

**INTERNATIONAL INDIAN SCHOOL, RIYADH.**

**GULF SAHODAYA EXAMINATION ( SAUDI CHAPTER)**

**FEBRUARY – MARCH 2021**

**GRADE :- XI**

**SUBJECT: HOME SCIENCE**

**MARKS : 70**

**DURATION : 3 HOURS**

**GENERAL GUIDELINES:-**

1. All questions are compulsory.
2. There are 36 questions in total.
3. Question Paper is divided into three sections- A,B and C.
4. Section A has Question no. 1 to 14 ( Objective type questions) and are of 1 mark each.
5. Section B has Question no. 15 to 21 ( Case study based questions) and are of 1 mark each.
6. Section C has Question no. 22 to 27 marks each, Question nos. 28 and 29 of 3 marks each, Question no. 30 to 33 marks of 4 marks each and Question no. 34 to 36 are of 5 marks each.
7. Internal choices are given in some questions.
8. Support your answer with suitable examples and figures wherever required

<b>S.NO.</b>	<b><u>SECTION A</u></b> <b><u>( OBJECTIVE TYPE QUESTIONS)</u></b>	<b>MARKS</b>
<b>1.</b>	<b>Which of the following is an indicator of sound Mental health of an individual?</b>  <b>(a) Employment status</b>  <b>(b) Resistance to infection</b>  <b>(c) Highly capable and competent</b>  <b>(d) Appropriate height.</b>	<b>1</b>

	<p style="text-align: center;"><b>(OR)</b></p> <p><b>The technique of doing work by using less energy and time is called _____.</b></p> <p style="text-align: center;"> <b>(a) Time management</b>  <b>(b) Rest period</b>  <b>(c) Work simplification</b>  <b>(d) Work control</b> </p>	
<b>2.</b>	<p><b>The vaccine that prevents from Tuberculosis is ?</b></p> <p style="text-align: center;"> <b>(a) BCG</b>  <b>(b) DPT</b>  <b>(c) MMR</b>  <b>(d) TT</b> </p>	<b>1</b>
<b>3.</b>	<p><b>Which of the following is an essential feature in the clothing designed for special children?</b></p> <p style="text-align: center;"> <b>(a ) Big prints</b>  <b>(b) Shiny fabrics.</b>  <b>( c ) Velcros and Zippers.</b>  <b>(e) Attractive neck designs.</b> </p>	<b>1</b>
<b>4.</b>	<p><b>Little Anju complains of pain and bleeding in the gums . Identify the health problem that she suffers from ?</b></p> <p style="text-align: center;"> <b>(a) Rickets</b>  <b>(b) Scurvy</b>  <b>(c) Beri – Beri</b>  <b>(d) Pellagra.</b> </p>	<b>1</b>
<b>5.</b>	<p><b>Third position is occupied by which of the food</b></p>	<b>1</b>

	<p><b>Group in the Food Guide Pyramid?</b></p> <p>(a) Group I</p> <p>(b) Group IV</p> <p>(c) Group II</p> <p>(d) Group III</p>	
6.	<p><b>Grease solvents like Turpentine and Petrol are used to remove _____</b></p> <p>(a) Tea stains.</p> <p>(b) Dye stains.</p> <p>(c) Ghee stains.</p> <p>(d) Curry stains.</p> <p style="text-align: center;"><b>(OR)</b></p> <p><b>Which of the following is a stiffening agent?</b></p> <p>(a) Talcum Powder</p> <p>(b) Gelatin</p> <p>(c) Oxalic acid</p> <p>(d) Hydrogen Peroxide.</p>	1
7.	<p><b>The synthetic fibre that is used for making socks and Undergarments is</b></p> <p>(a) Polyester</p> <p>(b) Nylon</p> <p>(c) Acrylic</p> <p>(d) Spandex</p>	1
8.	<p><b>The resources like water and air are classified as</b></p>	1

