

Directorate of Education, GNCT of Delhi

Mid-Term Practice Paper (2025-2026)

CLASS- XI

SUBJECT – HOME SCIENCE (064)

Time Allowed: 3Hrs

MM: 70

GENERAL INSTRUCTIONS

1. All questions are compulsory.
2. There are 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 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

	SECTION A (MULTIPLE CHOICE QUESTIONS)	
Q1	In which year was Lady Irwin College established? (A) 1918 (B) 1932 (C) 1990 (D) 1947	1
Q2	In which age does a child use personal pronouns like 'I', 'me', 'mine' etc? (A) 6-12 months (B) 18- 24 months (C) 24-36 months (D) 3.5 years	1
Q3	The constituents of food that helps the body for growth, energy, repair and maintenance are called as: (A) Calorie (B) Nutrition (C) Carbohydrates (D) Nutrients	1
Q4	What is the medium of communication through which the information flows from a sender to receiver called? (A) Channel (B) Medium (C) Communication (D) Feedback	1

Q5	Acrylic fibre can be used in place of which natural fibre? (A) Silk (B) Cotton (C) Jute (D) Wool	1										
Q6	Which of the following is not a characteristic of resources? (A) Accessibility (B) Cheap (C) Utility (D) Interchangeability	1										
Q7	Feedback is part of which step of the management process? (A) Planning (B) Organising (C) Controlling (D) Evaluation	1										
Q8	Which of the following is true about vegetarian diet? (A) Green vegetables provide fat (B) The only substitute of cow milk is soya - milk (C) Dry fruits & nuts can be a substitute for meat (D) Only three food groups should be added in one's daily diet	1										
Q9	What is the direction of the yarns in a woven fabric called? (A) Selvedge (B) Twist (C) Grain (D) Weft	1										
Q10	Which of the following illness is not food-borne? (A) Diarrhoea (B) Cholera (C) Typhoid (D) Cancer	1										
Q11	_____ is the main nutrient supplied by milk and meat products. (A) Vitamins and minerals (B) Essential fatty acids (C) Protein (D) Carbohydrates	1										
Q12	Match the list I with list II <table border="1"><thead><tr><th>List I (Fibers)</th><th>List II (Type of Fiber)</th></tr></thead><tbody><tr><td>1. Cotton</td><td>I. Mineral fibre</td></tr><tr><td>2. Silk</td><td>II. Cellulosic fibre</td></tr><tr><td>3. Asbestos</td><td>III. Synthetic fibre</td></tr><tr><td>4. Nylon</td><td>IV. Protein fibre</td></tr></tbody></table> (A) 1 – II, 2 – IV, 3 – I, 4 – III (B) 1 – IV, 2 – III, 3 – II, 4 – I (C) 1 – I, 2 – III, 3 – II, 4 – IV (D) 1 – III, 2 – II, 3 – I, 4 – IV	List I (Fibers)	List II (Type of Fiber)	1. Cotton	I. Mineral fibre	2. Silk	II. Cellulosic fibre	3. Asbestos	III. Synthetic fibre	4. Nylon	IV. Protein fibre	1
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Q13	<p>Given below are two statements labelled as Assertion (A) and Reason (R) -</p> <p>Assertion (A) - The period of adolescence is marked by certain universal physical and biological changes in the body that take place in particular sequences.</p> <p>Reason (R) - The time when sexual maturity is reached is called puberty.</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. (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
Q14	<p>Given below are two statements labelled as Assertion (A) and Reason (R) -</p> <p>Assertion (A): Adolescents are influenced by media.</p> <p>Reason (R): Media is not a catalyst of national development.</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. (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
	SECTION B (VERY SHORT AND SHORT ANSWER QUESTIONS)	
Q15	<p>A) Which two symptoms can be seen in a person who is physically unwell?</p> <p style="text-align: center;">OR</p> <p>B) Enlist any two positive influences of good nutrition on health.</p>	2
Q16	<p>A) 'India is facing a double burden of malnutrition.'! Explain this statement.</p> <p style="text-align: center;">OR</p> <p>B) 'Water is the basic element necessary for life.' Give the utility of water for the human body.</p>	2
Q17	<p>A) Your friend indulges in bingeing (overeating) and inducing purging by vomiting. Name the eating disorder she is suffering from. Also tell one ill-effect of her behaviour.</p> <p style="text-align: center;">OR</p> <p>B) Your brother rejects routine home food and is under drug abuse due to peer influence.</p> <p>Suggest two ways of modifying his diet related behaviour.</p>	2
Q18	Differentiate between the real self and the ideal self.	2
Q19	Write any two unique features of wireless technology.	2
Q20	Media has a lot of impact on the lives of adolescents. List any four functions of media.	2
Q21	How is fitness different from health?	2

Q22	Meena has done her graduation in Home Science and wants to make a career in the field of Food and Nutrition. Suggest her any three opportunities in this field	3
Q23	A) What are the various ways to classify resources? Explain with examples. OR B) Explain any three important characteristics of resources with examples.	3
Q24	A) A woven fabric consists of two sets of yarns. Explain the process of weaving on a loom. OR B) Knitting is the inter-looping of yarns. Explain the two types of knitting.	3
Q25	List two qualities of potable water. Write one advantage and one disadvantage of boiling water for drinking.	3
	SECTION C (LONG ANSWER QUESTIONS)	
Q26	Wool is obtained from the hair of animals like sheep, goat, rabbit, camel. Different breeds of animals provide different quality wool. I. Name the process of removal of hair from the animals. II. Why is carbonisation done on wool? III. Enlist any two properties of wool.	1+1+2
Q27	A) Water collected from any source always contains some impurities. Thus, water must be purified before drinking. I. Explain the process of purifying water by an electric filter. II. Give two drawbacks of using an electric filter. OR B) At least one- third babies born in India have a low birth - weight. Undernutrition is a major problem existing among the Indian population. I. Describe any two nutritional problems prevailing among children. II. What is the impact of iron – deficiency in pregnant women?	2+2
Q28	I. Explain any three aspects of environmental hygiene. II. What should be the aim of any health professional?	3+1
Q29	I. List one positive impact of peer-group on adolescents. II. What kind of parenting supports healthy identity development in adolescents?	1+3
Q30	‘Changes in lifestyle and eating behaviour among adolescents lead to various kinds of diseases.’ I. Suggest two ways to adopt healthy dietary practices? II. List any two ill-effects of dieting.	2+2

Q31	<p>I. During monsoon your mother consumed dal-chawal from a road-side vendor after which she felt severe stomach-ache and high fever. Name the disease she might be suffering from. Write one other cause of this disease.</p> <p>II. Suggest her any three proper food handling practices that can be followed to prevent infection from such diseases.</p>	2+3
Q32	<p>A) Elaborate on the basic steps involved in planning process with one example.</p> <p style="text-align: center;">OR</p> <p>B) Suggest any five ways of managing a limited resource like water.</p>	5