

## SMART SKILLS

### SYLLABUS FOR CLASS XI

#### **Class XI Home Science Curriculum 2021- 22**

Unit I Introduction to Home Science

Unit II: Understanding oneself: Adolescence

Ch.- Understanding the Self.

A. 'Who am I'?

B. Development and Characteristics of the Self (Development characteristics and needs of adolescents)

C. Influences on Identity

Ch.- Food, Nutrition, Health and Fitness

Ch. - Management of Resources

Ch.- Fabric Around us

Ch-Media and Communication Technology

Ch-Effective Communication Skills

Unit III: Understanding family, community and society

Ch.- Relationships and interactions with Significant Others’.

Ch. - Concerns and needs in diverse contexts:

a. Nutrition, Health and Hygiene

b. Resources Availability and Management

Unit IV: Childhood

Ch.-Survival, Growth and Development

Ch.- Nutrition, Health and Wellbeing

Ch- Care and Education

Ch.- Our Apparel

UnitV: Adulthood

Ch.- Health and Wellness

Ch.- Financial Management and planning

Ch.- Care and Maintenance of fabrics

Ch- Perspective in Communication

Ch- Individual Responsibilities and Rights

## PRACTICALS FOR CLASS XI

Understanding oneself with reference to: a) Physical development in terms of age, height, weight, hip and chest

**circumference.** b) Sexual maturity (Age at menarche ,Development of breasts: girls).

Growth of beard, change in voice:boys)

**Observe** developmental norms: (Physical, Motor, Language and social - emotional) birth to three years.

List and discuss 4-5 areas of agreement and disagreement with a) Mother b) Father c)

Siblings/ Friends d) Teacher

a) Record own diet for a day

b) Evaluate qualitatively for adequacy

Preparation of different healthy snacks for an adolescent suitable in her/his

**context.**

. a) Record one day's activities relating to time use and work

b) Prepare a time plan for yourself

Plan a budget for a given situation/purpose.

a) Record the fabrics and apparel used in a day b) Categorize them according to functionality

Relationship of fibre properties to their usage:

a) Thermal property and flammability b) Moisture absorbency and comfort

(a) Analyze label of any one garment with respect to:

Clarity, fiber content, size and  
care instructions.

(b) Prepare one care label of any garment.

(c) Analyze two different fabric samples for colour fastness.

### **Learning Objectives:**

The Home Science curriculum at senior secondary level has been framed to enable the learners to:

1. develop an understanding of the self and one's role and responsibilities as a productive individual and as a member of family, community and society.
2. integrate learning across diverse domains and undertake a critical analysis of issues and concerns specific to family, community and society.
3. appreciate the discipline of Home Science for professional careers.
4. acquaint learners with the basic knowledge specific to five domains namely, Foods and nutrition, Human Development and Family studies, Fabric and Apparel, Resource Management and Communication and Extension.
5. develop functional skills in the five domains for career and employment.
6. equip learners for enrichment and higher studies.

### **Learning outcomes:**

After undertaking the course students will:

1. function as a productive and responsible individual in relation to self, family, community and society.
2. able to apply the basics of human development with specific reference to self,

- family and community.
3. able to utilize the skills of judicious management of various resources.
  4. will be sensitized to fabric and apparel, their selection and care.
  5. inculcate healthy food habits and lifestyle to enable prevention and management of diseases.
  6. become alert and aware consumer.
  7. appreciate the potential of entrepreneurship and other varied professional opportunities to make informed career choices.



**Unit I**  
**Assignment 1**

**Introduction to Home Science**

Short answer questions

- Q1. Why do you think that home science is a study of Science and Art?
- Q2. What do you understand by the term 'Home Science'?
- Q3. List the areas of Home Science included in your curriculum.
- Q4. Discuss the role of Home Science in career development or discuss the scope of Home Science.
- Q5. "Home Science aims to provide better quality of life" Justify.

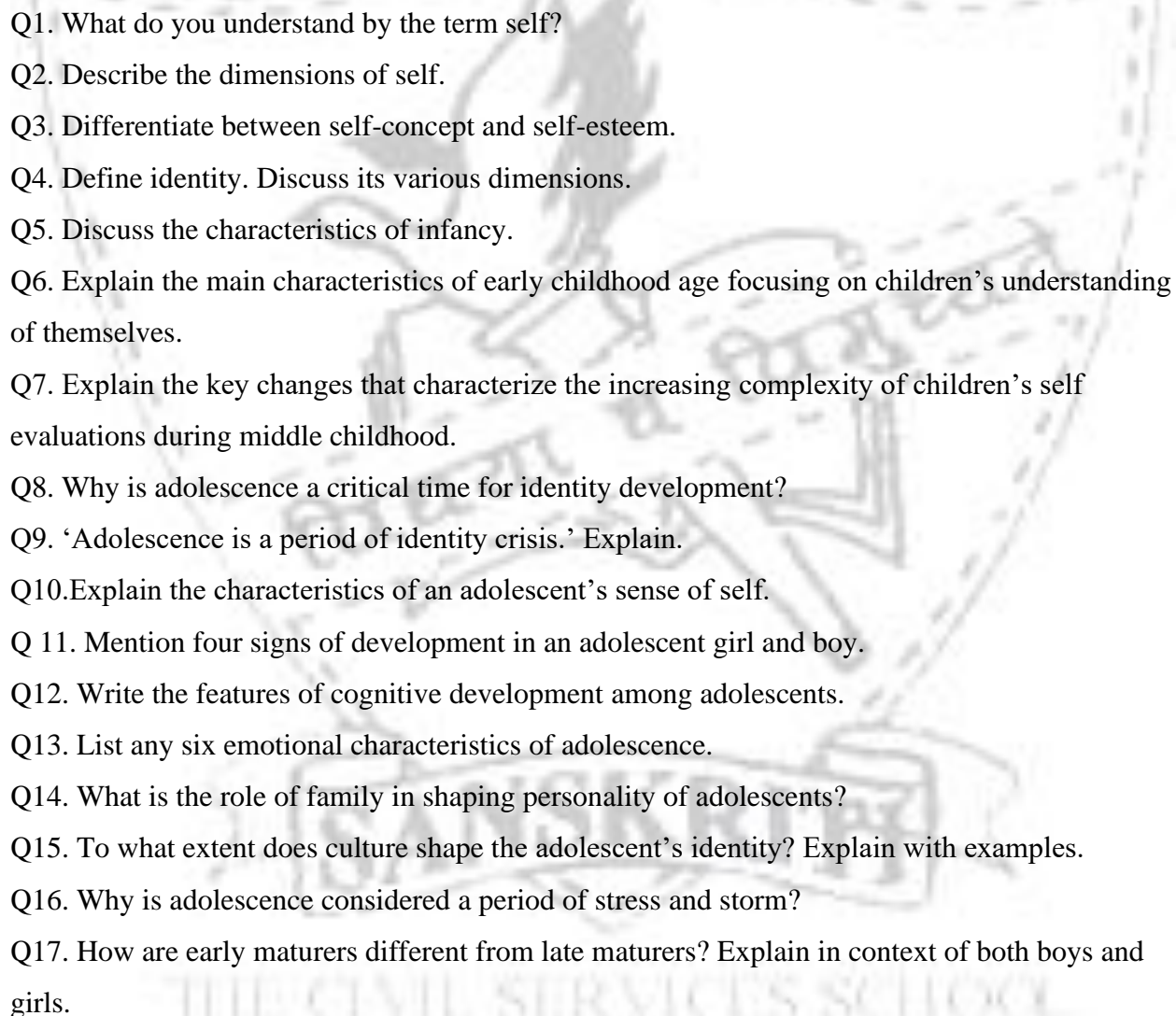
Long answer questions

- Q1. Discuss the role of home science for proper development of an individual.
- Q2. Give a brief account of the scope of Home Science study.
- Q3. "Home Science studies provide vast career opportunities." Discuss in detail.



