PPSC Lecturer Home Economics | BS-17 — GUESS PAPER 2026 (Set 2 of 2) · Predicted Questions

Body: Punjab Public Service Commission (PPSC) · **Post:** Lecturer Home Economics | BS-17 · **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 Lecturer Home Economics | BS-17 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 0 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 Do not quote any item as "asked in the 2026 exam" — nothing here has been asked yet.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 Home Economics

Deficiency of which vitamin causes beriberi?

- A. Vitamin C
- B. Vitamin D
- C. Vitamin B1 ✓ **Predicted answer**

Why this answer? Deficiency of Vitamin B1 causes beriberi.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: nutrition and vitamins recurs in every Lecturer Home Economics sitting.

Question 2 Home Economics

Deficiency of which vitamin causes rickets?

- A. Vitamin B12
- B. Vitamin D ✓ **Predicted answer**
- C. Vitamin K
- D. Vitamin B3

Why this answer? Deficiency of Vitamin D causes rickets.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: nutrition and vitamins recurs in every Lecturer Home Economics sitting.

Question 3 Home Economics

Deficiency of which vitamin causes poor blood clotting?

- A. Vitamin K ✓ **Predicted answer**
- B. Vitamin B3
- C. Vitamin E
- D. Vitamin A

Why this answer? Deficiency of Vitamin K causes poor blood clotting.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: nutrition and vitamins recurs in every Lecturer Home Economics sitting.

4 Home Economics

Deficiency of which vitamin causes weak muscles?

- A. Vitamin A
- B. Vitamin B1
- C. Vitamin C
- D. Vitamin E ✓ **Predicted answer**

Why this answer? Deficiency of Vitamin E causes weak muscles.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: nutrition and vitamins recurs in every Lecturer Home Economics sitting.

Question 5 Home Economics

Which of these is a good source of carbohydrate?

- A. Rice ✓ **Predicted answer**
- B. Egg
- C. Butter
- D. Meat

Why this answer? Rice is a good source of carbohydrate.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 6 Home Economics

Which of these is a good source of vitamin C?

- A. Orange ✓ **Predicted answer**
- B. Rice
- C. Butter
- D. Egg

swer? Orange is a good source of vitamin C.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 7 Home Economics

Which of these is a good source of iron?

- A. Rice
- B. Butter
- C. Spinach ✓ **Predicted answer**
- D. Sugar

Why this answer? Spinach is a good source of iron.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 8 Home Economics

Which of these is a good source of fibre?

- A. Butter
- B. Sugar
- C. Egg
- D. Whole wheat ✓ **Predicted answer**

Why this answer? Whole wheat is a good source of fibre.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 9 Home Economics

Which of these is a carbohydrate-rich food?

- B. Bread ✓ **Predicted answer**
- C. Egg
- D. Butter

Why this answer? Bread is a carbohydrate-rich food.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 10 Home Economics

Which of these is a vitamin-rich food?

- A. Citrus fruit ✓ **Predicted answer**
- B. Rice
- C. Butter
- D. Sugar

Why this answer? Citrus fruit is a vitamin-rich food.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 11 Home Economics

Which fibre is an animal fibre from sheep?

- A. Silk
- B. Linen
- C. Wool ✓ **Predicted answer**
- D. Nylon

Why this answer? Wool is an animal fibre from sheep.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: textiles and

Question 12 Home Economics

Which fibre is a fibre from flax?

- A. Linen ✓ **Predicted answer**
- B. Nylon
- C. Rayon
- D. Jute

Why this answer? Linen is a fibre from flax.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: textiles and clothing recurs in every Lecturer Home Economics sitting.

Question 13 Home Economics

Which fibre is a man-made fibre?

- A. Jute
- B. Leather
- C. Cotton
- D. Rayon ✓ **Predicted answer**

Why this answer? Rayon is a man-made fibre.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: textiles and clothing recurs in every Lecturer Home Economics sitting.

Question 14 Home Economics

Which fibre is an animal material?

- A. Cotton
- B. Leather ✓ **Predicted answer**

- D. Silk

Why this answer? Leather is an animal material.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: textiles and clothing recurs in every Lecturer Home Economics sitting.

