PPSC Nutritionist — GUESS PAPER 2026 (Set 1 of 2) · Predicted Questions

Body: Punjab Public Service Commission (PPSC) · **Post:** Nutritionist · **Set:** 1 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 Do not quote any item as "asked in the 2026 exam" — nothing here has been asked yet.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

How much energy does one gram of protein provide?

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

swer? One gram of protein provides about 4 kilocalories of energy.

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

Question 2 Nutrition

How much energy does one gram of fat provide?

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

Why this answer? One gram of fat provides about 9 kilocalories, more than twice the energy of protein or carbohydrate.

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

Question 3 Nutrition

How much energy does one gram of carbohydrate provide?

- A. 9 kilocalories
- B. 7 kilocalories
- C. 4 kilocalories ✓ **Predicted answer**
- D. 1 kilocalorie

Why this answer? One gram of carbohydrate provides about 4 kilocalories of energy.

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

4 Nutrition

Which disease is caused by a lack of vitamin C?

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

Why this answer? Lack of vitamin C causes scurvy, marked by bleeding gums and weakness.

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

Question 5 Nutrition

Which disease in children is caused by a lack of vitamin D?

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

Why this answer? Lack of vitamin D in children causes rickets, with soft and weak bones.

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

Question 6 Nutrition

Which deficiency disease causes night blindness?

- A. Lack of vitamin C
- B. Lack of vitamin B1
- C. Lack of vitamin A ✓ **Predicted answer**

Why this answer? Night blindness is caused by a lack of vitamin A.

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

Question 7 Nutrition

Which disease is caused by a lack of vitamin B1 (thiamine)?

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

Why this answer? Lack of vitamin B1 causes beriberi, which affects the nerves and the heart.

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

Question 8 Nutrition

Which deficiency disease is caused by a lack of iron?

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

Why this answer? Lack of iron causes anaemia, because iron is needed to make haemoglobin in the blood.

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

9 Nutrition

Which disease is caused by a lack of iodine?

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

Why this answer? Lack of iodine causes goitre, an enlargement of the thyroid gland.

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

Question 10 Nutrition

Which of these foods is the richest source of vitamin C?

- A. Milk
- B. Rice
- C. Potatoes
- D. Citrus fruits ✓ **Predicted answer**

Why this answer? Citrus fruits such as oranges and lemons are the richest common source of vitamin C.

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

Question 11 Nutrition

Which food group is the best source of calcium?

- A. Milk and dairy products ✓ **Predicted answer**
- B. Cereals
- C. Vegetable oils

Why this answer? Milk and dairy products such as cheese and yoghurt are the best source of calcium.

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

Question 12 Nutrition

Proteins are built up from which smaller units?

- A. Fatty acids
- B. Amino acids ✓ **Predicted answer**
- C. Glucose units
- D. Mineral salts

Why this answer? Proteins are made of amino acids joined together.

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

Question 13 Nutrition

What is the main function of carbohydrates in the diet?

- A. To build muscles
- B. To carry oxygen
- C. To make bones strong
- D. To provide energy ✓ **Predicted answer**

Why this answer? Carbohydrates are the body's main source of energy.

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

14 Nutrition

How is Body Mass Index (BMI) calculated?

- A. Weight in kg divided by height in metres squared ✓ **Predicted answer**
- B. Height divided by weight
- C. Weight multiplied by height
- D. Age divided by weight

Why this answer? BMI is weight in kilograms divided by the square of height in metres.

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

Question 15 Nutrition

Which BMI range is considered normal for an adult?

- A. 25 to 29.9
- B. 18.5 to 24.9 ✓ **Predicted answer**
- C. 30 to 34.9
- D. Below 15

Why this answer? A BMI of 18.5 to 24.9 is considered the normal range for adults.

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

Question 16 Nutrition

What is colostrum?

- A. Milk from a cow
- B. A vitamin tablet
- C. The first milk produced after birth, rich in antibodies ✓ **Predicted answer**
- D. A weaning food

swer? Colostrum is the first milk produced after birth and is rich in antibodies that protect the newborn.

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

Question 17 Nutrition

For how long is exclusive breastfeeding recommended for an infant?

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

Why this answer? Exclusive breastfeeding is recommended for the first 6 months of life.