## **Assignment 2**

### **Understanding oneself: Adolescence (A, B and C)**

- 
- Q1. What do you understand by the term self?
- Q2. Describe the dimensions of self.
- Q3. Differentiate between self-concept and self-esteem.
- Q4. Define identity. Discuss its various dimensions.
- Q5. Discuss the characteristics of infancy.
- Q6. Explain the main characteristics of early childhood age focusing on children's understanding of themselves.
- Q7. Explain the key changes that characterize the increasing complexity of children's self evaluations during middle childhood.
- Q8. Why is adolescence a critical time for identity development?
- Q9. 'Adolescence is a period of identity crisis.' Explain.
- Q10. Explain the characteristics of an adolescent's sense of self.
- Q 11. Mention four signs of development in an adolescent girl and boy.
- Q12. Write the features of cognitive development among adolescents.
- Q13. List any six emotional characteristics of adolescence.
- Q14. What is the role of family in shaping personality of adolescents?
- Q15. To what extent does culture shape the adolescent's identity? Explain with examples.
- Q16. Why is adolescence considered a period of stress and storm?
- Q17. How are early maturers different from late maturers? Explain in context of both boys and girls.

**Assignment 3****Food, Nutrition, Health and Fitness**Fill in the Blanks

- Q1. The ease of obtaining \_\_\_\_\_ foods also influences the eating habits of teenagers.
- a) Non-Veg    b) Convenience    c) Healthy    d) Vegan
- Q2. Bingeing and purging are related to \_\_\_\_\_.
- a) Anorexia    b) Bulimia    c) Diarrhoea    d) Obesity
- Q3. The changes taking place during adolescence result in intensifying \_\_\_\_\_ associated \_\_\_\_\_ problems.
- a) Self esteem    b) Self concept    c) Social Self    d) Self knowledge
- Q4. \_\_\_\_\_ fitness is a result of regular exercise, proper diet and nutrition, and proper rest for physical recovery.
- a) Physical Fitness    b) General Fitness    c) Specific Fitness
- d) Mental Fitness
- Q5. \_\_\_\_\_ is not an example of internal factors influencing food behaviour in adolescents.
- a) Health    b) Food Preferences    c) Food Fads    d) Body Image
- Q6. \_\_\_\_\_ is the ability to perform specific aspects of occupation or sports.
- a) Physical    b) Specific    c) General    d) Muscular



Q7. The full form of ICMR is \_\_\_\_\_.

- a) Indian Council Of Medical Research
- b) Indian Center Of Medical Research
- c) International Council Of Medicine Research
- d) International Center Of Medical Research

Q8. Vegetarians who do not drink cow's milk can use \_\_\_\_\_ milk.

- a) Skimmed    b) Soy    c) Toned    d) Flavoured

Q9. For vegetarians, legumes and dark green leafy vegetables help to supply \_\_\_\_\_ that meat usually provides.

- a) Protein    b) Vitamin C    c) Iron    d) Energy

Q10. \_\_\_\_\_ is the most common meal that is neglected by the teenagers and young Q

- a) Breakfast    b) Brunch    c) Lunch    d) Dinner

Q11. \_\_\_\_\_ calories are provided by one gram of fat.

- a) Four    b) Eight    c) Six    d) Nine

Q12. \_\_\_\_\_ is the most common deficiency disease among adolescent girls in India.

- a) Rickets    b) Goitre    c) Anemia    d) Night Blindness

Q13. If the adolescents do not maintain weight then \_\_\_\_\_ % of them will stay overweight as adults.

- a) 80    b) 70    c) 50    d) 70

Q14. \_\_\_\_\_ has no calories and it gives a feeling of fullness

- a) Fruits    b) Vegetables    c) Water    d) Roughage

Q15. \_\_\_\_\_ of day serving should come from grains, fruits and vegetables.

- a) 50%      b) 60%      c) 65%      d) 75%

Q16. Group \_\_\_\_\_ foods should be used sparingly.

- a)1      b)3      c)5      d)

Q17. Define and classify Nutrients?

Q18. What is a Balanced Diet? What are the advantages of having balanced diet?

Q19. What is Physical Fitness? Into how many categories is it divided?

Q20. Why it is important for an individual to be physically fit?

Q21. Give two reasons why adolescents skip their breakfast.

Q22. Why is milk considered to be a complete food?

Q23. What do you understand by the terms of Health and Mental Health?

Q24. What are the points to be kept in mind while planning and assessing balanced diet?

Q25. a) Riya is teenager who aspires to have a perfect body. She is obsessed with having a very thin body like some model she idealizes. She ignored the advice of her parents and has almost stopped eating, even though her current weight is normal. Identify the problem/disorder she could be suffering from?

b) Eighteen years old Raghav has low self-esteem. He indulges in bingeing and then attempts to get rid of the food by inducing vomiting or using laxatives. Identify the problem/disorder he could be suffering from?

c) What are the consequences Riya and Raghav could suffer from because of these disorders?

Q26. Suggest the ways in which you can treat and manage the occurrence of eating disorders (Anorexia Nervosa and Bulimia Nervosa) in adolescent.

Q27. Your friend is fond of eating pasta, pizza, Chinese food etc. He avoids eating home cooked food, fruits and vegetables. Explain to him the nutritional limitations of eating junk food/ fast food.

Q28. What are the commonly adopted dietary patterns in adolescence?

Q29. How do you classify the factors influencing the eating behavior of adolescents?

Q30. Help your mother to plan a balanced diet for your family using your knowledge about the food groups given by ICMR.

Q31. Healthy eating during adolescence is important to meet the growing needs. Justify this statement by giving the ways in which the adolescents can modify their eating behavior and adopting healthy dietary practices.

## Assignment 4

### Management of Resources

#### ACTIVITY

Think of your own self and make a list of the human resources you have. Use the following guidelines to reflect on this.

1. Knowledge – which areas are you knowledgeable about
2. Motivation / interest – what activities do you enjoy doing most
3. Skills/strengths/aptitude – what are you particularly good at doing
4. Time – which periods of the day are you most active
5. Energy – Do you largely feel energetic or tired?

