

கிடை ௨ கிடைவி அலரிவி / முழுப் பதிப்புரிமையுடையது / All Rights Reserved]

ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව
 இலங்கைப் பரீட்சைத் திணைக்களம் இலங்கைப் பரීட்சைத் திணைக்களம் இலங்கைப் பரීட்சைத் திணைக்களம் இலங்கைப் பரීட்சைத் திணைக்களம் இலங்கைப் பரīட்சைத் திணைக்களம்
 Department of Examinations, Sri Lanka Department of Examinations, Sri Lanka Department of Examinations, Sri Lanka Department of Examinations, Sri Lanka Department of Examinations, Sri Lanka
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 Department of Examinations, Sri Lanka Department of Examinations, Sri Lanka Department of Examinations, Sri Lanka Department of Examinations, Sri Lanka Department of Examinations, Sri Lanka

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 கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தரப் பரீட்சை, 2025(2026)
 General Certificate of Education (Ord. Level) Examination, 2025(2026)

ගෘහ ආර්ථික විද්‍යාව	I, II
මනෙහි පොරුහිග්‍යල්	I, II
Home Economics	I, II

மூன்று மணித்தியாலம்
Three hours

අමතර කියවීමේ කාලය - මිනිත්තු 10 යි
 மேலதிக வாசிப்பு நேரம் - 10 நிமிடங்கள்
Additional Reading Time - 10 minutes

Use additional reading time to go through the question paper, select the questions and decide on the questions that you give priority to in answering.

Home Economics I

Instructions:

- * **Answer all questions.**
- * **In each of the questions 1 to 40, pick one of the alternatives (1), (2), (3), (4) which is *correct or most appropriate*.**
- * **Mark a cross (×) on the number corresponding to your choice in the answer sheet provided.**
- * **Further instructions are given on the back of the answer sheet. Follow them carefully.**

1. What is the pair of food items that contains the proteins glutenin and avidin respectively?
(1) Rice and milk (2) Fish and corn
(3) Wheat and egg (4) Milk and meat
2. What is the source of food which contains vitamin A in the form of Retinol?
(1) Fish (2) Carrot
(3) Mukunuwenna (Ponakanni) (4) Mango
3. The pair of food items which includes a pulse and an oil seed respectively is
(1) green gram and bean. (2) peanut and dhal.
(3) black gram (oorid) and coconut. (4) winged bean and cashew nut.
4. Consider the following minerals.
A - Iodine B - Chlorine C - Fluoride
From the above, the mineral/s present in table salt is/are
(1) A only. (2) A and B only.
(3) A and C only. (4) All A, B and C.
5. Select the option having the two vitamins that are most important for wound healing.
(1) Folic acid and vitamin C (2) Niacin and vitamin D
(3) Vitamin A and vitamin K (4) Vitamin C and vitamin K
6. What is the number of servings of vegetables that should be included in the daily diet, based on the food pyramid?
(1) Between 1-2 servings (2) Between 2-4 servings
(3) Between 3-5 servings (4) Between 6-11 servings
7. Consider the following digestive secretions.
A - Gastric juice B - Pancreatic juice C - Intestinal juice
The secretion/s including the enzymes that digest protein from above is/are
(1) A only. (2) A and B only.
(3) A and C only. (4) All A, B and C.

