PPSC Nutritionist — GUESS PAPER 2026 (Set 2 of 2) · Predicted Questions

Body: Punjab Public Service Commission (PPSC) · **Post:** Nutritionist · **Set:** 2 of 2 · **Questions:** 100 predicted — 0 repeated questions, 20 verified facts predicted to recur, 80 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 Nutritionist 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. 80 of the 100 questions below are syllabus anchors on this post's recurring topics, because the verified archive for this post holds only 20 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 Do not quote any item as "asked in the 2026 exam" — nothing here has been asked yet.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 Nutrition

Which vitamin is made in the skin by the action of sunlight?

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

swer? Vitamin D is made in the skin when sunlight falls on it.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: vitamins and their sources recurs in every sitting of this post.

Question 2 Nutrition

Which mineral helps the blood carry oxygen around the body?

- A. Calcium
- B. Iron ✓ **Predicted answer**
- C. Sodium
- D. Potassium

Why this answer? Iron is part of haemoglobin, which carries oxygen in the blood.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: minerals and their functions recurs in every sitting of this post.

Question 3 Nutrition

Which food group gives the most energy per gram?

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

Why this answer? Fats give about 9 kilocalories per gram, more than any other food group.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: energy values of nutrients recurs in every sitting of this post.

4 Nutrition

Water makes up about what share of an adult's body weight?

- A. About 20 percent
- B. About 90 percent
- C. About 10 percent
- D. About 60 percent ✓ **Predicted answer**

Why this answer? Water makes up about 60 percent of an adult's body weight.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: water and the body recurs in every sitting of this post.

Question 5 Nutrition

Which food is the richest source of vitamin A?

- A. Rice
- B. Liver ✓ **Predicted answer**
- C. Sugar
- D. White bread

Why this answer? Liver is the richest source of vitamin A.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: food sources of vitamins recurs in every sitting of this post.

Question 6 Nutrition

Which vitamin helps the body absorb calcium from food?

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

swer? Vitamin D helps the body absorb calcium, which is needed for strong bones.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: functions of vitamins recurs in every sitting of this post.

Question 7 Nutrition

Lack of which vitamin causes beriberi?

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

Why this answer? Beriberi is caused by a lack of vitamin B1 (thiamine).

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: vitamin deficiency diseases recurs in every sitting of this post.

Question 8 Nutrition

Which vitamin deficiency causes pellagra?

- A. Niacin (vitamin B3) ✓ **Predicted answer**
- B. Vitamin C
- C. Vitamin D
- D. Vitamin K

Why this answer? Pellagra is caused by a lack of niacin, vitamin B3.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: vitamin deficiency diseases recurs in every sitting of this post.

9 Nutrition

Which vitamin deficiency causes osteomalacia in adults?

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

Why this answer? Osteomalacia, softening of the bones in adults, is caused by a lack of vitamin D.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: vitamin deficiency diseases recurs in every sitting of this post.

Question 10 Nutrition

Iodised salt prevents which condition?

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

Why this answer? Iodised salt supplies iodine and prevents goitre.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: prevention of deficiency diseases recurs in every sitting of this post.

Question 11 Nutrition

Milk is valued in the diet mainly because it supplies which mineral?

- A. Calcium ✓ **Predicted answer**
- B. Iron
- C. Iodine

Why this answer? Milk is valued mainly as a source of calcium for bones and teeth.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: food sources of minerals recurs in every sitting of this post.

Question 12 Nutrition

What are essential amino acids?

- A. Amino acids found only in plants
- B. Amino acids the body cannot make and must get from food ✓ **Predicted answer**
- C. Amino acids that provide no energy
- D. Amino acids made in the liver

Why this answer? Essential amino acids cannot be made by the body, so they must come from food.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: protein structure recurs in every sitting of this post.

Question 13 Nutrition

Which nutrient builds and repairs the tissues of the body?

- A. Carbohydrate
- B. Water
- C. Fibre
- D. Protein ✓ **Predicted answer**

Why this answer? Protein builds and repairs body tissues.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: functions of nutrients recurs in every sitting of this post.

14 Nutrition

Which of these foods is a good source of dietary fibre?

- A. Whole grains ✓ **Predicted answer**
- B. White sugar
- C. Butter
- D. Salt

Why this answer? Whole grains are a good source of dietary fibre.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: food sources of fibre recurs in every sitting of this post.

