

DIRECTORATE OF EDUCATION : GNCT OF DELHI

HOME SCIENCE

PRACTICE QUESTION PAPER

CLASS: XI | SUBJECT: HOME SCIENCE | SUBJECT CODE: 064

TIME: 03 HOURS |

MAXIMUM MARKS: 70

General Instructions:

1. All questions are compulsory.
 2. There are a total of 32 questions in this paper.
 3. Question paper is divided into three sections - A, B and C.
 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 21 of 2 marks each and question no. 22 to 25 of 3 marks each.
 6. Section C has of question no. 26 to 30 of 4 marks each and question no. 31 and 32 of 5 marks each.
 7. Internal choices are given in some questions.
 8. Support your answers with suitable examples wherever required.
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SECTION – A**(Multiple Choice Questions)**

1. Self-concept and self-esteem are elements of: **(1)**
(a) Identity (b) Feelings
(c) Pride (d) Self-evaluation
2. What are substances having similar qualities grouped together called? **(1)**
(a) Balanced diet (b) Nutrients
(c) Nutrition (d) Food groups
3. Money is an example of which type of resource? **(1)**
(a) Physical resource (b) Non-human resource
(c) Natural resource (d) Community resource
4. Asbestos is which type of fibre? **(1)**
(a) Protein (b) Mineral
(c) Cellulosic (d) Non-cellulosic
5. A video call is an example of which medium of communication? **(1)**
(a) Teleconferencing (b) Interactive video
(c) General message transmission (d) Interpersonal message transmission

6. At which stage does a difference between the real self and the ideal self begin to emerge? **(1)**

- (a) Adolescence
- (b) Adulthood
- (c) Middle childhood
- (d) Infancy

7. Management is necessary to achieve any goal. What is the first step of the management process? **(1)**

- (a) Planning
- (b) Organising
- (c) Evaluation
- (d) Controlling

8. What is the relationship between the length of fibre and the length of yarn made from it called? **(1)**

- (a) Yarn twist
- (b) Yarn and thread
- (c) Yarn count
- (d) Spinning

9. In which type of communication is there closeness and direct contact between the receiver and the sender? **(1)**

- (a) Group communication
- (b) Mass communication
- (c) Intrapersonal communication
- (d) Interpersonal communication

10. Learning how to perform a task is which human resource? **(1)**

- (a) Energy
- (b) Knowledge
- (c) Time
- (d) Skill

11. Menstruation in girls is considered the _____ of _____. (1)

12. Match List-I with List-II: (1)

List-I

List-II

1. Bhatra

i. Gujarat

2. Doha

ii. Bengal

3. Dashavatara

iii. Madhya Pradesh

4. Dadoriya

iv. Karnataka

Choose the correct option:

(a) 1-i, 2-ii, 3-iii, 4-iv

(b) 1-ii, 2-i, 3-iv, 4-iii

(c) 1-iv, 2-iii, 3-ii, 4-i

(d) 1-iii, 2-iv, 3-i, 4-ii

13. The following statements are marked as Assertion (A) and Reason (R): (1)

Assertion (A): Linen has many properties similar to cotton.

Reason (R): Linen is a cellulosic fibre.

Choose the most appropriate answer:

(a) Both (A) and (R) are correct and (R) is the correct explanation of (A).

(b) Both (A) and (R) are correct, but (R) is not the correct explanation of (A).

(c) (A) is correct but (R) is incorrect.

(d) (A) is incorrect but (R) is correct.

14. The following statements are marked as Assertion (A) and Reason (R): **(1)**

Assertion (A): Making the best use of available resources is called resource management.

Reason (R): Human resource is not a stage of resource management.

Choose the most appropriate answer:

- (a) Both (A) and (R) are correct and (R) is the correct explanation of (A).
- (b) Both (A) and (R) are correct, but (R) is not the correct explanation of (A).
- (c) (A) is correct and (R) is incorrect.
- (d) (A) is incorrect but (R) is correct.

SECTION – B

(Very Short Answer and Short Answer Questions)

15. (a) Reema wants to tell her sister about food groups. What two nutrients are obtained from milk, meat and their products? Explain. **(2)**

OR

(b) Grains and cereals are placed at the bottom level of the food pyramid. What does this indicate?
(2)

16. (a) Write the names of four human resources required while preparing for an examination. **(2)**

OR

(b) Community resources are obtained by being a part of the community. Name any four community resources. **(2)**

17. (a) Adolescents experience contradictions about themselves. Explain this statement with an example. (2)

OR

(b) What is the difference between the real self and the ideal self? Explain with one example of each. (2)

18. Sonu is studying Home Science. How will he explain to his friend that Home Science is also necessary for boys? (2)

19. What do you understand by yarn count and yarn twist? (2)

20. Which type of communication medium should be used to spread information about ways to prevent malaria to as many people as possible? Give any two reasons. (2)

21. Justify the statement: "Every resource has some alternative." (2)

22. Home Science is an integral part of our lives and affects our daily life. Describe the functions of any one area of Home Science. (3)

23. Computers have become an important part of our lives. (3)

(a) Explain the three types of computers to Seema.

OR

(b) Satellite communication has become a necessity in the present time. Write three advantages of satellite technology. (3)

24. (a) Mention the differences between rayon and nylon fibres. (3)

OR

(b) Differentiate between hair and lace. (3)

25. Radha spends all her time roaming and having fun with her friend. Explain, using any three points, the impact of the peer group on adolescence. **(3)**

SECTION – C

Long Answer Questions

26. Seema is an Anganwadi worker. She has to provide important information to parents about early childhood: **(1+1+2=4)**

- (a) Write the duration of early childhood.
- (b) What is meant by early childhood?
- (c) State the characteristics of the self during early childhood.

27. (a) Meena is not satisfied with her appearance. In her desire to become thin, she has almost stopped eating: **(2+2=4)**

- I. Identify the problem she is suffering from and state its consequences.
- II. Give two suggestions to overcome this problem.

OR

(b) Geeta is an adolescent girl. She and her friend Rita are greatly influenced by dieting: **(2+2=4)**

- I. Tell her two harmful effects of dieting.
- II. Give her two suggestions to stop dieting.

28. (a) Give any three reasons to explain whether Information Technology is a boon or a curse for students. **(3+1=4)**

- (b) Write two examples of Information Technology.

29. Radha works in an NGO and wants to explain resource management through publicity: **(1+3=4)**

- (a) What do you understand by resource management?
- (b) Explain any two steps of resource management.

30. Hamida wants to start her own unit for weaving and printing different types of fabrics: **(2+2=4)**

- (a) Explain the steps involved in converting fibres into yarn.
- (b) What is a fibre? Define it.

31. Home Science is both an art and a science. **(2+3=5)**

- (a) Define Home Science.
- (b) Write two areas of work each in the following fields of Home Science:
 - (i) Clothing and Textiles
 - (ii) Human Development
 - (iii) Communication and Extension

32. (a) What are the guidelines for using food groups to prepare a balanced diet? Discuss in detail. **(5)**

OR

(b) Name 10 food items that belong to the Protective Food Group. Also give two reasons for your selection. **(5)**