

SMART SKILLS

SYLLABUS FOR CLASS XI

Unit I: Concept of Home Science and its Scope:

Home Science and its scope.

Unit II: Know myself :

1. Physical and motor development
2. Social and emotional development
3. Cognitive and language development
4. Protection from preventable diseases
5. Child with special needs and socially disadvantaged
6. Substitute care at home and outside
 - (ii) Neglect of girl child - causes, government incentives to improve status of girl child and women empowerment.

First Aid:

- (i) First aid in cuts, burns, fractures, bites (snake and dog), poisoning and fainting.

Unit III : Nutrition for Self and Family

- (i) Definition of food, nutrition, (WHO) health and Nutritional status.

Functions of food:

Physiological (body building, energy giving, protective, regulatory), psychological and social functions.

Selection of foods for optimum nutrition and good health:

- (i) Nutrients : sources, functions and deficiency and its prevention, Proteins, Carbohydrates, Fats, Vitamins- Fat soluble (A, D, E, K) and water soluble (B₁, B₂, Niacin, Folic acid, B₁₂ and Vitamin C), Minerals (Calcium, Iron, Zinc and Iodine).

- (ii) Basic Food Groups (ICMR) and their contribution ; Concept of Balanced diet, food and nutritional requirements for family (ICMR tables).

- (iii) Factors influencing selection of food : culture, family food practices, media, peer group and availability of foods

Maximum nutritive value from food by proper selection, preparation, cooking and storage:

- (i) Selection and Storage of Foods : Perishable, semi-perishable, non-perishable, convenience foods and their storage. Selection of fruits, vegetables, egg, fish, poultry, milk and milk products.

- (ii) Preservation of food :

- (a) Reasons of spoilage of food

- (b) Brief description of household methods of preservations -

- Refrigeration, dehydration

- Use of chemicals and household preservatives (salt, sugar, oil).
- (iii) Preparation of food : loss of nutrients during preparation of food and their minimization.
- (iv) Cooking :
 - (a) Principles of cooking
 - (b) Methods of cooking - boiling, steaming, pressure cooking, deep and shallow frying, baking, sauteing, roasting, grilling, solar cooking and microwave cooking.
 - (c) Effect of cooking on the nutritive value of food.
 - (d) Methods of enhancing nutritive value-germination, fermentation, fortification and food combination.

Unit IV: My Resources and Community

- (i) Resources: Meaning, characteristics and types:
 - (a) Human / Personal Resources : knowledge, skills, time, energy, attitudes;
 - (b) Non-human / material resources : money, goods, property;
 - (c) Community facilities / shared resources : Schools, parks, hospitals, roads, transport, water, electricity, library, fuel and fodder.
 - (d) Need to manage the resources and methods of conservation of shared resources.
- (ii) Management:
 - (a) Meaning and need for management.
 - (b) Steps in management: planning, organizing, controlling, implementing and evaluation.
 - (c) Decision making and its role in management.
- (iii) Time and energy management:
 - (a) Need and procedure for managing time for occupation and leisure.
 - (b) Work simplifications : meaning and methods.
 - (c) Need and ways to organize space in a house.
 - (d) Use of colours and accessories to make house attractive - prang colour wheel dimensions of colours, classes and colour schemes.
- (iv) Work ethics:
 - (a) Meaning and importance; discipline at work place; reaching on time, staying in seat, knowing the job, using polite language.

Unit V: My Apparel

- (i) Introduction to Fibre Science:
 - (a) Characteristics of fibre
 - (b) Classifications of fibre
 - Natural-cotton, silk and wool
 - Man-made (Regenerated & Synthetic), (rayon nylon and polyester)
 - Blends - Characteristics (terrycot, terrysilk, terrywool).
- (ii) Fabric Construction:
 - (a) Yarn making : Basic procedure of making yarn (cotton, wool, silk and nylon).
 - (b) Weaving: Basic mechanism, types of weaves : plain (basket and rib), twill, sateem & satin weave. A brief mention of special weaves (pile and jacquard weaves)
 - (c) Other methods of fabric constructions : knitting and nonwoven fabrics. (felting and bonding).
 - (d) Effect of weaves on appearance, durability and maintenance of garment.

(iii) Fabric Finishes:

(a) Meaning and importance.

(b) Classification of finishes.

- Basic finishes : (cleaning scouring), singeing, bleaching, stiffening, calendering and tentering.

- Special finishes : (Mercerisation, shrinkage control (sanforizing), water proofing)



UNIT I

CONCEPT OF HOME SCIENCE

Short answer questions

Ques1. Why do you think that home science is a study of Science and Art?

Ques2. What do you understand by the term 'Home Science'?

Ques3. List the areas of Home Science included in your curriculum.