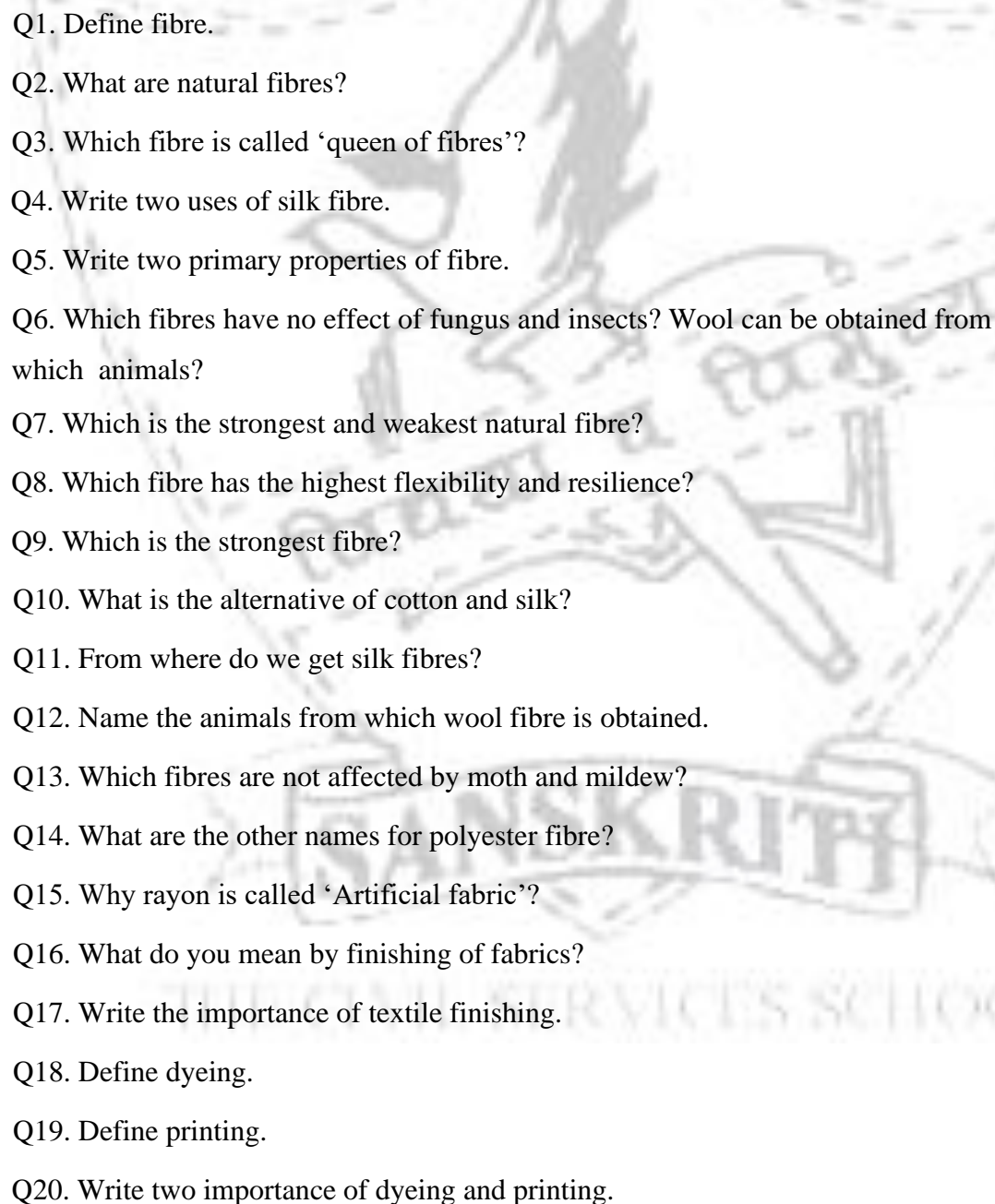
Q1. Define a resource.

Q2. Classify resources in three different ways giving the definition of each resource and two examples of each.

Q3. Why should resources be managed?

Q4. Explain the steps in the management process, using one example to clarify each step.

**Assignment 5****Fabrics Around us****Very Short Answer Questions:**

- 
- Q1. Define fibre.
- Q2. What are natural fibres?
- Q3. Which fibre is called 'queen of fibres'?
- Q4. Write two uses of silk fibre.
- Q5. Write two primary properties of fibre.
- Q6. Which fibres have no effect of fungus and insects? Wool can be obtained from which animals?
- Q7. Which is the strongest and weakest natural fibre?
- Q8. Which fibre has the highest flexibility and resilience?
- Q9. Which is the strongest fibre?
- Q10. What is the alternative of cotton and silk?
- Q11. From where do we get silk fibres?
- Q12. Name the animals from which wool fibre is obtained.
- Q13. Which fibres are not affected by moth and mildew?
- Q14. What are the other names for polyester fibre?
- Q15. Why rayon is called 'Artificial fabric'?
- Q16. What do you mean by finishing of fabrics?
- Q17. Write the importance of textile finishing.
- Q18. Define dyeing.
- Q19. Define printing.
- Q20. Write two importance of dyeing and printing.

**Short Answer Questions**

- Q21. How is comfort related to moisture absorption?
- Q22. Why is silk called the 'Queen of fabrics'?
- Q23. Why is nylon easy to wash?
- Q24. What is the effect of dry heat on polyester?
- Q25. List five fabrics made of different fibres, your mother uses every day at home. Give purpose and reason for their use.
- Q26. Write four properties of cotton fibre.
- Q27. Write four uses of polyester.
- Q28. Write four uses of silk fibre.

**Long Answer Questions**

- Q29. Why are cotton clothes popular? Explain.
- Q30. Write physical properties of woolen fibre.
- Q31. Give two similar and two dissimilar properties of wool and silk.
- Q32. What is the utility of silk clothes on the basis of their properties?
- Q33. How are textiles fibres classified? Briefly discuss their characteristics.
- Q34. What is a yarn? Explain different methods of yarn processing.
- Q35. List the processes in fabric production.
- Q36. Classify finishes. Explain any two special finishes.



## Assignment 6

### Media and Communication Technology

#### Very Short Answer Questions

- Q1. Define communication.
- Q2. What do you understand by one way communication?
- Q3. What do you understand by two way communication?
- Q4. What are the advantages of group communication?
- Q5. What is media?
- Q6. What is the last link of communication process?
- Q7. Give two examples of Print Media.
- Q8. What are the functions of media.
- Q9. Define communication technology.
- Q10. What is satellite communication?

#### Short Answer Questions

- Q11. List out the elements of communication.
- Q12. The teacher has asked you to explain the advantages of mass communication in your class test. What advantages you would tell in the class?
- Q13. List out the advantages of television.
- Q14. Draw and explain the classification of Media.
- Q15. What do you understand by traditional media?

#### Long Answer Questions

- Q17. Discuss the functions and advantages of media in communication.
- Q18. What is modern communication technology?

Q19. Describe two important communication technologies.

Q20. What are the various modes of verbal and non-verbal communication?

Q21. Explain the process of communication with the help of an example.

Q22. 'The more the number of senses involved in the communication process, the more effective and sustainable is the communication'. Write your comments with justification.

Q23. How do media affect our day-to-day life? Enumerate the different types of media.