	<p>(a) Material resources</p> <p>(b) Human resources</p> <p>(c) Natural resources</p> <p>(d) Independent resources.</p>	
9.	<p><b><u>FILL IN THE BLANKS:-</u></b></p> <p>The device that is used to trace the work against time is called _____.</p> <p>(OR)</p> <p>The impression of house for the person who looks at It from outside is called _____.</p>	1
10.	<p>The two reflexes exhibited by infants are _____</p> <p>And _____.</p>	1
11.	<p>The stress that has positive effect is _____</p> <p>Whereas the stress that has negative effect is called _____.</p> <p>(OR)</p> <p>Two important functions of money are _____</p> <p>And _____.</p>	1
12.	<p>The period during which physical and biological Changes occur during puberty is called _____.</p>	1
13.	<p>Draw the cloth care symbol that is used to represent that the clothes can be ironed at high temperature.</p>	1
14.	<p>The yellowish fluid secreted from mother's Breast for few days after her delivery is called _____.</p> <p>(OR)</p>	1

	<b>The cognitive stage when the child understands the Concepts like area, volume is _____.</b>	
	<b><u>SECTION B</u></b> <b><u>(CASE STUDY BASED QUESTIONS)</u></b> <b><u>I. Read the passage and answer the questions that follow:-</u></b>  <p style="text-align: center;"><b>An adolescent experience many emotional changes in the process of growing up. It is true that they are occupied with their physical body. They imagine that others are noticing each and every aspect of their body and behaviour.</b></p> <p style="text-align: center;"><b>A young person with pimples on the face may feel that everyone is first and foremost noticing that. However, there are individual differences in the way adolescents react to the bodily changes.</b></p> <p style="text-align: center;"><b>An adolescent sometimes is dissatisfied with negative body image and feels insecure . An adolescent with physical disability feels that he is inadequate and he thinks his body is not good enough.</b></p> <p style="text-align: center;"><b>The adolescent experiences mood swings – frequent changing from off mood at one time and happily spending time with friends and sometimes show sharp bursts of anger.</b></p>	<b>3</b>
<b>15.</b>	<b>List two emotions that are reflected in Mood swings.</b>	<b>1</b>
<b>16.</b>	<b>List two emotional changes noticed in adolescents.</b>	<b>1</b>
<b>17.</b>	<b>All the adolescents show _____ in reacting to their bodily changes.</b>	<b>1</b>

18.	<p><b>II. <u>Read the Passage and answer the questions that Follow :-</u></b></p> <p><b>Healthy persons are those who are physically fit and active, cheerful in their outlook, have adequate Immunity against infections and are not easily Fatigued. Taking unhealthy diets which include Consumption of high energy, foods high sugar and Fat and salt coupled with lack of physical activity Leads to numerous lifestyle diseases.</b></p> <p><b>Diet and Physical activity both influence health Independently as well as together. The risk of developing diseases Such as diabetes, heart disease and hypertension in youth and adults is higher among individuals.</b></p> <p><b>Health professionals use anthropometric Measurements to assess nutritional status and risk. A simple indicator is the BMI. This index tells us About appropriate weight for height for all for Individuals.</b></p> <p><b>WHO has recommended use of “cut off” points for determining whether individuals are overweight Obese or normal. The health risks are higher as BMI Increases . It is directly related to increased body Fat, decreased glucose tolerance and changes in Blood cholesterol levels.</b></p>	4
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18.	<b>Expand BMI .</b>	<b>1</b>
19.	<b>Unhealthy diets are the ones rich in _____ And _____.</b>	<b>1</b>
20.	<b>Doctors and health professionals use _____ as indicator to assess our health.</b>	<b>1</b>
21.	<b>Two health risks of higher BMI values are _____ And _____.</b>	<b>1</b>
22.	<p style="text-align: center;"><b><u>SECTION - C</u></b></p> <p><b>Which is the first step in Management? Why is the success in any activity depends on this step of the management ? Explain.</b></p> <p style="text-align: center;"><b>( OR )</b></p> <p><b>Balanced diet helps us to lead a healthy life. Define The term “Balanced Diet” and give two ways of Achieving this in our daily diet.</b></p>	<b>2</b>
23.	<b>Home Science as an Optional subject in Senior Secondary level has helped you in so many ways in Your daily life. From your personal experience share Any two advantages of Home science subject and Any four employment opportunities in Home Science.</b>	<b>2</b>
24.	<b>Name the vitamin that acts as a powerful antioxidant. State two other functions of this vitamin in the body. List two deficiency symptoms of it.</b>	<b>2</b>

