

PT-2/HALF YEARLY EXAMINATION, 2022-23

HOME SCIENCE

Time - 7:15 AM to 10:20 AM

Class - XI

M.M. : 70

Date – 07.09.2022 (Wednesday)

Name of the student _____ Section _____

MULTIPLE CHOICE QUESTIONS.

(1x25=25)

- Q 1. _____ are used for achieving any goal or completing any activity?
a) Planning b) Resources c) Organizing d) Implementation
- Q 2. Self-awareness, self-understanding, and self-recognition are synonyms.
a) True b) False
c) Only self-awareness and self-understanding d) Only self-awareness and self-recognition
- Q 3. Personal aspect of self is associated with _____ only.
a) Others b) You c) Yours d) Theirs
- Q4. Which of the following is a human resource?
a) Money b) Transport c) Book d) Skills
- Q5. In development from infant to _____ there are changes in self too.
a) Infancy b) Childhood c) Adulthood d) Adolescent
- Q6. "I can make a house" is an example of Self during which stage?
a) Early childhood b) Middle childhood c) Adolescence d) Adulthood
- Q7. "I am good at making friends" example of self is given in which stage of life?
a) Adolescence b) Early childhood c) Old age d) Middle childhood
- Q8. Hormonal activities are increased in which stage of human life?
a) Childhood b) Adulthood c) Adolescence d) Infancy
- Q9. The anxiety to understand Self is seen more in _____ stage.
a) Adolescence b) Middle childhood c) Infancy d) Adulthood
- Q10. "I know all the poems" example of self is given at which stage of life?
a) Adolescence b) Middle childhood c) Infancy d) early childhood
- Q11. Various types of food provide _____ to keep ourselves healthy.
a) Nutrients b) Energy c) Heat / Calories d) None of these
- Q12. 'House' is an example of which resource?
a) Natural resource b) Physical resource c) Human resource d) None of these
- Q13. A sense of personal continuity and of uniqueness from other people is called
(a) Identity (b) Self-concept (c) Self-esteem (d) All of these
- Q14. Macronutrients are required in _____ amounts in body.
a) More b) Less c) Balanced d) Both c) and d)
- Q15. In pulses and legumes food group, _____ is found in abundance.
a) Protein b) Carbohydrates c) Vitamins d) Fats
- Q16. How many steps are there in the management process?
a) Four b) Three c) Two d) Five
- Q17. During adolescence, the individual's identity is influenced by rapid_____ changes.
a) Physical b) Biological c) Social d) All of the above
- Q18. _____ is a process in which we compare the final result to the planned outcome.
a) Management resource b) Management c) Implementation d) Evaluation

- Q19. Raw fruits and vegetables provide _____.
- a) Fibre b) Retinol c) Vitamin-D d) Protein
- Q20. Girls are especially suffering from _____.
- a) Anemia b) Night blindness c) Scurvy d) Beri-beri
- Q21. Use of our resources in an effective manner we call it?
- a) Human resource b) Management Process c) Natural Resource d) Implementation
- Q22. Which of the following is not the step of the management process?
- a) Human resource b) Evaluation c) Organizing d) Implementation
- Q23. Menarche usually is considered the point of _____ in girls.
- a) Sexual maturity b) Cognitive maturity c) Physical maturity d) Emotional maturity
- Q24. A person suffering from _____ vomit out excess food by purging.
- a) Anorexia b) Night blindness c) Bulimia d) Anemia
- Q25. 1 gram fat provides _____ kilo calories of energy.
- a) 4 b) 9 c) 6 d) 7

VERY SHORT ANSWER QUESTIONS.

(2x6=12)

- Q26. Differentiate between nutrition and nutrients.
- Q27. Differentiate between health and physical fitness.
- Q28. Why is it important to manage our resources? Support your answer with suitable examples.
- Q29. Write the full form of RDA. How is it associated with our needs?
- Q30. How is self-concept different from self-esteem?
- Q31. List all the ways we can categorize resources.

SHORT ANSWER QUESTIONS.

(3x4=12)

- Q32. Draw and explain the 'Food guide pyramid'.
- Q33. Elaborate on any three practices one should adopt to modify diet-related behavior.
- Q34. Bhumi is an adolescent and has a tough time figuring out her 'Self'. Explain to her the characteristics of self at this stage.
- Q35. There is always a substitute for every resource. Explain this statement.

LONG ANSWER QUESTIONS.

(5x3=15)

- Q36. Explain the physical and biological changes occurring in boys and girls.
- Q37. Why do adolescents indulge in unhealthy eating practices? Explain the two most common eating disorders in adolescents.
- Q38. How is the development of identity different in our culture as compared to the western culture?

CASE STUDY-BASED QUESTION.

- Q39. Radha is a young girl with a healthy BMI (body mass index). Her body is changing physically and she feels the need to be thinner. She avoids eating as she feels food will make her fat and gets irritated easily when someone gives her any advice. Recently, she fainted during school hours.

Answer the following questions based on the above context.

- a) What stage of growth is Radha going through? **(1)**
- b) What could be the possible reason for her to aspire to be thinner? **(1)**
- c) Why do you think Radha fainted? **(1)**
- d) What eating disorder does Radha have? **(1)**
- e) Explain the characteristics of this disorder. **(2)**

