

DIRECTORATE OF EDUCATION, GNCT of Delhi
Annual Practice Paper – (2025-26)
Class – XI
Home Science (Theory) (064)

Time : 3 Hours

M.M. - 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 questions 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.

S.No.	SECTION A (MULTIPLE CHOICE QUESTION)	Marks
1.	The main advantage of folding furniture is — (A) Occupies more space (B) Difficult to move (C) Saves space and is portable (D) Increases clutter	1
2.	Children of higher socio-economic classes are often found to be obese. Which of the following is the major cause of their obesity. (A) Eating more fruits and vegetables (B) Following an active life style (C) Inactivity and consumption of excess fatty and sugary foods (D) Regular outdoor games and exercises	1
3.	What is the main impact of Iodine deficiency in children? (A) Weak eyesight (B) Mental retardation and stunted growth (C) Weak bones (D) Skin infection	1

4.	Which of the following is an important characteristic of the “sense of self” during adolescence? (A) The real self becomes more important (B) Description of self becomes more elaborate (C) The self includes several contradictions (D) Adolescents experience lasting understanding	1
5.	Which of the following is an example of semi-fixed expenditure? (A) House rent (B) Child’s school fee (C) Clothing (D) Servant’s salary	1
6.	A student’s Body Mass Index (BMI) is calculated as 17.8. According to the World Health Organization classification, this value represents which category? (A) Normal weight (B) Overweight (C) Obesity (D) Underweight	1
7.	Mrs. Neha finds that washing dishes after every meal takes too much time. She decides to collect all the dishes in a basin and wash them together once in the evening using a dishwasher. This is an example of — (A) Increasing workload (B) Work simplification (C) Time wastage (D) Poor Organisation	1
8.	Identify one unhygienic practice of food vendors that contaminates food. (A) Using the same dirty water to clean utensils (B) Keeping food items covered (C) Using gloves while serving food (D) Washing vegetables with clean water	1
9.	What is the main purpose of adding twist to yarn? (A) Increase its colour brightness (B) Hold the fibres together and strengthen the yarn (C) Make the yarn longer (D) Reduce the cost of yarn	1

10.	A child begins to arrange objects according to their height, learns counting from 1 to 10, and understands the concepts of conservation and seriation. These abilities appear during which stage of development? (A) Formal operational stage (B) Pre-operational stage (C) Concrete operational stage (D) Sensory-motor stage	1										
11.	According to the famous psychologist_____ from infancy to old age, at every stage of development, a person must achieve some success to progress to the next stage of growth. For example, in early childhood, the major task is to gain control over the bowels and bladder. This theory was proposed by — (A) Erik H. Erikson (B) Erich Fromm (C) Sigmund Freud (D) Vygotsky	1										
12.	Match the List I with List II – <table><thead><tr><th>List I (Principles of space planning)</th><th>List II (Meanings)</th></tr></thead><tbody><tr><td>1. Aspect</td><td>I. Protects from unnecessary disturbances and maintains comfort</td></tr><tr><td>2. Privacy</td><td>II. Adds aesthetic value and creates a pleasant environment</td></tr><tr><td>3. Circulation of air</td><td>III. Provides a view of surroundings and outside scenery</td></tr><tr><td>4. Beauty / Elegance</td><td>IV. Ensures proper ventilation and freshness inside the house</td></tr></tbody></table> Choose the correct option from the following – (A) 1 - III, 2 - IV, 3 - I,4 - II (B) 1 - III, 2 - I, 3 - IV, 4 - II (C) 1 - I, 2 - III, 3 - II,4 - IV (D) 1 - III, 2 - IV, 3 - I, 4 – II	List I (Principles of space planning)	List II (Meanings)	1. Aspect	I. Protects from unnecessary disturbances and maintains comfort	2. Privacy	II. Adds aesthetic value and creates a pleasant environment	3. Circulation of air	III. Provides a view of surroundings and outside scenery	4. Beauty / Elegance	IV. Ensures proper ventilation and freshness inside the house	1
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13.	Given below are two statements labeled as Assertion (A) and Reason (R) – Assertion (A) : Gross motor development involves large muscles activities like walking, jumping and running. Reason (R) : It mainly depends on the coordination of small muscles of fingers and hands. Select the most appropriate answer from the options given below: (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	1
14.	Given below are two statements labeled as Assertion (A) and Reason (R) – Assertion (A) : In a Reverse Osmosis water purifier, the sediment filter removes large impurities such as sand, dust, and rust before water passes through other filters. Reason (R) : The carbon block and pre-carbon filters help in removing dissolved salts and microorganisms from the water. Select the most appropriate answer from the options given below: (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	
	SECTION B (VERY SHORT AND SHORT ANSWER QUESTIONS)	
15 A.	Define the terms RDA (Recommended Dietary Allowance) and Minimum Dietary Requirements.	2
15 B.	OR Define any two most common eating disorders among adolescents.	
16 A.	A laundry assistant is learning about different washing techniques used in textile care. Enumerate two ways in which friction washing and suction pump washing differ in their methods and effectiveness.	2
16 B.	OR A Home Science student is studying laundry aids. Enumerate two important uses of gelatin and borax in the care and finishing of fabrics.	

