

APEEJAY SCHOOL, SCHOOL, SHEIKH SARAI-I

Home Science

Time allowed : 3 Hrs.

Class – XI

Maximum Marks : 70

General Instructions

- (i) All questions are compulsory.
- (ii) Read each question carefully and answer to the point.
- (iii) Question numbers 1-6 carries 1 mark each, Q. Nos. 7-21 carries two marks each, Q. Nos. 22-27 carries three marks each and Q. Nos. 28 to 31 carries four marks each.

1. Mention the average age of boys and girls separately when they experience peak increase in height. 1
2. List two emotions that adolescents generally experience. 1
3. State the relationship between health and nutrition. 1
4. Name the vitamin that is known to reduce depression, moodiness and irritability. 1
5. Decision making is called the 'crux' of management, comment. 1
6. Define a textile fibre. 1
7. Why do you think Home Science is a combined study of Science and Art ? 2
8. What is the psychological impact of the following : 1+1=2
 - (a) Early maturing in girls.
 - (b) Late maturing in boys.
9. What is ego-centrism ? Mention the age when ego-centrism states declining. 2
10. List four areas of social interaction for adolescents. 2
11. What are complete proteins ? Name any two foods that contain complete proteins. 2
12. State the importance of roughage and water in our diet. 2
13. Enumerate the various functions of food. 2
14. What is the chemical name of Vitamin C ? How much Vitamin C is required by adult men and women and for what ? 2
15. What are resources ? Why do we need to manage resources ? 2
16. List the characteristics essential for a successful plan. 2
17. Differentiate between human and non-human resources giving a suitable example for each. 2

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[P.T.O.]

18. Name one protein and one cellulose fibre. What is common factor between the two types of fibres ? 2
19. Differentiate between cultivated and wild silk. 2
20. Name the fabric suitable for tropical countries. Give two reasons to justify your answer. 2
21. What are blended fibres ? Write any two characteristics of tereylene blends. 2
22. List the primary and secondary sexual changes among boys and girls. 3
23. Define cognition. Which age group is associated with concrete operational stage of cognitive development ? Give three main characteristics of this stage. 3
24. Define balanced diet. Discuss the dietary contribution of 'fruits and vegetables' food group in our daily diet. 3
25. What are community resources ? Name any two school resources that are misused by the students. Suggest two suitable ways to check their misuse. 3
26. Define management. Why are 'organising' and 'controlling' important steps of management process ? 3
27. Name two negative qualities that lead to social rejection. Enumerate factors causing stress and storm during the period of adolescence. 3
28. Name these : $\frac{1}{2} \times 8 = 4$
- (i) Inactive form of Vitamin D.
 - (ii) Antineuritic vitamin
 - (iii) RDA for Vitamin A for adults.
 - (iv) Deficiency disease caused due to Folic Acid.
 - (v) Any one trace mineral
 - (vi) Iodine is required for the normal functioning of this gland.
 - (vii) Nutrient having 'angular stomatitis' as a deficiency symptom.
 - (viii) This mineral helps in blood clotting.
29. Explain the process of decision making involved when suddenly you come to know that some special guests are arriving for dinner on a working day. 4
30. List four primary and four secondary properties of cotton. 4
31. Mention four ways each of use and care of silk and wood. 4