# PPSC Food Safety Officer (Punjab Food Department) — GUESS PAPER 2026 (Set 2 of 2) · Predicted Questions

**Body:** Punjab Public Service Commission (PPSC) · **Post:** Food Safety Officer (Punjab Food Department) · **Set:** 2 of 2 · **Questions:** 100 predicted — 0 repeated questions, 0 verified facts predicted to recur, 100 syllabus anchors · **Price:** Free

**GUESS PAPER — predicted questions for the upcoming exam, NOT a past paper.** Every question below is a prediction: it is here because the same question, the same fact, or the same topic appeared in verified PPSC Food Safety Officer (Punjab Food Department) past papers. **No pass guarantee.** A guess paper raises the odds; it does not promise a result. Answers are the best-supported answers, not exam keys.

**[C]-HEAVY PAPER — thin verified pool.** 100 of the 100 questions below are syllabus anchors on this post's recurring topics, because the verified archive for this post holds only 99 items. Those questions are flagged [C] on every one of them: they are predictions about the syllabus, not verified facts. Study the topic, not just the answer.

> **How to use this paper:** study the basis under each question, not just the answer — the real paper will ask the same topics in different words. Revise the underlying topic, not only the four options. Do not quote any item as "asked in the 2026 exam" — nothing here has been asked yet.

## Question 1 Food Safety

In the HTST method, milk is pasteurised at about which temperature and for how long?

- A. 72°C for 15 seconds ✓ **Predicted answer**
- B. 63°C for 30 minutes
- C. 100°C for 10 minutes

- C for 2 seconds

**Why this answer?** In the HTST (high-temperature short-time) method milk is heated to about 72°C for 15 seconds to kill harmful bacteria.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — pasteurisation of milk recurs in every Food Safety Officer sitting.

## Question 2 Food Safety

In the holder (LTLT) method, milk is pasteurised at about which temperature and for how long?

- A. 63°C for 30 minutes ✓ **Predicted answer**
- B. 72°C for 15 seconds
- C. 85°C for 5 minutes
- D. 100°C for 1 minute

**Why this answer?** In the holder (low-temperature long-time) method milk is heated to about 63°C and held for 30 minutes.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — pasteurisation methods recur in every Food Safety Officer sitting.

## Question 3 Food Safety

UHT milk is treated at about which temperature?

- A. 72°C
- B. 135°C ✓ **Predicted answer**
- C. 63°C
- D. 100°C

**Why this answer?** UHT (ultra-high-temperature) milk is heated to about 135°C for a few seconds, which gives it a long shelf life.

**ed [C] — Syllabus anchor:** syllabus anchor — UHT treatment of milk recurs in every Food Safety Officer sitting.

## Question 4 Food Safety

What does HACCP stand for?

- A. Health and Clean Cooking Practices
- B. Hygiene Assessment and Control of Contamination Points
- C. Hazard Analysis and Critical Control Points ✓ **Predicted answer**
- D. Hazard Assessment and Critical Cleaning Procedure

**Why this answer?** HACCP stands for Hazard Analysis and Critical Control Points, a system for managing food safety risks.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — HACCP recurs in every Food Safety Officer sitting.

## Question 5 Food Safety

How many principles does the HACCP system have?

- A. Seven ✓ **Predicted answer**
- B. Five
- C. Three
- D. Ten

**Why this answer?** The HACCP system is built on seven principles, from hazard analysis to verification.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — HACCP principles recur in every Food Safety Officer sitting.

## 6 Food Safety

Under which law was the Punjab Food Authority established?

- A. Pure Food Ordinance 1960
- B. Pakistan Food Safety Act 2015
- C. Punjab Food Authority Act 2011 ✓ **Predicted answer**
- D. Punjab Public Health Act 2009

**Why this answer?** The Punjab Food Authority was set up under the Punjab Food Authority Act 2011.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — the Punjab Food Authority and its law recur in every Food Safety Officer sitting.

## Question 7 Food Safety

Which ordinance governs pure food in Punjab?

- A. Punjab Food Authority Act 2011
- B. Food Safety Ordinance 1998
- C. West Pakistan Pure Food Ordinance 1960 ✓ **Predicted answer**
- D. Public Health Ordinance 1972

**Why this answer?** The West Pakistan Pure Food Ordinance 1960 is the pure-food law that applies in Punjab.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — food laws of Punjab recur in every Food Safety Officer sitting.

## Question 8 Food Safety

Botulism, a serious form of food poisoning, is caused by which bacterium?

- A. Salmonella typhi
- B. Clostridium botulinum ✓ **Predicted answer**

- D. Staphylococcus aureus

**Why this answer?** Botulism is caused by the bacterium Clostridium botulinum, which produces a toxin in improperly preserved food.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — food poisoning bacteria recur in every Food Safety Officer sitting.

