

2026

HUMAN ECOLOGY AND FAMILY SCIENCES

(Theory)

Full Marks : 70

Pass Marks : 21

Time : Three hours

All the questions are compulsory.

Internal choices are given in some questions.

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

For Question Nos. 1 to 8, select the most appropriate one from the given alternatives A, B, C and D and rewrite the same.

1. How many fields Human Ecology and Family Sciences have? 1
(A) Three (B) Four
(C) Five (D) Six

2. Name the psychologist who said that the task during the period of adolescence is to develop a sense of identity, a satisfactory self definition. 1
(A) Hurlock (B) Erikson
(C) Turner (D) Webster

P.T.O.

3. Which dimension of health refers to the health of an individual and of a society? 1
- (A) Physical Health (B) Social Health
(C) Spiritual Health (D) Mental Health
4. To concentrate on results, not on being busy is the principle of _____. 1
- (A) Space management (B) Work simplification
(C) Time management (D) Time plan
5. What nutrient gives muscular growth to infants? 1
- (A) Protein (B) Iodine
(C) Calcium (D) Carbohydrate
6. Binge eating and purging are characteristic features of which disease? 1
- (A) Anorexia Nervosa (B) Bulimia
(C) Depression (D) Dieting
7. What is the body's ability to function efficiently and effectively in work, to be healthy and resist diseases? 1
- (A) Physical fitness (B) Health
(C) Exercise (D) Life style
8. Radio, satellite television, video film etc. are all examples of _____. 1
- (A) Traditional Media (B) Folk Media
(C) Communication (D) Modern Media

For Question Nos. 9 and 10, two statements are given- one labelled Assertion (A) and the other labelled Reason (R). Select the most appropriate one from the given alternatives A, B, C, D and rewrite the same.

9. Assertion (A) : Knowledge, motivation, skills are different types of human resources.

Reason (R) : Human resources are central to carrying out any activity and can be developed through training and self development. 1

(A) Both A and R are true and R is the correct explanation of A.

(B) Both A and R are true but R is not the correct explanation of A.

(C) A is true but R is false.

(D) A is false but R is true.

10. Assertion (A) : Cotton is the most suitable fabric for pre-schoolers.

Reason (R) : Cotton cloth is hygienic, absorbent and easy to launder. 1

(A) Both A and R are true and R is the correct explanation of A.

(B) Both A and R are true but R is not the correct explanation of A.

(C) A is true but R is false.

(D) A is false but R is true.

Question Nos. 11 to 17 are Very Short Answer type questions carrying 1 mark each.

11. Define colostrum. 1

12. What does Human Ecology and Family Sciences deal with? 1

13. Mention the importance of communication technology in modern times. 1

14. Which nutrient deficiency affect the growth of the foetus during pregnancy? 1
15. Write one guideline for complementary feeding. 1
16. You are given different types of fibres to identify. Suggest one method to identify the given fibre. 1
17. Draw the symbol of low pressing and ironing in low pressure. 1

Question Nos. 18 to 27 are Short Answer type II questions carrying 2 marks each.

18. List the two elements of identity. 2
19. State any two points for the successful planning of a budget. 2
20. Compare the characteristics of self during early childhood and middle childhood. 2
21. Give any two reasons why a balanced diet for a person may not be a balanced one for the other. 2
22. Write two advantages of maintaining proper body posture. 2
23. What types of cloth are most suitable in the infancy stage? (birth to six months)
(Any two points) 2
24. Distinguish between savings and investment. 2
25. Write two examples of solvents used for dry cleaning. 2
26. Your friend has purchased a one room house. Give two suggestions to expand space. 2
27. Suggest two measures to increase the income of your uncle's family as your uncle's salary is not sufficient. 2

Question Nos. 28 to 33 are Short Answer type I questions carrying 3 marks each.

28. (a) What do you understand by community resources? Give two examples of community resources. 1+2=3

Or

- (b) What is meant by planning? Explain in brief the first two steps in planning. 1+2=3

29. (a) Explain any three deficiency diseases that may occur in childhood. 3

Or

- (b) How do family environment influence the food intake during childhood? 3

30. Adolescence is a time when all adolescents face identity crisis. Justify the given statement. 3

31. Good health is a blend of physical and emotional well being. Suggest three healthy habits which need to develop in school children for their overall well-being. 3

32. Draw a neat labelled diagram of weft knitting. 3

Question No. 33 is case study based question.

33. Read the following passage and answer the following questions.

- (a) Communication is the process of thinking, observing, understanding, sharing, and transferring feelings to others through a variety of mediums in diverse settings. It also refers to seeing or watching, listening or hearing and exchanging ideas, thoughts etc. The word communication stems from the Latin word communis meaning common. Communication can be classified on the basis of the following depending on the levels, types, forms and

modes. Based on the type of interaction it can be classified into (i) One way communication and (ii) Two way communication.

- (i) Give an example of one way communication. 1
- (ii) Why is effective communication important? 1
- (iii) Give an advantage of two way communication over one way communication. 1

Or

(b) The global scenario is passing through a communication revolution and communication technologies are changing very fast. People want to know everything in a very short span of time. There is information overflow and it is easily available and accessible to all through a wide variety of traditional and modern mediums. We have been using different mediums and communication technology for communicating in different times, in different settings. Communication technology can be classified into (i) cable based technology and (ii) wireless technology. Landline telephone or a personal computer are examples of cable based technology. Some examples of wireless technologies are radio, microwave and satellite wireless telephony etc.

- (i) What is cable based technology? 1
- (ii) Name one technology through which Zoom teaching class can be taken. 1
- (iii) When was television introduced in India? 1

Question Nos. 34 to 36 are Essay type questions carrying 5 marks each.

34. (a) Discuss the influence of peers on the identity development in adolescents. 5

Or

- (b) Describe the effects of cognitive development on adolescents. 5
35. (a) Suggest hygienic habits which should be adopted in everyday life for good health. 5

Or

- (b) Tombi's four years old son cannot see properly at night and have skin related diseases. What is the possible reason for his conditions? Give suggestions to improve his conditions. 1+4=5
36. (a) What do you understand by laundering? Explain the various method of washing. 1+4=5

Or

- (b) Explain the general principles of removing stain. 5