

- Q14. In pulses and legumes food group, _____ is found in abundance.
a) Protein b) Carbohydrates c) Vitamins d) Fats
- Q15. How many steps are there in the management process?
a) Four b) Three c) Two d) Five
- Q16. In the context of emotional development, what is a common challenge faced by adolescents
a) Trust vs. Mistrust b) Initiative vs. Guilt
c) Identity vs. Role Confusion d) Integrity vs. Despair
- Q17. What is the term for the process by which the body converts food into energy?
a) Digestion b) Metabolism c) Assimilation d) Absorption
- Q18. Raw fruits and vegetables provide _____.
a) Fibre b) Retinol c) Vitamin-D d) Protein
- Q19. Girls are especially suffering from _____.
a) Anemia b) Night blindness c) Scurvy d) Beri-beri
- Q20. What is a key aspect of communication that can support positive parent-adolescent relationships?
a) Authoritarian communication b) Open and respectful communication
c) Lack of communication d) One-way communication
- Q21. Which of the following is not the step of the management process?
a) Human resource b) Evaluation c) Organizing d) Implementation
- Q22. Which of the following is a macronutrient?
a) Vitamin C b) Iron c) Protein d) Calcium
- Q23. A person suffering from _____ vomit out excess food by purging.
a) Anorexia b) Night blindness c) Bulimia d) Anemia
- Q24. What is the body mass index (BMI) used to assess?
a) Body fat percentage b) Bone density c) Muscle strength d) Blood pressure

VERY SHORT ANSWER QUESTIONS (2 marks each)

(2x6= 12)

- Q25. List any 2 care requirements for cotton fabric.
- Q26. Give any 2 regulatory functions of food.
- Q27. Name the disease for which BCG vaccine is given and state the age when it is given?
- Q28. What are the different types of natural fibres?
- Q29. Radio is a method of communication which is very popular in villages and remote areas. Enlist any 2 advantages and disadvantages of this method.
- Q30. What is the importance of calcium in our diet? List any 2 food items that are a good source of calcium.

SHORT ANSWER QUESTIONS (3 marks each)

(3x5=15)

- Q31. All resources whether human or non-human have some characteristics in common. Enlist any three.

Q32. What are the major functions of iodine in a pregnant woman? How does it affect the child?

OR

List the six benefits of breastfeeding.

Q33. Explain the process of weaving.

Q34. What are the factors to be considered while planning a house?

Q35. What is complementary feeding? List any 2 guidelines for complementary feeding.

LONG ANSWER QUESTIONS (5 marks each)

(5x3 = 15)

Q36. Communication is a two-way process. Explain with the help of the SMRCE model of communication.

Q37. List and explain the different methods of stain removal.

Q38. List and explain all the clothing functions.

Case based questions-

(1x4=4)

Refer to the following paragraph to answer the questions 39 to 42.

A garment can be made stronger and more bright, strengthened and unshrinkable on washing thru various finishes because when the cloth is woven on the looms, it is rough, dirty and has stains and spots, it is necessary to refine it so that it becomes usable, so it can be said that the process that is done to refine the fabric after weaving it is called a finish. When garments are made, at that time, they are not white in colour, to make them white or to colour them in a lighter colour these fabrics are bleached, the colour of the cloth is changed by the appropriate bleaching agents. The process of bleaching is done on cotton, wool and silk fabrics. The man-made fibres do not require bleaching, they are naturally white. You need a lot of caution in the process of bleaching because colour removing chemicals can also damage the fabric to some extent. Hydrogen peroxide is a bleaching agent that can be used on all types of fabrics.

Q39. Dyeing gives the whole fabric a solid colour when dyeing is used at designated places it is called.

(a) Cleaning (b) Washing (c) Harvesting (d) Printing

Q40. If _____ is written on the label on the cloth, it means that the shrinkage control finish on the fabric has been given and it will not shrink after washing

(a) Calendering (b) Sanforized (c) Tentering (d) Bleached

Q41. Cotton, etc., natural fibres or other artificial fibres when twisted into is called spinning

(a) Lace (b) Yarn (c) Cloth (d) Textiles

Q42. Bandhani is an art of after tying or knotting, prevalent in India.

(a) Dyeing (b) Washing (c) Harvesting (d) Printing