Question 15 Nutrition

Which cooking method preserves the most nutrients in vegetables?

- A. Deep frying
- B. Steaming ✓ **Predicted answer**
- C. Boiling for a long time
- D. Roasting at very high heat

Why this answer? Steaming preserves the most nutrients because the vegetables are not soaked in water or cooked in much fat.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: food preparation recurs in every sitting of this post.

Question 16 Nutrition

What is meant by food fortification?

- A. Removing fat from food
- B. Freezing food for storage
- C. Adding nutrients to food to improve its value ✓ **Predicted answer**

ling colour to food

Why this answer? Food fortification means adding nutrients, such as iodine in salt, to improve a food's value.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: public health nutrition recurs in every sitting of this post.

Question 17 Nutrition

At what age should semi-solid weaning foods be introduced to an infant?

- A. 6 months ✓ **Predicted answer**
- B. 2 months
- C. 12 months
- D. 18 months

Why this answer? Semi-solid weaning foods should be introduced at about 6 months of age.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: infant nutrition recurs in every sitting of this post.

Question 18 Nutrition

Pale skin and tiredness are signs of which deficiency?

- A. Vitamin A deficiency
- B. Iron-deficiency anaemia ✓ **Predicted answer**
- C. Iodine deficiency
- D. Calcium deficiency

Why this answer? Pale skin and tiredness are signs of iron-deficiency anaemia.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: mineral deficiency diseases recurs in every sitting of this post.

19 Nutrition

Which vitamin is lost most easily when vegetables are boiled in water?

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

Why this answer? Vitamin C dissolves in water and is lost most easily when vegetables are boiled.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: food preparation recurs in every sitting of this post.

Question 20 Nutrition

In diabetes, the body has difficulty controlling the level of what in the blood?

- A. Iron
- B. Calcium
- C. Protein
- D. Glucose ✓ **Predicted answer**

Why this answer? In diabetes the body cannot properly control the level of glucose in the blood.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: diet therapy recurs in every sitting of this post.

Question 21 Nutrition

Too much saturated fat in the diet raises the risk of which disease?

- A. Goitre
- B. Heart disease ✓ **Predicted answer**

- D. Scurvy

Why this answer? Too much saturated fat raises blood cholesterol and the risk of heart disease.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: diet therapy recurs in every sitting of this post.

Question 22 Nutrition

An adult with a BMI above 30 is described as what?

- A. Underweight
- B. Normal weight
- C. Obese ✓ **Predicted answer**
- D. Overweight only

Why this answer? A BMI above 30 is described as obese.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: nutritional assessment recurs in every sitting of this post.

Question 23 Nutrition

An adult with a BMI below 18.5 is described as what?

- A. Obese
- B. Normal weight
- C. Overweight
- D. Underweight ✓ **Predicted answer**

Why this answer? A BMI below 18.5 is described as underweight.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: nutritional assessment recurs in every sitting of this post.

24 Nutrition

Which of these is a micronutrient?

- A. Vitamin ✓ **Predicted answer**
- B. Protein
- C. Fat
- D. Carbohydrate

Why this answer? Vitamins are micronutrients, needed in small amounts, while protein, fat and carbohydrate are macronutrients.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: classification of nutrients recurs in every sitting of this post.

Question 25 Nutrition

Which of these is a macronutrient?

- A. Vitamin C
- B. Iron
- C. Protein ✓ **Predicted answer**
- D. Iodine

Why this answer? Protein is a macronutrient, needed in large amounts, while vitamins and minerals are micronutrients.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: classification of nutrients recurs in every sitting of this post.

Question 26 Nutrition

Which vitamin is found in green leafy vegetables and is needed for blood clotting?

- A. Vitamin B12
- B. Vitamin C

min D

- D. Vitamin K ✓ **Predicted answer**

Why this answer? Green leafy vegetables are a good source of vitamin K, which is needed for blood clotting.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: food sources of vitamins recurs in every sitting of this post.

Question 27 Nutrition

Which food is a good source of vitamin E?

- A. Vegetable oils and nuts ✓ **Predicted answer**
- B. White rice
- C. Sugar
- D. Salt

Why this answer? Vegetable oils and nuts are good sources of vitamin E.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: food sources of vitamins recurs in every sitting of this post.

Question 28 Nutrition

Which mineral helps to control blood pressure?

