

- Q.1 Why do you think Home Science is equally important for boys and girls?
- Q.2 Explain the term Human Ecology and Family Science.
- Q.3 Do you think that adolescence is a turning point in one's life?
- Q.4 Define Home Science. What is the scope of Home Science.
- Q.5 What is the importance of Home Science? Write the different areas of Home Science.
- Q.6 Write four opportunities of self-employment after studying Home Science.
- Q.7 Which was the first college imparting Home Science Education.
- Q.8 What is the modern concept of home science.
- Q.9 State and explain misconception about Home Science.
- Q.10 Name four skills that you have achieved while doing home science course and which will help you in enhancing family income.
- Q.11 Anuradha needs to earn a living. Suggest her four different ways by which she can use her knowledge to earn money.
- Q.12 Define career. List two factors that you will keep in mind while choosing a career.
- Q.13 Explain what you understand by the term 'self'. Discuss its various dimensions with examples.
- Q.14 Why is it important to understand the self?
- Q.15 What is the relationship between self-concept and self-esteem.
- Q.16 Classify the influences on the formation of Identity?
- Q.17 Differentiate between positive and negative self-esteem.
- Q.18 Discuss the importance of knowing and the significance of developing a positive sense of oneself
- Q.19 Discuss identity and its types.
- Q.20 Explain the self-recognition at different level.
- Q.21 "Adolescence is a time when all adolescent experience identity crises". Write your opinion.
- Q.22 Define adolescence. What is the duration of adolescent growth?

- Q.1 Define cognition and list two ways the teacher should use to improve cognition among growing children.
- Q.2 Mention two characteristics of self during: -i) Infancy ii) early childhood iii) middle childhood
- Q.3 Explain how family can help in the sense of identity of adolescence?
- Q.4 Define social development and emotional development.
- Q.5 Mention some suggestions for parents to redirect their child behavior in a positive direction.
- Q.6 Define the following: - i) Peer pressure ii) Puberty iii) mood swings
- Q.7 What are proteins made of?
- Q.8 Define malnutrition. List the two forms of malnutrition.
- Q.9 Differentiate between the term morbidity and mortality
- Q.10 Differentiate between perishable and non-perishable food.
- Q.11 What are vitamins? List the water-soluble vitamins.
- Q.12 Name the disease caused by the deficiency of thiamine, riboflavin and folic acid.
- Q.13 Name the vitamin present in following food i) Tomatoes ii) Whole grain cereals iii) mint
- Q.14 How are the peer group influences the selection of food among adolescence.
- Q.15 Discuss the various reasons of cooking food.
- Q.16 Give eight suggestions for saving nutrients during preparation of meals.
- Q.17 Why is the balanced meal different for different individuals? Explain.
- Q.18 Explain how the use of food groups simplifies planning of balanced meals.
- Q.19 Write two eating disorders in detail. What would be the best way to prevent their occurrence?
- Q.20 Define health. Write the dimensions of health.
- Q.21 Which meal is most regularly eaten by taking soft drinks in excess?
- Q.22 Give two reasons why adolescents skip their breakfast.
- Q.23 "Girls tend to develop more unhealthy eating habits than boys". Give reasons.

**Activity based questions:** -1. Best out of waste: Prepare an article from the waste material.

2. Make a recipe file containing 10 recipes each of starters, main course and desserts

3. Prepare a poster on "Beti Bachao Beti Padhao" OR Save Girl Child