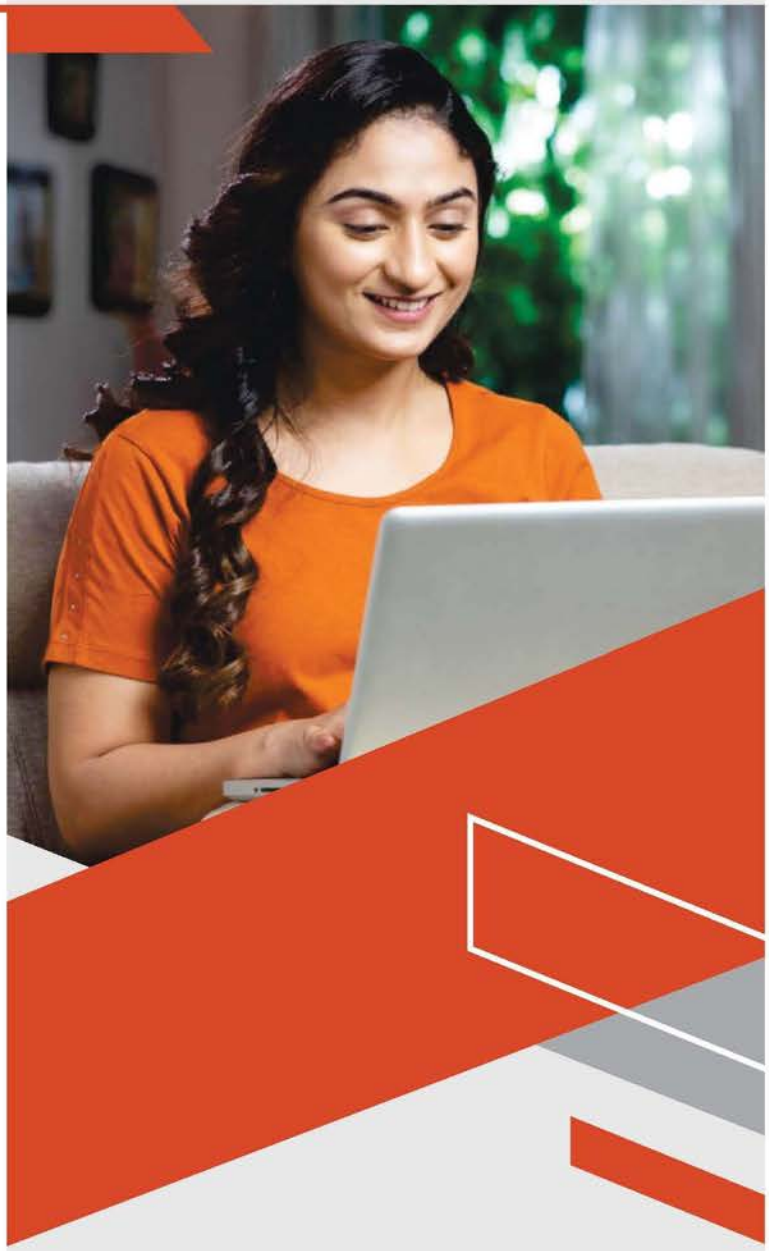
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Author
Akansha Bhalla

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Note : *Free Mock Tests will available only after 1st Nov, 2023*



Before preparing for Common Universities Entrance Test (CUET), a strong road map must be prepared, which includes what subject to cover, when, how many hours you should allocate for each subject, etc.

Most of you may not have clarity on your goals while in school, while a few plan it early!

If you have set your goal to get admission to one of the top central universities, you must start preparing early!

1 *Understand the Exam Pattern*

Though the number of questions is the same, the paper pattern differs for each college. Therefore, knowing the paper pattern for the particular college plays a vital role in qualifying for the entrance exam.

As per the CUET Exam Pattern, the entrance exam will include four sections:

- Section 1 A:13 Languages
- Section 1 B:20 Languages
- Section 2: Domain-specific test
- Section 3:General test

Knowing the specific exam pattern for the college you have applied to is also important. Visit the official website of the CUET to know the exam pattern for the respective colleges you have applied to. Only then start with your preparations.

