

KOTHARI INTERNATIONAL SCHOOL, NOIDA
FINAL EXAMINATION - 1, SESSION: 2025-26
GRADE: 9 SUBJECT: Home science (064)
SET A

DAY & DATE: FRIDAY –18 February, Wednesday, 2026

MAXIMUM MARKS: 70

TIME ALLOTTED: 3 HOURS

NAME: _____

ROLL NO: _____

GENERAL INSTRUCTIONS:

- i). All questions are compulsory.*
- ii). There are total 34 questions in this question paper.*
- iii). The Question paper is divided into three sections A, B and C.*
- iv). Section A has Questions No. 1 to 18 Multiple Choice Questions and are of 1 mark each.*
- v). Section B has Questions No. 19 to 23 of 2 marks each and*
- vi). Questions No. 24 to 27 are of 3 marks each.*
- vii). Section C has Questions No. 28 to 32 of 4 marks each and*
- viii). Questions No. 33 and 34 are of 5 marks each.*
- ix). Internal choice is given in some questions.*
- x). Support your answer with suitable examples, wherever required.*

SECTION A (Objective Type Questions)

Q1.	According to “Hurlock’ –Development stages of the child is Infancy period is from (a) 2 weeks to 2 years (b) Birth till 2 weeks (c) 2 to 6 years (d) 10 to 18 years	(1)
Q2.	Which of these is not the content of the first aid box ? (a) Hand Sanitizer (b) Vitamin Pills (c) Band aids (d) Pairs of Scissors	(1)
Q3.	Rickets is caused because of the deficiency of (a) Vitamin A (b) Vitamin B (c) Vitamin C (d) Vitamin D	(1)

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Q4.	Which one of the following is an example of a renewable resource? (a) Coal (b) Solar energy (c) Natural gas (d) Petroleum	(1)
Q5.	Children have strong emotional bonds with their grandparents in _____ families. (a) Nuclear (b) Joint (c) Patriarchal (d) Blended	(1)
Q6.	Which type of fibre is made from natural raw materials using chemicals to regenerate them? (a) Regenerated fibres (b) Synthetic fibres (c) Mineral fibres (d) Animal fibres	(1)
Q7.	What should you do if you encounter an animal bite? (a) Ignore it and wait for it to heal (b) Clean the wound with soap and water, apply antiseptic, and seek medical attention (c) Try to remove the venom if the animal is poisonous (d) Apply ice directly to the bite	(1)
Q8.	_____ are the indicators of development. (a) Growth (b) Milestones (c) Principles (d) Patterns	(1)
Q9.	During a fire emergency, what should be done first? (a) Hide under a bed (b) Use water on electrical fires (c) Raise the alarm and call emergency services (d) Open all windows	(1)
Q10.	Which of the following fibres is obtained from plants? (a) Wool (b) Silk (c) Cotton (d) Nylon	(1)

Q11.	Which of the following is a synthetic fibre? (a) cotton (b) jute (c) polyster (d) silk	(1)
	Given below are two statements labelled as Assertion (A) and Reason(R). Select the most appropriate answer from the options given below: a. Both A and R are true and R is the correct explanation of A. b. Both A and R are true but R is not the correct explanation of A. c. A is true but R is false. d. Both A and R arte false	
Q12.	Assertion: A balanced diet helps in proper growth and development of the body. Reason: A balanced diet consists only of carbohydrates, fats.	(1)
Q13.	Assertion: Resource planning is essential for the sustainable development of a country. Reason: Resource planning helps in the proper use and conservation of resources for future generations.	(1)
Q14.	Assertion: Electrical appliances should not be handled with wet hands. Reason : Water prevents the flow of electric current & reduces the risk of electric shock.	(1)
	CASE STUDY BASED QUESTION Read the passage carefully and answer Questions 15 to 18. Sita is a 40-year-old woman who has been feeling weak, tired, and experiences frequent headaches. She often skips meals and eats mostly packaged snacks and sugary drinks. Fresh fruits, vegetables, and dairy are rarely included in her diet. She works long hours at a desk and spends very little time exercising. Her recent check-up showed that she has low iron levels and her body mass index (BMI) is below the normal range. The doctor advised her to improve her diet and include more nutrient-rich foods.	
Q15.	Which type of malnutrition is Sita most likely suffering from? (a) Over-nutrition (b) Under-nutrition (c) Obesity (d) Balanced nutrition	(1)

Q16.	Which nutrient deficiency is indicated in Sita's condition? (a) Iron deficiency (b) Vitamin C deficiency (c) Iodine deficiency (d) Calcium deficiency\	(1)
Q17.	Which dietary changes would help Sita improve her condition? (a) Eating more packaged snacks and sugary drinks (b) Including leafy vegetables, fruits, pulses, and dairy in her diet (c) Skipping breakfast to reduce weight (d) Drinking more soft drinks instead of water	(1)
Q18.	What lifestyle change is most important for Sita to improve her health? (a) Increasing physical activity and following a balanced diet (b) Sitting for long hours to save energy (c) Avoiding all dairy and fruits (d) Eating only one meal a day	(1)
Section B: Short Answer Type Question		
Q19.	Mention any two factors affecting growth and development.	(2)
Q20.	Mention any two functions of proteins in human body.	(2)
Q21.	Resources are interrelate. Explain this statement by giving two examples. OR List two types of resources. Draw a flowchart to give classification of resources.	(2)
Q22.	What are blended fibres? Give two example.	(2)
Q23.	Differentiate between Biodegradable and Non-biodegradable	(2)
Q24.	Explain the main features of joint family.	(3)
Q25.	Write the features of first aid treatment for any 2 of the following: a) Electric Shock b) Dog bite c) Poisoning OR Discuss in detail three safety rules to be followed in kitchen.	(3)
Q26.	Discuss the importance of Home Science education.	(3)
Q27.	What is the relation between food and health? Explain with the help of a flow diagram.	(3)
Section C : Long Answer Type Question		
Q28.	List and explain four principles of development. OR List four differences between growth and development.	(4)
Q29.	Compare the advantages of living in a joint and nuclear family?	(4)
Q30.	Explain the concept of the 4 R's in waste management with examples. OR List and explain the methods to segregate household waste effectively.	(4)

Q31.	Define nutrition. Name and explain different types of nutrition.	(4)
Q32.	What points will you keep in mind while disposing of plastics?	(4)
Q33.	Why is silk called 'queen' of all fibres?	(5)
Q34.	Explain the differences between natural and synthetic fibres. Give two examples of each. Also, mention one advantage of synthetic fibres over natural fibres. OR Write five properties of any one of the following: Cotton or Wool	(5)