

Directorate of Education, GNCT of Delhi

Practice Paper (Session: 2023-24)

Class: XI

Subject: Home Science(064)

Duration: 3 hours

Maximum Marks: 70

General Instructions

1. All questions are compulsory.
2. There are a total of 35 questions.
3. Question paper is divided into three sections-A, B,C and D
4. Section A has question no.1 to 14 (multiple choice questions) and are of 1 mark each.
5. Section B has question no. 15 to 18 (case- based questions) and are of 1 mark.
6. Section C has question no.19 to 25 of 2 marks each and question no.26 to 29 of 3 marks each.
7. Section D has question no.30 to 33 of 4 marks each and question no.34 and 35 are of 5 marks each.
8. Internal choices are given in some questions.
9. Support your answers with suitable examples wherever required.

S.No.	SECTION A (MULTIPLE CHOICE QUESTIONS)	Marks
1	Which of the following is an example of person suffering from vomiting out excess food by purging? a. Anorexia b. Night blindness c. Bulimia d. Anemia.	1
2	Which of the following is not the field of home science? a. Food and nutrition b. Child Development c. Fabric and apparel d. Agriculture science	1
3	Which of the following is primarily and very essential for infants ?	1

	<ul style="list-style-type: none"> a. Pants b. Diaper c. Cap d. Socks 	
4	<p>What is the basis for calculating the BMI of a person?</p> <ul style="list-style-type: none"> a. By physical weight b. By physical height c. By hemoglobin level in blood d. By both body weight and height 	1
5	<p>Which of the following filament can be easily degraded by a worm?</p> <ul style="list-style-type: none"> a. Nylon b. Polyester c. Cotton d. Wool 	1
6	<p>Lipstick stain can be removed by</p> <ul style="list-style-type: none"> a. use of salt water b. soak in ammonia c. sponge with methylated spirit d. wash with hot water and soap <p style="text-align: center;">OR</p> <p>Which of the following is a common solvent used for dry cleaning ?</p> <ul style="list-style-type: none"> a. chloro-fluorocarbon b. Dichloro-ethylene c. perchloro-ethylene d. carbon tetrachloride 	1
7	<p>Which of the following is the full form of SITE?</p> <ul style="list-style-type: none"> a. Satellite Instructional Television Experiments b. Satellit Informative Television Experiments c. Satellite Instrument Television Experiments d. Solar Instructional Television Experiments 	1
8	<p>While doing any activity when we monitor that activity we call it ?</p> <ul style="list-style-type: none"> a. Implementation b. Controlling c. Evaluation d. Organising 	1
9	<p>Find the statement from the following.</p> <ul style="list-style-type: none"> a. India's first TV transmitter was installed in Pij Village in Gujarat. b. Bluetooth technology is a low-cost, short-range radio frequency (RF) link between mobilePCs, mobile phones and other portable devices 	1

	<p>c. Communication is a process of thinking, observing, understanding, sharing and transmitting messages to others through a variety of mediums.</p> <p>d. Traditional communication is not important now.</p>																					
10	<p>Select correct pair:</p> <p>a. Struggling with body image problems : Bulimia</p> <p>b. Vegan and no carb diet: Fast foods</p> <p>c. Cereals and pulses: Sparingly</p> <p>d. Iron and iodine : Macronutrients</p>	1																				
11	<p>Match List I with List II</p> <table border="1"> <thead> <tr> <th></th> <th>List I (nutrients)</th> <th></th> <th>List I (functions)</th> </tr> </thead> <tbody> <tr> <td>A</td> <td>Roughage</td> <td>i</td> <td>Bodybuilding</td> </tr> <tr> <td>B</td> <td>Vitamins</td> <td>ii</td> <td>Energy Giving</td> </tr> <tr> <td>C</td> <td>Protein</td> <td>iii</td> <td>Healthy digestion</td> </tr> <tr> <td>D</td> <td>Carbohydrates</td> <td>iv</td> <td>Protective</td> </tr> </tbody> </table> <p>Choose the correct options</p> <p>a. A-iii B-i C-ii D-iv</p> <p>b. A-iv B-i C-ii D-iii</p> <p>c. A-ii B-i C-iii D-iv</p> <p>d. A-iv B-iii C-iD-ii</p>		List I (nutrients)		List I (functions)	A	Roughage	i	Bodybuilding	B	Vitamins	ii	Energy Giving	C	Protein	iii	Healthy digestion	D	Carbohydrates	iv	Protective	1
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13	<p>Several indicators are used to assess health because it is multidimensional and each of its dimensions are influenced by many factors. Which amongst the following are prominent indicators?</p> <ol style="list-style-type: none"> 1. Mortality and morbidity 2. Color change 3. Nutritional status and disability rates 4. Change in temperature <p>Choose the correct options from the following</p> <ul style="list-style-type: none"> a. i and ii b. ii and iii c. i and iii d. ii and iv <p style="text-align: center;">OR</p> <p>A BMI (body mass index) of 18.5- 24.9 indicates that a person is ?</p> <ol style="list-style-type: none"> 1. Underweight 2. Normal weight 3. Overweight 4. Protects from lifestyle related diseases <p>Choose the correct options from the following</p> <ul style="list-style-type: none"> a. i and ii b. ii and iii c. i and iii d. ii and iv 	1
14	<p>Which of the following is the food-borne illness?</p> <ul style="list-style-type: none"> a. Rubella b. Chicken pox c. Diarrhea d. Dysentery <p>Choose the correct options from the following</p> <ul style="list-style-type: none"> a. i and ii b. ii and iii c. i and iii d. iii and iv 	1
<p>SECTION B (CASE BASED STUDY) Read the passage carefully and answer question no. 15 to 18</p>		