**Assignment 7****Effective Communication Skills**

Q1. Thinking is a type of ..... skill

- a. Inter- personal communication.
- b. Intra-personal communication.
- c. Mass communication.
- d. Audio- Visual communication.

Q2. .... and ..... are communication skills

- a. Talking; listening.
- b. Thinking; Reading.
- c. Speaking; Talking.
- d. Talking; Thinking.

Q3. By what age a child develops reading fluency?

- a. 6 years.
- b. 9 years.
- c. 7 years.
- d. 12 years.

Q4. Kids ; btw ; CU words are .....

- a) Abbreviation.
- b) Meme.
- c) Slang.
- d) Symbols.

Q5. Rules for writing numeric

- a. Number containing zero must be after the semicolon at ending sentences.
- b. Number less than ten must be written in words if it is at the start of sentence.
- c. Wherever the number is to be used always write them in numeric instead of words.
- d. In English always write mathematical terms in roman form.

Q6. Which of the following is NOT body language in Non-verbal communication?

- a. Standing
- b. Expressions
- c. Sitting
- d. Eye contact

Q7. Oratory means..... skill.

- a) Effective public speaking.
- b) Creative thinking.
- c) Flawless writing.
- d) Fluent speaking.

Q8. Happiness, warmth, affiliation are ..... mode of communication.

- a. Posture orientation
- b. Facial expression
- c. Proximity
- d. Gestures

Q9. Which of the following groups are paralinguistic elements?

- a. Tone, pitch, rhythm, timbre, loudness and inflection.
- b. Tone, voice, rhythm, timbre, loudness and inflection.
- c. Tone, pitch, rhythm, timbre, loudness and voice.
- d. Tone, pitch, rhythm, voice, loudness and inflection.

Q10. Find the odd one out-

- a. Leaning slightly
- b. Erect but rigid
- c. Rockery
- d. Erect

Q11. Characteristic to express warmth-

- a. Proximity
- b. Eye-contact
- c. Facial expression
- d. Body posture

Q12. What features are available in MS word, while you are typing a paragraph?

- a. Spell-check
- b. Grammar-check
- c. Spell-check as well as grammar check
- d. Neither spell-check nor grammar check

Q13. Find the correct sentence with reference to rules of writing, while writing an essay.

- a. My brother has xiii baseballs.
- b. My brother has 13 baseballs.
- c. My brother has thirteen baseballs.
- d. My brother has  $1 \times 3 + 10$  baseballs.

Q14. "Driving me crazy!" is an example of-

- a. Idiom
- b. Myth
- c. Clichés
- d. Irony

Q15. Our dress code is an example of ..... communication.

- a. Verbal
- b. Non-verbal
- c. Written
- d. Spoken

Q16. What are two important aspects of public speaking? Define it.

Q17. How will you develop the skill of reading?

Q18. How can you develop the skill of thinking?

Q19. Write short notes on (any two)-

- a. Gestures
- b. Humour
- c. Proximity

Q20. On a very short notice Sita is informed that she is supposed to take a lecture on the topic- communication skill. She has to address 75 people. How can Sita make her presentation effective?

Q21. Write dialogue between two friends discussing their hobbies.

Q22. Write the story for the magazine for toddler by using writing skill (slang, abbreviations, symbols, punctuation).

Q23. What are the advantages of audio-visual aids in school?

Q24. Define various types of paralinguistic elements.

Q25. How can you develop the skill of listening?

Q26. Write in brief about communication skills.

Q27. What are the proximities in non- verbal communication?

Q28. Explain the need of 5Ws in communication skill, both for sender and receiver.

Q29. Explain any five verbal communication skills in detail.

Q30. Define different types of non- verbal communication with examples.

**Assignment 8****Understanding family, community and society****Relationships and interactions with Significant Others’.****Multiple choice questions**

- Q1. A family where several generations of members live together is called a \_\_\_\_\_ family.
- Nuclear
  - Joint
  - Extended
  - Matrilocal
- Q2. To build a happy and successful family life, parents and adolescents must \_\_\_\_\_.
- keep distance
  - listen to parents
  - have positive communication
  - keep their thoughts to themselves
- Q3. \_\_\_\_\_ is the healthiest form of communication within families.
- Clear and indirect communication
  - Clear and direct communication
  - Masked and direct communication
  - Masked and indirect communication



- Q4. A group of few close friends is called a \_\_\_\_\_.
- Clique
  - Crowd
  - Community
  - Society
- Q5. \_\_\_\_\_ provides us information from geographically near or far away places.
- Society
  - Culture
  - School
  - Media
- Q6. Co-constructions refers to when \_\_\_\_\_.
- Teacher alone contributes knowledge
  - Student alone contributes knowledge
  - Both teacher and student contribute knowledge
  - None of the above
- Q7. In \_\_\_\_\_ the friendship becomes strong with peers.
- Middle childhood
  - Adolescence
  - Early childhood
  - All the above
- Q8. \_\_\_\_\_ involves acknowledging and respecting the other person's point of view.
- Active listening
  - Communicate clearly
  - Communicate frequently
  - Communicate individually

- Q9. \_\_\_\_\_ are the patterns of interactions between family members.
- Family dynamics
  - Life cycle
  - Family development
  - Verbal communication
- Q10. A group of persons united by the ties of marriage, blood or adoption constituting a single household, interacting with each other in their respective social roles is called \_\_\_\_\_.
- society
  - neighbourhood
  - culture
  - family
- Q11. \_\_\_\_\_ enables family members to express their needs, wants and concerns with each other.
- Relationships
  - Communication
  - Strength
  - Positivity
- Q12. In unhealthy family relationships, communication is very \_\_\_\_\_.
- masked
  - flexible
  - direct
  - clear
- Q13. \_\_\_\_\_ shape the attitude of children towards learning and new subjects.
- School
  - Society

- c. Teacher
- d. Peers

Q14. A large and abstract concept of human grouping is called \_\_\_\_\_.

- a. community
- b. culture
- c. family
- d. society

Q15. Culture consists of \_\_\_\_\_ elements.

- a. Tangible
- b. Intangible
- c. Both a and b
- d. None of the above

#### **SECTION B:**

Q16. List any two areas of conflict and disagreement between family members.

Q17. Differentiate between patrilineal and matrilineal.

Q18. How does a family support each other's psychological needs?

Q19. Differentiate between 'clear and direct communication' and 'clear and indirect communication'.

Q20. Differentiate between society and culture.

Q21. Differentiate between joint and nuclear family.

Q22. What are the various things that a community does for its members?