Ques4. Discuss the role of Home Science in career development or discuss the scope of Home Science.

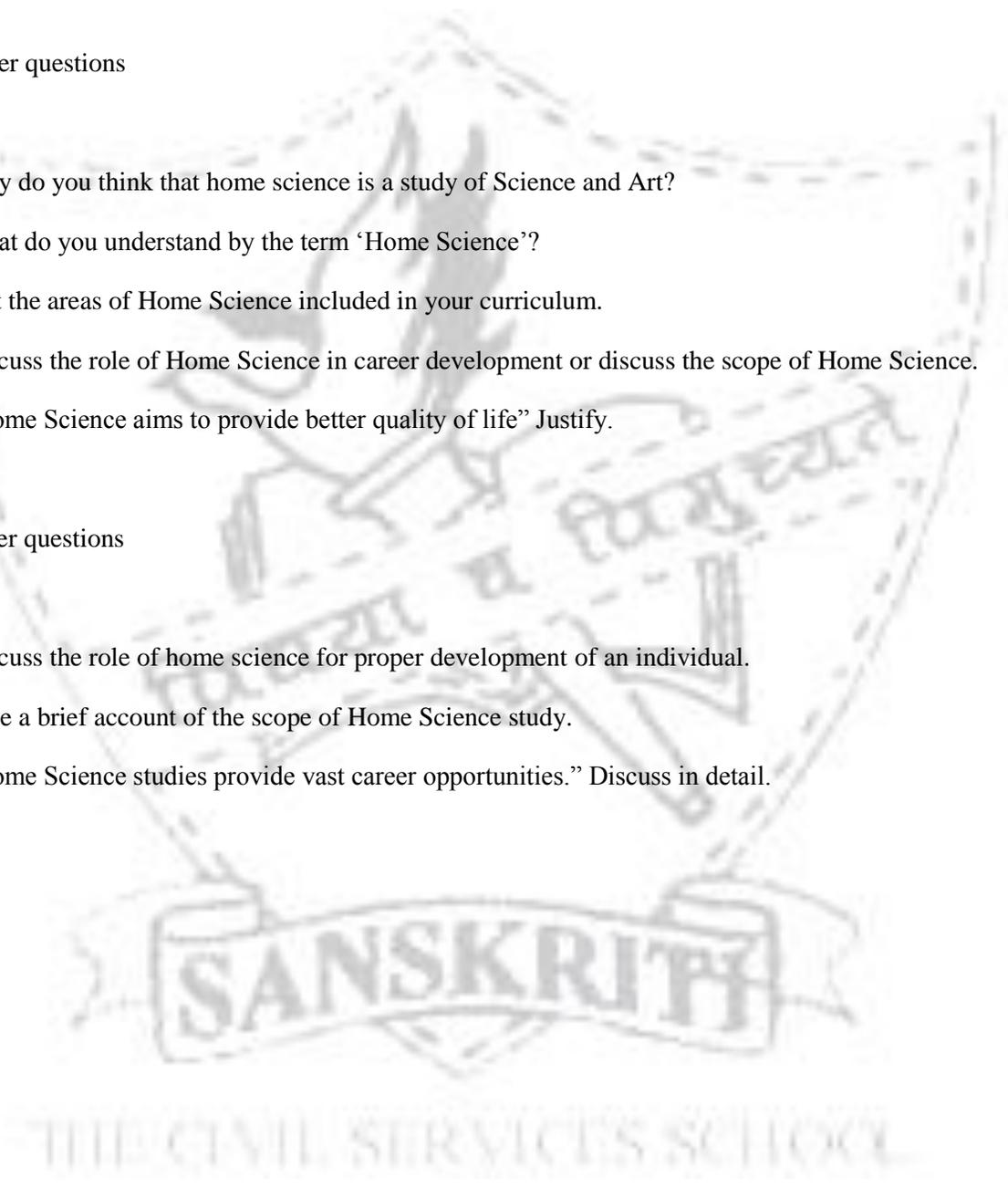
Ques5. "Home Science aims to provide better quality of life" Justify.

Long answer questions

Ques1. Discuss the role of home science for proper development of an individual.

Ques2. Give a brief account of the scope of Home Science study.

Ques3. "Home Science studies provide vast career opportunities." Discuss in detail.



UNIT – II
KNOW LITTLE CHILDREN

Chapter - 1

PHYSICAL AND MOTOR DEVELOPMENT

Short Answer Type Questions

1. How many primary teeth does a child have? At what age does an infant cut his first teeth?
2. List two motor activities a child can perform by the time he is six months old.
3. The weight of a new born is 2 kg. State his weight at 5 months and at 2 years.
4. Mention the normal height and body weight of a child at birth and at 1 year.
5. Name two factors which influence physical development in a child.
6. Define growth and development and give suitable examples of each.
7. List four activities of a 6 months old child which reflects motor development.
8. Trace motor development of a child from birth to 4 months.
9. Differentiate between Gross motor skills and Fine motor skills.

