PPSC Lecturer Home Economics | BS-17 — GUESS PAPER 2026 (Set 1 of 2) · Predicted Questions

Body: Punjab Public Service Commission (PPSC) · **Post:** Lecturer Home Economics | BS-17 · **Set:** 1 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 Do not quote any item as "asked in the 2026 exam" — nothing here has been asked yet.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 night blindness?

- A. Vitamin B1
- B. Vitamin C
- C. Vitamin D

min A ✓ **Predicted answer**

Why this answer? Deficiency of Vitamin A causes night blindness.

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 scurvy?

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

Why this answer? Deficiency of Vitamin C causes scurvy.

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 anaemia?

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

Why this answer? Deficiency of Vitamin B12 causes anaemia.

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 pellagra?

- A. Vitamin E
- B. Vitamin B3 ✓ **Predicted answer**
- C. Vitamin A
- D. Vitamin B1

Why this answer? Deficiency of Vitamin B3 causes pellagra.

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 protein?

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

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

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 fat?

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

swer? Butter is a good source of fat.

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 calcium?

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

Why this answer? Milk is a good source of calcium.

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 vitamin A?

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

Why this answer? Carrot is a good source of vitamin A.

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 protein-rich food?

- B. Potato
- C. Meat ✓ **Predicted answer**
- D. Sugar

Why this answer? Meat is a protein-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 fat-rich food?

- A. Rice
- B. Ghee ✓ **Predicted answer**
- C. Egg
- D. Lentils

Why this answer? Ghee is a fat-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 a plant fibre?

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

Why this answer? Cotton is a plant fibre.

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

Question 12 Home Economics

Which fibre is a fibre from silkworms?

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

Why this answer? Silk is a fibre from silkworms.

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 synthetic fibre?

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

Why this answer? Nylon is a synthetic 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 a plant fibre used for sacks?

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

- D. Wool

Why this answer? Jute is a plant fibre used for sacks.

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 Milk mainly a source of?

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

Why this answer? Milk is mainly a source of calcium.

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 Carrot mainly a source of?

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

Why this answer? Carrot is mainly a source of vitamin A.

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 Spinach mainly a source of?

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

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

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 Bread mainly a source of?

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

Why this answer? Bread is mainly a source of carbohydrate.

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 Meat mainly a source of?

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

swer? Meat 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 home economics?

- A. The study of managing home and family life ✓ **Predicted answer**
- B. The study of money only
- C. The study of cooking only
- D. The study of sewing only

Why this answer? Home economics is the study of managing 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 nutrition?

- A. Cooking food
- B. Growing food
- C. Buying food
- D. The process of taking in and using food ✓ **Predicted answer**

Why this answer? Nutrition is taking in and using food.

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

Question 22 Home Economics

What is a balanced diet?

et of one food

- B. A diet with much fat
- C. A diet with all nutrients in right amounts ✓ **Predicted answer**
- D. A diet with no fat

Why this answer? A balanced diet has all nutrients in right amounts.

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

Question 23 Home Economics

How many calories does 1 gram of protein provide?

- A. 9 calories
- B. 7 calories
- C. 4 calories ✓ **Predicted answer**
- D. 2 calories

Why this answer? 1 gram of protein provides 4 calories.

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

Question 24 Home Economics

How many calories does 1 gram of carbohydrate provide?

- A. 4 calories ✓ **Predicted answer**
- B. 9 calories
- C. 7 calories
- D. 2 calories

Why this answer? 1 gram of carbohydrate provides 4 calories.

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

urs in every Lecturer Home Economics sitting.

Question 25 Home Economics

How many calories does 1 gram of fat provide?

- A. 4 calories
- B. 7 calories
- C. 9 calories ✓ **Predicted answer**
- D. 2 calories

Why this answer? 1 gram of fat provides 9 calories.

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 function of protein?

- A. Giving energy only
- B. Protecting from disease
- C. Building and repairing body tissues ✓ **Predicted answer**
- D. Storing fat

Why this answer? Protein builds and repairs body tissues.

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 function of carbohydrates?

- A. Building tissues
- B. Protecting from disease

- D. Giving energy ✓ **Predicted answer**

Why this answer? Carbohydrates give energy.