2 *Know your Syllabus*

Once you understand your exam pattern, the second step is to list down the syllabus, so you know what to study. Visit the official website of CUET; it has the respective syllabus for the course and the college.

Note that the syllabus may differ for every college. Therefore, it is important to carefully review and double-check your syllabus before you start your preparations.

3 *Schedule a TimeTable*

Scheduling is something that will give fantastic results if you plan it properly. However, preparing a study plan is one of the most challenging tasks for most.

- Your everyday schedule should have time for CUET exam preparation.
- Initially, you can give 1-2 hours for the entrance exam and the rest for the board exams.
- Once the board exams get over, you can utilize the maximum of your time for the NTA CUET exam prep.

4 *Make a List of Colleges You wish to Target*

- Before starting your preparation, you must make a CUET Colleges and course list.
- Then, understand the previous year's cut-off and position of the counselling for the particular college.
- Doing this will help you understand the marks you must score in the CUET exam to get admission to a particular course in your desired college, thus helping you enhance your preparation levels for the upcoming exam.

5

Newspaper Should Be Your New Friend

- Reading the newspaper will help improve your vocabulary, grammar, and reading comprehension skills.
- To improve your English language, you can refer to the Hindu or the Time of India newspapers.
- You can prefer to read the Dainik Bharat newspaper to improve your Hindi language.
- You must spend at least 30 minutes analyzing and reading the newspaper's editorial page.

6

Practice Mock Tests

- Working on the concepts and writing mock tests based on the exam pattern is essential, as it will help you understand your strengths and weak areas, which can be improved.
- Take up at least one CUET Mock Test every week and try to analyze your performance after completing the mock test.
- Also, try to attempt as many MCQs as possible from your board exam topics. Gradually increase the number of mocks you take.

7

Revision

You should not pick a fresh topic to study at the last minute of preparations. The last days are meant for only revision, so you can revise and remember the topics you have already learned.

Revision is extremely important to have a good score. Studying without revision is "working hard, but without a plan"!

CUET Preparation Tips for the CUET Domain-Specific Test?

The domain specific-test of the CUET entrance exam will have 27 subjects, out of which you have to choose six domains that you wish to pursue in your UG course.

The standard of questions in this section is of class 12 level. Therefore, knowing the fundamental concepts of your chosen subject will help you score well in this section.

Also, you must choose the subjects you feel are very interesting and enjoy studying in the morning. Try to attempt easy, moderate, and challenging level MCQ questions from the NCERT textbooks.

CUET Preparation Tips for NTA CUET 2024 along with Board Exams?

You can succeed in both CUET and board exams if you are good at time management. Also, you can score better if you are consistent throughout your preparation.

A proper study plan and preparation strategies will help you Manage boards and CUET preparation together.

When preparing the timetable, focus on keeping separate time for board preparation, CUET domain-specific preparation, and lastly, allot separate time to solve the aptitude section.

Board exams must be your priority, and you should work on enhancing your domain subject knowledge during your board exam preparation. And do this till the board exams are over.

After completing your board exams, you will have roughly 30-40 days to prepare for the Common Universities Entrance Test. So, utilize this entire month to enhance your preparation levels for CUET.

CUET Preparation Tips 2024: Best Books

Opting for the right book is very important to understand the concepts in-depth and score good marks in the upcoming exam.

The following are some of the best CUET Preparation Books you can include during your preparation.

- Arihant's English Grammar & Composition by S.C. Gupta
- Arihant's Test of Arithmetic & General Knowledge by Manohar Pandey
- Arihant's CUET (UG) Self Study Guides

Is It Useful To Solve Mock Tests for CUET Exam 2024?

According to the CUET preparation tips 2024, attempting mock tests is one of the best methods to improve your speed and accuracy in the final exam.