Long Answer Type Questions

1. Trace motor development of a child from birth to 3 years of age.
 - 2.
2. Enumerate any six characteristics of motor development in infants under 1 year of age.
3. State any two characteristics each of physical development and motor development in the first year of a child's life, which become the prerequisites for the next development in these areas.

Chapter - 2

SOCIAL AND EMOTIONAL DEVELOPMENT

Short Answer Type Questions

1. Give reasons for a child crying when an unknown person shows affection towards him?
2. A three year old has become extremely irritable. Write two possible reasons for his irritation.
3. State the age at which the emotion of fear develops and give one expression of fear.
4. Define the term socialization.
5. Write two indicators of social development in a 8- 9 months child.
6. Give two possible reasons for a three year old child to feel jealous. In what two ways he may express his emotion?
7. Present four behavioural indicators in which six months old will express his joy.

Long Answer Type Questions

1. What are six indicators which will tell you about the achievements in social development of a 1 year old child.
2. Elaborate the role of different family members in the process of socialization of children.
3. Enlist two similarities in the role of parent and teacher as agents of socialization of young children.
4. Give two possible reasons for a 2 year old to show anger. Write 4 ways he/ she may express this emotion.

Chapter - 3

COGNITIVE AND LANGUAGE DEVELOPMENT

Short Answer Type Questions

1. A 4 month old child is hungry. Write two behaviours in which he would communicate his hunger.
2. Present two indicators to judge that one year old boy has language abilities similar to normal children.
3. Define object permanence.
4. What is babbling? At what age does a child start to babble?
5. Give two characteristics of cognitive development during pre- operational stage.
6. State one characteristic of language of a one year old child.
7. A 9 months old child wishes to have milk. Mention two ways she would use to communicate her need.
8. Present two indicators to judge that a one year old has language abilities similar to normal children.

Give four characteristics of cognitive development of a 2 year old child.

Long Answer Type Questions

1. Cheena is two months old and is developing normally. Which two social and cognitive abilities each will she be able to achieve in the next three months?
2. Ana at age two tries to use gestures to supplement her speech. State six ways by which you can help her to speak instead of using gestures.
3. Describe any four factors which influence language development in children.
4. State any two characteristics each of cognitive development and language development in the first year of a child's life, which become the prerequisites for the next development in these areas.
5. Trace language development of a child from birth to 3 years of age.

Chapter - 4

PROTECTION FROM PREVENTABLE DISEASES

Short Answer Type Questions

1. What is immunity?
2. List any two diseases which spread from infected food.
3. Name the diseases, which can be prevented by MMR vaccine.
4. List any two diseases which spread through air.
5. Name the vaccine given to an infant for protection from tetanus.
6. State two typical symptoms of measles and two important points for care of the patient.
7. Give two symptoms each of cholera and diarrhoea.
8. State two advantages of breast feeding for a child.
9. State the age at which DPT is given. Name the diseases, which can be prevented by DPT.
10. Define incubation period.
11. Differentiate between natural and acquired immunity.
12. State the incubation period of diphtheria and tuberculosis.
13. State the incubation period of polio and tetanus.
14. Name the disease for which BCG is administered and mention the first time it is administered. What is the mode of spread and the incubation period of this disease.

Long Answer Type Questions

1. Write four symptoms of tuberculosis. How can you prevent?
2. State the mode of spread of diphtheria. Write its four symptoms and suggest

ways to prevent it.

3. State the mode of spread of polio and measles. Write four symptoms and suggest ways to prevent each of these diseases.

4. Rita is not sure whether her son is suffering from measles or mumps. Help her identify three symptoms of each.



Chapter - 5

CHILD WITH SPECIAL NEED AND SOCIALLY
DISADVANTAGED

Short Answer Type Questions

1. State two characteristics of a physically handicapped child, which may interfere with his cognitive development.
2. Give two reasons why positive attitude is important for a child suffering with any disability.
3. List two special needs of a disabled child. What should be done to meet these needs?
4. Briefly describe two special needs of socially disadvantaged children. What role should the government play in meeting these needs?
5. During the foetal stage, what kind of problems can lead to physical and mental disability in children?

Long Answer Type Questions

1. A child using wheel chair is studying in a regular school. In what eight ways can the teacher help him to meet his emotional needs?
2. Present six problems a child with partial sight would encounter in a regular class.
3. Explain four special arrangements that would have to be made in a school for teaching children with partial hearing impairment along with normal children. Support your answer with adequate reasons.
4. What are some of the psychological needs of a child with special needs? How can you as a fellow student help this child overcome these problems in school?