- A. Lead
- B. Potassium ✓ **Predicted answer**
- C. Mercury
- D. Aluminium

Why this answer? Potassium helps to control blood pressure.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: minerals and their functions recurs in every sitting of this post.

29 Nutrition

Eating too much sodium is linked with what health problem?

- A. Night blindness
- B. Anaemia
- C. Goitre
- D. High blood pressure ✓ **Predicted answer**

Why this answer? Too much sodium raises blood pressure.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: diet therapy recurs in every sitting of this post.

Question 30 Nutrition

Which of these foods is richest in protein?

- A. Eggs ✓ **Predicted answer**
- B. Apples
- C. Rice
- D. Potatoes

Why this answer? Eggs are among the richest foods in protein.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: food sources of protein recurs in every sitting of this post.

Question 31 Nutrition

What is the sugar naturally present in milk called?

- A. Fructose
- B. Lactose ✓ **Predicted answer**
- C. Sucrose
- D. Glucose

swer? The sugar in milk is lactose.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: carbohydrates in food recurs in every sitting of this post.

Question 32 Nutrition

What is the sugar naturally present in fruit called?

- A. Lactose
- B. Maltose
- C. Fructose ✓ **Predicted answer**
- D. Starch

Why this answer? The sugar in fruit is mainly fructose.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: carbohydrates in food recurs in every sitting of this post.

Question 33 Nutrition

Which nutrient does honey mainly provide?

- A. Carbohydrate ✓ **Predicted answer**
- B. Protein
- C. Fat
- D. Vitamin C

Why this answer? Honey is mainly carbohydrate in the form of sugars.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: carbohydrates in food recurs in every sitting of this post.

Question 34 Nutrition

What is the first rule of food hygiene before handling food?

- ar gloves only
- B. Wash hands with soap ✓ **Predicted answer**
- C. Taste the food first
- D. Heat the food twice

Why this answer? Hands must be washed with soap before handling food.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: food safety recurs in every sitting of this post.

Question 35 Nutrition

What is cross-contamination in food handling?

- A. Mixing two spices together
- B. Storing food in two fridges
- C. Germs spreading from raw food to cooked food ✓ **Predicted answer**
- D. Cooking food twice

Why this answer? Cross-contamination is when germs spread from raw food, such as raw meat, to cooked food.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: food safety recurs in every sitting of this post.

Question 36 Nutrition

What does a best before date on food tell you?

- A. The date after which the food is poisonous
- B. The date the food was made
- C. The date the food was packed
- D. The date until which the food keeps its quality ✓ **Predicted answer**

Why this answer? A best before date tells you until when the food keeps its best quality; it

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: food safety recurs in every sitting of this post.

Question 37 Nutrition

Which method kills most germs in drinking water?

- A. Cooling
- B. Boiling ✓ **Predicted answer**
- C. Adding salt
- D. Stirring

Why this answer? Boiling kills most germs in drinking water.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: food safety recurs in every sitting of this post.

Question 38 Nutrition

A lack of vitamin B12 can cause which kind of anaemia?

- A. Sickle cell anaemia
- B. Thalassaemia
- C. Pernicious anaemia ✓ **Predicted answer**
- D. Aplastic anaemia

Why this answer? Lack of vitamin B12 can cause pernicious anaemia.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: vitamin deficiency diseases recurs in every sitting of this post.

Question 39 Nutrition

Folic acid is which vitamin?

min B1

- B. Vitamin C
- C. Vitamin D
- D. Vitamin B9 ✓ **Predicted answer**

Why this answer? Folic acid is vitamin B9.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: vitamins and their sources recurs in every sitting of this post.

Question 40 Nutrition

Which food is a good source of zinc?

- A. Meat ✓ **Predicted answer**
- B. White bread
- C. Sugar
- D. Tea

Why this answer? Meat is a good source of zinc.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: food sources of minerals recurs in every sitting of this post.

Question 41 General Knowledge

Glasnost and Perestroika were the twin policies of which Soviet leader?

- A. Joseph Stalin
- B. Vladimir Lenin
- C. Mikhail Gorbachev ✓ **Predicted answer**
- D. Nikita Khrushchev

Why this answer? Glasnost (openness) and Perestroika (restructuring) were Mikhail Gorbachev's two key policies.

ed [B] — Verified fact, predicted to recur: PPSC-2024-MODEL-PAPER-NUTRITIONIST-MORNING-23-11-2024 Q1 (verified item - correct answer: Glasnost and Perestroika).