- With the help of mock tests, you can know the difficulty level of the paper and the type of questions asked in the exam.
- You can test your preparation levels for the upcoming exam.
- Most importantly, it can help improve your confidence levels.

Conclusion

"Kya CUET bohot tough hai?", nahi bilkul bhi nahi. If you know and follow the right preparation strategy, there is nothing called as tough. In fact, CUET is in a nurturing phase, so it's not a very tough exam to crack. If you are willing and determined, you can easily crack the CUET 2024 exam. These CUET Preparation Tips are specially curated for CUET 2024 aspirants to help you use the right strategies for the exam.

Syllabus

SECTION : HOME SCIENCE

UNIT I: NUTRITION, FOOD SCIENCE AND TECHNOLOGY

A. ***Clinical nutrition and Dietetics***

- Significance
- Diet Therapy objectives
- Role of nutritionist
- Types of diets
- Scope and career

B. ***Public Nutrition and Health***

- Concept of Public Health and Nutrition
- Nutritional problems in India
- Strategies to tackle nutritional problems
- Scope and career

C. ***Catering and Food Services Management***

- Types of food service system
- Management in Food Services
- Scope and career

D. ***Food Processing and Technology***

- Basic concepts - Food Science, Food Processing Food Technology, Food Manufacturing
- Development of food processing and technology and its importance
- Classification of processed food
- Scope and career

E. ***Food Quality and Safety***

- Basic Concepts - Food Safety, Food Contamination Food Adulteration
- Food Standards Regulation - India (FSSAI, Agmark) and International (CAC, WTO, ISO)
- Food safety management systems
- Scope and career

UNIT II: HUMAN DEVELOPMENT: LIFESPAN APPROACH

A. ***Early Childhood Care and Education***

- NCF (Principles and objectives)
- Concept of Creche, Day care centre and Montessori schools
- View point of Psychologist - Piaget and Vygotsky
- Scope and career

B. ***Special Education and Support Services***

- Disability
- Special Education methods
- Scope and career

C. ***Management of Institutions and Programmes for Children, Youth and Elderly***

- Children: Vulnerable, programmes
- Youth: Vulnerable, programmes
- Elderly: Vulnerable, programmes
- Scope and career

UNIT III: FABRIC AND APPAREL

A. ***Design for Fabric and Apparel***

- Design Analysis - structive and applied
- Elements of design
- Principles of design
- Scope and career

B. ***Fashion Design and Merchandising***

- Fashion Terminology - Fashion, style, Fad, classic
- Fashion Development - History and Evolution
- Fashion Merchandising
- Scope and career

C. ***Production and Quality Control in the Garment Industry***

- Stages of apparel production
- Quality Assurance in the Garment Industry
- Scope and career

D. ***Care and Maintenance of Fabrics in Institutions***

- Laundry equipment - Washing drying and ironing
- Institutional laundry
- Scope and career

UNIT IV: RESOURCE MANAGEMENT

A. ***Human Resource Management***

- Significance and functions of HRM
- Scope and career

B. ***Hospitality Management***

- Concept of different hospitality establishments
- Guest Cycle
- Departments in hospitality organisations Front Office, housekeeping, food and beverages
- Scope and career

C. ***Consumer Education and Protection***

- Consumer Problems
- Consumer Protection Act (2019) - Consumer rights and responsibilities
- Standard Marks - ISI, Agmark, FSSAI, Hallmark, Silk Mark, Wool Mark, Eco Mark
- Voluntary consumer organizations
- Scope and career

UNIT V: COMMUNICATION AND EXTENSION

A. ***Development of Communication and Journalism***

- Basic concepts- Development, Development Journalism, and Development communication
- Methods of communication
- Scope and career

B. ***Media Management, Design, and Production***

- Media planning
- Media designing and production
- Media evaluation and feedback
- Scope and career

UNIT VI: CAREER OPTIONS AFTER HOME SCIENCE EDUCATION

Career options of self and wage employment in various fields of Home Science

SOLVED PAPER 2023*

NTA CUET (UG)

HOME SCIENCE

Instructions

- Attempt any 40 out of the given 50 questions. No mark will be given to unanswered for review questions.
- Each question carries 5 marks. Negative marking of 1 mark for a wrong answer.