[see page two

8. What is the age limit that provides the first dose of vitamin A mega dose for a child?
(1) Just after birth (2) After 6 months
(3) After 1 year (4) After 5 years
9. The nutrient which is important for the sexual maturation of an adolescent is
(1) vitamin A. (2) Calcium. (3) Zinc. (4) Vitamin B₂.
10. From the followings, what is the food which is **not** suitable for a child of early childhood, based on the nutritive quality and healthiness?
(1) Chocolate cake (2) Green leafy pittu
(3) Fruit salad (4) Egg bullseye
11. Body Mass Index (BMI) value of an adult of height 150cm and weight 50kg is
(1) 20. (2) 22. (3) 25. (4) 28.
12. The vegetables of a salad were cut into thin strips. This cutting technique is identified as
(1) Paysanne cut. (2) Brunoise cut.
(3) Macedoine cut. (4) Julienne cut.
13. Methods of cooking food and a food cooked by each of those methods are given below. Select the **incorrect** pair from them.
(1) Direct steaming - Lavariya (2) Cooking under charcoal - jak seeds
(3) Braising - pudding (4) Pot roasting - rice
14. Consider the following facts regarding the Table of Recommended Dietary Allowances.
A - During lactation the calorie requirement decreases after the first six months.
B - The calcium requirement increases after 60 years of age.
C - The protein requirement is equal for both adolescent boys and girls.
From them, the correct one/s is/are
(1) A only. (2) B only.
(3) C only. (4) A and B only.
15. From the followings, what is the correct etiquette that should be followed in a banquet service at home?
(1) The host should sit along the shorter side of the table.
(2) The chief guest should sit at the left of the host.
(3) The host and guests should sit at the same time.
(4) Removing dishes after eating should be done from the left side.
16. An example for auto dissociation or auto digestion of food is
(1) formation of black spots on bread slices.
(2) curdling of fresh milk.
(3) rotting of fruits after ripening.
(4) browning of brinjals left after cutting.
17. Consider the following facts regarding food preservation.
A - The vinegar added when making mango chutney increases its pH.
B - The preservatives used in making fish ambulthiyal are gamborge (garcinia) and pepper.
C - Blanching is essential before drying of jak and breadfruit.
From these, the correct one/s is/are
(1) A only. (2) C only.
(3) A and B only. (4) B and C only.

18. Following are some statements regarding adolescence. Select the correct statement.
- (1) As early childhood, is a period showing an optimum growth rate in the life cycle.
 - (2) Attaining 'puberty' as the onset of adolescence is a special feature shown only by female adolescents.
 - (3) For boys, the peak of the rate of physical development is around 14 years.
 - (4) In girls, the muscle developments also speeds up as the bone density increases.
19. The hormone testosterone is secreted by the
- (1) testes.
 - (2) seminal ducts.
 - (3) pituitary gland.
 - (4) testicles.
20. What is the correct statement regarding child development?
- (1) It is possible to change the hereditary characteristics by the influence of the environment.
 - (2) The emotions of an infant show instant and also a stable nature.
 - (3) At the end of the first year, the weight is about four times the birth weight.
 - (4) There is an inter-relationship between the mental development and language development during adolescence.
21. Select the **incorrect** statement regarding Gonorrhoea, the sexually transmitted infection.
- (1) Both females and males could be affected.
 - (2) About 90% of infected females show external symptoms.
 - (3) This infected condition causes infertility in females.
 - (4) Could be cured effectively by antibiotics.
22. What is the correct fact regarding pregnancy?
- (1) Hormonal imbalance is a cause for the cessation of menstruation.
 - (2) The cut-off for the haemoglobin level of blood of a pregnant mother is 12-13 g/dL.
 - (3) Swelling of legs and loss of appetite are shown during the second trimester.
 - (4) Increase of height and age are identified as risk factors during pregnancy.
23. Prenatal period is identified as
- (1) 34 weeks.
 - (2) 36 weeks.
 - (3) 38 weeks.
 - (4) 40 weeks.
24. Two tests/measurements done several times, at an antenatal clinic are
- (1) Rh factor and body weight.
 - (2) blood pressure and urine test.
 - (3) blood group and blood pressure.
 - (4) Urine test and Rh factor.
25. Select the correct statement regarding prenatal period.
- (1) After ovulation, the mature ovum gets fertilized in the latter part of the fallopian tube.
 - (2) After fertilization, the zygote as a result of cell division becomes a morula.
 - (3) The period from fertilization to three months is termed as embryonic stage.
 - (4) The period from three months after fertilization to the child birth (labour) is termed as foetal stage.
26. What is the **incorrect** fact regarding the neonate?
- (1) Head circumference is about 25cm.
 - (2) Nervous system is not well developed.
 - (3) Length of the body is about 50cm.
 - (4) Birth weight decreases slightly during the first 10 days.