## Question 9 Food Safety

In which temperature range do bacteria multiply fastest in food?

- A. Between 0°C and 5°C
- B. Between 5°C and 60°C ✓ **Predicted answer**
- C. Between 60°C and 80°C
- D. Below freezing point

**Why this answer?** Bacteria multiply fastest in the danger zone between about 5°C and 60°C, so food should not be kept in this range.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — the temperature danger zone recurs in every Food Safety Officer sitting.

## Question 10 Food Safety

Does freezing food kill the bacteria in it?

- A. Yes, freezing kills all bacteria
- B. Yes, but only after 24 hours
- C. No, it only slows or stops their growth ✓ **Predicted answer**
- D. No, freezing makes bacteria multiply faster

**Why this answer?** Freezing does not kill bacteria; it only slows or stops their growth, and they can become active again when the food thaws.

**ed [C] — Syllabus anchor:** syllabus anchor — food preservation by freezing recurs in every Food Safety Officer sitting.

## Question 11 Food Safety

At what temperature should a refrigerator normally be kept?

- A. Below 5°C ✓ **Predicted answer**
- B. Below 10°C
- C. Below 15°C
- D. Below 20°C

**Why this answer?** A refrigerator should be kept below 5°C so that bacteria grow only very slowly.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — safe storage temperatures recur in every Food Safety Officer sitting.

## Question 12 Food Safety

What does FIFO mean in food storage?

- A. Food Inspection for Freshness Only
- B. First In, First Out ✓ **Predicted answer**
- C. First Item, First Order
- D. Fresh Ingredients, First Output

**Why this answer?** FIFO means First In, First Out: the oldest stock is used first so that food does not pass its safe date.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — food storage practice recurs in every Food Safety Officer sitting.

## 13 Food Safety

Typhoid fever is caused by which organism?

- A. Vibrio cholerae
- B. Clostridium botulinum
- C. Salmonella typhi ✓ **Predicted answer**
- D. Entamoeba histolytica

**Why this answer?** Typhoid is caused by the bacterium Salmonella typhi, usually spread through contaminated food or water.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — food-borne diseases recur in every Food Safety Officer sitting.

## Question 14 Food Safety

Cholera is caused by which organism?

- A. Vibrio cholerae ✓ **Predicted answer**
- B. Salmonella typhi
- C. Escherichia coli
- D. Shigella dysenteriae

**Why this answer?** Cholera is caused by the bacterium Vibrio cholerae, spread mainly through contaminated water.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — water-borne diseases recur in every Food Safety Officer sitting.

## Question 15 Food Safety

Which of the following is a water-borne disease?

- A. Malaria
- B. Cholera ✓ **Predicted answer**

erculosis

- D. Diabetes

**Why this answer?** Cholera spreads through contaminated water; malaria spreads through mosquitoes, tuberculosis through air, and diabetes is not infectious.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — water-borne diseases recur in every Food Safety Officer sitting.

## Question 16 Food Safety

When must a food handler wash their hands?

- A. Only at the start of the shift
- B. Only after handling raw meat
- C. Once a day, at lunchtime
- D. Before handling food and after using the toilet ✓ **Predicted answer**

**Why this answer?** A food handler must wash their hands before handling food and after using the toilet, and after touching raw meat or waste.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — personal hygiene of food handlers recurs in every Food Safety Officer sitting.

## Question 17 Food Safety

What is meant by cross-contamination in a kitchen?

- A. Harmful bacteria passing from one food or surface to another ✓ **Predicted answer**
- B. Mixing two spices together
- C. Cooking two dishes in the same oven
- D. Serving food on a used plate

**Why this answer?** Cross-contamination is the transfer of harmful bacteria from raw food,

faces to ready-to-eat food.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — cross-contamination recurs in every Food Safety Officer sitting.

## Question 18 Food Safety

Which food is most likely to carry Salmonella?

- A. Fresh bread
- B. Raw eggs and poultry ✓ **Predicted answer**
- C. Cooked rice
- D. Fresh apples

**Why this answer?** Salmonella is commonly found in raw eggs and poultry, which is why they must be cooked thoroughly.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — Salmonella and high-risk foods recur in every Food Safety Officer sitting.

## Question 19 Food Safety

Which substance is most commonly used to adulterate milk?

- A. Sugar
- B. Salt
- C. Cooking oil
- D. Water ✓ **Predicted answer**

**Why this answer?** Water is the most common adulterant added to milk to increase its volume.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — food adulteration recurs in every Food Safety Officer sitting.

## 20 Food Safety

Turmeric powder is commonly adulterated with which harmful colour?

- A. Metanil yellow ✓ **Predicted answer**
- B. Chalk powder
- C. Sawdust
- D. Starch

**Why this answer?** Turmeric is commonly adulterated with metanil yellow, a harmful artificial colour.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — adulteration of spices recurs in every Food Safety Officer sitting.