Time : 45 Min
MM : 200

Directions (Q. Nos. 1-5) Read the following passage and answer the questions that follow.

Foods are subject to physical, chemical and biological deterioration. Food deterioration is associated with spoilage, development of off-flavours, deterioration of textures, discoloration and loss of nutritional value in varying degrees, reducing aesthetic appeal and rendering it unfit/unsafe for consumption. A number of factors can lead to food deterioration or spoilage e.g. pests, infestation by insects, inappropriate temperatures used for processing and/or storage, excessive exposure to light and other radiations, oxygen, moisture. Food is also contaminated by micro-organisms [bacteria, fungus and moulds) or chemicals such as pesticides. Food can also be spoiled due to degradation by naturally present enzymes (a specific class of protein molecules that act as biological catalysts to accelerate chemical reactions). In addition, physical and chemical changes in certain constituents of food from plant and animal sources occur soon after harvesting or slaughtering, altering the food quality.

Therefore, food processing and preservation are required to preserve food in edible and safe form. Methods by which food is pre-served from spoiling after harvesting or slaughtering date back to prehistoric times. The oldest methods were sun drying, controlled fermentation, and salting/pickling, candying, roasting, smoking, baking and using spices as preservatives. These tried and tested techniques are still used although, with the advent of industrial revolution, new methods have been developed. Food processing incorporates and unifies the general characteristics of different classes of foods and principles of food science, chemistry, food microbiology. Nutrition, sensory analysis and statistics including good manufacturing practices as per regulations.

* *Based on Memory*

1. What are the primary factors that can lead to food deterioration or spoilage?
(a) Excessive exposure to oxygen and moisture
(b) Sun drying and controlled fermentation
(c) Good manufacturing practices and regulations
(d) Usage of spices as preservatives

2. Which of the following is not a method used for food preservation in pre-historic times?
(a) Sun drying
(b) Controlled fermentation
(c) Freezing
(d) Salting/pickling

3. What are naturally present enzymes in food responsible for?
(a) Accelerating chemical reactions
(b) Causing discoloration
(c) Infesting food with insects
(d) Enhancing flavours

4. Which scientific disciplines are involved in food processing?
(a) Physics and astronomy
(b) Food science, chemistry, and microbiology
(c) Geology and botany
(d) Zoology and psychology

5. What is the main purpose of food processing and preservation?
(a) To alter the nutritional value of food
(b) To increase the aesthetic appeal of food
(c) To prevent food spoilage and make it safe for consumption
(d) To enhance the natural colours of food

Directions (Q. Nos. 6-10) Read the following passage and answer the questions that follow.

A higher standard of living means a higher quality and quantity of goods and services available to individuals and to society, contributing to material well-being. The Gross Domestic Product per person (GDP per capita) is often used as a measure of the standard of living. An increase in GDP is associated with greater material well-being and thus, with a higher standard of living.

The right to an adequate standard of living is enshrined in Article 25 of the Universal Declaration of Human Rights. "Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control. Adequate for health and well-being means adequate food, clothing and housing. Motherhood and childhood are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same social protection".

6. Match List-I with List-II.

	List-I (Rights from Article 25 of UDHR)		**List-II** (Associated Descriptions)
A.	Right to an adequate standard of living	1.	Entitled to the same social protection
B.	Right to medical care and social services	2.	Adequate food, clothing, and housing
C.	Right to security in certain circumstances	3.	Protection in cases of unemployment, sickness, etc.
D.	Right to special care for motherhood and childhood	4.	Including health, well-being, food, clothing, and housing