27. Select the correct statement regarding the immunization vaccines given to an infant.

- (1) The 2nd dose of Polio vaccine is given at the end of the 3 months.
- (2) The 3rd dose of Pentavalent vaccine is given at the end of 6 months.
- (3) The 1st dose of MMR vaccine is given at the end of 9 months.
- (4) Japanese encephalitis vaccine is given at the end of 12 months.

28. Following gives the steps that are followed when sewing a typical seam.

- The two fabric pieces are joined by the running stitch.
- Trim half of the back piece of the seam.
- Open the two pieces of fabric, fold as a hem to the back and sew with hemming stitch.

This seam is

- (1) French seam.
- (2) Flat seam.
- (3) Open flat seam.
- (4) Lapped seam.

29. Following are some statements regarding a stitch.

A - Helps to keep the width unchanged when sewing a hem.

B - Use as a decorative stitch.

C - Helps to keep the motif in place when doing appliqué work.

From these, the statement/s regarding tacking is/are

- (1) A only.
- (2) B only.
- (3) A and C only.
- (4) B and C only.

30. Select the option having two types of stitches which are identified as 'filling stitch' in embroidery work.

- (1) Long and short stitch and French knots
- (2) Satin stitch and blanket stitch
- (3) Herringbone stitch and hem stitch
- (4) Long and short stitch and satin stitch

31. Select the correct statement regarding the construction of infant garments.

- (1) In the block, front and back measurements of depth of the neck are the same.
- (2) When cutting, the block should be placed on the wrong side of the fabric.
- (3) Plain seam is used to sew the shoulders.
- (4) The opening should be stitched and finished before sewing the neckline.

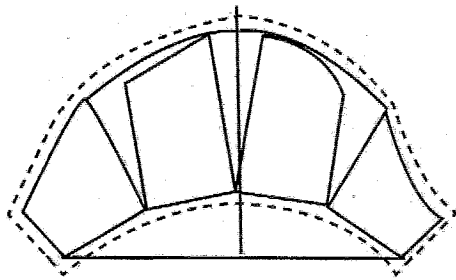
32. The correct fact regarding construction of blocks is

- (1) showing construction lines and sewing lines in same colour.
- (2) marking the grain line and drawing curved lines free hand.
- (3) using foot ruler to draw curved lines and straight lines.
- (4) showing construction lines and sewing allowances by broken lines.

33. What is the correct statement regarding clothing construction?

- (1) To remove the stiffness of a fabric it should be soaked in water, dried and ironed.
- (2) When marking wheel lines, the carbon paper should be placed between the fabric and the block.
- (3) Trimmings are important, when constructing accessories.
- (4) Button hole stitch is used to stitch the straight edges and cut edges of button holes.

34.



