Q15. Differentiate between perishable, semi-perishable and non-perishab	n-perishable	Q15. Differentiate between perishable, semi-perishable and non-perishable	
foods with examples.	(3)	foods with examples.	
Q16. Give four important functions of vitamin A and four rich sources	ch sources of	Q16. Give four important functions of vitamin A and four rich	
vitamin A in our diet.	(4)	vitamin A in our diet.	
Q17. What is decision making? Explain the various steps in decision making.	ision making	Q17. What is decision making? Explain the various steps in decision	
process.	(4)	process.	
Q18. Define 'family'. Explain six important functions of family.	(4)	Q18. Define 'family'. Explain six important functions of family.	
Q19. What is germination? Give three advantages of germination of grains.	of grains.(4)	Q19. What is germination? Give three advantages of germination of	
Q20a) List two important functions of calcium		Q20a) List two important functions of calcium	
b) Name four calcium rich foods in our diet.	(4)	b) Name four calcium rich foods in our diet.	
Q21. What knowledge is imparted in different fields of home science? Discu	ence? Discuss	Q21. What knowledge is imparted in different fields of home science	
in detail.	(4)	in detail.	
Q22. Define the term finishing. Explain any four basic finishes applied	es applied on	Q22. Define the term finishing. Explain any four basic finishes a	
fabrics.	(5)	fabrics.	
Q23. What is the RDA of proteins for infants and adults? Give four importa	our important	Q23. What is the RDA of proteins for infants and adults? Give four	
functions & four sources of proteins in our diet.	(5)	functions & four sources of proteins in our diet.	
Q24. Define the term food preservation. Explain four preservation method	tion methods	Q24. Define the term food preservation. Explain four preservation	
using household preservatives.	(5)	using household preservatives.	
Q25. What is home management? Explain in detail the various steps involved	teps involved	Q25. What is home management? Explain in detail the various steps involved	
in home management.	(5)	in home management.	

(5)

BUDHA DAL PUBLIC SCHOOL PATIALA (Sept. 2015) UNIT - I

UNII - I

Class - XI

Paper - HOME SCIENCE

Time: 3 hrs. **MM: 70** Time: 3 hrs. MM: 70 O1. Define the term health. (1) O1. Define the term health. (1) Q2. Name two fat soluble vitamins. O2. Name two fat soluble vitamins. (1) (1) Q3. List two examples of vegetable fibres. (1) Q3. List two examples of vegetable fibres. (1) Q4. Name two dry heat methods of cooking. O4. Name two dry heat methods of cooking. (1) (1) Q5. Mention two advantages of making a time plan. (1) O5. Mention two advantages of making a time plan. (1) O6. Name the disease caused by deficiency of iron. Q6. Name the disease caused by deficiency of iron. (1) (1) Q7. Which nutrient deficiency leads to the following disorders-(2)O7. Which nutrient deficiency leads to the following disorders-(2) a) Scurvy b) Goitre a) Scurvy b) Goitre d) Beri-Beri c) Rickets d) Beri-Beri c) Rickets Q8. Explain two important characteristics of resources. (2)Q8. Explain two important characteristics of resources. (2) Q9. How many calories are given by 1gm of carbohydrates? Name two Q9. How many calories are given by 1gm of carbohydrates? Name two polysaccharides. (2) polysaccharides. (2) Q10. List two effects of excess fat in our diet. (2) Q10. List two effects of excess fat in our diet. (2) Q11. Why is Khichdhi more nutritious than plain rice? Give one example of Q11. Why is Khichdhi more nutritious than plain rice? Give one example of another nutritious dish involving the same principle. (2) another nutritious dish involving the same principle. (2) Q12. What is a 'Weft' and 'Warp' in the weaving of fabrics. Name one fabric Q12. What is a 'Weft' and 'Warp' in the weaving of fabrics. Name one fabric which has twill weave and plain weave. which has twill weave and plain weave. (2) (2) Q13. Differentiate between Block printing and roller printing. (2)Q13. Differentiate between Block printing and roller printing. (2) Q14. Define the term fatigue. Explain its types. (3) Q14. Define the term fatigue. Explain its types. (3)

BUDHA DAL PUBLIC SCHOOL PATIALA (

UNIT-I

Class - XI

Paper - HOME SCIENCE

Sept. 2015)