17 A.	Your younger brother wants to choose Home Science as his career option. Being a Home Science student. Explain any two major contributions of Home Science in day-to-day life. OR	2.
17 B.	Home Science is a subject that is evidently useful for both boys and girls. Give any two reasons to justify this statement.	
18.	A sports coach observes that some players feel highly motivated under competitive pressure, while others become anxious and lose focus. Identify the two types of stress shown by these players.	2
19.	Enlist any two significances of Balanced diet?	2
20.	A footwear designer plans to launch a special range of shoes for toddlers. Elaborate on any two characteristics of right-fitting shoes that ensure comfort and safety for young children.	2
21.	How are personal identity and social identity different from each other?	2
22.	A Fashion designer wants to train her interns in the store about the process of dyeing fabrics. Explain what are the three levels of dyeing clothes.	3
23 A.	In what three ways can a health practitioner assess the nutritional status of an individual during a routine health check-up? OR	3
23 B.	In what three ways can physical exercises be classified based on the movement and energy requirements of the body?	
24 A.	A fashion designer is developing a clothing line for children with special needs. List any three important clothing features that ensure comfort, safety, and ease of wearing for such children. OR	3
24 B.	A baby care expert plans to write an article on dressing infants between six months to one year of age. List any three types of clothes suitable for children in the crawling and creeping stage that support comfort and free movement.	

25.	Reflex actions in infants help them adjust to the new environment. Describe any three reflex actions that show the baby's natural survival response.	3
	SECTION C (LONG ANSWER QUESTIONS)	
26.	Riya, a 10-year-old girl, often feels weak and lacks concentration in school. In the same community, some adults are overweight and suffer from lifestyle diseases such as diabetes and hypertension. I. What is malnutrition? II. What do you understand by the term <i>double burden of malnutrition</i>? III. Describe any four factors that affect nutritional health.	1+1+2=4
27 A.	Mahima is planning nutritious meals for a group of preschool children at an Anganwadi Centre. She wants to provide meals that are both balanced and economical to support their healthy growth and development. I. Suggest any two important points Mahima should keep in mind while planning a balanced meal for preschool children. II. Give any four examples of low-cost nutritious snacks suitable for preschool children.	2+2=4
27 B.	OR Meena has recently given birth to a baby. During a home visit, the health worker explains to her the importance of breastfeeding and maintaining the baby's health. I. Write any two benefits of breastfeeding for the baby and the mother. II. What do you understand by supplementary feeding and weaning? Explain briefly.	
28.	I. Explain any three roles of planning in a management process with suitable examples. II. What is the role of controlling in the management process. Explain with Example.	3+1=4
29.	I. State what is meant by dry cleaning. II. Explain any three benefits of proper care and storage of garments.	1+3=4
30.	A computer teacher is training her students to use modern communication tools for online collaboration. I. Highlight any two important features of Bluetooth technology. II. What are the two broad groups of communication technology using these days on the basis of their application?	2+2=4

31.	I. Even with adequate efficiency, a homemaker feels a decrease in work capacity. Give any two reasons for this decrease. II. Due to improper speed and movement of hands and body, her work becomes tiring. Suggest any two ways to simplify work by changing hand and body movements, with suitable examples.	2+3=5
32 A.	List and describe five essential steps in preparing an effective family budget. OR	5
32 B.	Elaborate on any five saving and investment options available to Indian consumers that help ensure financial security and future growth.	