

## UGC NET 22nd June 2026 Shift 2 Home Science Memory Based Paper

**Q1.** Arrange the sequence of enzymatic browning in fruits:

1. Formation of quinones
2. Exposure of phenolic compounds
3. Action of polyphenol oxidase
4. Formation of brown pigments

- (a) 2, 3, 1, 4  
(b) 3, 2, 1, 4  
(c) 2, 1, 3, 4  
(d) 3, 1, 2, 4

**Ans.(a)**

**Q2.** What is the correct time-temperature combination for HTST (High-Temperature Short-Time) pasteurization of milk?

- (a) 62°C (145°F) for 15 seconds  
(b) 72°C (161°F) for 15 seconds  
(c) 85°C (185°F) for 30 minutes  
(d) 63°C (145°F) for 30 minutes

**Ans.(b)**

**Q3.** Which cooking method is LEAST likely to destroy water-soluble vitamins?

- (a) Boiling  
(b) Frying  
(c) Steaming  
(d) Roasting

**Ans.(c)**

**Q4.** Sensory evaluation texts recommended for judging a series of samples in order to preselect their quality and hedonic properties:

- (a) Ranking tests  
(b) Duo-trio tests  
(c) Triangle tests  
(d) Threshold tests

**Ans.(a)**

**Q5.** Match the List I with the List II:

List I (Anthropometric Indicator)	List II (Purpose)
I. Weight-for-age	A. Indicator of underweight
II. Height-for-age	B. Indicator of stunting
III. Weight-for-height	C. Indicator of wasting
IV. BMI	D. Indicator of body fatness

Codes:

- (a) I-A, II-B, III-C, IV-D  
(b) I-B, II-A, III-D, IV-C  
(c) I-C, II-B, III-A, IV-D

(d) I-A, II-C, III-B, IV-D

**Ans.(a)**

**Q6.** Major symptoms of diabetes include: (A) Polyuria (B) Glossitis (C) Acidosis (D) Tachycardia (E) Nocturia

Choose the correct answer from the options given below:

(a) (A), (B), and (D) only

(b) (A), (C), and (E) only

(c) (A), (B), and (E) only

(d) (A), (C), and (D) only

**Ans.(b)**

**Q7.** Which of the following are the components of ICDS?

(A) Formal Education

(B) Antenatal services

(C) Referral service

(D) Supplementary Nutrition

(E) Immunization

Choose the correct answer from the options given below:

(a) (B), (C), (D), (E) only

(b) (A), (B), (D), (E) only

(c) (A), (B), (C), (E) only

(d) (A), (B), (C), (D) only

**Ans.(a)**

**Q8.** Arrange the following fats according to increasing degree of unsaturation:

A. Polyunsaturated fat

B. Saturated fat

C. Monounsaturated fat

Codes:

(a) C, B, A

(b) B, C, A

(c) A, C, B

(d) B, A, C

**Ans.(b)**

**Q9.** " All persons throughout life, as indicated by the Recommended Dietary Allowances need:

(a) the same nutrients in varying amounts

(b) the same amount of nutrients in any state of health

(c) the same nutrients at any stage in the same amounts

(d) different nutrients in mixed amounts

**Ans.(a)**

**Q10.** What is the composition of iron-folic acid tablets given to school going adolescent girls and boys (10-19 years) under the Anaemia Mukta Bharat Strategy?

(a) 40 mg elemental iron and 500 mcg folic acid

(b) 45 mg elemental iron and 400 mcg folic acid

- (c) 60 mg elemental iron and 500 mcg folic acid  
(d) 60 mg elemental iron and 600 mcg folic acid

**Ans.(c)**

**Q11.** ORS mainly contains:

- (a) Sodium and Fructose  
(b) Sodium and Glucose  
(c) Calcium and Glucose  
(d) Calcium and Fructose

**Ans.(b)**

**Q12.** Which is the first immunization given to a newborn in India under the National Immunization Schedule?

- (a) BCG  
(b) Hepatitis B  
(c) OPV zero dose  
(d) Pentavalent vaccine

**Ans.(a)**

**Q13.** A polymeric mixture supplied commercially while tube feeding is called:

- (a) Supplements  
(b) Complan  
(c) Liquid Diet  
(d) Natural Food Juices

**Ans.(b)**

**Q14.** For making a dress using a plain-woven fabric, which of the following fabrics would be suitable?

- (A) Percale (B) Flannel (C) Burlap (D) Chino (E) Moleskin

Choose the correct answer from the options given below:

- (a) A, B, C only  
(b) B, C, D only  
(c) C, D, E only  
(d) A, B, D only

**Ans.(a)**

**Q15.** Which of the following fabrics are examples of twill weave?

- A. Denim  
B. Gabardine  
C. Serge  
D. Chiffon  
E. Satin

Choose the correct answer from the options given below:

- (a) A, B, C Only  
(b) B, C, D Only  
(c) A, C, E Only  
(d) A, B, D Only

**Ans.(a)**

**Q16.** The journey from a simple molecular compound to a finished textile fibre involves several sequential stages. Arrange the following steps in the correct logical order of this process:

- I. Polymerization
- II. Spinning into filaments
- III. Extraction/Purification of Monomer
- IV. Drawing and Annealing the fibre
- V. Chemical Synthesis of the Polymer

(a) III, I, V, II, IV

(b) I, III, II, IV, V

(c) V, III, I, IV, II

(d) III, I, II, V, IV

**Ans.(a)**

**Q17.** Match List I with List II

List - I (Principles of Design)	List - II (Description)
A. Emphasis	I. Law of space relationship
B. Rhythm	II. Signifies organised movement in continuity
C. Proportion	III. To have a centre of interest in any arrangement
D. Balance	IV. Restful effect obtained by grouping shapes and colour around a centre

Codes:

Match the column

(a) A-IV, B-II, C-III, D-I

(b) A-III, B-I, C-II, D-IV

(c) A-I, B-II, C-IV, D-III

(d) A-III, B-II, C-I, D-IV

**Ans.(d)**

**Q18.** The journey of a child 'at risk' of abuse into a stable environment involves several stages. What is the logical sequence?

1. Recognition of signs and symptoms of abuse
2. Reporting to child protection authorities (e.g., Child Welfare Committee)
3. Investigation and assessment of the child's situation
4. Provision of a safe environment (e.g., foster care, child care institution)
5. Therapeutic intervention and counseling for the child

Options:

(a) 1, 3, 2, 4, 5

(b) 1, 2, 3, 4, 5

(c) 2, 1, 3, 5, 4

(d) 3, 1, 2, 5, 4

**Ans.(b)**

**Q19.** Match the List I with the List II:

(Reflex)	(Response)
A. Rooting	I. Throw arms outwards and then bring them towards the body
B. Moro	II. Head turns towards source of stimulus
C. Withdrawal	III. Fencing position
D. Babinski	IV. Foot withdraws with flexion of knee
E. Tonic neck	V. Toes fan out and curl
	VI. Infant sucks

Codes:

- (a) A-II, B-I, C-IV, D-V, E-III
- (b) A-II, B-I, C-IV, D-III, E-V
- (c) A-II, B-I, C-III, D-VI, E-IV
- (d) A-I, B-II, C-IV, D-VI, E-III

**Ans.(a)**

**Q20.** As per the Human Development Index (HDI), the key dimensions for assessing human development in any country are: (A) Health (measured by life expectancy at birth) (B) Economic equity (measured by income inequality) (C) Education (measured by mean and expected years of schooling) (D) Standard of living (measured by Gross National Income per capita)

Codes:

- (a) (A), (B), and (D) are correct.
- (b) (A), (C), and (D) are correct.
- (c) (B), (C), and (D) are correct.
- (d) (A), (B), and (C) are correct.

**Ans.(b)**

**Q21.** Which of the following is an example of an external barrier of communication?

- (a) Physical distracters
- (b) Language
- (c) Comprehension
- (d) Background

**Ans.(a)**

**Q22.** Arrange the mass media production process?

- I. Planning
- II. Transmission
- III. Content preparation
- IV. Production
- V. Feedback analysis

- (a) I, III, IV, II, V
- (b) III, IV, I, II, V
- (c) III, II, I, IV, V
- (d) IV, I, III, II, V

**Ans.(a)**

**Q23.** Arrange the following level of Bloom Taxonomy?

- I) To remember
  - II) To evaluate
  - III) To apply
  - IV) To understand
  - V) To create
  - VI) To analyse
- (a) II, III, VI, IV, I, V  
(b) III, V, IV, I, II, VI  
(c) IV, III, VI, I, II, V  
(d) I, IV, III, VI, II, V

**Ans.(d)**

**Q24.** Identify Space-related Participatory Learning and Action (PLA) method from the following:

- A. Transect walk
- B. Venn diagram
- C. Resource map
- D. Seasonal calendar
- E. Model building

Choose the correct answer from the options given below:

- (a) B, C, E Only  
(b) A, C, E Only  
(c) A, B, C Only  
(d) C, D, E Only

**Ans.(b)**

**Q25.** As per Edger Dale's cone of Experience, arrange the given sources of learning experiences from the least to the most effective:

- A. Exhibits
- B. Visual symbols
- C. Demonstrations
- D. Motion Pictures
- E. Direct Purposeful experiences

Choose the correct answer from the options given below:

- (a) C, E, D, A, B  
(b) B, D, A, C, E  
(c) E, A, B, D, C  
(d) A, B, C, E, D

**Ans.(b)**

**Q26.** Identify the correct group extension methods:

- 1. Group Discussion
- 2. Method Demonstration
- 3. Radio Broadcast
- 4. Panel Discussion
- 5. Farm and Home Visit

Options:

- (a) 1, 2, 5
- (b) 2, 3, 5
- (c) 1, 2, 4
- (d) 3, 4, 5

**Ans.(c)**

**Q27.** National Extension Service was implemented in the year –

- (a) 1953
- (b) 1954
- (c) 1955
- (d) 1956

**Ans.(a)**

**Q28.** ANOVA is considered an extension of:

- (a) Chi-square test
- (b) t-test
- (c) Correlation analysis
- (d) Regression analysis

**Ans.(b)**

**Q29.** Match the List I with the List II:

List I (Statistical Test)	List II (Purpose)
I. t-test	A. Test association between categorical variables
II. ANOVA	B. Compare means of more than two groups
III. Chi-square test	C. Measure linear relationship between variables
IV. Pearson correlation	D. Compare means of two groups

Codes:

- (a) I-D, II-B, III-A, IV-C
- (b) I-B, II-D, III-A, IV-C
- (c) I-D, II-A, III-B, IV-C
- (d) I-A, II-B, III-D, IV-C

**Ans.(a)**

**Q30.** From among the following items, choose the objectives of aesthetic planning:

- (A) Expressiveness
- (B) Cost-effectiveness
- (C) Beauty
- (D) Functionality
- (E) Variety

Choose the correct answer from the options given below:

- (a) (C), (D) and (E) only
- (b) (B), (C) and (D) only
- (c) (A), (B) and (D) only
- (d) (A), (C) and (D) only

**Ans.(d)**

**Q31.** According to the National Building Code of India, the minimum setback distance required from the front boundary for a residential building is:

- (a) 3 meters
- (b) 5 meters
- (c) 7 meters
- (d) 10 meters

**Ans.(a)**

**Q32.** Short lived fashion is called

- (a) Style
- (b) Fad
- (c) Classic
- (d) Chic

**Ans.(b)**

**Q33.** “Weighted silk” historically refers to silk that has been:

- (a) Treated with alkali to reduce sericin
- (b) Filled with metallic salts to increase weight artificially
- (c) Blended with viscose to enhance softness
- (d) Made thicker through double cocoon spinning

**Ans.(b)**

**Q34.** Arrange the following skirt styles in increasing order of their lengths:

- A. Maxi skirt
- B. Mini skirt
- C. Knee-length skirt
- D. Midi skirt
- E. Floor-length skirt

Choose the correct answer from the options given below:

- (a) B, D, C, A, E
- (b) A, E, D, C, B
- (c) B, C, D, A, E
- (d) C, B, D, A, E

**Ans.(c)**

**Q35.** The important functions of Research design are:

- A. It promotes complexities
- B. It provides blue print.
- C. It expands boundaries of Research activity
- D. It dictates boundaries of Research activity
- E. It enables investigation to anticipate potential problems

Choose the correct answer from the options given below:

- (a) B, C, E
- (b) B, D, E
- (c) A, C, E

(d) A, D, E

**Ans.(b)**

**Q36.** Which Sustainable Development Goal (SDG) aims to “end hunger, achieve food security and improved nutrition, and promote sustainable agriculture”?

- (a) SDG 1: No Poverty
- (b) SDG 2: Zero Hunger
- (c) SDG 3: Good Health and Well-being
- (d) SDG 4: Quality Education

**Ans.(b)**

**Q37.** Choose the incorrect statements regarding carbohydrates:

- I. Cellulose is a digestible polysaccharide in humans
- II. Glycogen is the storage form of carbohydrate in animals
- III. Monosaccharides are the simplest form of carbohydrates
- IV. Excess carbohydrate may be converted into fat in the body

Choose the correct answer from the code given below:

- (a) I only
- (b) I and IV
- (c) II and IV
- (d) III only

**Ans.(a)**

**Q38.** Which of the following are weft knit structures?

- 1. Purl
- 2. Rib
- 3. Interlock
- 4. Tricot
- 5. Raschel

Select the most appropriate option:

- (a) 1, 2, 3
- (b) 1, 3, 4
- (c) 3, 4, 5
- (d) 2, 4, 5

**Ans.(a)**

**Q39.** Which statement is incorrect of about polyester?

- I. Polyester are prone to environmental degradation.
- II. Polyester are durable synthetic polymer.
- III. Fast drying times
- IV. Not ideal for sportswear

- (a) I and IV
- (b) I and III
- (c) II and IV
- (d) II and III

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**Ans.(a)**

**Q40.** Nylon 6,6 is formed by condensation polymerization of:

- (a) Hexamethylenediamine + Adipic acid
- (b) Caprolactam
- (c) Terephthalic acid + Ethylene glycol
- (d) Acrylonitrile

**Ans.(a)**

**Q41.** Arrange the following stages of the employee training process in the correct sequence:

1. Needs Assessment
2. Designing the Training Program
3. Setting Training Objectives
4. Implementation of Training
5. Evaluation of Training Effectiveness
6. Feedback and Follow-up

Options:

- (a) 1 → 3 → 2 → 4 → 5 → 6
- (b) 3 → 1 → 2 → 4 → 5 → 6
- (c) 1 → 2 → 3 → 4 → 6 → 5
- (d) 2 → 3 → 1 → 4 → 5 → 6

**Ans.(a)**

