

Directorate of Education, GNCT of Delhi

Practice Paper (Session: 2023-24)

Class: XI

Subject: Home Science(064)

Duration: 3 hours

Maximum Marks: 70

General Instructions

1. All questions are compulsory.
2. There are a total of 35 questions.
3. Question paper is divided into three sections-A, B,C and D
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 18 (case- based questions) and are of 1 mark.
6. Section C has question no.19 to 25 of 2 marks each and question no.26 to 29 of 3 marks each.
7. Section D has question no.30 to 33 of 4 marks each and question no.34 and 35 are of 5 marks each.
8. Internal choices are given in some questions.
9. Support your answers with suitable examples wherever required.

S.no	SECTION A (MULTIPLE CHOICE QUESTIONS)	Marks
1	When is the sudden and rapid increase in height, weight and body proportion? a. Puberty b. Growth Spurt c. Maturation d. Development	1
2	Which of the following is not a result of undernutrition? a. Less body weight b. Low immunity c. Scurvy d. Lifestyle related diseases	1

3	<p>Which of the following is related to water soluble vitamins ?</p> <ol style="list-style-type: none"> Retinol(A) Ascorbic acid © Niacin(B1) Tocopherol(E) 	1
4	<p>Which among the following has the relationship between the weight of the fiber and length of the fiber drawn from its called ?</p> <ol style="list-style-type: none"> yarn twist yarn and thread yarn number yaar spinning 	1
5	<p>Which of the following is the type of food that provide to keep ourselves healthy</p> <ol style="list-style-type: none"> Nutrients Energy heat /calories Fibre 	1
6	<p>Which among the following is the oldest form of textile art which was also used for making mats and baskets</p> <ol style="list-style-type: none"> knitting Weaving Braiding Knotting <p>Or</p> <p>Which of the following is not a staple fiber ?</p> <ol style="list-style-type: none"> Linen cotton jute silk 	1
7	<p>Which of the following is the full form of SITE?</p> <ol style="list-style-type: none"> Satellite Instructional Television Experiments Satellit Informative Television Experiments Satellite Instrument Television Experiments Solar Instructional Television Experiments 	1
8	<p>How do we use our resources in an effective manner?</p> <ol style="list-style-type: none"> Managing resources Human resource Natural resource Implementation 	1
9	<p>Find the incorrect statement from the following.</p>	1

	<p>a. Development is a lifelong process that continues from conception to death.</p> <p>b. It takes place only for a limited period that is up to maturity.</p> <p>c. It is subjective and cannot be measured directly.</p> <p>d. Changes in development are qualitative.</p>																					
10	<p>Select the correct pair</p> <p>One gram releases</p> <p>a. carbohydrate : 6 Kcal. Of energy</p> <p>a. protein : 4 Kcal. Of energy</p> <p>b. fat : 8 Kcal. Of energy</p> <p>c. Vitamins : 2 Kcal. Of energy</p>	1																				
11	<p>Match List I with List II</p> <p>List I(Modern communication technology) List II(Features)</p> <p>A. First TV transmitter in India i. Hands free headset or a car kit</p> <p>B. Bluetooth technology ii. pij(Gujrat)</p> <p>C. Satellite communication iii. Interactive group communication</p> <p>D. Teleconferencing iv. gathers information from many locations</p> <p>Choose the correct options</p> <p>a. A-ii B-i C-iv D-iii</p> <p>b. A-i B-iii C-ii D-i</p> <p>c. A-iii B-ii C-i D-iv</p> <p>d. A-iv B-i C-ii D-iii</p>	1																				
12	<p>Match the list I with list II</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 5%;"></th> <th style="width: 45%;">List I(Dimensions of self)</th> <th style="width: 5%;"></th> <th style="width: 45%;">List II(characteristics)</th> </tr> </thead> <tbody> <tr> <td>A</td> <td>Self</td> <td>i</td> <td>Characteristics of self during adolescence</td> </tr> <tr> <td>B</td> <td>Self-esteem</td> <td>ii</td> <td>Collection of belief about one self</td> </tr> <tr> <td>C</td> <td>Self concept</td> <td>iii</td> <td>Identify of the person</td> </tr> <tr> <td>D</td> <td>Self understanding becomes increasingly complex</td> <td>iv</td> <td>One's evaluation of oneself</td> </tr> </tbody> </table>		List I(Dimensions of self)		List II(characteristics)	A	Self	i	Characteristics of self during adolescence	B	Self-esteem	ii	Collection of belief about one self	C	Self concept	iii	Identify of the person	D	Self understanding becomes increasingly complex	iv	One's evaluation of oneself	1
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	<p>Choose the correct options</p> <ol style="list-style-type: none"> A-i; B-iii; C-ii; D-iv A-iv; B-iii;C-ii; D-i A-ii; B-i; C-iii; D-iv A-ii; B-i; C-iv;D-iv 	
13	<p>Managing resources by which everyone needs to fulfill their desire and complete their work. Money is not equally available to everyone in equal amounts. It is because-</p> <ol style="list-style-type: none"> Human Non human Natural Limited <p>Choose the correct option from the following</p> <ol style="list-style-type: none"> i and iv i and ii iii and iv ii and iv <p>OR</p> <p>Which of the following are human resources ?</p> <ol style="list-style-type: none"> skills property knowledge Money <p>Choose the correct option from the following</p> <ol style="list-style-type: none"> i and iv i and ii i and iii ii and iv 	1
14	<p>Communication technology includes modern technologies that are used to transmit data,which could either be analogue(electronic signals) or digital. These fall into two broad groups i.e cable based and wireless technologies.</p> <p>Bluetooth is an example of which type of technology .</p> <ol style="list-style-type: none"> Cable based Technology Wireless technologies. Satellite technology Radio technology e. <p>Choose the correct option from the following</p>	1

