ELEMENTS OF HOME ECONOMICS SSC–II

SECTION – A (Marks 15)

Time allowed: 20 Minutes

NOTE:- Section–A is compulsory. All parts of this section are to be answered on the question paper itself. It should be completed in the first 20 minutes and handed over to the Centre Superintendent. Deleting/overwriting is not allowed. Do not use lead pencil.

Q. 1 Circle the correct option i.e. A / B / C / D. Each part carries one mark.

(i) __________ maintains the body temperature.
A. Blood B. Sweater C. Meat D. Water

(ii) Vitamin B complex is collection of __________ vitamins.
A. Twelve B. Fifteen C. Ten D. Six

(iii) Which vitamin is found in Cod fish oil?
A. Vitamin D B. Vitamin A C. Vitamin C D. Vitamin E

(iv) Everything that we eat daily is called __________.
A. Food B. Breakfast C. Dinner D. Lunch

(v) Vitamin __________ is produced in intestines naturally.
A. A B. K C. C D. B complex

(vi) Menu is planned according to the __________.
A. Season B. Family C. Income and necessities D. Timings

(vii) __________ is / are (an) important element of breakfast, almost all over the world.
A. Paratha B. Grains C. Meat D. Milk

(viii) Kwashiorrora is a disease caused due to the deficiency of __________.
A. Protein B. Amino acids C. Water D. Carbohydrates

(ix) A family collects at __________.
A. Breakfast B. Afternoon tea C. Dinner D. Lunch

(x) Three to four weeks child requires __________.
A. Vitamin D B. Protein C. Fruit D. Water

(xi) Girls need more __________ than boys.
A. Water B. Dress C. Meat D. Iron

(xii) Ten to twelve years old children need __________ of milk.
A. Two litres B. Six cups C. Three to four cups D. One cup

(xiii) __________ should be selected according to the hobbies and profession.
A. Dress B. Home C. Food D. Area

(xiv) Rayon is also called __________.
A. Cotton B. Wool C. Artificial silk D. Wash and wear

(xv) Which of the following diseases is caused due to the deficiency of vitamin A?
A. Fever B. Beri Beri C. Cough D. Night blindness

For Examiner's use only:

Total Marks: 15

Marks Obtained: [ ]
مياديات ہوم آکٹامکس - ایس ایس سی-11
حفر اول (کل 15 جنوری)
وقت: 20 مینٹ

سوال گروہ: 

(i) یہ کا فرض کرنا تreads درج کی جائے گا?

(ii) یہ کا فرض کرنا تreads درج کی جائے گا?

(iii) یہ کا فرض کرنا تreads درج کی جائے گا?

(iv) یہ کا فرض کرنا تreads درج کی جائے گا?

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(xiv) یہ کا فرض کرنا تreads درج کی جائے گا?

(xv) یہ کا فرض کرنا تreads درج کی جائے گا?

کل شکوں: 15
ELEMENTS OF HOME ECONOMICS SSC-II

Time allowed: 2:40 Hours  Total Marks Sections B and C: 60

NOTE:- Answer any twelve parts from Section 'B' and any three questions from Section 'C' on the separately provided answer book. Use supplementary answer sheet i.e. Sheet-B if required. Write your answers neatly and legibly.

SECTION – B (Marks 36)

Q. 2 Attempt any TWELVE parts. The answer to each part should not exceed 3 to 4 lines. (12 x 3 = 36)

(i) What is meant by Balanced diet?
(ii) Write any three characteristics of cotton fabric.
(iii) What is a Calorie?
(iv) Write any three characteristics of silk clothes.
(v) Write down the sources of carbohydrates.
(vi) What is meant by dry-cleaning?
(vii) What effect does blue colour produce?
(viii) Write down the benefits of fats.
(ix) How would you protect summer clothes?
(x) Write down the advantages of vitamin C.
(xi) How would you wash warm and woolen clothes?
(xii) What type of dress will you wear on the birthday party of your younger sister?
(xiii) What type of dress would you select for school going children?
(xiv) What are the Secondary colours?
(xv) Write down the daily requirement of fat.
(xvi) Which neckline is suitable for a round faced person?
(xvii) Name the Fat soluble vitamins.
(xviii) What type of dress should be selected for a jovial and cheerful personality?

SECTION – C (Marks 24)

Note: Attempt any THREE questions. All questions carry equal marks. (3 x 8 = 24)

Q. 3 Write down the principles of stain removing, in detail.
Q. 4 Write down the characteristics of woolen clothes in detail.
Q. 5 Write down the dietary requirements of pregnant and lactating mothers in detail.
Q. 6 Dress reflects the ideology and values of its wearer. How? Explain.

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