Question 15 Home Economics

Which nutrient is Egg mainly a source of?

- A. vitamin A
- B. protein ✓ **Predicted answer**
- C. vitamin C
- D. iron

Why this answer? Egg is mainly a source of protein.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 16 Home Economics

Which nutrient is Orange mainly a source of?

- A. iron
- B. potassium
- C. vitamin C ✓ **Predicted answer**
- D. carbohydrate

Why this answer? Orange is mainly a source of vitamin C.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

17 Home Economics

Which nutrient is Banana mainly a source of?

- A. potassium ✓ **Predicted answer**
- B. carbohydrate
- C. fat
- D. calcium

Why this answer? Banana is mainly a source of potassium.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 18 Home Economics

Which nutrient is Butter mainly a source of?

- A. calcium
- B. protein
- C. vitamin A
- D. fat ✓ **Predicted answer**

Why this answer? Butter is mainly a source of fat.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 19 Home Economics

Which nutrient is Lentils mainly a source of?

- A. vitamin A
- B. vitamin C
- C. protein ✓ **Predicted answer**
- D. iron

swer? Lentils is mainly a source of protein.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 20 Home Economics

What is the main aim of home economics?

- A. Earning money
- B. Cooking only
- C. Better home and family life ✓ **Predicted answer**
- D. Sewing only

Why this answer? The aim of home economics is better home and family life.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: introduction to home economics recurs in every Lecturer Home Economics sitting.

Question 21 Home Economics

What is a nutrient?

- A. A food
- B. A substance in food needed by the body ✓ **Predicted answer**
- C. A vitamin only
- D. A mineral only

Why this answer? A nutrient is a substance in food needed by the body.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 22 Home Economics

How many main nutrients are there?

- B. Four
- C. Six ✓ **Predicted answer**
- D. Five

Why this answer? There are six main nutrients.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 23 Home Economics

What are the six main nutrients?

- A. Rice, wheat, milk, egg, meat and fruit
- B. Carbohydrates, proteins, fats, vitamins, minerals and water ✓ **Predicted answer**
- C. Vitamins only
- D. Minerals only

Why this answer? The six nutrients are carbohydrates, proteins, fats, vitamins, minerals and water.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 24 Home Economics

What is energy measured in?

- A. Grams
- B. Calories ✓ **Predicted answer**
- C. Litres
- D. Metres

Why this answer? Energy is measured in calories.

ed [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 25 Home Economics

What is a calorie?

- A. A unit of weight
- B. A unit of volume
- C. A unit of length
- D. A unit of energy ✓ **Predicted answer**

Why this answer? A calorie is a unit of energy.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 26 Home Economics

What is the main source of energy in food?

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

Why this answer? Carbohydrates are the main energy source.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 27 Home Economics

What is the main source of protein in a vegetarian diet?

- A. Pulses ✓ **Predicted answer**

- C. Bread
- D. Sugar

Why this answer? Pulses are the main protein source in a vegetarian diet.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 28 Home Economics

What is the main source of vitamin A?

- A. Milk
- B. Carrot ✓ **Predicted answer**
- C. Egg
- D. Bread

Why this answer? Carrot is the main source of vitamin A.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 29 Home Economics

What is the main source of vitamin B12?

- A. Rice
- B. Bread
- C. Fruit
- D. Meat ✓ **Predicted answer**

Why this answer? Meat is the main source of vitamin B12.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

30 Home Economics

What is the main source of vitamin K?

- A. Green leafy vegetables ✓ **Predicted answer**
- B. Milk
- C. Egg
- D. Bread

Why this answer? Green leafy vegetables are the main source of vitamin K.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 31 Home Economics

What is the main source of vitamin E?

- A. Vegetable oils ✓ **Predicted answer**
- B. Milk
- C. Egg
- D. Bread

Why this answer? Vegetable oils are the main source of vitamin E.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 32 Home Economics

What is the function of vitamin A?

- A. Strong bones
- B. Blood clotting
- C. Energy
- D. Good vision ✓ **Predicted answer**

swer? Vitamin A is for good vision.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 33 Home Economics

What is the function of vitamin D?