Question 42 General Knowledge

Athens hosted the first modern Olympic Games in which year?

- A. 1900
- B. 1924
- C. 1932
- D. 1896 ✓ **Predicted answer**

Why this answer? The first modern Olympic Games were held in Athens, Greece, in 1896.

Why predicted [B] — Verified fact, predicted to recur: PPSC-2024-MODEL-PAPER-NUTRITIONIST-MORNING-23-11-2024 Q2 (verified item - correct answer: 1896).

Question 43 General Knowledge

The UN Security Council has five permanent members and how many members altogether?

- A. 15 ✓ **Predicted answer**
- B. 5
- C. 11
- D. 20

Why this answer? The UN Security Council consists of 15 members: 5 permanent and 10 non-permanent.

Why predicted [B] — Verified fact, predicted to recur: PPSC-2024-MODEL-PAPER-NUTRITIONIST-MORNING-23-11-2024 Q3 (verified item - correct answer: 15 members).

44 General Knowledge

In Rome stands the headquarters of which United Nations agency for food?

- A. World Health Organization
- B. Food and Agriculture Organization (FAO) ✓ **Predicted answer**
- C. UNESCO
- D. UNICEF

Why this answer? The Food and Agriculture Organization (FAO) is headquartered in Rome, Italy.

Why predicted [B] — Verified fact, predicted to recur: PPSC-2024-MODEL-PAPER-NUTRITIONIST-MORNING-23-11-2024 Q5 (verified item - correct answer: Rome).

Question 45 General Knowledge

About 202,000 km of shoreline gives which country the longest coast of any nation?

- A. New Zealand
- B. Indonesia
- C. Russia
- D. Canada ✓ **Predicted answer**

Why this answer? Canada has the longest coastline in the world, about 202,000 km.

Why predicted [B] — Verified fact, predicted to recur: PPSC-2024-MODEL-PAPER-NUTRITIONIST-MORNING-23-11-2024 Q6 (verified item - correct answer: Canada).

Question 46 General Knowledge

In which country would you find the city of Johannesburg?

- A. South Africa ✓ **Predicted answer**
- B. China
- C. Libya

Why this answer? Johannesburg is a city of South Africa.

Why predicted [B] — Verified fact, predicted to recur: PPSC-2024-MODEL-PAPER-NUTRITIONIST-MORNING-23-11-2024 Q8 (verified item - correct answer: South Africa).

Question 47 General Knowledge

Cairo is the headquarters city of which organisation of Arab states?

- A. European Union
- B. Arab League ✓ **Predicted answer**
- C. ASEAN
- D. SAARC

Why this answer? The headquarters of the Arab League is in Cairo, Egypt.

Why predicted [B] — Verified fact, predicted to recur: PPSC-2024-MODEL-PAPER-NUTRITIONIST-MORNING-23-11-2024 Q9 (verified item - correct answer: Cairo).

Question 48 General Knowledge

The Rhine flows through six countries; which of these is one of them?

- A. Spain
- B. Italy
- C. Germany ✓ **Predicted answer**
- D. Poland

Why this answer? The Rhine passes through 6 countries: Switzerland, Liechtenstein, Austria, Germany, France and the Netherlands.

Why predicted [B] — Verified fact, predicted to recur: PPSC-2024-MODEL-PAPER-NUTRITIONIST-MORNING-23-11-2024 Q10 (verified item - correct answer: 6).

49 General Knowledge

The abbreviation PNN belongs to the news network of which country?

- A. Pakistan ✓ **Predicted answer**
- B. India
- C. Philippines
- D. Portugal

Why this answer? PNN (Pakistan News Network) is the news agency of Pakistan in the printed answer.

Why predicted [B] — Verified fact, predicted to recur: PPSC-2024-MODEL-PAPER-NUTRITIONIST-MORNING-23-11-2024 Q12 (verified item - correct answer: Pakistan).

Question 50 General Knowledge

Which is the largest island in the world?

- A. Madagascar
- B. Greenland ✓ **Predicted answer**
- C. Borneo
- D. Sumatra

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

Why predicted [C] — Syllabus anchor: syllabus anchor — General Knowledge: world geography recurs in every sitting of this post.

Question 51 General Knowledge

What is the capital of France?

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

Why this answer? Paris is the capital of France.

