



IDEAL INDIAN SCHOOL, DOHA- QATAR
PERIODIC TEST 1 - JUNE 2024
HOME SCIENCE - 064

CLASS: XI

Date: 06.06.2024

SET - 1

Max Marks: 35

Duration: 2 Hrs

General instructions:

There are total 18 questions

- 1. All questions are compulsory*
- 2. The Question Paper contains 3 sections – A, B and C*
- 3. Section A has question no 1-10 (multiple choice questions) and are of 1 mark each.*
- 4. Section B has question 11-13 of 2 marks each and question 14-15 of 3 marks each.*
- 5. Section C has question no 16-17 of 4 marks each and question 18 is of 5 marks..*
- 6. Internal choices are given in some questions.*
- 7. support your answer with suitable examples wherever required.*

Q.No.	SECTION – A	Marks
1	Which of the following is an external factor that influence eating behaviour? a. Psychological development b. Body image c. Parenting practice d. Food preferences <p style="text-align: center;">OR</p> Which of the following combination is both high and undesirable in fast foods? a. Folic acid and sodium b. Calcium and vitamin A c. Riboflavin and fat d. Fat and sodium	1
2	The attributes of a person that makes the person different from others. a. Social identity b. Personal identity c. Self esteem d. Self-concept	1
3	Which of the following is not included in individual resources? a. Skills b. Knowledge c. Aptitude d. Hospitals <p style="text-align: center;">OR</p> Space is a _____ resource. a. Shared resource b. Individual resource c. Community resource d. Material resource	1

4	Asbestos is a _____ a. Natural rubber b. Protein fibre c. Cellulosic fibre d. Mineral fibre	1								
5	The self during adolescence carries several _____ a. Fears b. Reservations c. Concerns d. Contradictions	1								
6	Match the Following <table border="1" style="width: 100%;"> <tr> <td>A. Macronutrient</td> <td>1. Iodine</td> </tr> <tr> <td>B. Micronutrient</td> <td>2. Carbohydrates</td> </tr> <tr> <td>C. Soya milk</td> <td>3. Sodium</td> </tr> <tr> <td>D. Fast food</td> <td>4. Vitamin B12</td> </tr> </table> a. A1, B2, C3, D4 b. A2, B1, C3, D4 c. A2, B1, C4, D3 d. A1, B3, C2, D4	A. Macronutrient	1. Iodine	B. Micronutrient	2. Carbohydrates	C. Soya milk	3. Sodium	D. Fast food	4. Vitamin B12	1
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B. Micronutrient	2. Carbohydrates									
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<p>CASE STUDY BASED QUESTIONS</p> <p>There is only one month left for your examination, and you have not completed your revision. Your aim is to score good marks and to achieve this you need to study different subjects in specified time periods. You would think of a way of achieving this goal which includes number of hours, subjects, curtailing activities and so on.</p> <p>On the basis of the above information provided answer the following questions.</p>										
7	What is the goal? a. To complete your revision b. To score good marks c. To study different subjects d. To curtail other activities.	1								
8	The first step in planning includes: a. Identifying the solution b. Identifying the problem c. Choosing between alternatives d. None of the above	1								
9	What is needed to cover to reach our goal? a. Present situation b. Gap c. Future situation d. Syllabus	1								

10	It is the first step in any management process. a. Organising b. Evaluation c. Planning d. Controlling	1
Q.No.	SECTION – B	Marks
	<i>SHORT ANSWER QUESTIONS</i>	
11	Differentiate natural and community resource.	2
12	What is meant by finishing. List the methods of finishing on fabrics depending on their functions. OR Differentiate between staple and filament fibres.	2
13	Discuss the secondary sexual characters seen in adolescent girls.	2
14	Give the guidelines for using the basic food groups.	3
15	A balanced diet takes care of a few concepts. Name them.	3
	SECTION – C	
	<i>LONG ANSWER QUESTIONS</i>	
16	Describe nylon as a fibre and enlist its properties.	4
17	Describe four common characteristics of resources and give an example of a resource, explaining why it has each of these characteristics.	4
18	It is easier for us to change the lifestyle and diet patterns if we are convinced, we want to do so. What are the ways in which the adolescent can modify their own behaviour? 40	5

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