- A. Good vision
- B. Blood clotting
- C. Energy
- D. Strong bones ✓ **Predicted answer**

Why this answer? Vitamin D is for strong bones.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 34 Home Economics

What is the function of vitamin K?

- A. Good vision
- B. Strong bones
- C. Energy
- D. Blood clotting ✓ **Predicted answer**

Why this answer? Vitamin K is for blood clotting.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 35 Home Economics

What is the function of vitamin B12?

- B. Strong bones
- C. Energy from food ✓ **Predicted answer**
- D. Blood clotting

Why this answer? Vitamin B1 helps energy from food.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 36 Home Economics

What is the function of vitamin C?

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

Why this answer? Vitamin C is for healthy skin and gums.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 37 Home Economics

What is kwashiorkor?

- A. A disease from lack of vitamin C
- B. A disease from lack of iron
- C. A disease from lack of vitamin D
- D. A disease from lack of protein ✓ **Predicted answer**

Why this answer? Kwashiorkor comes from lack of protein.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and

urs in every Lecturer Home Economics sitting.

Question 38 Home Economics

What is marasmus?

- A. A disease from lack of vitamin C
- B. A disease from lack of food energy ✓ **Predicted answer**
- C. A disease from lack of iron
- D. A disease from lack of vitamin D

Why this answer? Marasmus comes from lack of food energy.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 39 Home Economics

What is the best food for a baby?

- A. Cow's milk
- B. Mother's milk ✓ **Predicted answer**
- C. Rice
- D. Fruit

Why this answer? Mother's milk is the best food for a baby.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 40 Home Economics

What is weaning?

- A. Stopping milk
- B. Feeding a baby

oducing solid food to a baby ✓ **Predicted answer**

- D. Bathing a baby

Why this answer? Weaning is introducing solid food to a baby.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 41 Home Economics

What is a diet for a pregnant woman rich in?

- A. Fat only
- B. Sugar only
- C. Salt only
- D. Iron and protein ✓ **Predicted answer**

Why this answer? A pregnant woman's diet should be rich in iron and protein.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

Question 42 Home Economics

What is a diet for an old person low in?

- A. Protein
- B. Vitamins
- C. Minerals
- D. Fat and salt ✓ **Predicted answer**

Why this answer? An old person's diet should be low in fat and salt.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food and nutrition recurs in every Lecturer Home Economics sitting.

43 Home Economics

What is food hygiene?

- A. Cooking food
- B. Keeping food clean and safe ✓ **Predicted answer**
- C. Eating food
- D. Buying food

Why this answer? Food hygiene is keeping food clean and safe.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food preparation recurs in every Lecturer Home Economics sitting.

Question 44 Home Economics

What is food poisoning?

- A. A disease from lack of food
- B. A disease from too much food
- C. A disease from water
- D. Illness from eating contaminated food ✓ **Predicted answer**

Why this answer? Food poisoning is illness from contaminated food.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food preparation recurs in every Lecturer Home Economics sitting.

Question 45 Home Economics

What is contamination of food?

- A. Food cooked well
- B. Food made unsafe by germs or chemicals ✓ **Predicted answer**
- C. Food stored well
- D. Food eaten fresh

swer? Contamination makes food unsafe.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food preparation recurs in every Lecturer Home Economics sitting.

Question 46 Home Economics

What is the best way to wash hands before cooking?

- A. With water only
- B. With soap and water ✓ **Predicted answer**
- C. With a cloth
- D. With oil

Why this answer? Hands should be washed with soap and water.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food preparation recurs in every Lecturer Home Economics sitting.

Question 47 Home Economics

What is a balanced meal?

- A. A meal of one food
- B. A meal with foods from all food groups ✓ **Predicted answer**
- C. A meal with much fat
- D. A meal with no vegetables

Why this answer? A balanced meal has foods from all food groups.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food preparation recurs in every Lecturer Home Economics sitting.

Question 48 Home Economics

What is a menu?

- B. A book
- C. A test
- D. A list of foods served ✓ **Predicted answer**

Why this answer? A menu is a list of foods served.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food preparation recurs in every Lecturer Home Economics sitting.

Question 49 Home Economics

What is a recipe?