## Question 21 Food Safety

Sodium benzoate is used in food as a what?

- A. Colour
- B. Sweetener
- C. Preservative ✓ **Predicted answer**
- D. Flavouring

**Why this answer?** Sodium benzoate is a preservative used to stop the growth of moulds, yeasts and bacteria in food.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — food preservatives recur in every Food Safety Officer sitting.

## Question 22 Food Safety

Which method preserves food by removing its water content?

- A. Dehydration (drying) ✓ **Predicted answer**
- B. Freezing

- D. Pasteurisation

**Why this answer?** Dehydration preserves food by removing water, without which micro-organisms cannot grow.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — food preservation methods recur in every Food Safety Officer sitting.

## Question 23 Food Safety

How does canning preserve food?

- A. By heating food in sealed containers to kill micro-organisms ✓ **Predicted answer**
- B. By adding salt to the food
- C. By keeping food in the open air
- D. By freezing the food solid

**Why this answer?** Canning heats food in sealed containers to kill micro-organisms and then keeps air out so they cannot return.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — food preservation methods recur in every Food Safety Officer sitting.

## Question 24 Food Safety

What does a 'use by' date on a food label mean?

- A. The food loses its flavour after that date but stays safe
- B. The food must be cooked after that date
- C. The food was packed on that date
- D. The food should not be eaten after that date, for safety reasons ✓ **Predicted answer**

**Why this answer?** A 'use by' date is about safety: the food should not be eaten after that

a "best before" date, which is about quality.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — food labelling recurs in every Food Safety Officer sitting.

## Question 25 Food Safety

Pasteurisation of milk was developed by whom?

- A. Joseph Lister
- B. Alexander Fleming
- C. Robert Koch
- D. Louis Pasteur ✓ **Predicted answer**

**Why this answer?** Pasteurisation was developed by Louis Pasteur, who showed that heating kills the germs in milk.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — the history of food safety recurs in every Food Safety Officer sitting.

## Question 26 Food Safety

Which vitamin is destroyed most easily by heat during cooking?

- A. Vitamin A
- B. Vitamin D
- C. Vitamin C ✓ **Predicted answer**
- D. Vitamin K

**Why this answer?** Vitamin C is the most easily destroyed by heat and by long cooking in water.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — vitamins and cooking recur in every Food Safety Officer sitting.

## 27 Food Safety

Food poisoning is most commonly caused by which of the following?

- A. Viruses
- B. Bacteria ✓ **Predicted answer**
- C. Fungi
- D. Parasites

**Why this answer?** Most cases of food poisoning are caused by bacteria such as Salmonella and Staphylococcus aureus.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — causes of food poisoning recur in every Food Safety Officer sitting.

## Question 28 Food Safety

What does the 'cold chain' mean in food handling?

- A. Keeping food chilled at every stage from production to consumption ✓ **Predicted answer**
- B. Cooking food at a high temperature
- C. Freezing food only at home
- D. Serving food cold to customers

**Why this answer?** The cold chain means keeping perishable food chilled without a break from production, through transport and storage, to the consumer.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — the cold chain recurs in every Food Safety Officer sitting.

## Question 29 Nutrition

Deficiency of vitamin C causes which disease?

- A. Rickets

rvy ✓ **Predicted answer**

- C. Night blindness
- D. Beri-beri

**Why this answer?** Lack of vitamin C causes scurvy, with bleeding gums and weak connective tissue.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — vitamin deficiency diseases recur in every Food Safety Officer sitting.

## Question 30 Nutrition

Deficiency of vitamin D causes which disease in children?

- A. Scurvy
- B. Goitre
- C. Rickets ✓ **Predicted answer**
- D. Anaemia

**Why this answer?** Lack of vitamin D causes rickets, in which children's bones become soft and deformed.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — vitamin deficiency diseases recur in every Food Safety Officer sitting.

## Question 31 Nutrition

Deficiency of vitamin A causes which condition?

- A. Scurvy
- B. Beri-beri
- C. Goitre
- D. Night blindness ✓ **Predicted answer**

**Why this answer?** Lack of vitamin A causes night blindness and can damage the eyes.

**ed [C] — Syllabus anchor:** syllabus anchor — vitamin deficiency diseases recur in every Food Safety Officer sitting.

## Question 32 Nutrition

Deficiency of vitamin B1 (thiamine) causes which disease?

- A. Beri-beri ✓ **Predicted answer**
- B. Scurvy
- C. Rickets
- D. Pellagra

**Why this answer?** Lack of vitamin B1 (thiamine) causes beri-beri, which affects the nerves and the heart.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — vitamin deficiency diseases recur in every Food Safety Officer sitting.

