

DSSSB Domestic Science Teacher 2026

Sample Questions: 10 | Sections: 5

Section overview

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Food and Nutrition	1–3	3
Human Development and Psychology	4–5	2
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Food and Nutrition

Q.1–3 | 3 questions

Q.1 Which food is unsuitable as a complementary food for a healthy 7-month-old?

- (A) Mashed ripe banana
- (B) Well-cooked mashed dal and rice
- (C) Honey stirred into porridge for sweetness
- (D) Soft cooked mashed vegetables

Q.2 Which statement about ketone bodies is correct?

- (A) They form in skeletal muscle from surplus dietary glucose
- (B) They form in the liver from fat breakdown when glucose is low
- (C) They form when dietary protein intake is far above need
- (D) They cannot be used as fuel by the brain or muscle tissue

Q.3 Breathing rate rises at high altitude mainly because

- (A) the partial pressure of oxygen in the air is lower
- (B) the temperature of the surrounding air is higher
- (C) the carbon dioxide content of inhaled air is higher
- (D) the nitrogen content of the air increases greatly

Human Development and Psychology

Q.4–5 | 2 questions

- Q.4** Identical twins are more alike than fraternal twins in many traits because they
- (A) are raised together in nearly identical settings
 - (B) carry the same set of genes from one zygote
 - (C) carry different genes that act in similar ways
 - (D) are born with the same prenatal life experiences
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- Q.5** Problem-focused coping involves
- (A) denying that the source of stress exists
 - (B) venting emotions to gain emotional relief
 - (C) avoiding thought about the problem itself
 - (D) acting to change the stressful situation itself

Resource Management and Consumer Studies

Q.6–7 | 2 questions

- Q.6** The first step in the management process is
- (A) planning (B) controlling (C) implementing (D) evaluating
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- Q.7** An appeal against an order of the State Consumer Commission lies before the
- (A) District Commission (B) High Court
- (C) National Commission (D) Central Consumer Protection Authority

Textiles Clothing and Fashion

Q.8 | 1 question

- Q.8** A French seam is preferred for sheer fabrics because
- (A) it adds visible decoration to the garment
 - (B) it is the quickest of all seams to stitch
 - (C) it allows the fabric to stretch easily
 - (D) the raw edges are enclosed and do not fray

Teaching Methodology

Q.9–10 | 2 questions

- Q.9** Which is a commonly cited advantage of co-education?
- (A) Complete removal of gender stereotypes from every classroom
 - (B) Guaranteed equal learning outcomes for students of both sexes
 - (C) Lower expenditure on school buildings and teaching staff
 - (D) Healthy interaction and mutual respect among boys and girls

- Q.10** The project method in education is chiefly associated with
- | | |
|----------------------|----------------|
| (A) Froebel | (B) Herbart |
| (C) W. H. Kilpatrick | (D) Pestalozzi |

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