

2023

HUMAN ECOLOGY AND FAMILY SCIENCES

(Theory)

Full Marks : 70

Pass Marks : 21

Time : Three hours

All the questions are compulsory.

The figures in the right margin indicate full marks for the questions.

For Question Nos. 1 to 4, select the most appropriate one from the given alternatives A, B, C and D and rewrite the same.

1. In which state string puppets or sutradharika are used to communicate messages? 1
 - A. Assam
 - B. Maharashtra
 - C. Bihar
 - D. Rajasthan

2. A small group of close freinds during adolescence is known as – 1
 - A. Crowd
 - B. Gang
 - C. Clique
 - D. Chuns

P.T.O.

3. What is the most important clothing requirement for children? 1
- A. Comfort
 - B. Appearance
 - C. Fashion
 - D. Style
4. What is the BMI of a healthy person? 1
- A. 17.00 – 18.49
 - B. 18.50 – 24.99
 - C. 25.00 – 29.99
 - D. 30.00 – 34.99

Question Nos. 5 to 14 are very short answer type questions carrying 1 mark each.

5. Name the resource which is available to everyone equally. 1
6. Define the term community. 1
7. What is the average weight of a new born baby? 1
8. Give an example of clothes worn in summer. 1
9. Define family income. 1
10. What is the first step in money management? 1
11. Why should resource be managed? 1
12. Mention the difference between growth and development. 1
13. Why should a family have savings? 1
14. Nine-year old Jason is Obese. Predict a health complication which would result due to his condition. 1

Question Nos. 15 to 24 are short answer type questions carrying 2 marks each.

15. Name the two elements of identity. 2
16. List two common stiffening agents. 2
17. After studying "Human Ecology and Family Sciences" as a subject in Class XI, Write any two areas of study which is associated with the subject. 2
18. Give two advantages of radio. 2
19. Why should we include iron and vitamin rich food in the diet of pre-schoolers. 2
20. Give two reasons why learning to cope with stress is necessary. 2
21. 'Interpersonal Communication is the most effective and ideal type of communication'. Justify. 2
22. Suggest two ways in designing the workplace in a kitchen for a housewife to help her work in comfort. 2
23. Eight months old Pinky cries when she sees strangers. What emotion is she showing? What might be the probable cause of it? 1+1=2
24. Your friend wants to maintain good health. Advice her on any two health promoting diets. 2

Question Nos.25 to 31 are short answer type -I questions carrying 3 marks each.

25. Discuss three poor food handling practices which contribute to food born illnesses. 3
26. Write three benefits of ECCE. 3
27. Predict the outcome of cognitive development on 16-year old Rahul's identity. 3

28. If you were a good teacher, what role would you play in the education of your students. 3
29. Suggest three points your aunt should keep in mind while selecting clothes for her five-year old. 3
30. Jeena who has newly got a job as a government school teacher want to invest part of her salary. Suggest three points she should consider while investing her money. 3
31. Draw a diagram of weft knitting. 3

Question Nos. 32 to 34 are essay type questions carrying 5 marks each.

32. Cite a reason for developing eating disorders during adolescence. Explain two eating disorders that may arise at this stage. 1+4=5

OR

What is meant by a balanced diet? 5

33. Why is time management essential for everyone? Explain the different tools which help in managing time effectively. 1+4=5

OR

Explain any five principles which are necessary in designing space for a house. 5

34. Explain the different types of stain and their removal. 5

OR

How is the method of washing clothes selected? Explain two methods of washing. 1+4=5