## Question 33 Nutrition

Deficiency of iron in the diet causes which condition?

- A. Goitre
- B. Anaemia ✓ **Predicted answer**
- C. Rickets
- D. Scurvy

**Why this answer?** Lack of iron causes anaemia, a shortage of red blood cells that leaves a person tired and pale.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — mineral deficiency diseases recur in every Food Safety Officer sitting.

## 34 Nutrition

Deficiency of iodine in the diet causes which condition?

- A. Goitre ✓ **Predicted answer**
- B. Anaemia
- C. Rickets
- D. Night blindness

**Why this answer?** Lack of iodine causes goitre, a swelling of the thyroid gland in the neck.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — mineral deficiency diseases recur in every Food Safety Officer sitting.

## Question 35 Nutrition

Protein deficiency in young children causes which disease?

- A. Marasmus
- B. Scurvy
- C. Rickets
- D. Kwashiorkor ✓ **Predicted answer**

**Why this answer?** Severe protein deficiency in young children causes kwashiorkor, with swelling and a swollen belly.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — protein deficiency diseases recur in every Food Safety Officer sitting.

## Question 36 Nutrition

Which nutrient is the body's main source of energy?

- A. Vitamins
- B. Minerals
- C. Carbohydrates ✓ **Predicted answer**

**Why this answer?** Carbohydrates are the body's main source of energy; bread, rice and potatoes are rich in them.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — nutrients and energy recur in every Food Safety Officer sitting.

## Question 37 Nutrition

Which vitamin helps the blood to clot?

- A. Vitamin K ✓ **Predicted answer**
- B. Vitamin C
- C. Vitamin B12
- D. Vitamin E

**Why this answer?** Vitamin K is needed for blood clotting; without it, wounds bleed for longer.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — functions of vitamins recur in every Food Safety Officer sitting.

## Question 38 Nutrition

Calcium in the diet is needed mainly for what?

- A. Good eyesight
- B. Healthy skin
- C. Blood clotting
- D. Strong bones and teeth ✓ **Predicted answer**

**Why this answer?** Calcium is needed mainly for strong bones and teeth; milk is a rich source of it.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — minerals in the diet recur in

afety Officer sitting.

## Question 39 General Knowledge

What is the capital of France?

- A. London
- B. Berlin
- C. Paris ✓ **Predicted answer**
- D. Madrid

**Why this answer?** Paris is the capital of France.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — world capitals recur in every Food Safety Officer sitting.

## Question 40 General Knowledge

What is the capital of Japan?

- A. Tokyo ✓ **Predicted answer**
- B. Seoul
- C. Beijing
- D. Bangkok

**Why this answer?** Tokyo is the capital of Japan.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — world capitals recur in every Food Safety Officer sitting.

## Question 41 General Knowledge

What is the capital of Australia?

- A. Canberra ✓ **Predicted answer**
- B. Sydney

bourne

- D. Perth

**Why this answer?** Canberra is the capital of Australia.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — world capitals recur in every Food Safety Officer sitting.

## Question 42 General Knowledge

Which is the largest ocean in the world?

- A. Atlantic Ocean
- B. Indian Ocean
- C. Arctic Ocean
- D. Pacific Ocean ✓ **Predicted answer**

**Why this answer?** The Pacific Ocean is the largest ocean in the world.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — world geography recurs in every Food Safety Officer sitting.

## Question 43 General Knowledge

Which is the longest river in the world?

- A. Amazon
- B. Yangtze
- C. Nile ✓ **Predicted answer**
- D. Indus

**Why this answer?** The Nile is generally regarded as the longest river in the world.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — world geography recurs in every Food Safety Officer sitting.

## 44 General Knowledge

Which is the highest mountain in the world?

- A. K2
- B. Mount Everest ✓ **Predicted answer**
- C. Kangchenjunga
- D. Mount Kilimanjaro

**Why this answer?** Mount Everest, on the Nepal–China border, is the highest mountain in the world.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — world geography recurs in every Food Safety Officer sitting.

## Question 45 General Knowledge

Which is the largest desert in the world?

- A. Gobi
- B. Thar
- C. Sahara ✓ **Predicted answer**
- D. Kalahari

**Why this answer?** The Sahara, in North Africa, is the largest hot desert in the world.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — world geography recurs in every Food Safety Officer sitting.

## Question 46 General Knowledge

Which is the smallest country in the world?

- A. Monaco
- B. Vatican City ✓ **Predicted answer**
- C. Maldives

**Why this answer?** Vatican City is the smallest country in the world by area.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — world geography recurs in every Food Safety Officer sitting.

## Question 47 General Knowledge

Which is the largest country in the world by area?

- A. Canada
- B. China
- C. Russia ✓ **Predicted answer**
- D. United States

**Why this answer?** Russia is the largest country in the world by area.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — world geography recurs in every Food Safety Officer sitting.