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

Question 18 Nutrition

What does pasteurisation of milk do?

- A. Removes all the fat from milk
- B. Heats milk to kill harmful microbes ✓ **Predicted answer**
- C. Adds vitamins to milk
- D. Freezes milk for storage

Why this answer? Pasteurisation heats milk to kill harmful microbes while keeping most of its nutrients.

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

19 Nutrition

Kwashiorkor in children is caused by a deficiency of what?

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

Why this answer? Kwashiorkor is caused by severe protein deficiency, often with a swollen belly and thin limbs.

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

Question 20 Nutrition

Marasmus in children is caused by a deficiency of what?

- A. Vitamin A
- B. Calcium
- C. Iron
- D. Energy (calories) ✓ **Predicted answer**

Why this answer? Marasmus is caused by a severe deficiency of energy, so the child becomes very thin and wasted.

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

Question 21 Nutrition

Which vitamin is needed for normal blood clotting?

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

min B12
- D. Vitamin E

Why this answer? Vitamin K is needed for the blood to clot normally.

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

Question 22 Nutrition

Which vitamin acts as an antioxidant and protects body cells from damage?

- A. Vitamin B1
- B. Vitamin D
- C. Vitamin E ✓ **Predicted answer**
- D. Vitamin B12

Why this answer? Vitamin E is an antioxidant that protects cells from damage.

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

Question 23 Nutrition

Which mineral is most important for strong bones and teeth?

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

Why this answer? Calcium is the mineral most needed for strong bones and teeth.

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

24 Nutrition

How can goitre be prevented in a population?

- A. By using iodised salt ✓ **Predicted answer**
- B. By drinking more water
- C. By eating more sugar
- D. By avoiding milk

Why this answer? Using iodised salt supplies the iodine that prevents goitre.

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

Question 25 Nutrition

Which of these foods is a rich source of iron?

- A. White bread
- B. Butter
- C. Red meat ✓ **Predicted answer**
- D. Sugar

Why this answer? Red meat is a rich source of iron, in the form the body absorbs easily.

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

Question 26 Nutrition

What is the main benefit of dietary fibre?

- A. It provides most of the energy
- B. It builds muscles
- C. It makes bones strong
- D. It aids digestion and prevents constipation ✓ **Predicted answer**

swer? Dietary fibre aids digestion and helps prevent constipation.

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

Question 27 Nutrition

In the diet of a person with diabetes, what should be limited most?

- A. Refined sugar ✓ **Predicted answer**
- B. Drinking water
- C. Green vegetables
- D. Dietary fibre

Why this answer? In diabetes, refined sugar should be limited because it raises blood glucose quickly.

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

Question 28 Nutrition

In the diet of a person with high blood pressure, what should be reduced?

- A. Potassium
- B. Salt (sodium) ✓ **Predicted answer**
- C. Fibre
- D. Water

Why this answer? Reducing salt (sodium) helps to control high blood pressure.

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

29 Nutrition

Vitamin B12 is found mainly in which kind of food?

- A. Cereals
- B. Fruits
- C. Vegetable oils
- D. Animal foods ✓ **Predicted answer**

Why this answer? Vitamin B12 is found mainly in animal foods such as meat, eggs and milk.

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

Question 30 Nutrition

Why is folic acid important in early pregnancy?

- A. It helps prevent neural tube defects in the baby ✓ **Predicted answer**
- B. It makes the baby sleep longer
- C. It increases the birth weight only
- D. It prevents colds

Why this answer? Folic acid in early pregnancy helps prevent neural tube defects in the developing baby.

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

Question 31 Nutrition

Which bacterium is a common cause of food poisoning from eggs and poultry?

- A. Lactobacillus
- B. Salmonella ✓ **Predicted answer**

ptococcus

- D. Rhizobium

Why this answer? Salmonella is a common cause of food poisoning from eggs and poultry.

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

Question 32 Nutrition

How should perishable food be stored to keep it safe?

- A. By leaving it in open sunlight
- B. By keeping it near the stove
- C. By refrigeration ✓ **Predicted answer**
- D. By storing it in a damp place

Why this answer? Perishable food should be kept refrigerated so that harmful microbes grow very slowly.