25.	<p><b>Bring out any four desirable qualities that is Recommended in kids clothes to help them in self-Dressing.</b></p> <p style="text-align: center;"><b>(OR)</b></p> <p><b>Differentiate between Permissive and Restrictive Parenting style with valid points.</b></p>	2
26.	<p><b>Name the method of water purification that is used by travellers and in military camps. What are the benefits and drawback of this method in water Purification?</b></p>	2
27.	<p><b>Which is the ideal method of washing expensive silk Brocade sari? Can it be done at home? If not how its Done ? Give the advantage of this method on the Fabric?</b></p>	2
28.	<p><b>Define Space Management. How can the two Important principles of space planning Privacy and Ventilation Achieved in the house ?</b></p> <p style="text-align: center;"><b>(OR)</b></p> <p><b>What are Macronutrients? List them and brief on any two of them with their functions and give dietary sources of it.</b></p>	1+1+1
29.	<p><b>Define Self. Distinguish the characteristics of self during Early and Middle childhood.(2 points each)</b></p>	1+2

30.	<p><b>What is Communication Technology? In the Modern Era T.V., Satellites and Micro Computers are the Essential tools to communicate to the masses. Brief On each of their role and features in the Communication Technology.</b></p> <p style="text-align: center;"><b>(OR)</b></p> <p><b>Define a yarn. How is a yarn processed in Textile Industry ? Explain the stages in detail.</b></p>	4
31.	<p><b>Nutritional well being of all the individuals depend On the four factors that are listed by WHO. Which Are they ? Explain the importance of each of these Factors in detail.</b></p>	4
32.	<p><b>Clothing selection to all family members is a creative and cumbersome task. Provide suggestions to Smitha how to select clothes for Toddler, Preschooler, School age children and Adolescents in her family. (4 tips for each category)</b></p>	4
33.	<p><b>What is Wellness? Explain any three aspects of Wellness in adults. Provide 4 tips to cope with the Stress that affects wellness in adults.</b></p>	4
34.	<p><b>Teens usually adopt some of the unhealthy diet Habits in their adolescence. Elaborate any four Common dietary unhealthy patterns adopted by Them. Also give four suggestions to them to</b></p>	5

	<b>Modify these diet related behaviours.</b>	
<b>35.</b>	<p><b>Define Investment. Highlight any three principles Underlying sound investments. List any four smart Investment options available to the youngsters of Today.</b></p> <p style="text-align: center;"><b>( OR )</b></p> <p><b>(a) What are the common methods of washing clothes at home ?</b></p> <p><b>(b) Give the method and process used for washing heavily soiled towels and bedsheets.</b></p> <p><b>(c) What are optical brighteners ?</b></p> <p><b>d) Write two points of the clothing care that is Recommended each for Cotton and Rayon .</b></p>	<p><b>5</b></p> <p><b>1</b></p> <p><b>1</b></p> <p><b>1</b></p> <p><b>2</b></p>
<b>36.</b>	<p><b>Pre school age children are known for being Energetic, active and spirited. Prescribing healthy Diets is highly essential for them.</b></p> <p><b>(a) Explain the three Aspects involved in planning diets for them.</b></p> <p><b>(b) Provide 4 examples of nutritious snacks for preschoolers.</b></p> <p><b>(c) What are the challenges in feeding the child with Special needs?</b></p>	<b>5</b>
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