

**BUDHA DAL PUBLIC SCHOOL PATIALA ( 12 Sept. 2017)**

**UNIT - I**

**Class - XI**

**HOME SCIENCE**

**Time: 3 hrs.**

**MM: 70**

- Q1. The colour of blood is red. Why? (1)
- Q2. Name two polysaccharides. (1)
- Q3. What is the RDA of proteins for infants and adults? (1)
- Q4. Riya is Home Science graduate with special interest in textiles. Suggest her two employment opportunities which will help to enhance her skills in the area of her interest. (1)
- Q5. Define the term 'Shelf life'. (1)
- Q6. Name two methods of enhancing nutritive value of foods. (1)
- Q7. What is Fortification? Give one example. (2)
- Q8. What are the two important functions and sources of vitamin D. (2)
- Q9. Give two suggestive measures to rectify behavioural problems. (2)
- Q10. Mention two factors that affect the motor development of infants. (2)
- Q11. Differentiate between Fats and Oils. (2)
- Q12. Name two fat soluble and water soluble vitamins. (2)
- Q13. What is the chemical formula of carbohydrates. Name two types of sugars present in sucrose. (2)
- Q14. Growth and development are similar words but are different from each other. Justify the statement by giving three differences. (3)
- Q15. Health, Nutrition and food are directly related. Justify. (3)

- Q16. Enumerate any four factors affecting social and emotional behaviour of child. (4)
- Q17. Home Science offers a wide range of self employment opportunities. Support this statement with one example from each field. (4)
- Q18. What is Food Preservation? List three important points of explaining the importance of food. (4)
- Q19. How does school and family play an important role in the socialization of a child. Explain. (4)
- Q20. a) List three important functions of fat in our diet. (4)  
b) Differentiate between complete proteins and incomplete proteins.
- Q21. a) Explain three types of Problem children.  
b) Name the deficiency disorder caused by the deficiency of Iron. (4)
- Q22. Discuss similarities and differences of Kwashiorkor and Marasmus. (5)
- Q23. Describe any five principles of development. (5)
- Q24. a) List any three important function of Iron.  
b) Name the food products that are rich sources of Iron. (5)
- Q25. Explain any five measures for the parents to prevent and deal with the Behavioural problem of children. (5)