Chapter - 6
SUBSTITUTE CARE AT HOME AND OUTSIDE

Short Answer Type Questions

1. List four facilities a good creche' should have.
2. State four functions of a Balwadi.
3. Give two points of difference between Balwadi and Anganwadi centres.
4. Write four objectives of ICDS.
5. List four advantages of a child being looked after by the grandparents.
6. Mention any two disadvantages of leaving an infant in the supervision of an elder sibling.
7. In what four ways does ICDS help in care of a lactating mother?
8. Give the target group/ beneficiaries of the ICDS scheme.
9. Report four activities of ICDS that help in promoting the health and nutritional status of children.

Long Answer Type Questions

1. State relative advantages of grandparents looking after a newborn baby over a maid.
2. Why is substitute child care needed? Explain with any three reasons.

UNIT III

NUTRITION FOR SELF AND FAMILY

Short answer questions

Ques1. Define health

Ques2. What is meant by complete health?

Ques3. Define disease.

Ques4. What are nutrients? Give the energy value of energy giving nutrients.

Ques5. How food reduces mental tension?

Ques6. Priya has come back from hostel. Her sister has prepared tea and snacks of her liking. What purpose does food serve in such a situation?

Ques7. What is 'poverty line'?

Ques8. List two forms of malnutrition.

Ques9. List the various dimensions of health.

Ques10. Give the nutrient classification of food.

Ques11. Differentiate between
- nutrients and nutrition.
- morbidity and mortality

Ques12. 'Physical ill health leads to mental ill health'. Comment

Ques13. What are protective elements?

Ques14. Which food products can be termed 'food'?

Ques15. How is energy continuously utilised in our body?

Ques16. Explain the functions of body- building elements.

Ques17. Food is an integral part of society. Comment

Ques18. 'A healthy mind lives in a healthy body.' Explain.

Ques19. Does food increase feeling of friendship?

Ques20. 'Nutrients are continuously required for a healthy life'. Justify

Ques21. Classify foods on the basis of their nutrients and functions.

Ques22. Define 'calorie'

Ques23. What is poverty line?

Ques24. What are the main causes of living below the poverty line?

Ques25. Explain the relationship between
-health and nutrition
-food and work efficiency
-nutrition and life span
-nutrition and mortality

Ques26. Differentiate between optimum nutrition and malnutrition.

Ques27. How can nutritional status be judged?

Ques28. Good nutrition is helpful in maintaining good mental activities. Justify

Ques29. How does malnutrition cause continuous fall of nutrition level?

Ques30. Define 'amino acids'

Ques31. How is carbohydrate different from protein and fats in chemical composition?

Ques32. How is nutrition related to longevity and mortality rate?

Ques33. How are fats a concentrated source of energy? What is the chemical composition of fats?

Ques34. 'Vitamin C is called fresh food vitamin'. Justify

Ques35. What is the best source of vitamin D?

Ques36. Why is blood red in colour?

Ques37. What helps in absorption of iron?

Ques38. Which nutrients affect our bones?

Ques39. Define 'coenzyme'

Ques40. List the sources of zinc. What is the adverse effect of zinc on skin?

Ques41. How does carbohydrates saves fats and protein?

Ques42. What are body building substance?

Ques43. Explain the effects of deficiency and excess of carbohydrates.

Ques44. Define marasmus and its symptoms.

Ques45. Classify vitamins and explain why is it essential for our body?

Ques46. What are the symptoms of Cretinism?

Ques47. Define 'anaemia'

Ques48. Classify minerals on the basis of their amounts required in the body.

Ques49. What are food groups?

Ques50. Differentiate between 'minimum requirements' and 'recommended dietary allowances'

Ques51. In how many groups, food stuffs have been divided by ICMR?

Ques52 'A balanced diet for a person may not be a balanced one for the other.'
Justify the statement.

Ques53. 'A balanced diet does not mean an expensive diet.' Justify.

Ques54 Explain how are Foods of any two families not similar.

Ques55. Explain availability of food stuffs.

Ques56. Explain the relationship between purchasing power and selection of food. How can we save money by the proper selection of food products?

Ques57. Why should food be bought according to the purpose?

Ques58. How should green leafy vegetables be stored?

Ques59. Priya has purchased 50kg of wheat two months back. How would you check

that these are not spoiled? Also give two causes of its spoilage?

Ques60. Why is proper selection and storage of food products essential?

Ques61. Make a list of 'convenient foods' in your home. Also specify what precautions would you take in their storage?

Ques62. Write a note on the selection, purchase and storage of dry foods, meat, fish, chicken, eggs, fruits and vegetables.