## Question 48 General Knowledge

In which year was the United Nations founded?

- A. 1945 ✓ **Predicted answer**
- B. 1919
- C. 1939
- D. 1950

**Why this answer?** The United Nations was founded in 1945, after the Second World War.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — international organisations recur in every Food Safety Officer sitting.

## 49 General Knowledge

Where is the headquarters of the United Nations?

- A. Geneva
- B. Paris
- C. London
- D. New York ✓ **Predicted answer**

**Why this answer?** The headquarters of the United Nations is in New York, USA.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — international organisations recur in every Food Safety Officer sitting.

## Question 50 General Knowledge

Who was the first man to walk on the Moon?

- A. Buzz Aldrin
- B. Yuri Gagarin
- C. Neil Armstrong ✓ **Predicted answer**
- D. Michael Collins

**Why this answer?** Neil Armstrong was the first man to walk on the Moon, in July 1969.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — famous firsts recur in every Food Safety Officer sitting.

## Question 51 General Knowledge

Who was the first woman in space?

- A. Sally Ride
- B. Valentina Tereshkova ✓ **Predicted answer**
- C. Kalpana Chawla
- D. Peggy Whitson

**Answer:** Valentina Tereshkova of the Soviet Union was the first woman in space, in 1963.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — famous firsts recur in every Food Safety Officer sitting.

## Question 52 General Knowledge

What is the currency of Japan?

- A. Yen ✓ **Predicted answer**
- B. Won
- C. Yuan
- D. Ringgit

**Why this answer?** The yen is the currency of Japan.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — world currencies recur in every Food Safety Officer sitting.

## Question 53 General Knowledge

What is the currency of the United Kingdom?

- A. Euro
- B. Pound sterling ✓ **Predicted answer**
- C. Dollar
- D. Franc

**Why this answer?** The pound sterling is the currency of the United Kingdom.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — world currencies recur in every Food Safety Officer sitting.

## 54 General Knowledge

Which planet is known as the Red Planet?

- A. Venus
- B. Mars ✓ **Predicted answer**
- C. Jupiter
- D. Mercury

**Why this answer?** Mars is known as the Red Planet because of its reddish surface.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — the solar system recurs in every Food Safety Officer sitting.

## Question 55 General Knowledge

How many continents are there in the world?

- A. Five
- B. Six
- C. Seven ✓ **Predicted answer**
- D. Eight

**Why this answer?** There are seven continents: Africa, Antarctica, Asia, Europe, North America, Australia and South America.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — world geography recurs in every Food Safety Officer sitting.

## Question 56 General Knowledge

Which is the largest island in the world?

- A. Madagascar
- B. Borneo
- C. Sumatra

enland ✓ **Predicted answer**

**Why this answer?** Greenland is the largest island in the world.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — world geography recurs in every Food Safety Officer sitting.

## Question 57 General Knowledge

Which country is called the Land of the Rising Sun?

- A. Japan ✓ **Predicted answer**
- B. China
- C. Thailand
- D. South Korea

**Why this answer?** Japan is called the Land of the Rising Sun.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — country nicknames recur in every Food Safety Officer sitting.

## Question 58 General Knowledge

Who was the first President of the United States?

- A. Abraham Lincoln
- B. Thomas Jefferson
- C. John Adams
- D. George Washington ✓ **Predicted answer**

**Why this answer?** George Washington was the first President of the United States (1789–1797).

**Why predicted [C] — Syllabus anchor:** syllabus anchor — famous firsts recur in every Food Safety Officer sitting.

## 59 Pakistan Studies

On which date did Pakistan come into being?

- A. 14 August 1947 ✓ **Predicted answer**
- B. 15 August 1947
- C. 23 March 1940
- D. 3 June 1947

**Why this answer?** Pakistan came into being on 14 August 1947.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — the creation of Pakistan recurs in every Food Safety Officer sitting.

## Question 60 Pakistan Studies

Who was the first Governor-General of Pakistan?

- A. Liaquat Ali Khan
- B. Khawaja Nazimuddin
- C. Ghulam Muhammad
- D. Quaid-e-Azam Muhammad Ali Jinnah ✓ **Predicted answer**

**Why this answer?** Quaid-e-Azam Muhammad Ali Jinnah was the first Governor-General of Pakistan.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — the founders of Pakistan recur in every Food Safety Officer sitting.

## Question 61 Pakistan Studies

Who was the first Prime Minister of Pakistan?

- A. Khawaja Nazimuddin
- B. Muhammad Ali Bogra
- C. Liaquat Ali Khan ✓ **Predicted answer**

**Why this answer?** Liaquat Ali Khan was the first Prime Minister of Pakistan.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — the founders of Pakistan recur in every Food Safety Officer sitting.