The above diagram shows

- (1) the puff sleeve pattern with gathers at the top.
 - (2) the puff sleeve pattern with gathers at the (base) bottom.
 - (3) the basic sleeve pattern.
 - (4) the puff sleeve pattern with gathers at the top and the (base) bottom.
35. Select the **incorrect** statement regarding the construction of the child's frock.
- (1) Blanket stitch could be used to finish the side seams.
 - (2) To gather the sleeve pattern, running stitch should be used.
 - (3) To sew the back opening, a cross band should be used.
 - (4) A facing could be used to finish the neckline.
36. From the followings, select the option that contains two cool colours?
- (1) Purple and Blue
 - (2) Blue and Green
 - (3) Yellow and Purple
 - (4) Green and Yellow
37. The physical, social and mental requirements of a family, respectively are
- (1) education, food and security.
 - (2) household equipment, affection and clothing.
 - (3) housing, generosity and health facilities.
 - (4) furniture, cooperation and love.
38. Consider the following features.
- A - Transparent glass is used for the window panes.
- B - A warm colour is applied to the walls.
- C - A wooden door is fixed which opens to the interior.
- From the above features, correct structural feature/s which can be seen in a living room of a house is/are
- (1) B only.
 - (2) C only.
 - (3) A and B only.
 - (4) A and C only.
39. What is the most suitable method of ventilation for the bathroom and lavatory?
- (1) Fanlight
 - (2) Ventilation holes
 - (3) grill
 - (4) Iron mesh
40. An example for cross ventilation of a room is
- (1) having doors and windows on two parallel walls.
 - (2) having doors on two adjoining walls.
 - (3) fixing door and windows on the same wall.
 - (4) fixing windows on two adjoining walls.

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கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2025(2026)
General Certificate of Education (Ord. Level) Examination, 2025(2026)

ගෘහ ආර්ථික විද්‍යාව I, II
மனைப் பொருளியல் I, II
Home Economics I, II

Home Economics II

* Answer **five** questions only, selecting the **first** question and **four** others.

* **First** question carries **20** marks and each of the other questions carries **10** marks.

1. Study the following case and write short answers to the given questions.

Saman and Thushari is a married couple living in an urban area. Thushari is in her first pregnancy period. Saman who is 29 years old is of weight 60 kg. Saman works in the government sector. He goes to work daily by the bicycle. Thushari's mother who is overweight is also living with them. Their house consists of five rooms. In the front-yard they have grown some food crops for their personal consumption. .

- (i) Define the condition 'overweight'.
 - (ii) It is important to provide Iodine to Thushari. Write **two** reasons.
 - (iii) What is Saman's daily energy requirement in calories?
 - (iv) They have grown several green leafy vegetables in their front-yard. Name **two** nutrients provided by them.
 - (v) State **two** types of cotton fabrics, that Thushari should select to sew the clothing and textiles needed for the offspring to be born.
 - (vi) Write **two** methods suitable to fasten the openings of the infant garments constructed by her.
 - (vii) What is the importance of the VDRL test done for Thushari at the antenatal clinic?
 - (viii) Name the vaccine given to her by the antenatal clinic after completing 12 weeks of the pregnancy period and state how it was given.
 - (ix) There are several multi-purpose furniture in their home. Mention **two** of them.
 - (x) Suggest **two** measures to be taken to prevent the soil erosion in their front-yard.
2. (i) Write **three** ways of decorating an infant garment.
- (ii) Show with the help of diagrams how two cross bands are cut and joined.
- (iii) Explain how a surface decorated cushion cover is stitched and completed.
3. (i) Define 'chronic malnutrition'.
- (ii) Mention **three** symptoms of a child who is suffering from chronic protein deficiency.
- (iii) Explain using **four** examples the effect of iodine deficiency during childhood.

4. (i) 'Cooking food is important'. State **three** reasons.
(ii) Write **three adverse** effects of including more carbohydrates in the diet.
(iii) Define the 'dough' and the 'pastry' which are used in food preparation. Write **two** examples for each.
5. (i) Draw and name **three** 'symbols' used in drawing a floor plan of a house.
(ii) Write **three** services provided for a family by the community facilities.
(iii) State **four** non-human resources used in household activities and explain **two** of them.
6. (i) Identify 'Reproductive health'.
(ii) Explain the importance of attending the prenatal clinic regarding the nutritional status of a pregnant mother.
(iii) Write notes on
(a) HIV infection.
(b) Uterus.
7. (i) Mention **three** points to be considered when training the infant for additional foods.
(ii) State with **three** points, how the parents should act for the language development during infancy.
(iii) Mention **four** accidents that could happen to a small child at home, and write **one** step for each that should be taken to prevent them.

* * *