	<ul style="list-style-type: none"> a. i and iv b. i and ii c. i and iii d. ii and iv 	
	SECTION B CASE BASED STUDY (Q.no.15 to 18)	
15	<p>Stress is unavoidable in daily life and has both positive and negative connotations in the personal and professional roles. Some stress can motivate and energize one to perform better and be more efficient. Stress adversely affects performance, physical and mental health. Every human being, young or old, male or female, wealthy or poor, good or poor health will benefit by learning to cope with stress in order to enhance well-being and improve their quality of life by adopting various stress management techniques. The decision to use one or more techniques is a matter of individual choice. Research shows that people who take care of themselves and manage their lifestyles are healthier, have fewer absences from work and make fewer demands for medical services. It is not medical care alone, rather consistent selfcare which promotes better health and an improved quality of life.</p> <p>Which of the following is an incorrect pair?</p> <ul style="list-style-type: none"> a. Eustress: Positive Effect b. Distress: Negative Effect c. Relaxation: Increases stress d. Spirituality: peace of mind 	1
16	<p>Which of the following statements is true about stress management?</p> <ul style="list-style-type: none"> a. Deep breathing, guided meditation, and mindfulness doesn't help to divert thoughts from stressful situations and find peace of mind. b. It is a very attainable and realistic goal that can be achieved by practicing some simple techniques like relaxation, Prayer, music, connecting with friends and others etc. c. It doesn't teach us to avoid all kinds of stress. d. It has only a negative impact. 	1
17	<p>Given below are two statements labeled as Assertion(A) and reason(R)</p> <p>ASSERTION (A): The goal of stress management should be to eliminate stress..</p> <p>REASON (R): Stress can be helpful as well as harmful</p> <p>Select the most appropriate answer from the options given below</p>	1

	<p>a. Both A and R are true and R is the correct explanation b. Both A and R are true and R is not the correct explanation c. A is true but R is false d. Both A and R are false</p>	
18	<p>Given below are two statements labeled as Assertion(A) and reason(R)</p> <p>ASSERTION (A): All life's challenges are not necessarily stressful</p> <p>REASON (R):It depends on how a challenge is viewed.</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 b. Both A and R are true and R is not the correct explanation c. A is true but R is false d. Both A and R are false</p>	1

	SECTION C (SHORT ANSWER QUESTIONS)	
19	"There is higher growth, whereas development is improvement" Justify this statement with each two differences.	2
20	Why should we limit the intake of excess sugar and salt in a school child's diet ? Or State the two importance of breakfast for school going children.	2
21	What are the two uses of RDA in a balanced diet ?	2
22	" Mother's milk is the best food for an infant " just for this statement with four advantages	2
23	What could be the four clothing needs of children?	2
24	Reena is fond of cooking different varieties of food, baking ,Pickles etc. She has developed knowledge and skills in this area. Advise one self employment opportunity and one wage employment opportunity Or " Home science is equally important for boys and girls".Justify this statement with two reasons	2
25	List any four environmental aspects of health science.	2
26	Your friend has purchased a one room flat. Give six suggestions to make maximum use of available space.	3

27	Mention each three effects and prevention/treatment of Anorexia nervosa. Or Discuss three internal and external factors that influence eating behavior at adolescence.	3
28	a. Nutrition affects productivity, income and quality of life " Write your opinion about this statement. b. How is nutrition linked to mental and visual disability and quality of life ?	3
29	a. Enlist any four factors that affect selection of clothing. b. Explain the terms fashion and fads. OR a. Why do children's clothing requirements change with age ? Discuss the two clothing features of children at infancy. b. Safety and comfort go hand in hand for children clothing .Explain	2+1= 3
SECTION D (LONG ANSWER QUESTIONS)		
30	Your friend has recently joined the job and is a housewife as well. Always remains busy and under stress. She is not able to cope up with the demands and responsibilities at home and work. a. Which four points should she keep in mind in time management? b. Explain any two tools in time management	2+2= 4
31	Explain any four finishes based on their functions. Or What are gray goods (clothes) ? Demonstrate any three importance of textile finishing	4
32	Your friend went out for dinner last night. She suffered from vomiting and stomach ache the same night due to unhygienic practices.. a. Mention the four poor hygienic practices related to food hygiene. b. What kind of two hygienic habits should be adopted in everyday life for good health and nutrition . c. Mention two importance of pure drinking water that helps in preventing diseases.	2+1+ 1=4
33	Boys and girls develops feeling of awkwardness, storm and stress in the age group of 11 to 13 years a. Mention four characteristics each of physical and biological changes b. List two each major emotional and cognitive changes during adolescence . c. Mention two effects of cognitive development on adolescence.	2+1+ 1=4
34	a. Outline three suggestions to increase money income and psychic income . b. Describe any two investment options available to an Indian Consumer. Or	3+2= 5

	<p>a. Compare three differences between direct and indirect income .</p> <p>b. What are the two benefits of keeping a record of household expenses ? List two drawbacks if not maintaining a record of household expenses properly in daily life.</p>	
35	<p>Your aunt had gone to attend the party last night, while having food she observed that some stains had developed on her saree.</p> <p>a. What two Points she considers while removing the stain ?</p> <p>b. Discuss four stain removal techniques.</p>	1+4= 5

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