

Time:3 hours

General instructions:

- The question paper contains A, B, C and D parts.
- Part A consists of two sections I and II, Part D consists of two sections I and II.
- For part A questions, only the first written answers will be considered for evaluation.
- All the parts are compulsory.

## PART – A

I. Select the correct alternative from the choices given

15 X 1 = 15

1. Children are unable to recognize that they possess different attribute at .....stage.

- a) Infancy                      b) Early childhood                      c) Middle childhood                      d) Adolescent

2. Description of self becomes more realistic during .....stage.

- a) Infancy                      b) Early childhood                      c) Middle childhood                      d) Adolescent

3. Essential fatty acids are present in.....group.

- a) Pulses                      b) Cereals                      c) Fruit and vegetables                      d) Fats and oil

4. Choose the correct statement.

A) Drinking four to six glasses of water each day, especially before meals is a good habit for maintaining a healthy diet.

B) Soft drinks and fruit juices are low in calories and should be consumed frequently.

- a) A is false B is true                      b) A is true B is false  
c) Both A and B are true                      d) Both A and B are false

5. The student is not interested in completing the task. This student lacks .....

- a) Motivation                      b) Time                      c) Energy                      d) Knowledge

6. Choose the correct sequence used in obtaining wool from sheep

- a) Shearing---fleece ----sorting--- scoured ----carbonisation --- spinning  
b) Sorting ---fleece ---- shearing --- carbonisation ---- scoured --- spinning  
c) Shearing--- sorting ---- fleece --- scoured ----carbonisation --- spinning  
d) Shearing--- scoured ---- carbonisation --- fleece ---- sorting --- spinning

7. The information flow in \_\_\_\_\_ communication is two way at the same level and one way across level.

- a) Intra-organization                      b) Inter-organization  
c) Intra-personal                      d) Inter-personal

8. \_\_\_\_\_ kind of communication medium should be used to prevent the spread of covid to as many people as possible.

- a) Group                      b) Mass                      c) Inter-personal                      d) Intra-personal

9. .... health issue is caused by iodine deficiency in pregnant women.

- a) Heart disease                      b) Still birth                      c) Diabetes                      d) Obesity

10. \_\_\_\_\_ principle explains the independent entry to each living space through a common space

- a) Circulation                      b) Elegance                      c) Roominess                      d) Prospect



11. Match the embroideries of column A with the states in column B.

column A

A. Pulkari

B. Kasuti

C. Kashida

D. Chikankari

E. Chamba Rumals

column B

i. Karnataka

ii. Uttar Pradesh

iii. Punjab

iv. Himachal Pradesh

v. Kashmir

a) A-iii, B-i, C-v, D-ii, E-iv

c) A-iii, B-i, C-iv, D-ii, E-v

b) A-ii, B-iv, C-v, D-iii, E-i

d) A-i, B-iii, C-iv, D-ii, E-v

12. \_\_\_\_\_ vaccine is given to the infant immediately after birth.

a) HiB

b) M R

c) BCG

d) DPT

13. Which of the following components of loan assessment directly relates to a borrowers net worth.

a) Character

b) Capacity

c) Capital

d) Collateral

14. Which of the following stains is acetic in nature and can be removed using an alkaline medium.

a) Blood

b) Ink

c) Tea

d) Oil

15. The given care label for washing indicates \_\_\_\_\_.



a) Use all solvents

c) Use white spirit only

b) To be dry cleaned with only with chloroethylene

d) Do not dry-clean

II. Fill in the blanks by choosing appropriate word/words from those given in the bracket 5 X 1 = 5  
(Milk and meat product, Patchwork, Rickets and osteoporosis, Self, Brain development)

16. During adolescence, the focus on developing a sense of \_\_\_\_\_ becomes more pronounced, leading to critical identity formation.

17. Vitamin B12 is found in \_\_\_\_\_ food group.

18. Good nutrition has positive influence on \_\_\_\_\_

19. \_\_\_\_\_ is the primary technique used in applique work in Gujarat.

20. Shortage of Vitamin D and calcium causes \_\_\_\_\_ and \_\_\_\_\_

PART – B

III. Answer any FIVE of the following questions

5 X 2 = 10

21. Mention the career opportunities in home science.

22. Name the elements of identity.

23. Explain any two methods where direct communication occurs through modern communication technologies.

24. How can effectiveness of a communication process be influenced by the characteristics of the sender?

25. Health is a basic human right. Justify.

26. Sunitha, a 10th-grade student, is struggling to balance her time and activities. Recommend four tips to help her manage her studies and tasks effectively



27. In Gujarat, Patola saris are distinct within the Ikat weaving tradition. What does "ikat" mean?  
28. Imagine you are tasked with creating a new line of silk clothing, that is both luxurious and durable. How would you incorporate Fabric care recommendations into your product to enhance longevity?

**PART – C**

**IV. Answer any FIVE of the following questions**

**5 X 3 = 15**

29. List the biological changes occurring in boys and girls during puberty.  
30. Tendency of consuming Fast food is seen in adolescence. What does this signify?  
31. Resources are interchangeable. Explain this statement.  
32. Mention the properties of Bast fibres.  
33. How does work simplification contribute to better time management, and what role do changes in hand and body motions play in simplifying tasks?  
34. Explain any three north Indian textiles.  
35. Explain the different types of real Income.  
36. Amith working in a cycle shop soiled his clothes with grease. Suggest any three ways to remove the grease.

**V.**

**PART D**

**I: Answer any FOUR of the following questions**

**4 X 5 = 20**

37. Create a graphical representation of the daily food guide for Ramesh to help him maintain a balanced and healthy diet.  
38. Explain the steps in yarn processing.  
39. Describe the role of hygiene in preventing food borne illness and outline the key practices to be followed.  
40. (a) Explain the different types of health care services delivered to the community.  
(b) List any four indicators of health.  
41. Briefly explain the strategies for planning diet for school age children.  
42. Explain the factors affecting selection of clothing in India.  
43. Lalita is considering investing her income. Describe the five principles she should follow.



**II: Answer any ONE of the following questions.**

**1 X 5 = 5**

44. A group of students were tasked with organizing the College Day program.  
a. Which strategy of communication can be observed in a panel discussion? (1M)  
b. List various ways of communication. (1M)  
b. Mention two benefits in such discussions? (3M)
45. How can involving pre-schoolers in meal preparation contribute to their understanding of eating habits.

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