

Subject:- Home Science (Elective)
MM: 70 (Theory)

General Instructions

- i) There are total 30 questions
- ii) Question No. 1 – 4 are for 5 marks with internal choice.
- iii) Questions No. 5-12 are for 03 marks.
- iv) Questions No. 13-20 are for 02 marks.
- v) Questions No. 21 – 30 are for 01 mark.

Long Answer type questions (05 mark each)

1. List the Principles of Development.
OR
Describe the factors affecting Emotional Development?
2. Adolescence a period of stress and strain. 'explain'.
OR
Write down role of parents and teachers in solving Adolescence problem.
3. Write in detail the physical functions of food.
OR
How can you enhance the nutritive value of foods without spending extra money. Write in detail
4. What are the different steps of Time Planning? Explain with the help of a day time plan for yourself.
OR
Name any four community resources available around your house. How these can be conserved.

Short Answer type questions (03 Mark each)

5. Enumerate the effect of Over Population.
6. What are the nutritional problems faced during Adolescence. Explain any two in detail.
7. Define resources and what are its type?
8. Short note on relationship between food, nutrition and health.
9. Brief description of household method of food preservation.
10. "We should buy wheat flour for one year at a time." Justify your statement.
11. What are the govt incentives to improve status of a girl child in J&K state?
12. Your brother is going to stay in Hostel – suggest him what type of clothes he should carry & why?

Very Short answer type questions (2 marks each)

13. What knowledge is imparted in the subject of resource management?
14. Name any two factors which affect development?
15. Define Population Education and its aim.
16. Difference between monofilament and multifilament fibres.
17. Why the outer appearance of the fabric is made attractive?
18. List the ways of reducing fatigue.

19. Define balanced diet and malnutrition.
20. What is combination of foods? Classify by giving example

Objective type question(One marks each)

21. When was the first institution imparting home science education set up
_____.
22. Growing in structure and shape is called _____.
23. Milestones are _____.
24. Making of yarn is called spinning. Yes/No.
25. Define health by WHO.
26. An example of indirect steaming is _____.
27. The first step in decision making is planning T/F
28. Define work simplification.
29. An example of non-human resources are _____.
30. Voluntary functions of food are _____.