## Question 62 Pakistan Studies

Who wrote the national anthem of Pakistan?

- A. Allama Iqbal
- B. Faiz Ahmed Faiz
- C. Josh Malihabadi
- D. Hafeez Jalandhari ✓ **Predicted answer**

**Why this answer?** The national anthem of Pakistan, 'Pak Sarzameen', was written by Hafeez Jalandhari.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — national symbols of Pakistan recur in every Food Safety Officer sitting.

## Question 63 Pakistan Studies

Which animal is the national animal of Pakistan?

- A. Markhor ✓ **Predicted answer**
- B. Snow leopard
- C. Indus dolphin
- D. Blackbuck

**Why this answer?** The markhor, a wild goat, is the national animal of Pakistan.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — national symbols of Pakistan recur in every Food Safety Officer sitting.

## 64 Pakistan Studies

Which bird is the national bird of Pakistan?

- A. Houbara bustard
- B. Peacock
- C. Shaheen falcon
- D. Chukar partridge ✓ **Predicted answer**

**Why this answer?** The chukar partridge is the national bird of Pakistan.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — national symbols of Pakistan recur in every Food Safety Officer sitting.

## Question 65 Pakistan Studies

Which flower is the national flower of Pakistan?

- A. Rose
- B. Jasmine ✓ **Predicted answer**
- C. Sunflower
- D. Tulip

**Why this answer?** Jasmine is the national flower of Pakistan.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — national symbols of Pakistan recur in every Food Safety Officer sitting.

## Question 66 Pakistan Studies

Which tree is the national tree of Pakistan?

- A. Mango
- B. Neem
- C. Sheesham
- D. Deodar ✓ **Predicted answer**

**swer?** The deodar (Himalayan cedar) is the national tree of Pakistan.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — national symbols of Pakistan recur in every Food Safety Officer sitting.

## Question 67 Pakistan Studies

In which year was the Lahore Resolution passed?

- A. 1930
- B. 1940 ✓ **Predicted answer**
- C. 1946
- D. 1935

**Why this answer?** The Lahore Resolution, demanding separate states for the Muslims of India, was passed on 23 March 1940.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — the Pakistan Movement recurs in every Food Safety Officer sitting.

## Question 68 Pakistan Studies

In which year was the All India Muslim League founded?

- A. 1906 ✓ **Predicted answer**
- B. 1885
- C. 1916
- D. 1920

**Why this answer?** The All India Muslim League was founded in Dhaka in 1906.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — the Pakistan Movement recurs in every Food Safety Officer sitting.

## 69 Pakistan Studies

In which year was the Lucknow Pact signed between the Congress and the Muslim League?

- A. 1906
- B. 1916 ✓ **Predicted answer**
- C. 1920
- D. 1929

**Why this answer?** The Lucknow Pact was signed in 1916, bringing the Congress and the Muslim League together.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — the Pakistan Movement recurs in every Food Safety Officer sitting.

## Question 70 Pakistan Studies

What is the capital of Pakistan?

- A. Islamabad ✓ **Predicted answer**
- B. Karachi
- C. Lahore
- D. Rawalpindi

**Why this answer?** Islamabad is the capital of Pakistan.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — Pakistan geography recurs in every Food Safety Officer sitting.

## Question 71 Islamic Studies

Which Surah was revealed first to the Holy Prophet (P.B.U.H.)?

- A. Surah Al-Fatiha
- B. Surah Al-Baqarah

ah Al-Alaq ✓ **Predicted answer**

- D. Surah Al-Ikhlas

**Why this answer?** Surah Al-Alaq was the first Surah revealed to the Holy Prophet (P.B.U.H.).

**Why predicted [C] — Syllabus anchor:** syllabus anchor — the revelation of the Holy Quran recurs in every Food Safety Officer sitting.

## Question 72 Islamic Studies

Which is the longest Surah of the Holy Quran?

- A. Surah Aal-e-Imran
- B. Surah An-Nisa
- C. Surah Al-Ma'idah
- D. Surah Al-Baqarah ✓ **Predicted answer**

**Why this answer?** Surah Al-Baqarah is the longest Surah of the Holy Quran.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — the Holy Quran recurs in every Food Safety Officer sitting.

## Question 73 Islamic Studies

Which is the shortest Surah of the Holy Quran?

- A. Surah Al-Asr
- B. Surah Al-Kausar ✓ **Predicted answer**
- C. Surah Al-Ikhlas
- D. Surah An-Nas

**Why this answer?** Surah Al-Kausar is the shortest Surah of the Holy Quran.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — the Holy Quran recurs in every Food Safety Officer sitting.

## 74 Islamic Studies

In which month was the Holy Quran first revealed?

