

DIRECTORATE OF EDUCATION, GNCT of Delhi
Practice Paper (2024-25)
Class – XI
Subject – Home Science (Theory) (064)

Time – 3hrs

M.M – 70

GENERAL INSTRUCTIONS:

1. All questions are compulsory.
2. There are total 35 questions.
3. Question paper is divided into four sections – A, B, C and D.
4. Section A has question no. 1 to 14 are Multiple Choice Questions and are of 1 Mark each.
5. Section B has questions no. 15 to 18 are Case-based questions and are of 1 Mark each.
6. Section C has questions no. 19 to 25 are of 2 Marks each and question no. 26 to 29 and are of 3 Marks each.
7. Section D has question no. 30 to 33 are of 4 Marks each and question no. 34 to 35 are of 5 Marks each.
8. Internal choices are given in some questions.
9. Support your answers with suitable examples wherever required.

<u>SECTION A (MULTIPLE CHOICE QUESTIONS)</u>		
1.	Which concept is related to concept of self? (A) Identity (B) Colour (C) Development (D) Feeling	1
2.	Which of the following is not a Human Resource? (A) Money (B) Knowledge (C) Energy (D) Attitude	1

3.	<p>Which of the following is a symptom of Bulimia?</p> <p>(A) Adolescents have control over food intake.</p> <p>(B) Adolescents vomit immediately after having food.</p> <p>(C) Adolescents eat in very small quantities.</p> <p>(D) Adolescents avoid food containing sugar.</p>	1
4.	<p>What is interloping of at least one set of wool yarns called?</p> <p>(A) Picking</p> <p>(B) Shedding</p> <p>(C) Knitting</p> <p>(D) Braiding</p>	1
5.	<p>Which period of human life is considered as unstable and ambiguous?</p> <p>(A) Childhood</p> <p>(B) Infancy</p> <p>(C) Adolescence</p> <p>(D) Adulthood</p> <p style="text-align: center;">OR</p> <p>“I am tall” In which state of the self is this example given?</p> <p>(A) Early Childhood</p> <p>(B) Adolescence</p> <p>(C) Old age</p> <p>(D) Childhood</p>	1
6.	<p>Non-Verbal communication is best suited for which of the following categories?</p> <p>(A) Teacher</p> <p>(B) Student</p> <p>(C) Scientist</p> <p>(D) Deaf-dumb</p>	1
7.	<p>What tasks will you give priority to when preparing a Time-Plan for yourself?</p> <p>(A) Leisure activities</p> <p>(B) Compulsory activities</p> <p>(C) Religious activities</p> <p>(D) Optional activities</p>	1