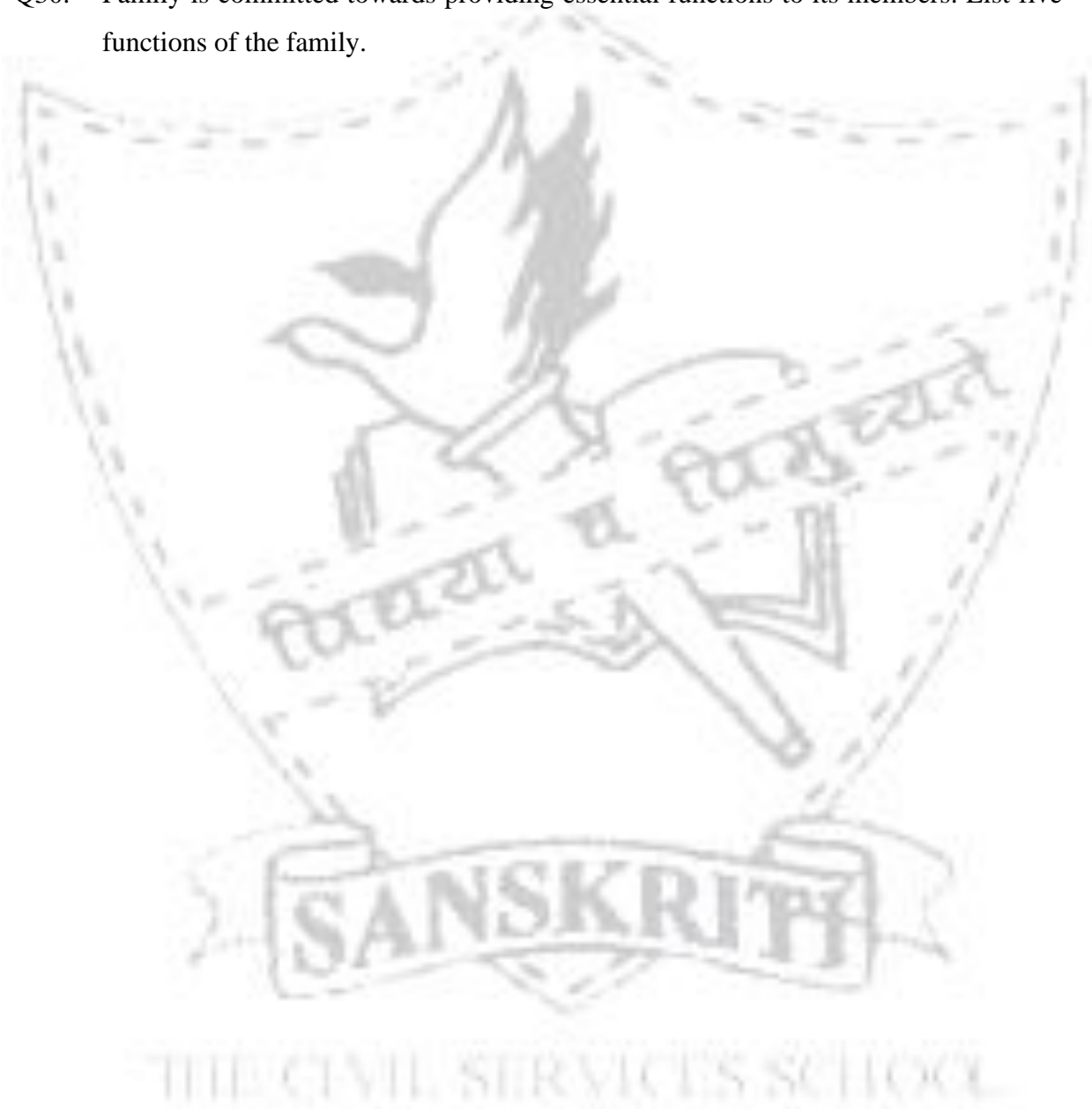
Q23. What is the importance of friendship in adolescence?

Q24. What is the basic support that family members can give each other in times of crisis? Explain with the help of an example.

Q25. Rahul's parents are working and spend less time together. Suggest to him ways to build effective communication.

Q26. Seema wants to be a teacher. Explain to her the role of a teacher in a student's life.

- Q27. Your friend Preeti is going to get married in a nuclear family, explain to her about the family life cycle along with its stages.
- Q28. Explain the term family dynamics.
- Q29. Discuss the impacts of TV and internet on the society.
- Q30. Family is committed towards providing essential functions to its members. List five functions of the family.



**Assignment 9****Concerns and needs in diverse contexts (A, B)****Multiple Choice Questions**

- Q1. Good \_\_\_\_\_ nutrition \_\_\_\_\_ is \_\_\_\_\_ vital \_\_\_\_\_ for \_\_\_\_\_.
- Q2. A person using his cognitive abilities well, is said to have good \_\_\_\_\_ health.
- a. Social
  - b. Mental
  - c. Physical
  - d. All the above
- Q3. In order to manage time, \_\_\_\_\_ is necessary.
- a. Good health
  - b. Family
  - c. Record
  - d. Time plan
- Q4. The outlook of rooms with respect to their relative position with each other is known as \_\_\_\_\_.
- a. Grouping
  - b. House plan
  - c. Management
  - d. Roominess

- Q5. \_\_\_\_\_ is the device to trace the work against time.
- Work load tester
  - Work curve
  - Pressure curve
  - Work calculator
- Q6. Prospect refers to \_\_\_\_\_.
- Q7. Food-borne \_\_\_\_\_ illnesses \_\_\_\_\_ occur \_\_\_\_\_ when \_\_\_\_\_.
- Q8. Food and nutrient security refers to \_\_\_\_\_.
- Q9. The deficiency of \_\_\_\_\_ impairs psychomotor and cognitive development among children.
- Protein
  - Vitamin C
  - Fibre
  - Iron
- Q10. \_\_\_\_\_ is a micronutrient.
- Carbohydrates
  - Iodine
  - Protein
  - Fat
- Q11. 'Safety in workplaces' is a determinant of \_\_\_\_\_ health.
- Physical
  - Mental
  - Social



d. Emotional

Q12. Iodine deficiency results in \_\_\_\_\_.

- a. Diabetes
- b. Hypertension
- c. Goitre
- d. Tuberculosis

Q13. \_\_\_\_\_ allows one to have adequate rest and recreation along with work.

- a. Concentration
- b. Work curve
- c. Resources
- d. Time management

Q14. \_\_\_\_\_ is defined as unproductive interruptions of working time.

- a. Peak period
- b. Rest period
- c. Improvement time
- d. Circulation

Q15. Creating a 'To Do List' helps in \_\_\_\_\_.

### Long Answer Type Questions

Q16. Health is multidimensional. Explain.

Q17. Differentiate between internal and external privacy.

Q18. What is the result of good nutrition on the development of the brain?

Q19. What is roominess? Explain with an example.

Q20. Explain the term 'health for all'.

Q21. Explain the three dimensions of health.

Q22. Tell your friend Riya why optimum nutritional status is important for every individual?

- Q23. Sohan has just moved to an urban area for work. Educate him about the health care services available to him.
- Q24. Explain undernutrition and its consequences.
- Q25. Why is time management important in the present times?
- Q26. Reema is a young mother, explain to her the benefits of good nutritional status for children's education.
- Q27. What is food hygiene? Name the illnesses and mention a few poor food handling practices that cause them.
- Q28. Explain work simplification.
- Q29. Your sister Seema is preparing for her annual examinations, guide her about the steps in time and activity plan.
- Q30. Explain any five principles of space planning that must be kept in mind while designing work areas in the house.

