

MODEL QUESTION PAPER: 2021-22
FIRST TERMINAL EXAMINATION-1
HOME SCIENCE

Max Marks: 40

Duration: 1.5 HRS

CLASS: XI

General Instructions:

1. All Questions are compulsory
2. Question paper consist of 22 questions
3. Question paper is divided into 3 sections A,B,C
4. Internal choices are given in some questions
5. Support your answers with examples and figures wherever required.

SECTION - A

1. _____ and _____ are elements of identity. (1)
2. The time when sexual maturity is reached is known as _____. (1)
3. In middle childhood the child begins describing himself in terms of _____ (1)
4. _____ is the science of food and nutrients and their action on health. (1)
5. _____ and connectedness are important for identity development of the adolescent. (1)
6. RDA stands for _____ - (1)
 - A) Recommended dietary allowance.
 - B) Recommended daily allowance.
 - C) Required dietary allowance.
 - D) Required daily allowance.
7. When a resource is easily available it is known as _____ of resources. (1)
 - A) Utility
 - B) Accessibility
 - C) Interchangeability
 - D) Manageable
8. _____ is a state of complete physical, emotional, and social wellbeing. (1)
 - A) Health
 - B) Nutrition
 - C) Physical fitness
 - D) Mental fitness

9. One gram of carbohydrate releases _____ of energy. (1)
- A) 4 Kcal.
 - B) 5 Kcal.
 - C) 4.5 Kcal.
 - D) 9 Kcal

10. _____ refers to those qualities of a person that connects him to a group. (1)

OR

_____ is a period of transition between childhood and adulthood.

11. List the factors affecting identity formation. (1)

SECTION - B

Since children are able to talk quite fluently by the time they are 3 years old, we need not rely only on self- recognition to know young children's self- understanding. We can use verbal means by involving them in conversation about themselves. Children's self-evaluation becomes more complex during middle childhood.

12. "I can run faster than Kiran" is an example of _____ (1)
- A) Social descriptions
 - B) Social comparisons
 - C) Over estimation
 - D) Physical descriptions.

13. "I know all the poems" is an example of _____ (1)
- A) Things they can do
 - B) Over estimation
 - C) Internal characteristics
 - D) Being realistic

14. Usage of pronouns to indicate possession of person or objects is _____ (1)
- A) Self
 - B) Physical description
 - C) Concrete self
 - D) Remembered self

15. Self understanding becomes more complex during _____ (1)
- A) Middle childhood
 - B) Early childhood

C) Adolescence

D) Adulthood

SECTION - C

16. Differentiate personal and social identity. (2)
17. Define mental and physical health. (2)
- OR
- List the factors affecting food behavior of adolescents.
18. Name the basic food groups and list the guidelines for using them. (3)
19. Describe how socio-cultural contexts influence the identity of an adolescent. (4)
20. Discuss the factors influencing eating behavior of adolescents. (4)
21. Adolescence is associated with rapid physical growth and body image development eating disorders are of specific concern this time. Justify. (5)
22. Discuss the self during adolescence. (5)