- A. A list of foods
- B. A book
- C. Instructions for making a dish ✓ **Predicted answer**
- D. A test

Why this answer? A recipe gives instructions for making a dish.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food preparation recurs in every Lecturer Home Economics sitting.

Question 50 Home Economics

What is a kitchen?

- A. A room for eating
- B. A room for sleeping
- C. A room for washing
- D. A room for cooking food ✓ **Predicted answer**

Why this answer? A kitchen is a room for cooking food.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food

recurs in every Lecturer Home Economics sitting.

Question 51 Home Economics

What is the most important thing in a kitchen?

- A. Cleanliness ✓ **Predicted answer**
- B. Size
- C. Colour
- D. Light

Why this answer? Cleanliness is most important in a kitchen.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: food preparation recurs in every Lecturer Home Economics sitting.

Question 52 Home Economics

What is a natural dye?

- A. A chemical dye
- B. A paint
- C. A colour
- D. A dye from plants or animals ✓ **Predicted answer**

Why this answer? A natural dye comes from plants or animals.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: textiles and clothing recurs in every Lecturer Home Economics sitting.

Question 53 Home Economics

What is a synthetic dye?

- A. A natural dye
- B. A paint

- hemical dye ✓ **Predicted answer**
- D. A colour

Why this answer? A synthetic dye is a chemical dye.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: textiles and clothing recurs in every Lecturer Home Economics sitting.

Question 54 Home Economics

What is the difference between cotton and wool?

- A. Cotton is from plants; wool is from animals ✓ **Predicted answer**
- B. They are the same
- C. Cotton is from animals
- D. Wool is from plants

Why this answer? Cotton is from plants; wool is from animals.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: textiles and clothing recurs in every Lecturer Home Economics sitting.

Question 55 Home Economics

What is the warmest fibre?

- A. Cotton
- B. Silk
- C. Wool ✓ **Predicted answer**
- D. Linen

Why this answer? Wool is the warmest fibre.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: textiles and clothing recurs in every Lecturer Home Economics sitting.

56 Home Economics

What is the coolest fibre?

- A. Wool
- B. Silk
- C. Linen
- D. Cotton ✓ **Predicted answer**

Why this answer? Cotton is the coolest fibre.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: textiles and clothing recurs in every Lecturer Home Economics sitting.

Question 57 Home Economics

What is the strongest natural fibre?

- A. Silk ✓ **Predicted answer**
- B. Cotton
- C. Wool
- D. Linen

Why this answer? Silk is the strongest natural fibre.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: textiles and clothing recurs in every Lecturer Home Economics sitting.

Question 58 Home Economics

What is the most widely used fibre in the world?

- A. Wool
- B. Cotton ✓ **Predicted answer**
- C. Silk
- D. Linen

swer? Cotton is the most widely used fibre.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: textiles and clothing recurs in every Lecturer Home Economics sitting.

Question 59 Home Economics

What is a stitch?

- A. A needle
- B. A button
- C. A loop of thread in sewing ✓ **Predicted answer**
- D. A cloth

Why this answer? A stitch is a loop of thread in sewing.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: textiles and clothing recurs in every Lecturer Home Economics sitting.

Question 60 Home Economics

What is a button used for?

- A. Decorating only
- B. Cutting cloth
- C. Sewing
- D. Fastening clothes ✓ **Predicted answer**

Why this answer? A button fastens clothes.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: textiles and clothing recurs in every Lecturer Home Economics sitting.

Question 61 Home Economics

What is a zip used for?

orating only

- B. Fastening clothes ✓ **Predicted answer**
- C. Cutting cloth
- D. Sewing

Why this answer? A zip fastens clothes.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: textiles and clothing recurs in every Lecturer Home Economics sitting.

Question 62 Home Economics

What is ironing?

- A. Washing clothes
- B. Pressing clothes with a hot iron ✓ **Predicted answer**
- C. Drying clothes
- D. Cutting clothes

Why this answer? Ironing presses clothes with a hot iron.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: textiles and clothing recurs in every Lecturer Home Economics sitting.

Question 63 Home Economics

What is washing?