**Assignment 10****Childhood****Survival, Growth and Development**

- Q.1 The common disease responsible for child mortality in India is-
- a) pneumonia
  - b) diarrhea
  - c) malaria
  - d) all of the above.
- Q.2 The terms survival means-
- a) Remaining alive
  - b) living life happily
  - c) maintaining essential life functions.
  - d) both a and c.
- Q3. The progressive change the child undergoes with the increase in physical, social, mental and emotional capacities of a child is known as-
- a) Growth
  - b) Emotional development
  - c) Development
  - d) Cognition
- Q4. The life-span is classified into stages on the basis of \_\_\_\_\_ in child development.
- a) Individual difference
  - b) Milestone of development
  - c) Growth
  - d) Survival

Q.5 \_\_\_\_\_ Nutrition has an important role in growth and development.

- a) Poor
- b) Over
- c) Good
- d) Malnutrition

Q.6 The abilities of an individual that enable to behave in accordance with the expectations of the society and sustain relationships with people \_\_\_\_\_

- a) language development
- b) social development
- c) cognitive development
- d) emotional development

Q.7. Which stage of development is also known as “Gang Age”

- a) Infancy
- b) Adolescence
- c) Late childhood stage(childhood)
- d) old age

Q.8 “Period of Adjustment” stage is \_\_\_\_\_ stage

- a) Adulthood
- b) Infancy
- c) Adolescence stage
- d) childhood stage

Q9. The average weight of a newly born baby is \_\_\_\_\_

- a) 2.5 to 3 K.G.
- b) 1 to 2 K.G
- c) 3 to 3.5 K.G
- d) 2 to 2.5 K.G

Q10. The head of an adult is \_\_\_\_\_ of the total body length

- a)  $1/10^{\text{th}}$
- b)  $1/3^{\text{rd}}$
- c)  $1/8^{\text{th}}$

d) 1/6<sup>th</sup>

Long answer type questions

- Q1. Name the stages of Cognitive development proposed by Jean Piaget?
- Q2. Explain the principle of “Individual difference”?
- Q3. What are the different types of Vocabularies?
- Q4. Name two factors which influence physical development?
- Q5. Write the names of two hand skills during late childhood?
- Q6. “Through plays the child develops creativity”. Explain the role of play in cognitive development of a child?
- Q7. Trace the cognitive development of children between 3 months to 3 years of age?
- Q8. Give any four differences between growth and development?
- Q9. Differentiate between power oriented and affection oriented approach of discipline?
- Q10. What do you understand by emotional control?
- Q11. Explain the various factors affecting language development?
- Q12. Write the characteristics of the Infancy stage?

**Assignment 11****Nutrition, Health and Wellbeing****Multiple Choice Questions**

- Q1. Nutrient required for rapid skeletal and muscular growth:
- Iron
  - Vitamin C
  - Protein
  - Riboflavin
- Q2. PEM occurs because of the deficiency of-
- Calcium
  - Vitamin C
  - Calcium
  - Protein
- Q3. What is colostrum?
- Fluid part of blood
  - Yellow fluid secreted by breast
  - Fluid secreted by glands
  - None of the above
- Q4. At what age are supplementary foods introduced ?
- 4 months
  - 8 months
  - 9 months
  - 6 months
- Q5. Deficiency of which hormone leads to increase of blood sugar levels?
- Glucose
  - Insulin



- c. Adrenaline
  - d. Iodine
- Q6. Depositing of extra fat in the body is known as-
- a. Osteoporosis
  - b. Overnutrition
  - c. Obesity
  - d. Edema

**FILL IN THE BLANKS-**

- Q7 In the absence of adequate nutrients from either breast milk or other sources an infant may become \_\_\_\_\_.
- Q8 Shortage of vitamin D causes diseases like \_\_\_\_\_ and \_\_\_\_\_ which is a bone related disease.
- Q9 Diarrhea is a disease which can cause \_\_\_\_\_ and can even prove to be fatal for infants.
- Q10 Diet rich in fats and sugar increases risk of \_\_\_\_\_.
- Q11 Fruits and vegetables increase the \_\_\_\_\_ and \_\_\_\_\_ in our diet.
- Q12 Iron deficiency can cause \_\_\_\_\_.

**True or False**

- Q13 Calcium is required for calcification of bone.
- Q14 Breast feeding doesn't provide protection to mother against breast and ovarian cancer.
- Q15 The vaccine for OPV2, DPT3 and Hepatitis B is scheduled at 6 weeks after birth.
- Q16 If a child dislikes any food, you should force them into eating as this develops healthy eating habits later in their life.
- Q17 By vaccinating a child, you induce white blood cells to produce antibodies.

**SHORT ANSWER QUESTIONS**

- Q18 List the important deficiency diseases a child can develop if he/she doesn't follow a balanced diet.
- Q19 How can diarrhea prove to be fatal for an infant?
- Q20 What are the things that you should be mindful of while introducing supplementary foods?
- Q21 How can you ensure that a child develops healthy eating habits?
- Q22 Mention any four points of consideration while feeding children with special needs?
- Q23 List any four benefits of breastfeeding.
- Q24 What are the things you should be mindful of while dealing with the nutritional requirements of a low birth weight infant?

**LONG ANSWER QUESTIONS**

- Q25 Radha is planning a diet for her 2 years old son. List down three important aspects which she should keep in mind while planning diet.
- Q26 Tell Mr. Sharma, who is working with a rural play school, the importance of calories for preschoolers. Suggest five examples of low -cost snacks.
- Q27 You are a health club in-charge in your school. Describe five healthy habits to primary school children which will help them to have good physical and emotional health.
- Q28 How would you plan balanced meals for a preschool child? Explain.
- Q29 What factors will you keep in mind while planning a meal for a school-age child?
- Q30 What factors influence the diet intake of a preschool and school age child?
- Q31 List down the health and nutrition issues of school age children. How is the government helping to fight these issues in our country?

**Assignment 12****Care and Education**

Q1. Define:

- a) Sensitive periods
- b) Stimulation
- c) Trust

Q2. Write a short note on:

- a) Sarva Shiksha Abhiyan
- b) ECCE Services
- c) Experiential Curriculum

Q3. Briefly discuss the hurdles that keep India from Universalising Elementary Education.

Q4. What are the functions of ECCE services?

Q5. With suitable examples, mention the basic needs of children. Why is it necessary to fulfil these needs?

Q6. Why are infancy and childhood also known as the critical periods of development in the life of an individual?

## Assignment 13

### Our Apparel

- Q1. State the criteria for selecting clothes for an infant? 2. Give four points you would consider while choosing a wardrobe for a teenager.
- Q2. How do occupation and occasion influence the choice of clothes?
- Q3. What are the various ways of expressing sizes in garments?
- Q4. Write criteria to check the quality of a hem, seam and placket of a dress.
- Q5. Give any three reasons for why you wear clothes. 2. What are the factors that affect the selection of clothing for children?
- Q6. Discuss any four clothing needs of children. 4. Why do children's clothing requirements change with age?
- Q7. Discuss the clothing features of children at infancy, preschool age and elementary school years.
- Q8. What should be the features of clothes for children with special needs?
- Q9. Your mother needs to buy curtains for her drawing room. Identify qualities she should look for to ensure their easy maintenance.
- Q10. Suggest a suitable fabric for summer wear. Support your answer with reasons.
- Q11. The fabric you bought recently does not have a good appearance. Identify the causes.
- Q12. Briefly explain all factors which would affect the selection of colour for your dress.

