses fruits and vegetables

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38. Why do so many people have chronic diseases?
- a. they don't eat a healthy diet
 - b. they don't take vitamins
 - c. it's a normal part of aging
 - d. we're getting sick from the electromagnetic fields in our environment
39. Which of the following is known as saturated fatty acid?
- a. Oleic acid
 - b. Palmitic acid
 - c. Linoleic acid
 - d. Linolenic acid
40. Which of the following chemical factor cause to food deterioration?
- a. micro-organisms
 - b. water
 - c. air
 - d. enzymes
41. HDL is synthesized and secreted from
- a. pancreas
 - b. liver
 - c. kidney
 - d. muscles
42. Which of the following governs the selection of needle ?
- a. type of thread
 - b. type of fabric
 - c. stitch length
 - d. tension of thread
43. Which of the following foods are produced by involving lactic acid fermentation?
- a. Beer
 - b. Yogurt
 - c. Vinegar
 - d. wine
44. Which among the following are neutral colours ? I. Black II. Red III. Green IV. White
- a. I, II and III are correct
 - b. I and IV are correct
 - c. I, III and IV are correct
 - d. I and III are correct
45. What is the primary reason for blanching food?
- a. cleans the food
 - b. prevents pest infestation
 - c. inactivates enzymes in food
 - d. prevents food from drying

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46. Principle of operation of an electric water heater is by
a. Convection
b. Radiation
c. Conduction
d. Induction
47. Why pasteurization is done to milk?
a. to stop enzymatic activity.
b. to preserve the color of milk
c. to preserve the nutritive value of food
d. to test the presence of lactic acid in milk.
48. Give the correct sequence of removing lipstick stain from fabric.
(a) Wash in hot soapy water.
(b) Sponge with a grease solvent.
(c) Bleach the stain.
(d) Rinse in hot water and dry in sun.
a. (a), (b), (c), (d)
b. (d), (c), (b), (a)
c. (c), (d), (a), (b)
d. (b), (a), (c), (d)
49. How are colours classified? Indicate the correct sequence.
a. Secondary, primary, intermediate, tertiary, quaternary
b. Binary, primary, intermediate, quaternary, tertiary
c. Primary, secondary, intermediate, tertiary, quaternary
d. Binary, secondary, intermediate, tertiary, quaternary
50. Match the foods in List – I with its rich nutrients in List – II:

List – I

Food

- (a) Papaya
(b) Orange
(c) Dates
(d) Ragi

List – II

Nutrients

- (i) Iron
(ii) Calcium
(iii) Vitamin C
(iv) Vitamin A

Codes:

(a) (b) (c) (d)

- a. (i) (ii) (iii) (iv)
b. (ii) (iii) (iv) (i)
c. (iv) (iii) (i) (ii)
d. (iii) (ii) (iv) (i)

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51. Match List - I with List - II:

List - I

- (a) Orientation of the building
- (b) Disposition of rooms
- (c) Personal protection
- (d) Spaciousness

Codes:

(a) (b) (c) (d)

List - II

- (i) Grouping
- (ii) Roominess
- (iii) Aspect
- (iv) Privacy

a. (i) (ii) (iii) (iv)

b. (iv) (ii) (iii) (i)

c. (iii) (i) (iv) (ii)

d. (iv) (ii) (i) (iii)

52. Which of the following the first few days of lactation secreted to help build up the immunity of infant?

- a. cholesterol
- b. globulin
- c. colostrum
- d. hemoglobin

53. Which of the following food item is high in probiotic?

- a. meat
- b. milk powder
- c. yoghurt
- d. sterilizes milk

54. Fast-food restaurant offer the nutritive value or their menus on;

- a. Menu cards
- b. Display board
- c. Web sites
- d. Emails

55. A diet high in saturated fats can be linked to which of the following?

- a. kidney failure
- b. bulimia
- c. anorexia
- d. heart disease

56. Amylases in saliva begin the breakdown of carbohydrates into _____

- a. fatty acids
- b. polypeptides
- c. amino acids
- d. simple sugars

57. Which of these is NOT supply the nutrient?

- a. vitamins
- b. minerals
- c. fiber
- d. fats

58. Which of the following beverages has no fat, sugar, or oils?

- a. milk
- b. root beer
- c. lemonade
- d. iced tea unsweetened

59. Eggs, milk, and meat are usually classified as good sources of

- a. carbohydrate
- b. protein
- c. fat
- d. vitamins

60. Which is not essential in a balanced diet normally?

- a. Fruits and vegetables
- b. Salads
- c. Pulses
- d. Tea

(Total Marks =

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