Ques63. Illustrate a flow chart defining the methods of cooking.

Ques64. What is the best method of cooking food?

Ques65. Fruits and vegetables should be eaten raw. Justify

Ques66. Differentiate between

- deep frying and shallow frying
- steaming and pressure cooking
- direct and indirect steaming
- cutting and grinding

Ques67. Explain the effects of acids and baking soda on foods during cooking

Ques68. How does germination increases the nutritive value of food items?

Ques69. How is khichari more nutritious than plain rice? Give one example of nutritive food based on this.

Ques70. Define fortification

Ques71. What is par boiling?

Ques72. 'An appropriate temperature is essential in frying' explain.

Ques73. Why is pre-preparation of foods important?

Ques74. Why do we cook food?

Ques75. Give advantages and disadvantages of pressure cooking.

Ques76. Which method would you employ to make soup?

Ques77. Write in detail the method used to prepare chapatti.

Ques78. Write in detail the method used for the preparation of cake and pastry.

Ques79. Does food products undergo any change in colour and flavour? Justify your answer

Ques80. Which nutrients are lost maximum in cooking? Why?

Ques81. Idli is a nutritive food. Which methods are used for enhancing its nutritive value? Which nutrients are enhanced by use of these methods?

Ques82. What are preservatives? Name the preservatives used in preparation of chutney.

Ques83. Define shelf life. How can we increase the shelf life of various food products?

Ques84. Differentiate between squash and syrup

Ques85. Explain the three causes of food spoilage.

Ques86. How can micro-organisms be kept out of food products?

Ques87. Define dehydration. Also explain the various advantages and disadvantages of dehydration.

Ques88. 'Food preservation is useful in those areas where they are in short supply' justify

Ques89. Describe the difference in preparation and composition of jam and chutney.

Ques90. How does the yeast act on food products?

Ques91. Name four methods used to delay the action of micro-organisms on apples.

Long answer questions

Ques1. Write in detail the physical, psychological and socio-cultural functions of food

Ques2. Give the symptoms of good health.

Ques3. Classify foods on the basis of their nutrients and functions.

Ques4. 'Food, nutrition and health are interrelated.' justify the statement.

Ques5. Discuss how nutritional status and calorie requirement define the poverty line?

Ques6. A child does not eat green and yellow fruits and vegetables. Name the disease he might suffer from. Give two symptoms of it.

Ques7. Differentiate between saturated and unsaturated fats. Which fats should be included in the diet?

Ques8. How is meal planning without the help of food groups is very laborious and time consuming? Write in detail the factors affecting the selection of food stuff.

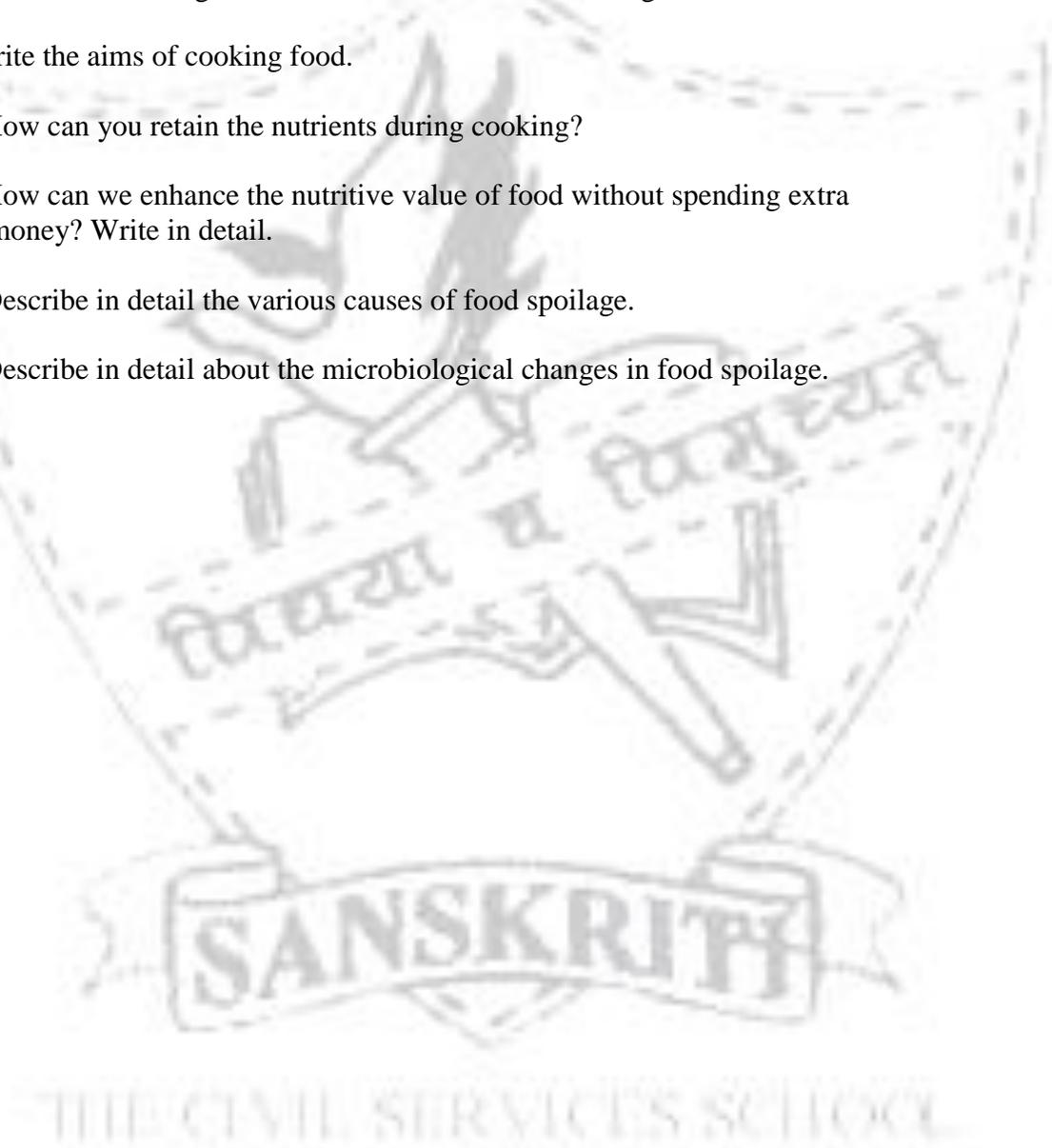
Ques9. Write the aims of cooking food.