Q13. What points would you keep in mind while buying skirt for your daughter?

Q14 . Design a dress for your 5-year-old niece.

Q15. Sheena is very tall and slim. She has to buy a sari for herself. How can she camouflage her height?

Q16. Radhika wants to make a dress which would help her look slim. Help her to achieve her objective?

Q17. Rini wants to buy material for her school dress. Educate her on all the factors she should consider.

Q18. Sheila bought a readymade shirt for her brother . It does not fit him properly. In what ways can she check the correct size?

Q19. Evaluate your school dress for its workmanship. Write suggestions for improvements.

Q20. Sita is not convinced about the quality of her readymade blazer. Locate the signs of its poor workmanship.

Q21. Prepare a care label for a cotton gent's shirt.

**Assignment 14****Adulthood****Health and Wellness**

Q1. The country with the poorest health index is:

- a) China
- b) Sri Lanka
- c) Bangladesh
- d) India

Q2. A BMI of 30 and above indicates that the person is:

- a) Under weight
- b) Optimum weight
- c) Overweight
- d) Obese

Q3. What is wellness?

Q4. Define BMI.

Q5. Why do older adults need to exercise?

Q4. What is environmental wellness?

Q5. What is fitness?

Q6. Briefly discuss the qualities that indicate wellness.

Q7. Explain some of the benefits of exercise.



Q8. What are the dimensions of wellness?

## Assignment 15

### Financial Management and planning

Indicate if the following statements are 'True' or 'False'.

- (i) Budget is the first step in money management. (True/False) \_\_\_\_\_
- (ii) Money serves as a medium of exchange of commodities. (True/False) \_\_\_\_\_
- (iii) Profits from business and gifts are a form of income. (True/False) \_\_\_\_\_
- (iv) One should first estimate the cost and then list the commodities and services needed while making the budget. (True/False) \_\_\_\_\_
- (v) Savings in physical assets are productive in economic terms. (True/False) \_\_\_\_\_
- (vi) The trend in business cycle is an important consideration under the principal of safety. (True/False) \_\_\_\_\_
- (vii) The time period may be ignored while considering and deciding on an investment. (True/False) \_\_\_\_\_
- (viii) The 4 C's of credit are character, capacity, capital and collateral (True/False) \_\_\_\_\_
- (ix) Nature of enterprise is not an important safety consideration. (True/False) \_\_\_\_\_

Answer these questions:

- Q1. What do you understand by 'management of finances'?
- Q2. Discuss the different types of income.
- Q3. Discuss the steps in making a budget.
- Q4. What are the controls that can be exercised in money management?
- Q5. Discuss the principles underlying sound investments.



**Assignment 16****Care and Maintenance of fabrics**

Q1. Only cold water should be used for removing \_\_\_\_\_ stains as hot water may make the stain permanent.

- a) Tea
- b) Curry
- c) Blood
- d) Grease

Q2. Suction wash method is mostly used for washing articles such as:

- a) Towels and blankets
- b) Bedsheets
- c) Sarees and dupattas
- d) Socks and vest

Q3. State two advantages of caring for your clothes.

Q4. Name any four types of stains.

Q5. What are the different methods of washing?

Q6. List two advantages of using detergents for washing clothes.

Q7. Mention two main ingredients for making detergent.

Q8. Write precautions you will adopt while removing stains from any fabric.

Q9. State four precautions to be adopted while storing cotton saris for a long time.

Q10. Write the precautions you will observe while storing:

- a) Wool
- b) Silk

Q11. What precautions you should you take while applying starch to the clothes.

Q12. How will you remove ink stain from a white cotton shirt?

**Assignment 17****Perspective in Communication**

Q1. Ideational changes means.....

- a) Changing of one's ideal
- b) Changes in ideas
- c) Changes in cultural belief
- d) Changes in communication skill

Q2. What do you mean by cognition?

- a) Evidence sufficient to establish a thing as true, or to produce belief in its truth.
- b) The acknowledgment of something as valid or as entitled to consideration.
- c) The mental action or process of acquiring knowledge and understanding through thought, experience, and the senses.
- d) The act of making all the people involved in a plan or activity work together in an organized way

Q3. Structural changes occur at age of 55 years. Which sensory function is affected first?

- a) Hearing
- b) Taste
- c) Smelling
- d) Vision

Q4. Eighteen year old is known as-

- a) Teenager
- b) Child
- c) Adult

d) Chums

Q5. An educated sender is likely to articulate and express her/his thoughts more effectively. What is the meaning of the underline word?

- a) Able to impress by speaking English easily.
- b) Able to express thoughts and feelings clearly.
- c) Able to spell and write clearly.
- d) Able to think and write clearly.

Q6. The person who transmits the message is called the .....

- a) Sender
- b) Gives
- c) Taker
- d) Receiver

Q7. A \_\_\_\_\_ is a word which connects words phrases , clauses or Sentences.

- a) Preposition
- b) Conjunction
- c) Interjection
- d) Verb

Q8. .... is the exchange of information by various types of technologies over wire, radio, optical or other electromagnetic systems.

- a) Telegraphy
- b) Tele Facsimiles
- c) Teleconferencing
- d) Telecommunication

Q9. Which of the following is not a modern technology of communication?

- a) Web Chat
- b) Email
- c) Folk drama
- d) Blogs

Q10. Expand INTERNET

- a) Indian Networking.

- b) International Network.
- c) Inter connectivity Network.
- d) International News Transfer.

- Q11. What do you understand by gender and gender identity?
- Q12. What do you understand by structural change? Explain with help of an example.
- Q13. Define culture. Quote an example to show your Indian culture during communication.
- Q14. What do you mean by communication? How does communication occur?
- Q15. Write three communication strengths of a female.
- Q16. Write three communication weaknesses of male in Indian society.
- Q17. Explain how age, gender, education and culture affect the perspectives of communication.
- Q18. Write short notes on-
- a) Structural changes
  - b) Material changes
- Q19. What are the benefits of internet communication?
- Q20. What are the factors that determine perspectives about communication?

**Assignment 18****Individual Responsibilities and Rights**

Q1. What would you do if you have a loud band playing nearby late at night?

- a. Will put on loud music at home
- b. Will call the police and report
- c. Put on ear plugs for the rest of the night
- d. Will ignore it and do nothing.

Q2. What are the advantages of giving responsibilities to children at a young age?

- a. It makes them conscious about fulfilling their responsibilities
- b. Makes them more aware about their family, community and society.
- c. They are able to make better decisions later on in life.
- d. All of the above.

Q3. How can NGO spread awareness among the people?

- a. By conducting Nukar natak.
- b. By holding public meetings.
- c. By conducting campaigns like community run and sensitizing people
- d. All of the above.

**SHORT ANSWER QUESTIONS**

Q4. List any two responsibilities that you have as a member of a society?

Q5. State some important responsibilities that one has towards his /her family?

Q6. Mention three principles of responsibility towards oneself?