Why predicted [C] — Syllabus anchor: syllabus anchor — General Knowledge: world capitals recurs in every sitting of this post.

Question 52 General Knowledge

What is the currency of the United Kingdom?

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

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

Why predicted [C] — Syllabus anchor: syllabus anchor — General Knowledge: world currencies recurs in every sitting of this post.

Question 53 General Knowledge

Which is the deepest ocean in the world?

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

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

Why predicted [C] — Syllabus anchor: syllabus anchor — General Knowledge: world geography recurs in every sitting of this post.

54 General Knowledge

Which is the longest wall in the world?

- A. Berlin Wall
- B. Hadrian's Wall
- C. Great Wall of China ✓ **Predicted answer**
- D. Great Wall of India

Why this answer? The Great Wall of China is the longest wall in the world.

Why predicted [C] — Syllabus anchor: syllabus anchor — General Knowledge: world wonders recurs in every sitting of this post.

Question 55 General Knowledge

Who was the first man to walk on the Moon?

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

Why this answer? Neil Armstrong was the first man to walk on the Moon.

Why predicted [C] — Syllabus anchor: syllabus anchor — General Knowledge: space exploration recurs in every sitting of this post.

Question 56 General Knowledge

Which is the largest planet in the solar system?

- A. Jupiter ✓ **Predicted answer**
- B. Saturn
- C. Mars
- D. Neptune

swer? Jupiter is the largest planet in the solar system.

Why predicted [C] — Syllabus anchor: syllabus anchor — General Knowledge: solar system recurs in every sitting of this post.

Question 57 General Knowledge

What is the capital of Japan?

- A. Kyoto
- B. Osaka
- C. Tokyo ✓ **Predicted answer**
- D. Nagoya

Why this answer? Tokyo is the capital of Japan.

Why predicted [C] — Syllabus anchor: syllabus anchor — General Knowledge: world capitals recurs in every sitting of this post.

Question 58 General Knowledge

The River Thames flows through which capital city?

- A. Paris
- B. Dublin
- C. Edinburgh
- D. London ✓ **Predicted answer**

Why this answer? The River Thames flows through London.

Why predicted [C] — Syllabus anchor: syllabus anchor — General Knowledge: world geography recurs in every sitting of this post.

Question 59 General Knowledge

Which bird is the national bird of Pakistan?

kar partridge ✓ **Predicted answer**

- B. Peacock
- C. Eagle
- D. Houbara bustard

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

Why predicted [C] — Syllabus anchor: syllabus anchor — General Knowledge: national symbols of Pakistan recurs in every sitting of this post.

Question 60 General Knowledge

What is the national game of Pakistan?

- A. Cricket
- B. Field hockey ✓ **Predicted answer**
- C. Football
- D. Squash

Why this answer? Field hockey is the national game of Pakistan.

Why predicted [C] — Syllabus anchor: syllabus anchor — General Knowledge: national symbols of Pakistan recurs in every sitting of this post.

Question 61 General Knowledge

In which year was SAARC founded?

- A. 1947
- B. 1971
- C. 1995
- D. 1985 ✓ **Predicted answer**

Why this answer? SAARC was founded in 1985.

Why predicted [C] — Syllabus anchor: syllabus anchor — General Knowledge:

organisations recurs in every sitting of this post.

Question 62 General Knowledge

Where is the headquarters of the Organisation of Islamic Cooperation (OIC)?

- A. Jeddah ✓ **Predicted answer**
- B. Riyadh
- C. Cairo
- D. Islamabad

Why this answer? The headquarters of the OIC is in Jeddah, Saudi Arabia.

Why predicted [C] — Syllabus anchor: syllabus anchor — General Knowledge: international organisations recurs in every sitting of this post.

Question 63 General Knowledge

Which is the coldest continent in the world?

- A. Europe
- B. Antarctica ✓ **Predicted answer**
- C. North America
- D. Asia

Why this answer? Antarctica is the coldest continent in the world.

Why predicted [C] — Syllabus anchor: syllabus anchor — General Knowledge: world geography recurs in every sitting of this post.

Question 64 General Knowledge

Which is the hottest planet in the solar system?

- A. Mercury
- B. Mars

us ✓ **Predicted answer**

- D. Jupiter

Why this answer? Venus is the hottest planet in the solar system.

Why predicted [C] — Syllabus anchor: syllabus anchor — General Knowledge: solar system recurs in every sitting of this post.