Ques10. How can you retain the nutrients during cooking?

Ques11. How can we enhance the nutritive value of food without spending extra money? Write in detail.

Ques12. Describe in detail the various causes of food spoilage.

Ques13. Describe in detail about the microbiological changes in food spoilage.



UNIT IV

MY RESOURCES

Short answer questions

Ques1. Define management and its various steps

Ques2. What is planning? Why is it important?

Ques3. When is evaluation made? What are the types of evaluation?

Ques4. Define home management.

Ques5. Define decision making. What points should be kept in mind while selecting the best alternative for solving a problem?

Ques6. 'Adjustment is very important in the process of implementation' justify. Also suggest ways of adjustments.

Ques7. Explain the importance of space organisation.

Ques8. Which rooms come under working areas?

Ques9. Which other activities can be performed in bedroom apart from sleeping?

Ques10. Which items make work place attractive?

Ques11. What are the different types of balance? How can centre of attraction be created?

Ques12. Define
Primary colors, cool colors, contrasting colors, complementary colors

Ques13. Differentiate between
- formal and informal balance
- proportion and emphasis
- dining room and kitchen

Ques14. Explain rhythm using appropriate diagrams.

Ques15. Enlist various household activities as well as the places where they

are performed.

Ques16.What are the functions of home towards us?

Ques17.Define space organisation. Also give its importance.

Ques18.Which factors affect the division of space in a particular family?

Ques19.How can privacy be maintained in a house?

Ques20.What should be food for economical use me space?

Ques21.What points should be kept in mind while making arrangements in drawing room?

Ques22.Suggest how can one manage kitchen in a single room house?

Ques23.What is the use of lobby? Also explain the importance of veranda in Indian houses.

Ques24.Define interior decoration. Why is it essential to make work place attractive?

Ques25.How can balance be created in objects of art?

Ques26.Discuss the importance of accessories as well as the points to be kept in mind while using them.

Ques27.Explain with diagrams the different types of kitchens on the basis of their shapes.

Ques28.Priya has purchased one room house. Give two characteristics of the furniture for his house. Give two suggestions to increase the empty space by the arrangement of furniture.

Ques29.Define time management. What are the various criteria of successful time management.

Ques30.What are the factors on which the sequence of daily activities depend?

Ques31.Define fatigue. Also give the methods of reducing physical and mental fatigue.

Ques32.Define work simplification. What are the methods of work simplification?

Ques33.What feeling will you get by doing the same work for a long period?

Ques34.Name any five time and energy saving devices.

Ques35.' Energy and time management goes hand in hand' justify the statement

Ques36.In how many categories, household activities can be divided on the basis of energy value?

Ques37.Where should we place the material used for cooking and why?

Ques38.What is the effect of work efficiency on work capacity?

Ques39.Why do you need rest?

Ques40.What is the difference between rest period and leisure time?