Codes

	A	B	C	D		A	B	C	D
(a)	4	2	3	1	(b)	2	3	1	4
(c)	4	1	2	3	(d)	2	4	3	1

7. Which of the following is included in the right to an adequate standard of living?

1. Health care
2. Food
3. Social protection for children
4. Access to education

Codes

(a) 1 and 2
(b) 2 and 3
(c) Only 4
(d) 1, 2 and 3

8. Which Article of the Universal Declaration of Human Rights enshrines the right to an adequate standard of living?

(a) Article 23 (b) Article 25
(c) Article 30 (d) Article 19

9. What does 'adequate for health and well-being' mean in the context of the Universal Declaration of Human Rights?

(a) Access to entertainment and leisure activities
(b) Access to basic necessities such as food, clothing, and housing
(c) Access to luxury goods and services
(d) Access to advanced medical technologies

10. What is the relationship between an increase in GDP and the standard of living?

(a) An increase in GDP always leads to a higher standard of living.
(b) An increase in GDP has no impact on the standard of living.
(c) An increase in GDP is associated with greater material well-being and a higher standard of living.
(d) An increase in GDP decreases the standard of living due to overconsumption.

11. Which of the following nutrients is responsible for building and repairing tissues in the body?

(a) Proteins (b) Carbohydrates
(c) Fats (d) Vitamins

12. Which nutrient deficiency can lead to the development of scurvy?

(a) Iron (b) Vitamin C
(c) Calcium (d) Vitamin D

13. The term 'BMI' stands for

(a) Basal Metabolic Index
(b) Body Mass Indicator
(c) Body Mass Index
(d) Basal Metabolic Indicator

14. What does the term 'HACCP' stand for in food safety?

(a) Hazardous Accidents and Contaminants Control Programme
(b) Health and Contamination Control Programme
(c) Hazard Analysis and Critical Control Points
(d) Handling Allergens and Chemicals in Production

15. Pasteurisation is a process used to

(a) Reduce the acidity of food
(b) Extend the shelf life of perishable foods
(c) Eliminate all bacteria and micro-organisms from food
(d) Destroy harmful pathogens by heat treatment

16. What is the role of parents in the Individualised Education Plan (IEP) process?
(a) Parents are only informed about the finalised IEP.
(b) Parents are responsible for developing the IEP entirely.
(c) Parents actively participate in the IEP development and decision-making.
(d) Parents' role is limited to signing the completed IEP.

17. In the context of child care institutions, what is the importance of a child protection policy?
(a) To limit children's interactions with others
(b) To prevent children from taking risks
(c) To ensure children's safety and safeguard against abuse
(d) To reduce staff responsibilities

18. In the context of youth programmes, what does 'youth empowerment' refer to?
(a) Providing monetary incentives to young individuals
(b) Enforcing strict rules and regulations
(c) Equipping young people with skills and opportunities to make decisions and take control of their lives
(d) Encouraging dependency on older adults for decision-making

19. Which of the following is an example of a specific learning disability?
(a) Autism Spectrum Disorder (ASD)
(b) Attention Deficit Hyperactivity Disorder (ADHD)
(c) Dyslexia
(d) Intellectual Disability (ID)

20. What does 'inclusion' mean in the context of special education?
(a) Excluding students with disabilities from educational settings.
(b) Integrating students with disabilities into regular classrooms and activities.
(c) Providing separate educational facilities for students with disabilities.
(d) Eliminating support services for students with disabilities.

21. Fabrics with a high luster and smooth surface are commonly referred to as
(a) Matte fabrics
(b) Sheer fabrics
(c) Velvet fabrics
(d) Satin fabrics

22. Fabrics with a high thread count are generally associated with
(a) strength and durability
(b) lower cost and affordability
(c) lower quality and breathability
(d) limited colour options

23. Which fashion designer is known for popularising the 'Little Black Dress' (LBD)?
(a) Coco Chanel (b) Christian Dior
(c) Gianni Versace (d) Yves Saint Laurent

24. What is the purpose of a fashion forecast?
(a) To predict fashion trends for the upcoming seasons
(b) To analyse the financial performance of fashion brands
(c) To create promotional campaigns for fashion products
(d) To showcase the latest fashion collections to buyers

