

KOTHARI INTERNATIONAL SCHOOL, NOIDA

ANNUAL EXAMINATION, SESSION: 2025-26

GRADE: 11 SUBJECT: HOME SCIENCE (064)

DAY & DATE: MONDAY, FEBRUARY 06, 2026

TIME ALLOTTED: 3 HOURS

NAME: _____

MAXIMUM MARKS: 70

GENERAL INSTRUCTIONS:

- i). All questions are compulsory. Please read the instructions carefully.
- ii). Question paper is divided into three sections – A, B and C.
- iii). Section A is of 14 marks and has Objective Type Questions
 - a) Question numbers 1 to 14 are one marker questions.
- v) Section B is of 30 marks and has Short Answer Type Questions.
 - a) Question numbers 15 to 21 are 2 markers. (20-30 words)
 - b) Question numbers 22 to 25 are 3 markers.(30-40 words)
- iv). Section C is of 22 marks and has Long Answer Type Questions.
 - c) Question numbers 26 to 30 are 4 markers. (40-70 words)
 - a) Question numbers 31 and 32 are 5 markers.(70-90 words)
- v). Internal Choices are given in some questions.
- vi). Support your answers with suitable examples wherever required.

SECTION A

OBJECTIVE TYPE QUESTIONS

- Q1. Which resource can't be regained if lost? (1)
- a) Money
 - b) Time
 - c) Interest
 - d) Motivation
- Q2. Which type of activity would preserving fruits and vegetables be? (1)
- a) Daily
 - b) Monthly
 - c) Weekly
 - d) Seasonal

- Q3.** Which of the following can counteract both yellowness and grayness of fabrics after repeated wash? (1)
- Ultramarine Blues
 - Optical/fluorescent brightening agents
 - Gelatin
 - Borax

- Q4.** Match the following (1)

| | Column - I | | Column - II |
|----|--------------------------------|-------|-------------------|
| A. | Washing and ironing of clothes | i). | Use of emulsifies |
| B. | Stain removal technique | ii). | Laundering |
| C. | Method to remove grease | iii). | Friction |
| D. | Method of washing | iv). | Sponging |

Choose the correct option:

- A-i), B-iv), C- iii), D – ii)
 - A- ii), B-iv), C-i), D-iii)
 - A-i), B-iii), C-iv), D-ii)
 - A-ii), B-iii), C-iv), D-i)
- Q5.** Given below are two statements, one labelled as Assertion (A) and the other labelled as Reason (R). (1)
- Assertion (A): Nutrition and Health are closely interrelated and complement each other.
- Reason (R): Adequate nutrition is necessary for growth and development of body.
- Both (A) and (R) are correct and (R) is the correct explanation of (A).
 - Both (A) and (R) are correct, but (R) is not the correct explanation of (A).
 - (A) is correct, but (R) is not correct
 - (R) is correct, but (A) is not correct.
- Q6.** Name the disease caused by the deficiency of Vitamin 'D'. (1)
- Rickets
 - Anemia
 - Goitre
 - Hepatitis
- Q7.** Immunisation against tuberculosis is given via _____ vaccine. (1)
- DPT
 - MMR
 - BCG
 - Oral polio vaccine

Q8. Match the following (1)

| | Column - I | | Column - II |
|----|------------|-------|--------------------------|
| A. | Calcium | i). | Rich in antibodies |
| B. | Protein | ii). | Healthy bones |
| C. | Iron | iii). | Muscular growth |
| D. | Colostrum | iv). | Increase in blood volume |

Choose the correct option:

- a) A-iii), B-iv), C- i), D – ii)
- b) A- iv), B-i), C-iii), D-ii)
- c) A-i), B-iii), C-iv), D-ii)
- d) A-ii), B-iii), C-iv), D-i)

Q9. Children's clothes should be _____ . (1)

- a) Tight
- b) Artificial
- c) Comfortable
- d) Rough

Q10. Match the following: (1)

| | Column - I | | Column - II |
|----|--|-------|-----------------|
| A. | Person's ability to interact and form meaningful relations with others | i). | Physical Health |
| B. | Ability to cope-up with normal stress of life | ii). | Morbidity |
| C. | Ability to perform physical activities without any problem | iii). | Social Health |
| D. | Unhealthy state of health | iv). | Mental Health |

Choose the correct option:

- a) A-i), B-iv), C-iii), D-ii)
- b) A- iii), B-iv), C-i), D-ii)
- c) A-ii), B-iii), C-iv), D-i)
- d) A-ii), B-iii), C-iv), D-i)

Q11. Which of the following is/are food-borne illness? (1)

- I. Diarrhoea
- II. Dysentery
- III. Goitre
- IV. Measles

Choose the correct option

- a) I and II
- b) II and III
- c) III and IV\
- d) I and IV

Q12. Mechanical diets are suggested by the dietitian to elderly patients who have _____. (1)

- a) difficulty in chewing
- b) constipation
- c) hypertension
- d) diarrhoea

Q13. Which of the following are features of optimum nutrition? (1)

- I. Providing protection from disease
- II. Ensuring abundance of food
- III. Promoting recovery from illness
- IV. Managing chronic diseases

Choose the correct option

- a) I, II and III
- b) I, III and IV
- c) II, III and IV
- d) I and IV

Q14. _____ are non-nutrient constituents present in food that have physiological or biological activity and influence health. (1)

- a) Nutraceuticals
- b) Medical foods
- c) Phytochemicals
- d) Functional foods

SECTION B

(Short Answer Type Questions)

Q15. Define Time and Space Management. (2)

Q16. What are the different aspects of care and maintenance of fabrics? (2)

Q17. What is malnutrition? Define its types. (2)

Q18. What do DPT and BCG Vaccines stand for? (2)

OR

How can hygiene be improved and food can be rendered safer?

- Q19. Describe the requirements of footwear for toddlers. (2)
- Q20. Mr Anil has gone to a dietitian to seek counseling for weight loss. She will first complete Mr Anil's nutritional assessment, before she prescribes a diet plan to him. What all is included in the nutritional assessment? (2)
- Q21. Rama is unable to chew or swallow. Which type of diet she should consume? Give one benefit of such diet. (2)
- Q22. What is Hygiene? Explain the two aspects of hygiene. (3)
- Q23. What are the clothing needs of children? (3)
- Q24. Which are the common stiffening agents? Define Dry-cleaning. (3)
- Q25. Define and classify complementary food. (3)

OR

What are the factors that influence diet intake of preschool-age children?

SECTION C
(Long Answer Type Questions)

- Q26. Give the objectives of diet therapy. (4)
- Q27. "Nutrition affects productivity, income and quality of life". Write your opinion about this statement. (4)
- Q28. Define Space Management. Discuss any five principles of planning space inside the home. (4)
- OR
- Discuss the steps in a Time and Activity planning.
- Q29. a) What are the stain removal techniques? (4)
b) How will you remove ball point stain?
- Q30. What should be the features of clothes for children with special needs? (4)
- Q31. What are the types of dietary modifications that a medical nutritionist therapist may make? (5)
- Q32. a) Write any four benefits of Breast Feeding. (5)
b) Discuss any four points that should be kept in mind while planning meal for school going children.