Ques41.How does proper body posture makes a job simple?

Ques42.How can time and energy be saved by bringing changes in finished products? Give examples.

Ques43.Which points will you keep mind while distributing work amidst family members?

Ques44.Kavita cannot do more than one work at a time. Suggest ways for doing more than one work at a time by giving suitable example.

Ques45.Sita does not complete her work in time. Suggest two ways of completing her work in a planned manner.

Ques46.Define work ethics and give its importance

Ques47.How can discipline be maintained in the office?

Ques48.How does the good or bad behaviour affects work efficiency?

Ques49.Why is it necessary to update one's knowledge?

Long answer questions

Ques1.What are human resources? Name them and explain in brief.

Ques2.What are general characteristics of family resources?

Ques3.Define management of resources. Also explain why management of resources is important?

Ques4.Name the community resources. Suggest various ways of conserving community resources. Also give reasons for their conservation.

Ques5.What are the different steps in home management? Discuss

Ques6.Explain the steps involved in decision making process with the help of suitable examples.

Ques7.How various steps of management are helpful to you in getting admission to a professional course?

Ques8.Explain the different stages of decision making process while purchasing a toaster.

Ques9.Discuss in detail how kitchen should be managed?

Ques10.Which points should be considered in the management of colors?

Ques11.How would you use colors, so that

- a small room may appear larger in size
- a dark room may appear well lighted
- a long and narrow room may appear in right proportion

Ques12.What are the different steps of time planning? Explain with the help of a day time plan for yourself

Ques13.Time and energy can be saved by work simplification. Discuss

Ques14.Discuss in detail about the contribution of family members in household activities.

Ques15.Washing clothes is a daily routine in every house. Discuss three aspects of this activity which may help in increasing efficiency and speed

Ques16.Give six ways of reducing mental fatigue.

Ques17.Explain and suggest for better implementation of work ethics.

UNIT V

MY APPAREL

Short answer questions

Ques1. Fibres are the building blocks of a textile product. Justify

Ques2. What are the sources of animal and vegetable fibre?

Ques3. Define blending. Why is blending done?

Ques4. Give examples of protein, cellulosic and blended fibres

Ques5. Which fibres are not affected by moth and mildew?

Ques6. Name the strongest and weakest natural fibre

Ques7. Give the properties of cotton fibres

Ques8. Differentiate between

- monofilament and multifilament
- natural and man made fibre
- polyester and silk

Ques9. Give the microscopic structure of cotton fibre

Ques10 Why is silk called 'queen of fabrics'?

Ques11. In which season woollen clothes are more suitable and why?

Ques12. What is the effect of acid and alkali on silk fabrics?

Ques13. Why is nylon easy to wash?

Ques14. What precautions should be taken in washing of woollen clothes and why?

Ques15. What is the effect of heat on polyester and silk fabric?

Ques16. Explain chemical properties of cotton.

Ques17. Why is nylon called 'magic fabric'?

Ques18. Suggest a blended fabric suitable for cold climate and damp climate.

Ques19. Differentiate between:

- fibre and yarn
- warp and weft yarn
- satin and sateen weave
- simple and novelty yarn
- knitting and felting
- mechanical and chemical spinning
- primary and secondary operations of loom
- plain and twill weave

Ques20. Suggest a weave for making a strong and durable cloth.

Ques21. Define twisting. Why is twisting necessary in threads?

Ques22. What are the various helping instruments used along with loom?

Ques23. How is chemical spinning done? Which types of clothes undergo chemical spinning?

Ques24. Why is fabric made attractive?

Ques25. What do you understand by the 'finishing of fabrics'?

Ques26. Define grey goods. Why is it necessary to change their appearance?

Ques27. Explain the importance of bringing variety to the fabrics.

Ques28. Which colours are used in dyeing fast colours?

Ques29. What does 'sanforising' mark symbolises on the cloth?

Ques30. What is sizing? Why is it essential on certain fabrics?

Ques31. How is whiteness imparted to the fabric?

Ques32. What do you mean by basic finishes?

Ques33. Which colours should be used on clothes to be washed regularly? Why?

Ques34. What can be done to subdue the defects in the fabric?

Ques36. Why is it essential to make fabrics shrink resistant?

Ques37. Explain the principle behind tie and dye.

Ques38. Define 'printing'.

Ques39. Classify various types of printing using a flow chart.

Ques40. Define bleaching and its advantages.

Ques41. Explain how can cotton fabric be made to appear silky?

Ques42. How can a fabric be made durable?

Ques43. Differentiate between waterproof and water-repellent clothes.

Ques44. Clarify animal and vegetable dyes using diagrams

Ques45. Which stage of the fabric imparts fast color to the fabric and why?