15	<p>Saving means keeping aside a part of your money or other resources for use in future or for further production . Savings are important for a family to take care of their future needs. savings are also important for any economy to survive and grow as savings lead to capital formation and accumulation. Saving money is not easy. It takes discipline, planning, co-operation and hard work on the part of family members. But saving money is very important for family security and happiness. Saving for saving's sake is futile. saving has meaning only when the purposes are well- planned and understood by all family members and the money wisely invested for future use.</p> <p>Which of the following is an incorrect pair?</p> <ol style="list-style-type: none"> Money : Measurement of value Investment: fixed deposits Direct income: cooking the family meals Psychic income: visible income 	1
16	<p>What is the first step in making the budget ?</p> <ol style="list-style-type: none"> Estimate the cost Evaluate the plan Balance income and expenditure List the commodities required 	1
17	<p>Given below are two statements labeled as Assertion(A)and Reason(R) .</p> <p>Assertion(A): Increased savings does not always lead to higher Investments.</p> <p>Reason(R): Equality between Savings and investment gives equilibrium level of income</p> <p>Select the most appropriate answer from the options given below</p> <ol style="list-style-type: none"> Both A and R are true and R is the correct explanation Both A and R are true and R is not the correct explanation A is true but R is false Both A and R are false 	1
18	<p>Given below are two statements labeled as Assertion(A)and Reason(R) .</p> <p>Assertion(A): Substitute of cash and cheque is credit card</p> <p>Reason(R): The main source of income for banks is interest on credit cards.</p> <p>Select the most appropriate answer from the options given below</p> <ol style="list-style-type: none"> Both A and R are true and R is the correct explanation Both A and R are true and R is not the correct explanation A is true but R is false Both A and R are false 	1

SECTION C (SHORT ANSWER QUESTIONS)		
19	Growth and development are often used interchangeably but are different from one another. Suggest the four different aspects of growth and development.	2
20	Mention two reasons that 'Childhood obesity is on increase' to your friend who is suffering from being overweight or very fat. OR How has the Mid-day meal scheme boosted children's health as well as school performance?	2
21	Mention four ways to make fast food meals nutritionally acceptable.	2
22	Your sister during adolescence some common unhealthy diet related behavior have developed. Guide her to adopt four healthy dietary practices. OR During adolescence period the factors influencing on eating habits are numerous and the formation of those habits is extremely complex Mention each two external and internal factors .	2
23	What could be the four factors that affect the selection of clothing for children?	2
24	Meenu wants to choose the subject home science in class XI . Advise her about job opportunities of two branches of home science 'Clothing and Textiles ' and' Child Development '(two job opportunities each) OR Your sister wants to know more about career options in Home Science. Suggest her four career options in this field	2
25	Mention four causes of nutritional problems	2
26	Meenu has four friends between 14-16 years of age .All have been asked to define themselves in one line like I am good in studies, I have good relations with others,I can impress people easily etc. Based on the above answers about self, explain briefly the two types of identity with one example each.	3
27	Mention six environmental aspects of health science. OR Explain the six benefits of of good nutritional status for children's education	3

28	Outline six general rules before storing clothing . OR Outline six differences each between soaps and detergents in terms of their merits and demerits.	3
29	Describe the sequence of motor development from 6 to 8 months onwards till 2 years	3
SECTION D(LONG ANSWER QUESTIONS)		
30	Your neighbor's child who is 11 years old with a disability feels uncomfortable and dependent most of the time while playing or sitting. Suggest her eight features of clothes to develop confidence and comfort.	4
31	Elaborate any two tools that help in managing the time more effectively. OR Demonstrate any four principles of planning space inside the home.	4
32	Your friend has recently joined the fabric industry. a. Indicate the four processes when she will look at the fabrics and may be able to distinguish between different structures . b. Explain the two uses of each silk and woolen c. Which is the more advanced and special form of dyeing? Mention its two importance	2+ 2+ 1= 4
33	Your mother has purchased a Cotton saree, lost shine and shape due to repeated washes. Suggest some of the most commonly four stiffening agents to make the fabric firm and smooth and shiny again.	4
34	a. Discuss the six principles underlying sound Investments b. Discuss four steps in making a budget OR a. What is the meaning of 'money income', ' real income' and 'psychic income' ? Give one example of each. b. Give four *suggestions to a housewife to supplement her family income	3+ 2= 5
35	Exercise is a subset of physical activity that is planned, structured, and repetitive and has objective the improvement or maintenance of physical fitness. Physical fitness is a set of attributes that are either health- or skill-related. a. Mention the types of exercise and its benefits b. Which six foods should be avoided for being a healthy person ?	2+ 3= 5