

HOME SCIENCE

PAPER 1

(THEORY)

(Three hours)

Maximum Marks: 70

(Candidates are allowed additional 15 minutes for **only** reading the paper.
They must NOT start writing during this time.)

Answer **all** questions from Part I and **five** questions from Part II.

All working, including rough work, should be done on the same sheet as the rest of the answer.

The intended marks for questions or parts of questions are given in brackets [].

PART I (20 Marks)

Answer *all* questions.

Question 1

Answer briefly each of the following questions:

[10×2]

- (i) List *two* advantages of steaming.
- (ii) State *two* ill effects of over cooking food.
- (iii) How does prolonged cooking of protein food render it difficult to digest?
- (iv) Name *any two* foods to be avoided during fever.
- (v) Explain the term *food fads*.
- (vi) What are the advantages of starching cotton clothes?
- (vii) State *any two* common safety measures adopted in the home that help to minimise the risk of fire.
- (viii) State *any two* toxic non-permitted food colours used in food items.
- (ix) What is the kind of clothing suitable for an infant?
- (x) List *four* areas of social interaction for adolescents.

PART II (50 Marks)

Answer any **five** questions.

Question 2

Meals planned at home should be nutritionally balanced and accepted by all family members. In this context explain:

- (a) Adequacy of meals/ [5]
- (b) Social cultural and religious factors affecting meal planning. [5]

Question 3

Preparation techniques are geared towards enhancing the servicing appeal of food.

In this context explain:

- (a) The principles of cooking food. [5]
- (b) Reasons for cooking food. [5]

Question 4

- (a) Discuss *any four* factors causing food spoilage. [5]
- (b) Discuss *any two* bacteriostatic methods to preserve food at home. [5]

Question 5

- (a) Suggest *five* measures to prevent poisoning at home. [5]
- (b) List *any five* ways to ensure safe usage of electrical appliances at home. [5]

Question 6

- (a) List *five* factors affecting selection of clothing. [5]
- (b) What are the steps to be considered in laundering a woollen garment? [5]

Question 7

- (a) What are the prerequisites of an ideal label? [5]
- (b) List *any five* problems faced by a consumer. [5]

Question 8

- (a) Explain *any five* measures that can be taken to increase the life expectancy of the elderly. [5]
- (b) Explain the role of the endocrine system during adolescence. [5]

Question 9

Write short notes on *any two* of the following:

- (a) Ecomark [5]
- (b) Anorexia Nervosa [5]
- (c) Importance of food combination [5]