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 function of fats?

- A. Giving energy and storing it ✓ **Predicted answer**
- B. Building tissues
- C. Making blood
- D. Protecting from disease

Why this answer? Fats give and store energy.

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 function of vitamins?

- A. Giving energy
- B. Building tissues
- C. Making blood
- D. Protecting the body from disease ✓ **Predicted answer**

Why this answer? Vitamins protect the body from disease.

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 function of minerals?

- A. Giving energy
- B. Building bones and regulating body functions ✓ **Predicted answer**
- C. Building tissues
- D. Making blood

Why this answer? Minerals build bones and regulate body functions.

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 function of water in the body?

- A. Regulating temperature and carrying nutrients ✓ **Predicted answer**
- B. Giving energy
- C. Building tissues
- D. Making blood

Why this answer? Water regulates temperature and carries nutrients.

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 main function of fibre in food?

- A. Helping digestion ✓ **Predicted answer**
- B. Giving energy
- C. Building tissues
- D. Making blood

swer? Fibre helps digestion.

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 malnutrition?

- A. Poor nutrition from lack of food or wrong food ✓ **Predicted answer**
- B. Eating too much
- C. Eating too little
- D. Eating fast

Why this answer? Malnutrition is poor nutrition.

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 obesity?

- A. Lack of fat
- B. Excess body fat ✓ **Predicted answer**
- C. Lack of food
- D. Lack of water

Why this answer? Obesity is excess body fat.

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 anaemia?

‹ of water

- B. Lack of haemoglobin in blood ✓ **Predicted answer**
- C. Lack of fat
- D. Lack of protein

Why this answer? Anaemia is lack of haemoglobin.

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 rickets?

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

Why this answer? Rickets comes from lack of vitamin D.

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 scurvy?

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

Why this answer? Scurvy comes from lack of vitamin C.

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

urs in every Lecturer Home Economics sitting.

Question 38 Home Economics

What is beriberi?

- A. A disease from lack of vitamin C
- B. A disease from lack of vitamin D
- C. A disease from lack of iron
- D. A disease from lack of vitamin B1 ✓ **Predicted answer**

Why this answer? Beriberi comes from lack of vitamin B1.

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 source of vitamin D?

- A. Sunlight ✓ **Predicted answer**
- B. Milk
- C. Egg
- D. Fish

Why this answer? Sunlight is the best source of vitamin D.

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 the best source of vitamin C?

- A. Milk
- B. Citrus fruits ✓ **Predicted answer**

- D. Bread

Why this answer? Citrus fruits are the best source of vitamin C.

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 the best source of iron?

- A. Green leafy vegetables ✓ **Predicted answer**
- B. Milk
- C. Rice
- D. Sugar

Why this answer? Green leafy vegetables are the best source of iron.

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 the best source of calcium?

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

Why this answer? Milk is the best source of calcium.

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

43 Home Economics

What is the best source of protein?

- A. Rice
- B. Bread
- C. Egg ✓ **Predicted answer**
- D. Sugar

Why this answer? Egg is the best source of protein.

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

Question 44 Home Economics

What is cooking?

- A. Eating food
- B. Buying food
- C. Storing food
- D. Preparing food by heat ✓ **Predicted answer**

Why this answer? Cooking is preparing food by heat.

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

Question 45 Home Economics

What is boiling?

- A. Cooking in oil
- B. Cooking in steam
- C. Cooking in an oven
- D. Cooking in boiling water ✓ **Predicted answer**

swer? Boiling is cooking in boiling water.

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

Question 46 Home Economics

What is frying?

- A. Cooking in hot oil ✓ **Predicted answer**
- B. Cooking in water
- C. Cooking in steam
- D. Cooking in an oven

Why this answer? Frying is cooking in hot oil.

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

Question 47 Home Economics

What is steaming?

- A. Cooking in water
- B. Cooking with steam ✓ **Predicted answer**
- C. Cooking in oil
- D. Cooking in an oven

Why this answer? Steaming is cooking with steam.