- A. Drying clothes
- B. Ironing clothes
- C. Cleaning clothes with water and soap ✓ **Predicted answer**
- D. Cutting clothes

Why this answer? Washing cleans clothes with water and soap.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: textiles and

Question 64 Home Economics

What is dry cleaning?

- A. Cleaning clothes without water ✓ **Predicted answer**
- B. Cleaning with water
- C. Ironing
- D. Dyeing

Why this answer? Dry cleaning cleans without water.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: textiles and clothing recurs in every Lecturer Home Economics sitting.

Question 65 Home Economics

What is the extended family?

- A. A family including relatives beyond parents and children ✓ **Predicted answer**
- B. Parents and children only
- C. One person
- D. A group of friends

Why this answer? An extended family includes relatives beyond parents and children.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: family and home management recurs in every Lecturer Home Economics sitting.

Question 66 Home Economics

What is marriage?

- A. A friendship
- B. A socially approved union between partners ✓ **Predicted answer**

- D. A religious rite only

Why this answer? Marriage is a socially approved union.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: family and home management recurs in every Lecturer Home Economics sitting.

Question 67 Home Economics

What is the main function of the family?

- A. Making laws
- B. Socialisation of children ✓ **Predicted answer**
- C. Printing money
- D. Building roads

Why this answer? The family socialises children.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: family and home management recurs in every Lecturer Home Economics sitting.

Question 68 Home Economics

What is the role of a mother in the family?

- A. Earning money only
- B. Caring for children and home ✓ **Predicted answer**
- C. Making laws
- D. Building houses

Why this answer? A mother cares for children and home.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: family and home management recurs in every Lecturer Home Economics sitting.

69 Home Economics

What is the role of a father in the family?

- A. Providing for the family ✓ **Predicted answer**
- B. Caring for children only
- C. Making laws
- D. Building houses

Why this answer? A father provides for the family.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: family and home management recurs in every Lecturer Home Economics sitting.

Question 70 Home Economics

What is time management in the home?

- A. Wasting time
- B. Saving time
- C. Using time well ✓ **Predicted answer**
- D. Ignoring time

Why this answer? Time management is using time well.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: family and home management recurs in every Lecturer Home Economics sitting.

Question 71 Home Economics

What is energy management in the home?

- A. Wasting energy
- B. Saving energy
- C. Using energy well ✓ **Predicted answer**
- D. Ignoring energy

swer? Energy management is using energy well.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: family and home management recurs in every Lecturer Home Economics sitting.

Question 72 Home Economics

What is a household?

- A. A house
- B. A family
- C. People living together in one home ✓ **Predicted answer**
- D. A room

Why this answer? A household is people living together in one home.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: family and home management recurs in every Lecturer Home Economics sitting.

Question 73 Home Economics

What is the difference between a house and a home?

- A. They are the same
- B. A house is a building; a home is where a family lives ✓ **Predicted answer**
- C. A home is a building
- D. A house is a family

Why this answer? A house is a building; a home is where a family lives.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: family and home management recurs in every Lecturer Home Economics sitting.

Question 74 Home Economics

What is a good home?

g house

- B. A clean, safe and happy place ✓ **Predicted answer**
- C. An expensive house
- D. A new house

Why this answer? A good home is clean, safe and happy.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: family and home management recurs in every Lecturer Home Economics sitting.

Question 75 Home Economics

What is child care?

- A. Looking after children ✓ **Predicted answer**
- B. Teaching children
- C. Feeding children
- D. Clothing children

Why this answer? Child care is looking after children.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: child development recurs in every Lecturer Home Economics sitting.

Question 76 Home Economics

What is the most important period of child development?

- A. Early childhood ✓ **Predicted answer**
- B. Adolescence
- C. Adulthood
- D. Old age

Why this answer? Early childhood is the most important period.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: child

t recurs in every Lecturer Home Economics sitting.

Question 77 Home Economics

Who proposed the psychosocial stages of development?

- A. Jean Piaget
- B. Sigmund Freud
- C. Erik Erikson ✓ **Predicted answer**
- D. Maria Montessori

Why this answer? Erikson proposed psychosocial stages.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: child development recurs in every Lecturer Home Economics sitting.

Question 78 Home Economics

How many psychosocial stages did Erikson propose?