Ques46. What is the importance of finishing given to a fabric?

Ques47. Give examples of imitation fabrics. Why are they produced?

Long answer questions

Ques1. Explain in details the types of fibres.

Ques2. Explain in detail why are cotton clothes popular?

Ques3. Compare the properties of silk and cotton

Ques4. What is the importance of artificial fibres in today's busy life?

Ques5. Describe the basis of classification of fibres. Explain the manufacturing process of the fibre in brief.

Ques6. Compare the properties of silk and wool. What is the effect of their properties on their utility?

Ques7. Explain the process of yarn construction with the help of proper diagrams.

Ques8. What are the various types of yarns? Explain in detail

Ques9.Explain the process of fabric construction on a loom. Also explain the primary and secondary motions of the loom.

Ques10.Discuss plain weave and its variations.

Ques11.Compare all the weaves in detail.

Ques12.State the difference between knitting, felting and weaving emphasising on the importance of each.

Ques13.Describe two methods of fabric construction.

Ques14.How does twisting of yarn affect the final fabric? Explain

Ques15.Explain the various types of finishes.

Ques16.Write a detailed note on various types of basic finishes.

Ques17.What are colours? Write about different types of colours.

Ques18.Explain different types of dyeing giving differences.

Ques19.Explain in detail about the various types of printing.



THE CIVIL SERVICES SCHOOL

Practice Paper

Time : 3 Hrs.

MM - 70

General Instructions

- All questions are compulsory
- Marks for each question are indicated against it.
- Read each question carefully and answer to the point.
- All parts of a question should be attempted together.
- This paper has 2 printed sides.

Q1.	If the weight of a baby at birth is 3.5 kg approximately, calculate the baby's approximate weight when he/she is 12 months old.	1
Q2.	Why should we avoid using baking soda for cooking?	1
Q3.	Give two examples of metal fibres.	1
Q4.	What are the two points to be kept in mind while storing green leafy vegetables?	1
Q5.	Define work simplification.	1
Q6.	Name the strongest and the weakest natural fiber.	1
Q7.	Give two examples of twill weave.	1
Q8.	What is fortification?	1
Q9.	What do you understand by 'blanching'?	1
Q10.	How does the chemical potassium metabisulfite help in preservation of food?	1
Q11.	Give one method of preservation for the following food stuffs i) Tomatoes ii) Pickles iii) Mustard leaves iv) Eggs	2
Q 12.	Tabulate two differences between deep frying and shallow frying.	2
Q 13.	How would you use colours so that: i) A small room may appear larger in size. ii) A square room appears rectangular	2
Q14.	What do you understand by 'General and 'Specific' vocabulary of a 3-6 year old child? Give two examples each.	2
Q15.	While playing in the park with his friends your brother got a cut on his knee. What first aid would you give him?	2
Q16.	Suggest four ways by which your mother can save fuel in the kitchen.	2
Q17.	Classify the following into Human and Non-human resources: i) Electricity ii) Time iii) Farm house iv) Skill in painting	2
Q18.	Why is iron called a trace element? What is the function of iron in the human body?	2
Q19.	Differentiate between natural and synthetic dyes and give one example	2

	each.	
Q20.	List 4 essential medicines that should be there in a first aid box.	2
Q21.	Sprouts are considered to be a healthy food. Name the method that is used to enhance its nutritive value. List four advantages of eating sprouts.	3
Q22.	What are the points to be kept in consideration while distributing space for various household activities? Explain	3
Q23.	Tabulate difference between Cotton, Wool and Nylon on the basis of the following properties i) Length ii) Colour and luster iii) Resilience	3
Q24.	Draw a diagram to show 'Z' and 'S' shaped twisting of yarn. What is the difference between knitting and felting?	3
Q25.	Define the following terms: 1. Proximo-distal development 2. Object Permanency 3. Animistic thinking	3
Q26.	What do you understand by the term 'cognitive development'? Explain the various concepts that develop during early childhood.	3
Q27.	a) State and explain any four significant functions of proteins in our body. b) List one high quality protein obtained from plants.	3
Q28.	List two stimuli and two responses for the following emotions in a 2 year old child i) Anger ii) Curiosity iii) Joy	3
Q29.	Explain the following: i) Singeing ii) Calendaring iii) Stiffening iv) Bleaching	4
Q30.	Shaurya wants to buy a watch for his father as his father's watch stopped working. Explain the different stages of decision making process while buying the watch.	4
Q31.	a) Draw Parang's colour wheel. b) On the basis of Parang's colour wheel what do you understand by i) Complimentary colour scheme- give an example also ii) Triad colour scheme- give an example also	4
Q32.	Define mental fatigue. State and explain three different methods of reducing mental tension.	4

