

PREBOARD EXAMINATION – 2020-21

Class: XI (CBSE)

Total Marks: 80

Date.....

SUBJECT-HOME SCIENCE

Time: 3 hrs.

GENERAL GUIDELINES:

- (i) All questions are compulsory.
- (ii) There are total 36 questions.
- (iii) Question Paper is divided into three sections –A, B and C
- (iv) Section A has question no.1 to 14 (objective type questions) and are of 1 mark each.
- (v) Section B has question no. 15 to 21 (case study based multiple choice questions) and are of 1 mark each.
- (vi) Section C has question no.22 to 27 of 2 marks each, question no.28 and 29 of 3 marks each, question no.30 to 33 of 4 marks each and question no.34 to 36 of 5 marks each.
- (vii) Internal choices are given in some questions
- (viii) Support your answer with suitable examples and figures wherever required.

SECTION A (OBJECTIVE TYPE QUESTIONS)

Multiple choice questions

1. The process of incorporating incoming information into already existing schemes and changing them into new concepts in new situations. (1)
- a) Accommodation
 - b) Assimilation
 - c) Sensation
 - d) Reasoning

OR

- Incoming information the infant receives from the environment
- a) Accommodation
 - b) Assimilation
 - c) Cognition
 - d) Imagination
2. General reflexes present in all children at the time of birth called (1)
- a) Schemas
 - b) Reflexes
 - c) Sensation
 - d) Memory
3. These hazards arise through the use of cords, bows or ties. (1)
- a) Strangulation
 - b) Choking and ingestion
 - c) Sharp edges and points
 - d) Chemical toxicity

4. Name the protein present in Mother's milk which is easily digestible. (1)
- a) Lactalbumin
 - b) Lactose
 - c) Calcium
 - d) Vitamins

OR

What contains large amount of antibodies and white blood cells to protect the child against infections?

- a) Lactalbumin protein
 - b) Vitamin D enriched milk
 - c) Colostrum
 - d) None of the above
5. What is ICMR? (1)
- a) Indian committee of Medical Research.
 - b) Indian council of Medical Research.
 - c) Indian counsel of Medical Research.
 - d) Indian cooperation of Medical Research.
6. This is the period from conception to birth, which is nearly nine months. (1)
- a) Infancy
 - b) Prenatal period
 - c) Germinal period
 - e) Embryonic period
7. What is the new nomenclature given to Home Science? (1)
- a) Human Ecology and Family Science
 - b) Anthropology
 - c) Domestic Science
 - d) Ecology and Family Science
8. The main characteristics of this stage is development of reasoning and logic, children become familiar with numbers volume, areas, mass etc. (1)
- a) Sensory Motor stage
 - b) Pre-Operational stage
 - c) Concrete Operational stage
 - d) Formal operations stage.

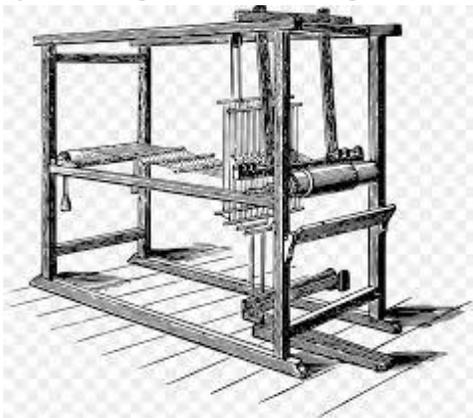
Fill in the blanks

9. _____ yarn are made from loose, entangled, fibres of varying length and thickness. (1)

OR

_____ is called the “Queen of fabrics.”

10. ___an occurrence of growing quickly and suddenly in a short period of time. (1)
11. _____is the expansion of RDA. (1)
12. Identify the image of the device given below. (1)



OR

Name the strongest and weakest natural fibre.

13. Write name of one social trait. (1)
14. Name main resources required for the following activities : (1)
- a) Running
 - b) Buying a car.

SECTION B (CASE STUDY BASED QUESTIONS)

Macronutrients are required in large amounts on a daily basis like proteins, fats and carbohydrates. They provide energy and also have other roles to play in the body.