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

Why this answer? Erikson proposed eight stages.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: child development recurs in every Lecturer Home Economics sitting.

Question 79 Home Economics

What is the first psychosocial stage?

- A. Autonomy vs shame
- B. Identity vs confusion

ustry vs inferiority

- D. Trust vs mistrust ✓ **Predicted answer**

Why this answer? The first stage is trust vs mistrust.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: child development recurs in every Lecturer Home Economics sitting.

Question 80 Home Economics

What is language development in children?

- A. Learning to speak and understand ✓ **Predicted answer**
- B. Learning to read
- C. Learning to write
- D. Learning to listen

Why this answer? Language development is learning to speak and understand.

Why predicted [C] — Syllabus anchor: syllabus anchor — Home Economics: child development recurs in every Lecturer Home Economics sitting.

Question 81 Pakistan Studies

The Lahore Resolution was passed in:

- A. 1930
- B. 1947
- C. 1935
- D. 1940 ✓ **Predicted answer**

Why this answer? The Lahore Resolution was passed on 23 March 1940.

Why predicted [C] — Syllabus anchor: syllabus anchor — Pakistan Studies: the Pakistan Movement recurs in every Lecturer sitting.

82 Pakistan Studies

The first Constitution of Pakistan was adopted in:

- A. 1947
- B. 1962
- C. 1973
- D. 1956 ✓ **Predicted answer**

Why this answer? The first Constitution of Pakistan was adopted in 1956.

Why predicted [C] — Syllabus anchor: syllabus anchor — Pakistan Studies: constitutional history recurs in every Lecturer sitting.

Question 83 Pakistan Studies

The current Constitution of Pakistan dates from:

- A. 1973 ✓ **Predicted answer**
- B. 1956
- C. 1962
- D. 1985

Why this answer? The current Constitution of Pakistan was adopted in 1973.

Why predicted [C] — Syllabus anchor: syllabus anchor — Pakistan Studies: constitutional history recurs in every Lecturer sitting.

Question 84 Pakistan Studies

Who presented the Lahore Resolution?

- A. Muhammad Ali Jinnah
- B. Liaquat Ali Khan
- C. Allama Iqbal
- D. A. K. Fazlul Huq ✓ **Predicted answer**

swer? A. K. Fazlul Huq presented the Lahore Resolution in 1940.

Why predicted [C] — Syllabus anchor: syllabus anchor — Pakistan Studies: the Pakistan Movement recurs in every Lecturer sitting.

Question 85 Pakistan Studies

The Durand Line is the border between Pakistan and:

- A. Iran
- B. India
- C. Afghanistan ✓ **Predicted answer**
- D. China

Why this answer? The Durand Line is the Pakistan-Afghanistan border.

Why predicted [C] — Syllabus anchor: syllabus anchor — Pakistan Studies: Pakistan geography recurs in every Lecturer sitting.

Question 86 Pakistan Studies

The Simla Agreement was signed in:

- A. 1965
- B. 1971
- C. 1974
- D. 1972 ✓ **Predicted answer**

Why this answer? The Simla Agreement was signed in 1972.

Why predicted [C] — Syllabus anchor: syllabus anchor — Pakistan Studies: Pakistan history recurs in every Lecturer sitting.

Question 87 Pakistan Studies

Who was the first Prime Minister of Pakistan?

- B. Liaquat Ali Khan ✓ **Predicted answer**
- C. Khwaja Nazimuddin
- D. Ayub Khan

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

Why predicted [C] — Syllabus anchor: syllabus anchor — Pakistan Studies: Pakistan history recurs in every Lecturer sitting.

Question 88 Pakistan Studies

The Objective Resolution was passed in:

- A. 1949 ✓ **Predicted answer**
- B. 1947
- C. 1956
- D. 1973

Why this answer? The Objective Resolution was passed in March 1949.

Why predicted [C] — Syllabus anchor: syllabus anchor — Pakistan Studies: constitutional history recurs in every Lecturer sitting.

Question 89 Pakistan Studies

The largest dam in Pakistan is:

- A. Mangla Dam
- B. Tarbela Dam ✓ **Predicted answer**
- C. Warsak Dam
- D. Diamer-Bhasha Dam

Why this answer? Tarbela is the largest dam in Pakistan.