Question 65 General Knowledge

Which instrument is used to measure temperature?

- A. Thermometer ✓ **Predicted answer**
- B. Barometer
- C. Ammeter
- D. Speedometer

Why this answer? A thermometer is used to measure temperature.

Why predicted [C] — Syllabus anchor: syllabus anchor — General Knowledge: scientific instruments recurs in every sitting of this post.

Question 66 Pakistan Studies

Suo motu jurisdiction of the Supreme Court of Pakistan flows from which Article?

- A. Article 144(3)
- B. Article 184(3) ✓ **Predicted answer**
- C. Article 164(3)
- D. Article 199

Why this answer? Article 184(3) of the Constitution of Pakistan gives the Supreme Court suo motu jurisdiction.

Why predicted [B] — Verified fact, predicted to recur: PPSC-2024-MODEL-PAPER-NUTRITIONIST-MORNING-23-11-2024 Q4 (verified item - correct answer: Article 184(3)).

67 Pakistan Studies

Makli Necropolis, the historic cemetery near Thatta, became a UNESCO World Heritage Site in which year?

- A. 1976
- B. 1979
- C. 1981 ✓ **Predicted answer**
- D. 1986

Why this answer? The Makli Necropolis was inscribed as a UNESCO World Heritage Site in 1981.

Why predicted [B] — Verified fact, predicted to recur: PPSC-2024-MODEL-PAPER-NUTRITIONIST-MORNING-23-11-2024 Q7 (verified item - correct answer: 1981).

Question 68 Pakistan Studies

Which pass connects Ghazni in Afghanistan with Bannu in Pakistan?

- A. Khyber Pass
- B. Bolan Pass
- C. Khunjerab Pass
- D. Tochi Pass ✓ **Predicted answer**

Why this answer? The Tochi Pass connects Ghazni in Afghanistan with Bannu in Pakistan.

Why predicted [B] — Verified fact, predicted to recur: PPSC-2024-MODEL-PAPER-NUTRITIONIST-MORNING-23-11-2024 Q13 (verified item - correct answer: Ghazni with Banu).

Question 69 Pakistan Studies

The domicile law for Jammu and Kashmir came into force on which date in 2020?

- A. 4 August 2020

- C. 6 April 2020
- D. 30 April 2020

Why this answer? India enforced the new domicile law for Jammu and Kashmir on 1 April 2020.

Why predicted [B] — Verified fact, predicted to recur: PPSC-2024-MODEL-PAPER-NUTRITIONIST-MORNING-23-11-2024 Q15 (verified item - correct answer: 1 April 2020).

Question 70 Pakistan Studies

In which year was the Objectives Resolution passed?

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

Why this answer? The Objectives Resolution was passed in 1949.

Why predicted [C] — Syllabus anchor: syllabus anchor — Pakistan Studies: constitutions of Pakistan recurs in every sitting of this post.

Question 71 Pakistan Studies

Who was the first Governor-General of Pakistan?

- A. Liaquat Ali Khan
- B. Khawaja Nazimuddin
- C. Iskander Mirza
- D. Muhammad Ali Jinnah ✓ **Predicted answer**

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

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

urs in every sitting of this post.

Question 72 Pakistan Studies

In which year was the Constitution of 1973 adopted?

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

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

Why predicted [C] — Syllabus anchor: syllabus anchor — Pakistan Studies: constitutions of Pakistan recurs in every sitting of this post.

Question 73 Pakistan Studies

Which is the largest city of Pakistan?

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

Why this answer? Karachi is the largest city of Pakistan.

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

Question 74 Pakistan Studies

K2, the second highest mountain in the world, stands in which range?

- A. Himalayas
- B. Hindu Kush

- D. Karakoram ✓ **Predicted answer**

Why this answer? K2 stands in the Karakoram range.

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

Question 75 Pakistan Studies

In which city is the Badshahi Mosque situated?

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

Why this answer? The Badshahi Mosque is situated in Lahore.

Why predicted [C] — Syllabus anchor: syllabus anchor — Pakistan Studies: historical places of Pakistan recurs in every sitting of this post.

Question 76 Pakistan Studies

Who wrote the national anthem of Pakistan?

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

Why this answer? Hafeez Jalandhari wrote the national anthem of Pakistan.

Why predicted [C] — Syllabus anchor: syllabus anchor — Pakistan Studies: national symbols of Pakistan recurs in every sitting of this post.