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

Question 48 Home Economics

What is baking?

king in an oven ✓ **Predicted answer**

- B. Cooking in water
- C. Cooking in oil
- D. Cooking in steam

Why this answer? Baking is cooking in an oven.

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

Question 49 Home Economics

What is food preservation?

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

Why this answer? Food preservation keeps food safe for longer.

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

Question 50 Home Economics

What is pasteurisation?

- A. Freezing milk
- B. Heating milk to kill germs ✓ **Predicted answer**
- C. Boiling water
- D. Drying milk

Why this answer? Pasteurisation heats milk to kill germs.

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

recurs in every Lecturer Home Economics sitting.

Question 51 Home Economics

What is a refrigerator used for?

- A. Cooking food
- B. Heating food
- C. Drying food
- D. Keeping food cold and fresh ✓ **Predicted answer**

Why this answer? A refrigerator keeps food cold and fresh.

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

Question 52 Home Economics

What is the best temperature for storing food in a refrigerator?

- A. Below 20 degrees C
- B. Below 5 degrees C ✓ **Predicted answer**
- C. Below 10 degrees C
- D. Below 0 degrees C

Why this answer? Food should be stored below 5 degrees C.

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

Question 53 Home Economics

What is a textile?

- A. A thread
- B. A dye

- D. A needle

Why this answer? A textile is a cloth made from fibres.

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 a fibre?

- A. A cloth
- B. A dye
- C. A thread-like material for making cloth ✓ **Predicted answer**
- D. A needle

Why this answer? A fibre is a thread-like material.

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 a natural fibre?

- A. A synthetic fibre
- B. A fibre from nature such as cotton ✓ **Predicted answer**
- C. A man-made fibre
- D. A plastic fibre

Why this answer? A natural fibre comes from nature.

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

56 Home Economics

What is a synthetic fibre?

- A. A natural fibre
- B. A plant fibre
- C. A man-made fibre such as nylon ✓ **Predicted answer**
- D. An animal fibre

Why this answer? A synthetic fibre is man-made.

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 cotton made from?

- A. Sheep
- B. The cotton plant ✓ **Predicted answer**
- C. Silkworms
- D. Flax

Why this answer? Cotton is made from the cotton plant.

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 wool made from?

- A. Cotton plant
- B. Silkworms
- C. Flax
- D. Sheep ✓ **Predicted answer**

swer? Wool is made from sheep.

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 silk made from?

- A. Sheep
- B. Silkworms ✓ **Predicted answer**
- C. Cotton plant
- D. Flax

Why this answer? Silk is made from silkworms.

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 linen made from?

- A. Sheep
- B. Silkworms
- C. Flax ✓ **Predicted answer**
- D. Cotton plant

Why this answer? Linen is made from flax.

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 weaving?

- B. Dyeing cloth
- C. Cutting cloth
- D. Making cloth by interlacing threads ✓ **Predicted answer**

Why this answer? Weaving makes cloth by interlacing threads.

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 knitting?

- A. Making cloth by looping yarn ✓ **Predicted answer**
- B. Making thread
- C. Dyeing cloth
- D. Cutting cloth

Why this answer? Knitting makes cloth by looping yarn.

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 dyeing?

- A. Making cloth
- B. Cutting cloth
- C. Washing cloth
- D. Colouring cloth ✓ **Predicted answer**

Why this answer? Dyeing is colouring cloth.

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

Question 64 Home Economics

What is a seam?

- A. A thread
- B. A needle
- C. A button
- D. A line where two pieces of cloth are joined ✓ **Predicted answer**

Why this answer? A seam joins two pieces of cloth.

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 family?

- A. A group of friends
- B. A workplace
- C. A school
- D. The basic unit of society ✓ **Predicted answer**

Why this answer? The family is the basic unit of society.

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 a nuclear family?

- A. Parents, children and grandparents
- B. One person

- D. A group of friends

Why this answer? A nuclear family is parents and their children.

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 a joint family?

- A. Parents and children only
- B. Parents, children and other relatives living together ✓ **Predicted answer**
- C. One person
- D. A group of friends

Why this answer? A joint family includes other relatives.

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 home management?

- A. Cleaning only
- B. Cooking only
- C. Building a house
- D. Managing the home and its resources ✓ **Predicted answer**

Why this answer? Home management is managing the home and its resources.