8.	<p>Choose the correct pair of fibre and its source.</p> <p>(A) Cotton : Mineral fibre (B) Linen : Animal fibre (C) Glass : Mineral fibre (D) Terrycot : Regenerated cellulosic fibre</p>	1										
9.	<p>What is the Average weight of a new born?</p> <p>(A) 1.5 – 2.5 kg (B) 2.5 – 3.0 kg (C) 4.0 kg (D) 1.0 -2.0 kg</p>	1										
10.	<p>Which vaccine is given to the child immediately after birth?</p> <p>(A) D.P.T. (B) Hepatitis B (C) B.C.G. (D) Typhoid</p>	1										
11.	<p>Match ‘Media Category’ of List I with ‘Example in’ List II.</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;"><u>List I (Media Category)</u></td> <td style="width: 50%;"><u>List II (Example)</u></td> </tr> <tr> <td>i. Print Media</td> <td>1. Calculator</td> </tr> <tr> <td>ii. Audio Media</td> <td>2. Slide</td> </tr> <tr> <td>iii. Projected Media</td> <td>3. Radio</td> </tr> <tr> <td>iv. Visual Media</td> <td>4. Books</td> </tr> </table> <p>Choose the correct option</p> <p>(A) i-4, ii-3, iii-2, iv-1 (B) i-2, ii-3, iii-1, iv-4 (C) i-4, ii-1, iii-2, iv-3 (D) i-1, ii-2, iii-3, iv-4</p>	<u>List I (Media Category)</u>	<u>List II (Example)</u>	i. Print Media	1. Calculator	ii. Audio Media	2. Slide	iii. Projected Media	3. Radio	iv. Visual Media	4. Books	1
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12.	<p>Match List I Area of Home Science with Employment opportunity in List II.</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;"><u>List I (Area of Home Science)</u></td> <td style="width: 50%;"><u>List II (Employment opportunity)</u></td> </tr> <tr> <td>i. Food and Nutrition</td> <td>1. Interior Decoration</td> </tr> <tr> <td>ii. Fabric and Apparel Science</td> <td>2. Play School</td> </tr> <tr> <td>iii. Resource Management</td> <td>3. Fashion Designer</td> </tr> <tr> <td>iv. Human Development</td> <td>4. Food Service</td> </tr> </table> <p>Choose the correct option</p> <p>(A) i-3, ii-2, iii-4, iv-1 (B) i-4, ii-3, iii-1, iv-2 (C) i-1, ii-3, iii-2, iv-4 (D) i-4, ii-2, iii-3, iv-1</p>	<u>List I (Area of Home Science)</u>	<u>List II (Employment opportunity)</u>	i. Food and Nutrition	1. Interior Decoration	ii. Fabric and Apparel Science	2. Play School	iii. Resource Management	3. Fashion Designer	iv. Human Development	4. Food Service	1
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13.	<p>Rekha wants to earn a livelihood by getting education in the field of Home Science. What kind of opportunities can she get in this field?</p> <ol style="list-style-type: none"> i. Wage employment opportunity ii. Self employment opportunity iii. Partial employment opportunity iv. Half employment opportunity <p>Choose the correct option.</p> <ol style="list-style-type: none"> (A) (i) and (ii) (B) (ii) and (iii) (C) (ii) and (iv) (D) (i) and (iii) 	1
14.	<p>Which of the following are the reagents for Removal of Stains?</p> <ol style="list-style-type: none"> (i) Acid (ii) Blueing agent (iii) Alkali (iv) Soap <p>Choose the correct option</p> <ol style="list-style-type: none"> (A) (i) and (iii) (B) (ii) and (iii) (C) (i) and (iv) (D) (ii) and (iv) <p style="text-align: center;">OR</p> <p>Which solvents are used for Dry Cleaning?</p> <ol style="list-style-type: none"> (i) Detergents (ii) Perchloro-ethylene (iii) Fluorocarbon solvent (iv) Acids 	1
<p><u>SECTION-'B' (Case Based Questions)</u></p> <p>Read the passage carefully and answer question no. 15 to 18</p> <p>Every person wants to live a good quality and have a sense of well-being. As far back as 1948, the Universal Declaration of Human Rights stated: “Everyone has the right to a standard of living adequate for the health and well-being of oneself and one’s family including food”. Yet, many of the environmental condition and our own lifestyles affect our health, sometimes having harmful effects. At the outset let us define “health”. The world’s premier organization concerned with health, the World Health Organization (WHO) defines health as “a state of complete mental, physical and social well-being and not merely the absence of disease”.</p>		

15.	<p>Choose the correct pair in context of nutrients.</p> <p>(A) Macro nutrients : Vitamin 'C'</p> <p>(B) Minerals : Zinc</p> <p>(C) Fat Soluble Vitamins : Protein</p> <p>(D) Water Soluble Vitamins : Vitamin 'D'</p>	1										
16.	<p>Match Reason given in List I with Disease in List II</p> <table border="0" style="width: 100%;"> <thead> <tr> <th style="text-align: left;"><u>List I (Reason)</u></th> <th style="text-align: left;"><u>List II (Disease)</u></th> </tr> </thead> <tbody> <tr> <td>i. Deficiency of Iron</td> <td>1. Diarrhoea</td> </tr> <tr> <td>ii. Deficiency of Iodine</td> <td>2. Night Blindness</td> </tr> <tr> <td>iii. Deficiency of Vitamin 'A'</td> <td>3. Anemia</td> </tr> <tr> <td>iv. Contaminated food</td> <td>4. Goitre</td> </tr> </tbody> </table> <p>Choose the correct option from the following</p> <p>(A) i-2, ii-3, iii-4, iv-1</p> <p>(B) i-3, ii-2, iii-1, iv-4</p> <p>(C) i-3, ii-4, iii-2, iv-1</p> <p>(D) i-1, ii-2, iii-3, iv-4</p>	<u>List I (Reason)</u>	<u>List II (Disease)</u>	i. Deficiency of Iron	1. Diarrhoea	ii. Deficiency of Iodine	2. Night Blindness	iii. Deficiency of Vitamin 'A'	3. Anemia	iv. Contaminated food	4. Goitre	1
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17.	<p>Given below are the statements labeled as Assertion (A) and Reason (R).</p> <p>ASSERTION (A): Emphasis on social health is gaining importance now a days</p> <p>REASON (R) : Persons who are socially well adjusted tend to live longer</p> <p>Select the most appropriate answer from the options given below:</p> <p>(A) Both A and R are true and R is the correct explanation of A</p> <p>(B) Both A and R are true but R is not the correct explanation of A</p> <p>(C) A is true R is false</p> <p>(D) A is false but R is true</p>	1										