**LONG ANSWER QUESTIONS**

Q7. In present COVID times what are your responsibilities as students?

Q8. Explain how responsibilities and rights differ from individual to individual?


## Practice paper

	<b><u>SECTION A (OBJECTIVE TYPE QUESTIONS )</u></b> <b>Multiple choice questions</b>	
1.	<p>The process of incorporating incoming information into already existing schemes and changing them into new concepts in new situations.</p> <p>a) Accommodation b) Assimilation c) Sensation d) Reasoning</p> <p style="text-align: center;"><b>OR</b></p> <p>Incoming information the infant receives from the environment</p> <p>a) Accommodation b) Assimilation c) Cognition d) Imagination</p>	(1)
2.	<p>General reflexes present in all children at the time of birth called</p> <p>a) Schemas b) Reflexes c) Sensation d) Memory</p>	(1)
3.	<p>These hazards arise through the use of cords, bows or ties.</p> <p>a) Strangulation b) Choking and ingestion c) Sharp edges and points d) Chemical toxicity</p>	(1)



4.	<p>Name the Vitamin present in deep green, bright yellow and orange fruits and vegetables?</p> <p>a) Vit A b) Vit B c) Vit C d) Vit D</p> <p style="text-align: center;"><b>OR</b></p> <p>What contains large amount of antibodies and white blood cells to protect the child against infections?</p> <p>a) Lactalbumin protein b) Vitamin D enriched milk c) Colostrum d) None of the above</p>	(1)
5.	<p>What is ICMR?</p> <p>a) Indian committee of Medical Research. b) Indian council of Medical Research. c) Indian counsel of Medical Research. d) Indian cooperation of Medical Research.</p>	(1)
6.	<p>This is the period from conception to birth, which is nearly nine months. a)</p> <p>Infancy b) Prenatal period c) Germinal period e) Embryonic period</p>	(1)
7.	<p>What is the new nomenclature given to Home Science?</p> <p>a) Human Ecology and Family Science b) Anthropology c) Domestic Science d) Ecology and Family Science</p>	(1)

8.	The main characteristics of this stage is development of reasoning and logic, children become familiar with numbers volume, areas, mass etc. a) Sensory Motor stage b) Pre-Operational stage c) Concrete Operational stage d) Formal operations stage.	(1)
	<b><u>Fill in the blanks</u></b>	
9.	Is a natural fiber, we get from the secretion of an animal.. <b>OR</b> is called the “Queen of fabrics.	(1)

10.	an occurrence of growing quickly and suddenly in a short period of time.	(1)
11.	is the expansion of RDA.	(1)
12.	Identify the image of the device given below.  <b>OR</b> Name the strongest and weakest natural fibre.	(1)
13.	Write the full form of the SMCRE model of communication.	(1)

14.	State any four ways of increasing your family's real direct income.	(1)
	<b><u>SECTION B (CASE STUDY BASED QUESTIONS)</u></b>	
	Macronutrients are required in large amounts on a daily basis like proteins, fats and carbohydrates. They provide energy and also have other roles to play in the body. Micronutrients are required in small amount by our body but they perform important functions. They are essential components of many biological processes going on in our body. They include vitamins and minerals. If you eat a balanced diet with enough calories and proteins, you are probably getting enough vitamins and minerals.	
15.	Minerals required in a small amount are called a) Major elements b) Trace elements c) Native elements d) Macro elements	(1)
16.	_____ is a form of severe protein malnutrition characterized by edema and an enlarged liver with fatty infiltrates. a) Marasmus b) Rickets c) Kwashiorkor d) Night blindness	(1)
17.	It is caused because of protein and calorie deficiency. a) Anemia b) Rickets c) Marasmus d) Kwashiorkor	(1)

18.	Which vitamin deficiency is associated with night blindness? a) Vitamin C b) Vitamin A c) Thiamine d) Niacin	(1)
	Growth and development are based on certain principles. Development of all the children depends upon these principles though the individual difference play an important role. Development of the child follows a specific pattern. From the time of conception the developmental processes begin and continue till the death of the person.	
19.	Name the development starts from head and progresses towards feet. a) Proximodistal direction b) Cephalocaudal direction. c) Motor development d) Physical development	(1)
20.	Development starts from Centre to outside of the body. a) Proximodistal direction b) Cephalocaudal direction. c) Motor development d) Physical development  OR  are the indicators of growth and development during the process of development.  a) Milestone b) Factors c) Maturation d) Characteristics	(1)
21.	is qualitative and quantitative a) Growth b) Development c) Emotion d) Maturation  OR	(1)

	<p>It is the first stage in which baby loves only himself.</p> <p>a) Oedipus complex b) Narcissitic stage c) Homosexual d) Heterosexual</p>	
	<b><u>SECTION C</u></b>	
22.	<p>“Mothers milk is the nature’s gift for the small baby”. Justify this statement by giving four reasons.</p> <p style="text-align: center;"><b>OR</b></p> <p>Mention two important points you will keep in mind while deciding what you would include in the packed lunch for a school-going child.</p>	(2)
23.	<p>State the types of fatigue and suggest any two ways of dealing with it.</p>	(2)
24.	<p>You have to choose a dress for your niece who is eight months, what four points will you keep in mind doing the same.</p> <p style="text-align: center;"><b>OR</b></p> <p>Write four points you will keep in mind while selecting clothes for your college going sister.</p>	(2)
25.	<p>Neha’s birthday is in the next month. She has to manage and make arrangements for her birthday party. Using this example, discuss the steps of management process which she should follow.</p>	(2)
26.	<p>What are the four points you will keep in mind while storing your cotton clothes.</p>	(2)

27.	Define yarn, state the factors that affect the strength of a yarn..	(2)
28.	Adolescence is a period of identity formation. What is the impact of cognitive changes on the identity formation?.	(3)
29.	<p>“The study of Home science brings the proper development of an individual and improve his quality of life”. In support of this statement, write six objectives of Home Science education.</p> <p style="text-align: center;"><b>OR</b></p> <p>‘Home Science subject is equally important for boys and girls’. Support this statement with three reasons.</p>	(3)

30.	Explain the two eating disorders that may arise at adolescence. What would be the best way to prevent their occurrence?	(4)
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	<p style="text-align: center;"><b>OR</b></p> <p>Discuss the food habits and behavior pattern of a person suffering from anorexia Nervosa.</p>	
31.	“Food groups should be used proportionately in a balanced diet”. Illustrate with the help of a diagram.	(4)
32.	You find a stain on your school shirt, write the eight points you will keep in mind while removing the same.	(4)
33.	You have to wash your woolen sweater, what four points you will keep in mind while washing the same.	(4)
34.	Rita has started developing sexually first in her group. State any four differences between early and late adolescents. State the emotional impact on early maturing girls.	(5)

35.	<p>Write four differences between growth and development. What are the factors which are responsible for growth and development of an infant?</p> <p><b>OR</b></p> <p>Name the various emotions which emerges during first year of a baby. Write four factors which affect language development.</p>	(5)
36.	<p>Explain the risk factor of high waist circumference for health. What are the indicators of wellness? Give eight lifespan tips for adults to be healthy.</p>	(5)