- A. Shawwal
- B. Zil-Hajj
- C. Ramadan ✓ **Predicted answer**
- D. Rabi-ul-Awwal

**Why this answer?** The Holy Quran was first revealed in the month of Ramadan.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — the revelation of the Holy Quran recurs in every Food Safety Officer sitting.

## Question 75 Islamic Studies

In which Hijri year was the Battle of Badr fought?

- A. 1 AH
- B. 2 AH ✓ **Predicted answer**
- C. 3 AH
- D. 5 AH

**Why this answer?** The Battle of Badr was fought in 2 AH (624 CE).

**Why predicted [C] — Syllabus anchor:** syllabus anchor — the battles of early Islam recur in every Food Safety Officer sitting.

## Question 76 Islamic Studies

What is the rate of Zakat on cash and wealth?

- A. 5%
- B. 2.5% ✓ **Predicted answer**
- C. 10%
- D. 20%

**Answer:** Zakat is charged at 2.5% (one-fortieth) on cash and wealth held for a year.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — the pillars of Islam recur in every Food Safety Officer sitting.

## Question 77 Urdu Literature

بانگِ درا کس کی تصنیف ہے؟

A. فیض احمد فیض

B. میر تقی میر

**Predicted answer** ✓ C. علامہ اقبال

D. غالب

**Why this answer?** Bang-e-Dara is a poetry collection by Allama Iqbal.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — Iqbal's works recur in every Food Safety Officer sitting.

## Question 78 Urdu Literature

خوشبو کس شاعرہ کا شعری مجموعہ ہے؟

A. فہمیدہ ریاض

B. کشور ناہید

C. ادا جعفری

**Predicted answer** ✓ D. پروین شاکر

**Why this answer?** Khushboo is the famous poetry collection of Parveen Shakir.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — modern Urdu poetry recurs in every Food Safety Officer sitting.

## 79 Urdu Literature

شاہنامہ اسلام کس کی تصنیف ہے؟

A. علامہ اقبال

**Predicted answer** ✓ B. حفیظ جالندھری

C. جوش ملیح آبادی

D. احمد ندیم قاسمی

**Why this answer?** Shahnama-e-Islam was written by Hafeez Jalandhari.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — Urdu literature recurs in every Food Safety Officer sitting.

## Question 80 Urdu Literature

غالب کا پورا نام کیا ہے؟

A. مرزا محمد تقی

B. خواجہ حیدر علی

**Predicted answer** ✓ C. مرزا اسد اللہ خان غالب

D. مرزا دبیر

**Why this answer?** Ghalib's full name was Mirza Asadullah Khan Ghalib.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — classical Urdu poets recur in every Food Safety Officer sitting.

## Question 81 Urdu Literature

شاعرِ مشرق کسے کہا جاتا ہے؟

A. مرزا غالب

**Predicted answer** ✓ C. علامہ اقبال

D. فیض احمد فیض

**Why this answer?** Allama Iqbal is known as Shair-e-Mashriq (the Poet of the East).

**Why predicted [C] — Syllabus anchor:** syllabus anchor — Iqbal recurs in every Food Safety Officer sitting.

## Question 82 Urdu Literature

ٹوبہ ٹیک سنگھ کس کا مشہور افسانہ ہے؟

**Predicted answer** ✓ A. سعادت حسن منٹو

B. احمد ندیم قاسمی

C. اشفاق احمد

D. غلام عباس

**Why this answer?** Toba Tek Singh is a famous short story by Saadat Hasan Manto.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — Urdu short stories recur in every Food Safety Officer sitting.

## Question 83 Computer

What does CPU stand for?

- A. Central Program Unit
- B. Computer Processing Unit
- C. Central Processing Unit ✓ **Predicted answer**
- D. Central Processor Utility

**Why this answer?** CPU stands for Central Processing Unit, the brain of the computer.

**ed [C] — Syllabus anchor:** syllabus anchor — computer abbreviations recur in every Food Safety Officer sitting.

## Question 84 Computer

How many bytes are there in one kilobyte?

- A. 1000
- B. 512
- C. 1024 ✓ **Predicted answer**
- D. 2048

**Why this answer?** One kilobyte equals 1024 bytes.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — computer units recur in every Food Safety Officer sitting.

## Question 85 Computer

What does WWW stand for?

- A. World Web Window
- B. Wide World Web
- C. World Wide Window
- D. World Wide Web ✓ **Predicted answer**

**Why this answer?** WWW stands for World Wide Web.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — internet terms recur in every Food Safety Officer sitting.

## Question 86 Computer

What does HTML stand for?

- A. HighText Machine Language

erText Markup Language ✓ **Predicted answer**

- C. Hyperlink Text Mark Language
- D. Home Tool Markup Language

**Why this answer?** HTML stands for HyperText Markup Language, the language used to build web pages.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — computer abbreviations recur in every Food Safety Officer sitting.

