General Instructions:
1. All parts of a question should be attempted together.
2. Read each question carefully and answer to the point.
3. Marks for each question are indicated against it.

1. What does growth spurt signify? (1)
2. State one basic difference between Spermarche and Menarche. (1)
3. Rename the schemas as named by Jean Piaget. (1)
4. Give the full form of ICMR. (1)
5. Name any two long-term values developed during adolescence. (1)
6. What is transmination? (1)
7. How protein quality of diet can be improved? (1)
8. ‘Sugar gives energy sooner than the starch.’ Justify. (1)
9. When do Primary and Secondary sex characteristics start developing? (1)
10. Define cognition. (1)
11. What are Protein Isolates? How can they be incorporated in our diet? (2)
12. Why according to you eating sprouts is considered healthy? (2)
13. Why do you think Home Science is equally important for boys and girls? (2)
14. Why do you think that Home Science is a combined study of Science and Art? (2)
15. How can parent and teachers minimise the anxiety due to late maturity? (2)
16. What do you understand by ‘global amnesia’? (2)
17. Name the vitamin whose deficiency causes anaemia. Give two rich sources of this vitamin. (2)
18. Clearly differentiate between late maturing boys and late maturing girls. (2)
19. Little Rohan is suffering from beri-beri. List the disease symptoms that can be observed. Recommend any two foods that he should take to overcome the deficiency. (3)
20. Food groups help the meal planner to provide balanced meals to the family. Justify. (3)

P.T.O.
21. Name any three school resources that are misused by the students. Suggest suitable ways to check their misuse. (3)

22. Enlist any six characteristics of resources. (3)

23. Give one specific characteristic of each of the following stages of cognitive development:
   (a) Sensory motor stage
   (b) Pre-operational stage
   (c) Formal operational stage
   (3)

24. Explain the role of nature and nurture in shaping one's personality. (3)

25. Differentiate between the following pairs:
   (a) Visible and Invisible fats
   (b) Saturated and Unsaturated fats
   (c) Human and Non-human resources
   (3)

26. Why adolescents are quoted as self-conscious of their looks? (3)

27. Give reasons for the following:
   (1) Milk is considered as a complete food.
   (2) Consuming excess of green leafy vegetables can be sometimes harmful.
   (3) Jaggery is better than sugar.
   (4) The protein content of soyabean is exceptional. (4)

28. Discuss briefly the desirable role played by the parents, school teachers, student counsellor and PTAs in solving adolescent problems. (4)

29. Why is the balanced diet different for different individuals? Explain any four points with suitable examples. (4)

30. Match the items of Column A with those of Column B.

<table>
<thead>
<tr>
<th>Column A</th>
<th>Column B</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1) Calcium</td>
<td>(a) Anaemia</td>
</tr>
<tr>
<td>(2) Worm infestations</td>
<td>(b) Pregnant woman</td>
</tr>
<tr>
<td>(3) Pica</td>
<td>(c) Kollonychia</td>
</tr>
<tr>
<td>(4) Thyroid</td>
<td>(d) Intrinsic factor</td>
</tr>
<tr>
<td>(5) Deepset eyes</td>
<td>(e) Endophthalmic Goitre</td>
</tr>
<tr>
<td>(6) Sea food</td>
<td>(f) Thyroxine</td>
</tr>
<tr>
<td>(7) Pernicious Anaemia</td>
<td>(g) TSH</td>
</tr>
<tr>
<td>(8) Spoon Shaped nails</td>
<td>(h) Haemorrhages</td>
</tr>
</tbody>
</table>
31. Give the other names for the following:

(1) Sucrose
(2) Fats
(3) Vitamin C
(4) Antineuritic
(5) Lack of appetite
(6) Bad Nutrition
(7) Death due to sickness
(8) Sugar