25. In fashion design, what is a 'croquis'?
(a) A fashion illustration featuring bright colors
(b) A sketch of a model wearing the designed outfit
(c) A fabric swatch used for creating patterns
(d) A pattern-making tool for measuring garments

26. The 'golden sample' in the garment industry refers to
(a) a sample garment made using gold threads
(b) a garment selected as a reference for production quality
(c) the most expensive garment in a collection
(d) a garment with the highest profit margin

27. What is the purpose of conducting in-process quality control checks during garment production?
(a) To assess worker efficiency
(b) To check for raw material defects
(c) To ensure compliance with environmental regulations
(d) To identify and rectify defects at various stages of production

28. Which organisation is responsible for setting international quality standards for the garment industry?
(a) International Organisation for Standardisation (ISO)
(b) World Trade Organisation (WTO)
(c) United Nations Industrial Development Organisation (UNIDO)
(d) International Labour Organisation (ILO)

29. What does the acronym 'POS' refer to in the context of hospitality management?
(a) Point of Sale (b) Proof of Service
(c) Place of Stay (d) Programme of Support

30. What does 'F & B' stand for?
(a) Fresh and Balanced (b) Food and Beverage
(c) Flavours and Brews (d) Farm and Butchery

31. Which human resource management function involves planning for future leadership needs within the organisation?
(a) Job analysis
(b) Succession planning
(c) Performance appraisal
(d) Employee orientation

32. What is the process of terminating an employee's employment due to factors such as downsizing or performance issues called?
(a) Performance appraisal (b) Layoff
(c) Resignation (d) Onboarding

33. What type of compensation system links pay to an individual's performance?
(a) Fixed pay (b) Variable pay
(c) Salary pay (d) Time-based pay

34. What is the role of parents and caregivers in early childhood care and education?
(a) Merely providing financial support
(b) Exclusively relying on formal education institutions
(c) Nurturing, supporting, and stimulating the child's development
(d) Leaving the child to independent exploration without guidance

35. Arrange the following communication theories in ascending order based on their historical development.
1. Hypodermic Needle Model
2. Two-Step Flow Model
3. Diffusion of Innovations Theory
4. Agenda-Setting Theory

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

36. Arrange the following steps in the development journalism process in ascending order.
1. Research and Investigation
2. Story Writing
3. Fact-Checking
4. Publication or Broadcast

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

37. Arrange the following stages of the Individualised Education Plan (IEP) process in ascending order.
1. Developing IEP goals and objectives
2. Conducting assessments and evaluations
3. Implementing IEP services and support
4. Reviewing and revising the IEP as needed

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

38. Arrange the following fashion design elements from the smallest to the largest.
1. Shape 2. Line
3. Colour 4. Texture

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

39. Arrange the steps of the fashion product development process in sequential order.
1. Costing and Pricing
2. ample Production
3. Tech Pack Creation
4. Market Research

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

40. Which of the following are primary elements of fashion design
1. Colour 2. Fabric
3. Silhouette 4. Price

Codes
(a) 2, 3 and 4 (b) 1, 2 and 3
(c) 1, 2 and 4 (d) 1, 3 and 4

41. Fashion merchandising involves
1. Designing clothing collections
2. Advertising and promotion
3. Selecting and buying products for retail stores
4. Dressmaking and tailoring

Codes
(a) 2, 3 and 4 (b) 2 and 3
(c) 1, 2 and 3 (d) 1, 3 and 4

42. Which factors affect garment quality control in the production process?
1. Worker training and skill levels
2. Quality of raw materials
3. Machinery used in production
4. Weather conditions during production

Codes
(a) 2, 3 and 4 (b) 2 and 3
(c) 1, 2 and 3 (d) 1, 3 and 4

43. Which elements can impact the cost of garment production?
1. Labour costs
2. Raw material prices
3. Use of automation and technology
4. Geographic location of the production facility