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

Question 33 Nutrition

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

- A. Carbohydrate ✓ **Predicted answer**
- B. Vitamin C
- C. Iron
- D. Water

Why this answer? Carbohydrate is the body's main source of energy.

Why predicted [C] — Syllabus anchor: syllabus anchor — Nutrition: functions of

Question 34 Nutrition

Oral rehydration solution (ORS) is used to treat what?

- A. High blood pressure
- B. Dehydration caused by diarrhoea ✓ **Predicted answer**
- C. Diabetes
- D. Anaemia

Why this answer? ORS replaces the water and salts lost in diarrhoea and treats dehydration.

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

Question 35 Nutrition

Which of these foods is a rich source of vitamin A?

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

Why this answer? Carrots are rich in beta-carotene, which the body turns into vitamin A.

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

Question 36 Nutrition

A deficiency of zinc mainly affects what?

- A. Vision only

- C. Hearing only
- D. Growth and immunity ✓ **Predicted answer**

Why this answer? Zinc deficiency mainly affects growth and the immune system.

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

Question 37 Nutrition

What is meant by a balanced diet?

- A. A diet of only vegetables
- B. A diet containing all nutrients in the right proportions ✓ **Predicted answer**
- C. A diet with no fat at all
- D. A diet eaten at fixed times only

Why this answer? A balanced diet contains all the nutrients the body needs, in the right proportions.

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

Question 38 Nutrition

Which of these is a complete protein, containing all essential amino acids?

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

Why this answer? Egg protein is a complete protein because it contains all the essential amino acids.

ed [C] — Syllabus anchor: syllabus anchor — Nutrition: protein quality recurs in every sitting of this post.

Question 39 Nutrition

Which vitamins are water-soluble?

- A. Vitamins A and D
- B. Vitamins D and K
- C. Vitamins A and E
- D. Vitamins B and C ✓ **Predicted answer**

Why this answer? The B vitamins and vitamin C dissolve in water, while vitamins A, D, E and K are fat-soluble.

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

Question 40 Nutrition

Which vitamins are fat-soluble?

- A. Vitamins A, D, E and K ✓ **Predicted answer**
- B. Vitamins B and C
- C. Vitamins B1 and B12
- D. Vitamin C only

Why this answer? Vitamins A, D, E and K dissolve in fat and are stored in the body's fat.

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

Question 41 General Knowledge

Which two reforms are associated with Mikhail Gorbachev's leadership of the Soviet

- A. Communism and collectivism
- B. Nationalism and expansionism
- C. Glasnost and Perestroika ✓ **Predicted answer**
- D. Capitalism and free trade

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

Why predicted [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

In which year were the first modern Olympic Games staged in Athens?

- 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

How many members does the United Nations Security Council have in total, permanent and non-permanent together?

- A. 15 members ✓ **Predicted answer**
- B. 5 members

members

- D. 20 members

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).

Question 44 General Knowledge

Rome is the headquarters of which United Nations food agency?

- 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), a United Nations food agency, 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

Which country's shoreline stretches for about 202,000 km, the longest of any country?

- 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-

ST-MORNING-23-11-2024 Q6 (verified item - correct answer: Canada).

Question 46 General Knowledge

Johannesburg is a major city in which country?

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

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 hosts the headquarters of which regional organisation?

- 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 passes through Switzerland, Germany and France; how many countries does it cross in all?

- A. 4

- C. 6 ✓ **Predicted answer**
- D. 7

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).

Question 49 General Knowledge

Pakistan News Network is known by which abbreviation?

- A. PNN ✓ **Predicted answer**
- B. PTV
- C. APP
- D. BBC

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

What is the capital of Australia?

- A. Sydney
- B. Canberra ✓ **Predicted answer**
- C. Melbourne
- D. Perth

Why this answer? Canberra is the capital of Australia.

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

Question 51 General Knowledge

Which is the largest ocean in the world?

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

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

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

Question 52 General Knowledge

Which is the longest river in the world?

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

Why this answer? The Nile is the longest river in the world.

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

Question 53 General Knowledge

What is the currency of Japan?

- A. Won

- C. Yuan
- D. Ringgit

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

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

Question 54 General Knowledge

Which is the largest hot desert in the world?

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

Why this answer? The Sahara is the largest hot desert in the world.