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 a family budget?

- A. A bank account
- B. A shopping list
- C. A salary
- D. A plan of family income and spending ✓ **Predicted answer**

Why this answer? A family budget plans income and spending.

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 the main source of family income?

- A. Savings
- B. Loans
- C. Gifts
- D. Salary or wages ✓ **Predicted answer**

Why this answer? Salary or wages are the main source of family income.

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 saving?

- A. Spending money
- B. Borrowing money
- C. Giving money
- D. Keeping money for future use ✓ **Predicted answer**

swer? Saving is keeping money for future use.

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 child development?

- A. Teaching children
- B. Feeding children
- C. The growth and changes in children ✓ **Predicted answer**
- D. Clothing children

Why this answer? Child development is growth and changes in children.

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

Question 73 Home Economics

Who proposed the stages of cognitive development in children?

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

Why this answer? Piaget proposed cognitive development stages.

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

Question 74 Home Economics

How many stages did Piaget propose?

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

Why this answer? Piaget proposed four stages.

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

Question 75 Home Economics

What is the first stage in Piaget's theory?

- A. Preoperational
- B. Concrete operational
- C. Formal operational
- D. Sensorimotor ✓ **Predicted answer**

Why this answer? The first Piaget stage is sensorimotor.

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

Question 76 Home Economics

What is play in child development?

- A. A way children learn ✓ **Predicted answer**
- B. Wasting time
- C. A punishment
- D. A reward

Why this answer? Play is a way children learn.

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

t recurs in every Lecturer Home Economics sitting.

Question 77 Home Economics

What is the best age to start solid food for a baby?

- A. About 6 months ✓ **Predicted answer**
- B. About 2 months
- C. About 12 months
- D. About 3 months

Why this answer? Solid food should start at about 6 months.

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

Question 78 Home Economics

What is the main food of a newborn baby?

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

Why this answer? Mother's milk is the main food of a newborn baby.

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 function of a kitchen garden?

- A. Growing flowers
- B. Keeping animals

- D. Growing vegetables at home ✓ **Predicted answer**

Why this answer? A kitchen garden grows vegetables at home.

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

Question 80 Home Economics

What is the main purpose of a dining room?

- A. Eating meals together ✓ **Predicted answer**
- B. Cooking food
- C. Sleeping
- D. Washing clothes

Why this answer? A dining room is for eating meals together.

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

Question 81 English

Neither of the answers ___ correct.

- A. are
- B. were
- C. is ✓ **Predicted answer**
- D. have been

Why this answer? 'Neither' takes a singular verb: 'is'.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: grammar (subject-verb agreement) recurs in every Lecturer sitting.

82 English

Choose the correct antonym of 'Honest'.

- A. Truthful
- B. Sincere
- C. Dishonest ✓ **Predicted answer**
- D. Loyal

Why this answer? 'Dishonest' is the antonym of 'honest'.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: antonyms recur in every Lecturer sitting.

Question 83 English

The past tense of 'Buy' is:

- A. Buyed
- B. Buying
- C. Bought ✓ **Predicted answer**
- D. Buys

Why this answer? The past tense of 'buy' is 'bought'.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: grammar (verb forms) recurs in every Lecturer sitting.

Question 84 English

Choose the correct spelling of the word meaning surroundings.

- A. Environment ✓ **Predicted answer**
- B. Enviroment
- C. Envirnoment
- D. Enviornment

swer? 'Environment' is the correct spelling.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: spelling recur in every Lecturer sitting.

Question 85 English

Choose the correct synonym of 'Courage'.

- A. Bravery ✓ **Predicted answer**
- B. Fear
- C. Cowardice
- D. Weakness

Why this answer? 'Bravery' is a synonym of 'courage'.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: synonyms recur in every Lecturer sitting.

Question 86 Islamiat

How many pillars of Islam are there?

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

Why this answer? There are five pillars of Islam.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: the five pillars recur in every Lecturer sitting.