## Question 87 Computer

Which of the following is an output device?

- A. Keyboard
- B. Mouse
- C. Scanner
- D. Printer ✓ **Predicted answer**

**Why this answer?** A printer is an output device; a keyboard, mouse and scanner are input devices.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — input and output devices recur in every Food Safety Officer sitting.

## Question 88 English (Grammar)

Which word is closest in meaning to 'brave'?

- A. Cowardly
- B. Courageous ✓ **Predicted answer**
- C. Weak
- D. Timid

**Why this answer?** Brave means courageous; cowardly, weak and timid are its opposites.

**ted [C] — Syllabus anchor:** syllabus anchor — English synonyms recur in every Food Safety Officer sitting.

## Question 89 English (Grammar)

Which word is the opposite in meaning to 'ancient'?

- A. Old
- B. Historic
- C. Traditional
- D. Modern ✓ **Predicted answer**

**Why this answer?** Modern is the opposite of ancient; old and historic are close in meaning to it.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — English antonyms recur in every Food Safety Officer sitting.

## Question 90 English (Grammar)

Choose the word with the correct spelling.

- A. Beautifull
- B. Biutiful
- C. Beautifel
- D. Beautiful ✓ **Predicted answer**

**Why this answer?** 'Beautiful' is the correct spelling.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — English spelling recurs in every Food Safety Officer sitting.

## Question 91 English (Grammar)

What is the plural of 'child'?

- B. Childes
- C. Children ✓ **Predicted answer**
- D. Childrens

**Why this answer?** The plural of 'child' is 'children'.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — English plurals recur in every Food Safety Officer sitting.

## Question 92 English (Grammar)

What does the idiom 'to break the ice' mean?

- A. To start a conversation and make people feel comfortable ✓ **Predicted answer**
- B. To break frozen water
- C. To end a friendship
- D. To speak very rudely

**Why this answer?** To break the ice means to start a conversation and make people feel at ease in a social setting.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — English idioms recur in every Food Safety Officer sitting.

## Question 93 Science

What is the chemical formula of common salt?

- A. KCl
- B. NaCl ✓ **Predicted answer**
- C. CaCl2
- D. NaOH

**Why this answer?** Common salt is sodium chloride, with the chemical formula NaCl.

**ed [C] — Syllabus anchor:** syllabus anchor — everyday chemistry recurs in every Food Safety Officer sitting.

## Question 94 Science

What is the chemical symbol of gold?

- A. Ag
- B. Gd
- C. Au ✓ **Predicted answer**
- D. Go

**Why this answer?** The chemical symbol of gold is Au, from its Latin name aurum.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — chemical symbols recur in every Food Safety Officer sitting.

## Question 95 Science

What is the approximate speed of light in a vacuum?

- A. 150,000 kilometres per second
- B. 30,000 kilometres per second
- C. 3,000 kilometres per second
- D. 300,000 kilometres per second ✓ **Predicted answer**

**Why this answer?** Light travels at about 300,000 kilometres per second in a vacuum.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — physics facts recur in every Food Safety Officer sitting.

## Question 96 Science

Which force pulls objects towards the Earth?

- A. Gravity ✓ **Predicted answer**

- C. Friction
- D. Inertia

**Why this answer?** Gravity is the force that pulls objects towards the Earth.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — physics facts recur in every Food Safety Officer sitting.

## Question 97 Science

By which process do plants make their food?

- A. Respiration
- B. Transpiration
- C. Fermentation
- D. Photosynthesis ✓ **Predicted answer**

**Why this answer?** Plants make their food by photosynthesis, using sunlight, water and carbon dioxide.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — biology facts recur in every Food Safety Officer sitting.

## Question 98 Science

How many chambers does the human heart have?

- A. Two
- B. Four ✓ **Predicted answer**
- C. Three
- D. Five

**Why this answer?** The human heart has four chambers: two atria and two ventricles.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — human biology recurs in every

Officer sitting.

## Question 99 Science

What is the normal temperature of the human body?

- A. 35°C
- B. 39°C
- C. 40°C
- D. 37°C ✓ **Predicted answer**

**Why this answer?** The normal human body temperature is about 37°C (98.6°F).

**Why predicted [C] — Syllabus anchor:** syllabus anchor — human biology recurs in every Food Safety Officer sitting.

## Question 100 Science

Which gas do plants absorb from the air for photosynthesis?

- A. Oxygen
- B. Nitrogen
- C. Hydrogen
- D. Carbon dioxide ✓ **Predicted answer**

**Why this answer?** Plants absorb carbon dioxide from the air and release oxygen during photosynthesis.

**Why predicted [C] — Syllabus anchor:** syllabus anchor — biology facts recur in every Food Safety Officer sitting.

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