Codes
(a) 2, 3 and 4 (b) 2 and 3
(c) 1, 2 and 3 (d) 1, 2, 3 and 4

44. Which of the following are considered stakeholders in development communication?
1. Government authorities
2. Corporate executives
3. Non-governmental organisations (NGOs)
4. News consumers

Codes
(a) 2, 3 and 4 (b) 1 and 3
(c) 1, 2 and 3 (d) 1, 2, 3 and 4

45. Match the Journalism Genres with their characteristics.

	List-I (Journalism Genres)		**List-II** (Characteristics)
A.	Investigative Journalism	1.	In-depth research and uncovering of hidden truths and corruption.
B.	Feature writing	2.	Long-form storytelling, highlighting human interest and narrative elements.
C.	Opinion editorial	3.	Expression of personal viewpoints and perspectives on current events or issues.
D.	News reporting	4.	Timely and factual reporting of current events, providing the latest information.

Codes

	A	B	C	D
(a)	1	2	3	4
(b)	3	1	4	2
(c)	4	3	2	1
(d)	2	1	4	3

46. Match the Following.

	List-I		**List-II**
A.	Freezing	1.	Packing food in airtight containers
B.	Vacuum packaging	2.	Removing air to prevent oxidation and spoilage
C.	Irradiation	3.	Exposing food to ionizing radiation to kill bacteria and pests

Codes

	A	B	C
(a)	1	2	3
(b)	3	1	2
(c)	3	2	1
(d)	2	1	3

47. Match the following communication channels with their distinguishing type.

	List-I (Communication Channel)		**List-II** (Distinguishing Type)
A.	Blogging	(i)	Electronic Media
B.	Television	(ii)	Print Media
C.	Periodicals	(iii)	Social Media
D.	Collection sites	(iv)	World Wide Web

Codes

	A	B	C	D		A	B	C	D
(a)	4	2	1	3	(b)	2	4	3	1
(c)	1	3	4	2	(d)	3	1	2	4

48. Match the foods in List-I to its pigments in List-II.

	List-I (Food)		**List-II** (Pigments)
A.	Beetroot	1.	Flavones
B.	Carrot	2.	Betalin
C.	Onions	3.	Chlorophyll
D.	Spinach	4.	Carotenoids

Codes

	A	B	C	D		A	B	C	D
(a)	1	2	3	4	(b)	2	4	1	3
(c)	3	2	4	1	(d)	4	3	1	2

49. Match the development programme with its establishment year.

	List-I		**List-II**
A.	Integrated Child Development Services (ICDS)	1.	2005
B.	Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA)	2.	2014
C.	National Rural Health Mission (NRHM)	3.	2005
D.	Swachh Bharat Abhiyaan	4.	1985

Codes

	A	B	C	D		A	B	C	D
(a)	4	1	3	2	(b)	1	2	3	4
(c)	3	2	4	1	(d)	4	2	3	1

Right *Options*

1. (a)	**2.** (c)	**3.** (a)	**4.** (b)	**5.** (c)	**6.** (a)	**7.** (d)	**8.** (b)	**9.** (b)	**10.** (c)
11. (a)	**12.** (b)	**13.** (c)	**14.** (c)	**15.** (d)	**16.** (c)	**17.** (c)	**18.** (c)	**19.** (c)	**20.** (b)
21. (d)	**22.** (a)	**23.** (a)	**24.** (a)	**25.** (b)	**26.** (b)	**27.** (d)	**28.** (a)	**29.** (a)	**30.** (b)
31. (b)	**32.** (b)	**33.** (b)	**34.** (c)	**35.** (b)	**36.** (d)	**37.** (a)	**38.** (b)	**39.** (c)	**40.** (b)
41. (b)	**42.** (a)	**43.** (d)	**44.** (c)	**45.** (a)	**46.** (c)	**47.** (c)	**48.** (b)	**49.** (a)	

EXPLANATIONS

1. (*a*) Excessive exposure to oxygen and moisture can lead to food spoilage as they facilitate the growth of micro-organisms like bacteria, fungi, and molds, which can cause off-flavours, discoloration, and loss of nutritional value in the food.

