

**Subject:- Home Science(Elective)**

**General Instructions**

There are total 25 Questions

- Q. No.s 1-6 are of 1 mark. (Very Short Answer Type)
- Q. No.s 7-13 are for 2 marks. ( Short Answer Type)
- Q. No.s 14-15 are for 3 marks. (Case Study & Picture )
- Q. No.s 16-21 are for 4 marks. (Long Answer Type -I)
- Q. No.s are for 5 marks. (Long Answer Type -II)

**VERY SHORT ANSWER TYPE (1 MARK EACH)**

- Q.No1. When was the first Institution imparting Home Science Education set up?
- Q.No2. Milestones are the indicators of \_\_\_\_\_ and \_\_\_\_\_.
- Q.No.3. Give an example of indirect steaming \_\_\_\_\_
- Q.No.4 Making of Yarn is called spinning . YES/NO
- Q.No.5. Night Blindness is caused due to deficiency of  
a) Vit C b) Vit K c) Vit A d) All of these.
- Q.No.6 An example of labour saving device \_\_\_\_\_

**SHORT ANSWER TYPE (2 MARKS EACH)**

- Q.No.7 What knowledge is imparted in the subject of Resource management?
- Q.No.8 Name two factors which affect development?
- Q.No.9 Define population Education and its aim?
- Q.No. 10 Why is the outer appearance of the fabric made attractive?
- Q.No. 11 Difference between Monofilament and multifilament fibres?
- Q.No. 12 Define Health. What are its dimensions?
- Q.No 13 List the ways of reducing fatigue?

**CASE STUDY AND PICTURE BASED (3 Marks each)**

- Q.NO 14 Below are some standardised marks. Write a short note on them.



- Q.No 15 Rita does not complete her work in time. Suggest two ways of completing her work in a planned manner?



### **LONG ANSWER TYPE -I (4 Marks each)**

- Q.No 16 Enumerate the effect of over population.
- Q.No 17 Your Brother is going to stay in a hostel. Suggest him what type of clothes he should carry and why?
- Q.No 18 Short note on relationship b/w food, nutrition and health?
- Q.No 19 What are the nutritional problems faced during adolescence? Explain any two in detail?
- Q.No 20 What are the government incentives to improve status of girl child in J&K State?
- Q.No 21 You are passing through adolescence period. What internal as well as external changes you have experience in you?

### **LONG ANSWER TYPE -II (5 MARKS EACH)**

- Q.No 22 What are the principles of development? Explain with the help of example and diagram?
- Q.No 23 Write down the role of parents and teachers in solving adolescent problems?
- Q.No 24 Write in detail the classification of food on the basis of function they perform?
- Q.No 25 What are the different steps in time planning? Explain with the help of a day time plan for yourself?