Question 87 Islamiat

The first revealed Surah of the Holy Quran is:

- B. Surah Al-Fatiha
- C. Surah Al-Baqarah
- D. Surah Yaseen

Why this answer? Surah Al-Alaq was the first Surah revealed.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: revelation of the Quran recurs in every Lecturer sitting.

Question 88 Islamiat

How many Surahs are there in the Holy Quran?

- A. 114 ✓ **Predicted answer**
- B. 110
- C. 116
- D. 120

Why this answer? There are 114 Surahs in the Holy Quran.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: the Quran recurs in every Lecturer sitting.

Question 89 Islamiat

The first mosque built in Islam was:

- A. Masjid Nabawi
- B. Masjid al-Haram
- C. Masjid Quba ✓ **Predicted answer**
- D. Masjid Aqsa

Why this answer? Masjid Quba was the first mosque built in Islam.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: early Islamic history

Question 90 Islamiat

Zakat is payable on wealth above the nisab at the rate of:

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

Why this answer? Zakat is 2.5 percent of wealth above the nisab.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: Zakat recurs in every Lecturer sitting.

Question 91 Islamiat

The Holy Quran was revealed over a period of:

- A. 13 years
- B. 23 years ✓ **Predicted answer**
- C. 10 years
- D. 25 years

Why this answer? The Quran was revealed over 23 years.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: revelation of the Quran recurs in every Lecturer sitting.

Question 92 Islamiat

The first Caliph of Islam was:

- A. Hazrat Abu Bakr ✓ **Predicted answer**
- B. Hazrat Umar

- D. Hazrat Ali

Why this answer? Hazrat Abu Bakr was the first Caliph.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: the Khulafa-e-Rashideen recur in every Lecturer sitting.

Question 93 Islamiat

Fasting in Ramadan is the ___ pillar of Islam.

- A. first
- B. fourth ✓ **Predicted answer**
- C. second
- D. third

Why this answer? Fasting (Sawm) is the fourth pillar of Islam.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: the five pillars recur in every Lecturer sitting.

Question 94 Islamiat

The Battle of Badr took place in:

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

Why this answer? The Battle of Badr took place in 2 AH (624 CE).

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: early Islamic history recurs in every Lecturer sitting.

95 Islamiat

The longest Surah of the Holy Quran is:

- A. Surah Al-Baqarah ✓ **Predicted answer**
- B. Surah Al-Imran
- C. Surah An-Nisa
- D. Surah Al-Maida

Why this answer? Surah Al-Baqarah is the longest Surah.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: the Quran recurs in every Lecturer sitting.

Question 96 Islamiat

The Holy Prophet (PBUH) was born in:

- A. Madinah
- B. Taif
- C. Makkah ✓ **Predicted answer**
- D. Jerusalem

Why this answer? The Holy Prophet (PBUH) was born in Makkah.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: Seerat recurs in every Lecturer sitting.

Question 97 Islamiat

How many times is prayer (Salah) obligatory each day?

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

Answer: Salah is obligatory five times a day.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: the five pillars recur in every Lecturer sitting.

Question 98 Islamiat

The first month of the Islamic calendar is:

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

Why this answer? Muharram is the first month of the Islamic year.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: Islamic calendar recurs in every Lecturer sitting.

Question 99 Islamiat

The migration of the Holy Prophet (PBUH) to Madinah is called:

- A. Jihad
- B. Hajj
- C. Hijrat ✓ **Predicted answer**
- D. Zakat

Why this answer? The migration to Madinah is called the Hijrat.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: Seerat recurs in every Lecturer sitting.

Question 100 Islamiat

The shortest Surah of the Holy Quran is:

- ah Al-Ikhlas
- B. Surah Al-Asr
- C. Surah Al-Kawthar ✓ **Predicted answer**
- D. Surah Al-Fatiha

Why this answer? Surah Al-Kawthar (3 verses) is the shortest Surah.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: the Quran recurs in every Lecturer sitting.

This is a Ranjha Solutions prediction product, built from Ranjha Solutions' verified past-paper archive. It is **not** a PPSC paper, and no question here has appeared in any exam. Do not quote any item as "asked in the 2026 exam".

Guess papers are **free** — no charge is taken from any student. **No pass guarantee:** nobody can guarantee which questions will appear.