18.	<p>Given below are two statements labeled as Assertion (A) and Reason (R)</p> <p>ASSERTION (A): Nutrition and health are not intimately inter linked. REASON (R) : Nutrition is concerned with maintenance of body organs and tissues in structure and function.</p> <p>Select the most appropriate answer from the options given below: (A) Both A and R are true and R is correct explanation of A (B) Both A and R are true but R is not the correct explanation of A (C) A is true but R is false (D) A is false but R is true</p>	1
<u>SECTION-“C” (SHORT ANSWER QUESTIONS)</u>		
19.	<p>‘Resources are limited’ Support this statement with suitable examples OR ‘Every person should try to make maximum use of community resources and should understand ones responsibility towards their maintenance’ What are community resources. Give two examples.</p>	2
20.	<p>‘Stress arises due to the imbalance between mental state and circumstances’. List two types of stress.</p>	2
21.	<p>Explain the importance of evaluation in any resource management process.</p>	2
22.	<p>Write any four characteristics of knitted fabrics.</p>	2
23.	<p>Which two food items spoil the digestion of pre-schoolers?</p>	2
24.	<p>‘Money is what money does’. Write two important functions of money.</p>	2
25.	<p>List any two essential communication technologies which have brought revolution in communication sector. OR What are the four basic elements of communication process?</p>	2
26.	<p>Health care consists of all the various services provided to communities for the purpose of promoting, maintaining or restoring health. At which three levels are health care services provided? OR Guide Nalini about the benefits of good nutritional status for education of her eight year old son.</p>	3

27.	(a) What kind of colours are used to make the room look bigger and more open? (b) In which two ways can the available space in the house be properly managed?	3
28.	(a) What is the meaning of complementary food? (b) Write any two guidelines for giving complementary food? (c) Into how many categories are the complementary food divided?	3
29.	Write any three differences between gross motor development and fine motor development? OR Write any three differences between growth and development.	3
<u>SECTION-‘D’ (LONG ANSWER QUESTIONS)</u>		
30.	(a) Make a list of factors influencing dietary habits in the adolescence. (b) What are the four reasons due to which adolescents consume drugs?	2+2
31.	“Any cloth whether inexpensive or expensive requires proper care and maintenance” (a) What are two benefits of proper care of clothes? (b) What are the three ways in which clothes can be repaired?	1+3=4
32.	Financial Planning is a comprehensive plan which includes a family’s current financial situation and long term objectives along with strategies to achieve them. (a) How many types of family income are there? Explain each with examples (b) What is family budget? OR The savings should be invested wisely by the family (a) Write any three principles underlying sound investment. (b) What is ‘Credit’?	3+1=4
33.	Muscles can be kept free from stress by maintaining correct and good body posture. (a) In which two ways can body posture be improved? (b) Give two examples of changes in the final product in context of work-simplification.	2+2

34.	<p>Just as no two people are exactly alike, similarly the appropriate clothing for different individuals also varies.</p> <p>Which age group is called toddler stage? Explain any four factors which affect selection of clothes?</p> <p style="text-align: center;">OR</p> <p>“Choosing clothes for teenager is a difficult problem”</p> <p>Children of which age group are called adolescents? What are the four points that must be kept in mind while selecting clothes for a teenager?</p>	1+4
35.	<p>Your younger brother remains busy with the mobile phone the whole day and eats unhealthy food. Due to this reason he keeps unwell. Guide him in the following manner.</p> <p>(a) What should he do to have a health promoting diet?</p> <p>(b) Into which three broad categories can different types of exercises be grouped?</p>	2+3=5