Why predicted [C] — Syllabus anchor: syllabus anchor — Pakistan Studies: Pakistan

ecurs in every Lecturer sitting.

Question 90 Pakistan Studies

Which city of Pakistan is known as the City of Saints?

- A. Lahore
- B. Peshawar
- C. Multan ✓ **Predicted answer**
- D. Quetta

Why this answer? Multan is known as the City of Saints.

Why predicted [C] — Syllabus anchor: syllabus anchor — Pakistan Studies: Pakistan history recurs in every Lecturer sitting.

Question 91 Everyday Science

The chemical formula of water is:

- A. CO2
- B. H2O ✓ **Predicted answer**
- C. O2
- D. NaCl

Why this answer? Water is H2O.

Why predicted [C] — Syllabus anchor: syllabus anchor — Everyday Science: basic chemistry facts recur in every Lecturer sitting.

Question 92 Everyday Science

The speed of light in a vacuum is about:

- A. 150,000 km per second
- B. 30,000 km per second

- ,000 km per second ✓ **Predicted answer**
- D. 3,000 km per second

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

Why predicted [C] — Syllabus anchor: syllabus anchor — Everyday Science: physics facts recur in every Lecturer sitting.

Question 93 Everyday Science

Which vitamin is found in citrus fruits?

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

Why this answer? Citrus fruits are rich in vitamin C.

Why predicted [C] — Syllabus anchor: syllabus anchor — Everyday Science: nutrition facts recur in every Lecturer sitting.

Question 94 Everyday Science

The boiling point of water at sea level is:

- A. 90 degrees Celsius
- B. 80 degrees Celsius
- C. 120 degrees Celsius
- D. 100 degrees Celsius ✓ **Predicted answer**

Why this answer? Water boils at 100 degrees Celsius at sea level.

Why predicted [C] — Syllabus anchor: syllabus anchor — Everyday Science: basic physics facts recur in every Lecturer sitting.

95 Everyday Science

Which blood cells carry oxygen?

- A. White blood cells
- B. Platelets
- C. Red blood cells ✓ **Predicted answer**
- D. Plasma cells

Why this answer? Red blood cells carry oxygen through haemoglobin.

Why predicted [C] — Syllabus anchor: syllabus anchor — Everyday Science: human biology facts recur in every Lecturer sitting.

Question 96 Everyday Science

The SI unit of force is:

- A. Newton ✓ **Predicted answer**
- B. Joule
- C. Watt
- D. Pascal

Why this answer? The newton is the SI unit of force.

Why predicted [C] — Syllabus anchor: syllabus anchor — Everyday Science: units recur in every Lecturer sitting.

Question 97 Everyday Science

Which gas is most abundant in the air?

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

swer? Nitrogen makes up about 78 percent of the air.

Why predicted [C] — Syllabus anchor: syllabus anchor — Everyday Science: basic chemistry facts recur in every Lecturer sitting.

Question 98 Everyday Science

The powerhouse of the cell is the:

- A. Mitochondrion ✓ **Predicted answer**
- B. Nucleus
- C. Ribosome
- D. Golgi body

Why this answer? The mitochondrion is the powerhouse of the cell.

Why predicted [C] — Syllabus anchor: syllabus anchor — Everyday Science: cell biology facts recur in every Lecturer sitting.

Question 99 Everyday Science

How many bones are there in the adult human body?

- A. 196
- B. 216
- C. 226
- D. 206 ✓ **Predicted answer**

Why this answer? An adult human has 206 bones.

Why predicted [C] — Syllabus anchor: syllabus anchor — Everyday Science: human biology facts recur in every Lecturer sitting.

Question 100 Everyday Science

The freezing point of water is:

egrees Celsius ✓ **Predicted answer**

- B. 10 degrees Celsius
- C. 5 degrees Celsius
- D. minus 10 degrees Celsius

Why this answer? Water freezes at 0 degrees Celsius.

Why predicted [C] — Syllabus anchor: syllabus anchor — Everyday Science: basic physics facts recur in every Lecturer sitting.

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