2. (*c*) Freezing is not a method that has been used for food preservation in pre-historic times. While sun drying, controlled fermentation, salting/pickling, candying, roasting, smoking, baking, and using spices have been historically employed, freezing became feasible only with the advent of modern refrigeration.

3. (*a*) Naturally present enzymes in food act as biological catalysts to accelerate chemical reactions, which can lead to changes in food quality soon after harvesting or slaughtering. These changes can affect the taste, texture, and nutritional value of the food.

4. (*b*) Food processing involves the integration of food science, chemistry, and microbiology to understand the physical and chemical changes that occur in food during processing and preservation, ensuring its safety and quality.

5. (*c*) The main purpose of food processing and preservation is to prevent food from spoiling and becoming unsafe for consumption. It involves techniques to maintain the quality, nutritional value, and safety of the food over an extended period.

6. (*a*) The correctly matched pairs are A-4, B-2, C-3, D-1.

Article 25 of the Universal Declaration of Human Rights enshrines the right to an adequate standard of living, including essentials like food, clothing, and housing for health and well-being. It also includes the right to medical care and social services, along with protection in cases of unemployment, sickness, etc. Additionally, children are entitled to equal social protection regardless of their birth circumstances.

7. (*d*) While access to education is an essential right, it is not explicitly mentioned in the statement regarding the right to an adequate standard of living. The Universal Declaration of Human Rights specifically mentions provisions like food, clothing, housing, medical care, and necessary social services as part of this right.

8. (*b*) Article 25 of the Universal Declaration of Human Rights recognises the right to a standard of living adequate for health and well-being, including access to basic necessities like food, clothing, housing, and medical care, as well as social protection in times of need.

9. (*b*) 'Adequate for health and well-being' in the Universal Declaration of Human Rights means ensuring individuals have access to essential items required for a decent standard of living, including food, clothing, and housing, which contribute to their overall well-being.

10. (*c*) An increase in GDP is often associated with greater availability of goods and services, which contributes to material well-being and thus, leads to a higher standard of living for individuals and society. However, it is important to consider other factors like income distribution to ensure equitable benefits from economic growth.

11. (*a*) Proteins are essential for building and repairing tissues, as they are composed of amino acids, which are the building blocks of the body.

12. (*b*) Scurvy is caused by a deficiency of Vitamin C. This essential nutrient is required for the synthesis of collagen, which plays a vital role in maintaining the health of connective tissues. Without adequate Vitamin C, individuals can experience symptoms such as bleeding gums, joint pain, and skin problems.

13. (*c*) BMI is a measure that assesses body weight in relation to height and is commonly used to classify individuals into different weight categories (e.g., underweight, normal weight, overweight, or obese).

14. (*c*) HACCP is a systematic approach to food safety that identifies, evaluates, and controls potential hazards at critical points in the food production process to ensure the safety and quality of the final product.

15. (*d*) Pasteurisation involves heating food products to a specific temperature for a predetermined time to destroy harmful pathogens, while still preserving the nutritional quality of the food.

16. (*c*) Parents play a crucial role in the IEP process. They are valuable members of the IEP team, actively participating in the development and decision-making process to ensure their child's needs are appropriately addressed.

17. (*c*) A child protection policy is essential in child care institutions to create a safe environment, prevent abuse, and provide guidelines for addressing incidents promptly, protecting the well-being and rights of children in their care.

18. (*c*) Youth empowerment refers to empowering young individuals with the necessary skills, knowledge, and opportunities to make informed decisions and take charge of their own lives, fostering a sense of independence and self-reliance.

19. (*c*) Dyslexia is a specific learning disability that affects reading and language processing. Students with dyslexia may have difficulty with spelling, reading, and writing, despite having average or above-average intelligence.

20. (*b*) 'Inclusion' in special education refers to the practice of integrating students with disabilities into regular classrooms and activities, promoting a supportive and inclusive learning environment for all students.