Micronutrients are required in small amount by our body but they perform important functions. They are essential components of many biological processes going on in our body. They include vitamins and minerals. If you eat a balanced diet with enough calories and proteins, you are probably getting enough vitamins and minerals.

15. Minerals required in a small amount are called (1)
- a) Major elements
 - b) Trace elements
 - c) Native elements
 - d) Macro elements
16. ___is a form of severe protein malnutrition characterized by edema and an enlarged (1)
liver with fatty infiltrates.
- a) Marasmus
 - b) Rickets
 - c) Kwashiorker
 - d) Night blindness

17. It is caused because of protein and calorie deficiency. (1)
- a) Anemia
 - b) Rickets
 - c) Marasmus
 - d) Kwashiorker

18. Which vitamin deficiency is associated with night blindness? (1)
- a) Vitamin C
 - b) Vitamin A
 - c) Thiamine
 - d) Niacin

Growth and development are based on certain principles. Development of all the children depends upon these principles though the individual difference play an important role. Development of the child follows a specific pattern. From the time of conception the developmental processes begin and continue till the death of the person.

19. Name the development starts from head and progresses towards feet. (1)
- a) Proximodistal direction
 - b) Cephalocaudal direction.
 - c) Motor development
 - d) Physical development
20. Development starts from Centre to outside of the body. (1)
- a) Proximodistal direction
 - b) Cephalocaudal direction.
 - c) Motor development
 - d) Physical development

OR

_____are the indicators of growth and development during the process of development.

- a) Milestone
 - b) Factors
 - c) Maturation
 - d) Characteristics
21. _____is qualitative and quantitative (1)
- a) Growth
 - b) Development
 - c) Emotion
 - d) Maturation

OR

It is the first stage in which baby loves only himself.

- a) Oedipus complex
- b) Narcissitic stage
- c) Homosexual
- d) Heterosexual

SECTION C

22. “Mothers milk is the nature’s gift for the small baby”. Justify this statement by giving four reasons. (2)

OR

Mention two important points you will keep in mind while deciding what you would include in the packed lunch for a school-going child.

23. All major activities can be divided into sub-activities. Explain giving two example. (2)
24. Radha is a tall and thin girl, suggest her four features she should avoid while choosing her dress. (2)

OR

Write four points you will keep in mind while selecting clothes for your college going sister.

25. Neha’s birthday is in the next month. She has to manage and make arrangements for her birthday party. Using this example, discuss the steps of management process which she should follow. (2)
26. Zenna is from well to do family and is of 1½ years of age. Her Aya does not let her play in order to save her from hurt. What do you think about the impact on this various developments? (2)
27. Define yarn, categorise yarn on the basis of fibre length. (2)
28. Ramesh is not a part of any group. Write three disadvantages he will suffer. (3)
29. “The study of Home science brings the proper development of an individual and improve his quality of life”. In support of this statement, write six objectives of Home Science education. (3)

OR

‘Home Science subject is equally important for boys and girls’. Support this statement with three reasons.

30. Explain the two eating disorders that may arise at adolescence. What would be the best way to prevent their occurrence? (4)

OR

Discuss the food habits and behavior pattern of a person suffering from anorexia Nervosa.

31. “Food groups should be used proportionately in a balanced diet”. Illustrate with the help of a diagram. (4)
32. Adaptive clothing can make things easier for the children with special needs and his care. Support this statement with four reasons. And also tell about two types of hazards in clothing. (4)
33. Compare any two physical and two chemical characteristics of man-made fibre nylon and natural fibre cotton. (4)
34. Rita has started developing sexually first in her group. State any four differences between early and late adolescents. State the emotional impact on early maturing girls. (5)
35. Write four differences between growth and development. What are the factors which are responsible for growth and development of an infant? (5)

OR

Name the various emotions which emerges during first year of a baby. Write four factors which affect language development.

36. Explain the risk factor of high waist circumference for health. What are the advantages of intellectual wellness and occupational wellness? Give eight lifespan tips for adults to be healthy. (5)

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