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

Question 55 General Knowledge

Who was the first President of Pakistan?

- A. Ayub Khan
- B. Zulfikar Ali Bhutto
- C. Muhammad Ali Jinnah
- D. Iskander Mirza ✓ **Predicted answer**

Why this answer? Iskander Mirza was the first President of Pakistan.

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

56 General Knowledge

Which animal is the national animal of Pakistan?

- A. Markhor ✓ **Predicted answer**
- B. Lion
- C. Tiger
- D. Snow leopard

Why this answer? The markhor is the national animal of Pakistan.

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

Question 57 General Knowledge

Which flower is the national flower of Pakistan?

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

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

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

Question 58 General Knowledge

In which year was the United Nations founded?

- A. 1919
- B. 1939
- C. 1955
- D. 1945 ✓ **Predicted answer**

swer? The United Nations was founded in 1945.

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

Question 59 General Knowledge

Who was the first Prime Minister of Pakistan?

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

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

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

Question 60 General Knowledge

Which is the largest country in the world by area?

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

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

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

Question 61 General Knowledge

What is the capital of Canada?

- B. Vancouver
- C. Montreal
- D. Ottawa ✓ **Predicted answer**

Why this answer? Ottawa is the capital of Canada.

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

Question 62 General Knowledge

Which is the smallest planet in the solar system?

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

Why this answer? Mercury is the smallest planet in the solar system.

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

Question 63 General Knowledge

Which is the fastest land animal?

- A. Lion
- B. Cheetah ✓ **Predicted answer**
- C. Horse
- D. Deer

Why this answer? The cheetah is the fastest land animal.

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

ry sitting of this post.

Question 64 General Knowledge

Which is the largest continent in the world?

- A. Africa
- B. Europe
- C. Asia ✓ **Predicted answer**
- D. Australia

Why this answer? Asia is the largest continent in the world.

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

Question 65 General Knowledge

Who is the founder of Pakistan?

- A. Muhammad Ali Jinnah ✓ **Predicted answer**
- B. Liaquat Ali Khan
- C. Allama Iqbal
- D. Sir Syed Ahmad Khan

Why this answer? Muhammad Ali Jinnah is the founder of Pakistan.

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

Question 66 Pakistan Studies

Under which Article of the Constitution of Pakistan can the Supreme Court take suo motu notice?

- A. Article 144(3)

- 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)).

Question 67 Pakistan Studies

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

The Tochi Pass links Ghazni with which town in Pakistan?

- A. Peshawar
- B. Kohat
- C. Quetta
- D. Bannu ✓ **Predicted answer**

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

ed [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

On which date did India enforce the new domicile law in Jammu and Kashmir?

- A. 4 August 2020
- B. 1 April 2020 ✓ **Predicted answer**
- 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

On which date did Pakistan come into being?

- A. 15 August 1947
- B. 23 March 1940
- C. 14 August 1947 ✓ **Predicted answer**
- D. 14 August 1948

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

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

71 Pakistan Studies

In which year was the first Constitution of Pakistan enforced?

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

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

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

Question 72 Pakistan Studies

In which year was the Lahore Resolution passed?

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

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

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

Question 73 Pakistan Studies

What is the national language of Pakistan?

- A. Punjabi
- B. English
- C. Urdu ✓ **Predicted answer**
- D. Sindhi

swer? Urdu is the national language of Pakistan.

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

Question 74 Pakistan Studies

Which is the largest province of Pakistan by area?

- A. Punjab
- B. Sindh
- C. Khyber Pakhtunkhwa
- D. Balochistan ✓ **Predicted answer**

Why this answer? Balochistan is the largest province of Pakistan by area.

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

Question 75 Pakistan Studies

What is the capital of Pakistan?

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

Why this answer? Islamabad is the capital of Pakistan.

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

Question 76 Pakistan Studies

The Khyber Pass connects Pakistan with which country?

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

Why this answer? The Khyber Pass connects Pakistan with Afghanistan.

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

Question 77 Pakistan Studies

Which is the longest river of Pakistan?

- A. Jhelum
- B. Chenab
- C. Ravi
- D. Indus ✓ **Predicted answer**

Why this answer? The Indus is the longest river of Pakistan.