77 Pakistan Studies

In which year did Pakistan join the United Nations?

- A. 1948
- B. 1950
- C. 1955
- D. 1947 ✓ **Predicted answer**

Why this answer? Pakistan joined the United Nations in 1947.

Why predicted [C] — Syllabus anchor: syllabus anchor — Pakistan Studies: Pakistan and the world recurs in every sitting of this post.

Question 78 Islamiat

The term Muhaddith describes a person who does what?

- A. Narrates Hadith ✓ **Predicted answer**
- B. Interprets the Quran
- C. Leads the prayers
- D. Writes poetry

Why this answer? A Muhaddith is a scholar who narrates and transmits Hadith.

Why predicted [B] — Verified fact, predicted to recur: PPSC-2024-MODEL-PAPER-NUTRITIONIST-MORNING-23-11-2024 Q18 (verified item - correct answer: Muhaddith).

Question 79 Islamiat

حق و باطل کے درمیان فرق واضح کرنے والی جنگ کون سی ہے؟

A. جنگ احد

Predicted answer ✓ B. جنگ بدر

C. جنگ خندق

Why this answer? The Battle of Badr (2 AH) is the battle of Furqan, distinguishing truth from falsehood.

Why predicted [B] — Verified fact, predicted to recur: PPSC-2024-MODEL-PAPER-NUTRITIONIST-MORNING-23-11-2024 Q19 (verified item - correct answer: جنگ بدر).

Question 80 Islamiat

حضرت سعد بن معاذ کو کس معاملے میں ثالث مقرر کیا گیا تھا؟

A. جنگ بدر

B. فتح مکہ

Predicted answer ✓ C. بنی قریظہ

D. جنگ خندق

Why this answer? Hazrat Sa'd bin Mu'adh was the arbitrator appointed in the Banu Qurayza affair.

Why predicted [B] — Verified fact, predicted to recur: PPSC-2024-MODEL-PAPER-NUTRITIONIST-MORNING-23-11-2024 Q20 (verified item - correct answer: حضرت سعد بن معاذ).

Question 81 Islamiat

How many Surahs are there in the Holy Quran?

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

swer: There are 114 Surahs in the Holy Quran.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: the Holy Quran recurs in every sitting of this post.

Question 82 Islamiat

What is the nisab of Zakat on gold?

- A. 5 tolas
- B. 7.5 tolas ✓ **Predicted answer**
- C. 10 tolas
- D. 2.5 tolas

Why this answer? The nisab of Zakat on gold is 7.5 tolas.

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

Question 83 Islamiat

Who was the first wife of the Holy Prophet (PBUH)?

- A. Hazrat Ayesha
- B. Hazrat Hafsa
- C. Hazrat Khadija ✓ **Predicted answer**
- D. Hazrat Zainab

Why this answer? Hazrat Khadija was the first wife of the Holy Prophet (PBUH).

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: life of the Holy Prophet recurs in every sitting of this post.

Question 84 Islamiat

In which Hijri year was the Battle of Uhud fought?

- B. 5 AH
- C. 8 AH
- D. 3 AH ✓ **Predicted answer**

Why this answer? The Battle of Uhud was fought in 3 AH.

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

Question 85 Islamiat

The Holy Quran was revealed over how many years?

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

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

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: the Holy Quran recurs in every sitting of this post.

Question 86 Islamiat

What is the first Kalima called?

- A. Kalima Shahadat
- B. Kalima Tamjeed
- C. Kalima Tayyab ✓ **Predicted answer**
- D. Kalima Tauheed

Why this answer? The first Kalima is called Kalima Tayyab.

Why predicted [C] — Syllabus anchor: syllabus anchor — Islamiat: beliefs of Islam recurs

Question 87 Everyday Science

The electrocardiograph was invented by which scientist, known as the father of electrocardiography?

- A. Albert Einstein
- B. Nikola Tesla
- C. Andreas Vesalius
- D. Willem Einthoven ✓ **Predicted answer**

Why this answer? Willem Einthoven invented the electrocardiograph and is the father of electrocardiography.

Why predicted [B] — Verified fact, predicted to recur: PPSC-2024-MODEL-PAPER-NUTRITIONIST-MORNING-23-11-2024 Q11 (verified item - correct answer: William Eindhoven).