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

Question 78 Islamiat

What is a scholar who narrates and transmits Hadith called?

- A. Muhaddith ✓ **Predicted answer**
- B. Mufassir
- C. Faqih
- D. Qari

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-

ST-MORNING-23-11-2024 Q18 (verified item - correct answer: Muhaddith).

Question 79 Islamiat

کس جنگ کو یوم الفرقان کہا جاتا ہے؟

A. جنگ احد

Predicted answer ✓ B. جنگ بدر

C. جنگ خندق

D. جنگ تبوک

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

بنی قریظہ کے معاملے میں ثالثی کے لیے کس صحابی کو مقرر کیا گیا تھا؟

A. حضرت عمر فاروق

B. حضرت علی

Predicted answer ✓ C. حضرت سعد بن معاذ

D. حضرت خالد بن ولید

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).

81 Islamiat

Which Surah was revealed first to the Holy Prophet (PBUH)?

- A. Surah Al-Alaq ✓ **Predicted answer**
- B. Surah Al-Fatiha
- C. Surah Al-Baqarah
- D. Surah Yasin

Why this answer? The first revelation was the beginning of Surah Al-Alaq.

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

Question 82 Islamiat

How many pillars of Islam are there?

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

Why this answer? There are five pillars of Islam: Shahadah, prayer, Zakat, fasting and Hajj.

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

Question 83 Islamiat

Which is the first mosque built in Islam?

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

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

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

Question 84 Islamiat

In which month do Muslims fast?

- A. Shawwal
- B. Zil-Hajj
- C. Muharram
- D. Ramadan ✓ **Predicted answer**

Why this answer? Muslims fast in the month of Ramadan.

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

Question 85 Islamiat

What is the rate of Zakat on cash and trade goods?

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

Why this answer? Zakat on cash and trade goods is 2.5 percent.

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

86 Islamiat

Which was the first Ghazwa fought by the Muslims?

- A. Ghazwa Uhud
- B. Ghazwa Khandaq
- C. Ghazwa Badr ✓ **Predicted answer**
- D. Ghazwa Tabuk

Why this answer? Ghazwa Badr, fought in 2 AH, was the first major battle of the Muslims.

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

Question 87 Everyday Science

The electrocardiograph was invented by which scientist?

- 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 water?

- A. H2O ✓ **Predicted answer**
- B. CO2

- D. NaCl

Why this answer? Water is made of two hydrogen atoms and one oxygen atom, so its symbol is H2O.

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

Question 89 Everyday Science

At what temperature does water boil at sea level?

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

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

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

Question 90 Everyday Science

Which planet is known as the Red Planet?

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

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

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

91 Everyday Science

Which gas do plants absorb from the air for photosynthesis?

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

Why this answer? Plants absorb carbon dioxide from the air for photosynthesis.

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

Question 92 Everyday Science

What is the unit of electric current?

- A. Volt
- B. Ampere ✓ **Predicted answer**
- C. Ohm
- D. Watt

Why this answer? Electric current is measured in amperes.

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

Question 93 English

Choose the word opposite in meaning to parasite.

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

swer? 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 happy.

- A. Joyful ✓ **Predicted answer**
- B. Sad
- C. Angry
- D. Tired

Why this answer? Joyful means the same as happy.

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

Question 95 English

Choose the antonym of brave.

- A. Bold
- B. Cowardly ✓ **Predicted answer**
- C. Fearless
- D. Heroic

Why this answer? Cowardly is the opposite of brave.

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

Question 96 English

What is the plural of child?

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

Why this answer? The plural of child is children.

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

Question 97 Computer / It

Pressing which key in a word processor removes the letter just in front of the cursor?

- 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 CPU stand for?

- A. Computer Personal Unit
- B. Central Processing Unit ✓ **Predicted answer**
- C. Central Program Unit
- D. Control Processing Unit

Why this answer? CPU stands for Central Processing Unit.

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

Question 99 Computer / It

What does WWW stand for?

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

Why this answer? WWW stands for World Wide Web.

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

Question 100 Current Affairs

Who became the Prime Minister of Malaysia in November 2022?

- A. Najib Razak
- B. Ismail Sabri Yaakob
- C. Mahathir bin Mohamad
- D. Anwar Ibrahim ✓ **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).

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".

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