Question 88 Everyday Science

What is the chemical symbol of gold?

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

Why this answer? The chemical symbol of gold is Au.

Why predicted [C] — Syllabus anchor: syllabus anchor — Everyday Science: chemistry recurs in every sitting of this post.

89 Everyday Science

Which force pulls objects towards the Earth?

- A. Friction
- B. Magnetism
- C. Gravity ✓ **Predicted answer**
- D. Pressure

Why this answer? Gravity pulls objects towards the Earth.

Why predicted [C] — Syllabus anchor: syllabus anchor — Everyday Science: physics recurs in every sitting of this post.

Question 90 Everyday Science

Which gas is needed for burning?

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

Why this answer? Oxygen is needed for burning.

Why predicted [C] — Syllabus anchor: syllabus anchor — Everyday Science: chemistry recurs in every sitting of this post.

Question 91 Everyday Science

Which organ pumps blood around the human body?

- A. Heart ✓ **Predicted answer**
- B. Liver
- C. Lung
- D. Kidney

swer? The heart pumps blood around the human body.

Why predicted [C] — Syllabus anchor: syllabus anchor — Everyday Science: biology recurs in every sitting of this post.

Question 92 Everyday Science

How many bones are there in an adult human body?

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

Why this answer? There are 206 bones in an adult human body.

Why predicted [C] — Syllabus anchor: syllabus anchor — Everyday Science: biology recurs in every sitting of this post.

Question 93 English

A parasite lives at the expense of its host; which word names the organism it lives on?

- A. Leech
- B. Sponge
- C. Freeloader
- D. Host ✓ **Predicted answer**

Why this answer? A parasite lives off a host, so the host is its opposite.

Why predicted [B] — Verified fact, predicted to recur: PPSC-2024-MODEL-PAPER-NUTRITIONIST-MORNING-23-11-2024 Q16 (verified item - correct answer: Host).

Question 94 English

Choose the synonym of brave.

rageous ✓ **Predicted answer**

- B. Cowardly
- C. Weak
- D. Timid

Why this answer? Courageous means the same as brave.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: vocabulary recurs in every sitting of this post.

Question 95 English

Choose the antonym of hot.

- A. Warm
- B. Cold ✓ **Predicted answer**
- C. Boiling
- D. Heated

Why this answer? Cold is the opposite of hot.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: vocabulary recurs in every sitting of this post.

Question 96 English

Choose the correct spelling.

- A. Recieve
- B. Receeve
- C. Receive ✓ **Predicted answer**
- D. Riceive

Why this answer? The correct spelling is receive.

Why predicted [C] — Syllabus anchor: syllabus anchor — English: spelling recurs in every

s post.

Question 97 Computer / It

Which keyboard key is pressed to erase the character just before the cursor in MS Word?

- A. Backspace key ✓ **Predicted answer**
- B. Delete key
- C. Escape key
- D. End key

Why this answer? The Backspace key deletes the character to the left of the cursor.

Why predicted [B] — Verified fact, predicted to recur: PPSC-2024-MODEL-PAPER-NUTRITIONIST-MORNING-23-11-2024 Q17 (verified item - correct answer: Back space button).

Question 98 Computer / It

What does RAM stand for?

- A. Read Access Memory
- B. Random Access Memory ✓ **Predicted answer**
- C. Run All Memory
- D. Rapid Action Memory

Why this answer? RAM stands for Random Access Memory.

Why predicted [C] — Syllabus anchor: syllabus anchor — Computer / IT: computer hardware recurs in every sitting of this post.

Question 99 Computer / It

Which device is used to type on a computer?

- A. Mouse

- C. Keyboard ✓ **Predicted answer**
- D. Printer

Why this answer? A keyboard is used to type on a computer.

Why predicted [C] — Syllabus anchor: syllabus anchor — Computer / IT: computer hardware recurs in every sitting of this post.

Question 100 Current Affairs

Anwar Ibrahim took office as Prime Minister of Malaysia in which month and year?

- A. November 2018
- B. November 2020
- C. November 2024
- D. November 2022 ✓ **Predicted answer**

Why this answer? Anwar Ibrahim has been Prime Minister of Malaysia since November 2022.

Why predicted [B] — Verified fact, predicted to recur: PPSC-2024-MODEL-PAPER-NUTRITIONIST-MORNING-23-11-2024 Q14 (verified item - correct answer: Anwar Ibrahim).

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