

අධ්‍යයන පොදු සහතික පත්‍ර (සාමාන්‍ය පෙළ) විභාගය, 2024(2025)
 கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2024(2025)
 General Certificate of Education (Ord. Level) Examination, 2024(2025)

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

පැය තුනයි
 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 (X) 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. Select the pair which does **not** contain nitrogen in the chemical composition.

(1) Pectin and Inulin	(2) Inulin and Collagen
(3) Collagen and Legumin	(4) Pectin and Legumin
2. Which of the following food items is deficient in Lysine?

(1) Corn	(2) Cowpea	(3) Bean	(4) Winged bean
----------	------------	----------	-----------------
3. What is the vitamin required to synthesise prothrombin?

(1) Vitamin A	(2) Vitamin D	(3) Vitamin E	(4) Vitamin K
---------------	---------------	---------------	---------------
4. Following are some micronutrients.

A – Vitamin A
B – Vitamin K
C – Selenium

 What are the antioxidants among these?

(1) A and B	(2) A and C
(3) B and C	(4) All A, B and C
5. Select the option which correctly matches the nutrient with its deficiency/deficiency symptom.

(1) Iodine – myxoedema	(2) Chlorine – dental caries
(3) Sulphur – paleness	(4) Zinc – muscle cramps
6. Which of the following factors reduces the iron absorption?

(1) Citric acid	(2) Lysine
(3) Phytic acid	(4) Ascorbic acid
7. Which pair of nutrients is abundant in milk?

(1) Iron and Vitamin D	(2) Vitamin A and Vitamin B ₂
(3) Calcium and Vitamin E	(4) Vitamin K and Vitamin B ₁

8. What is the **incorrect** statement regarding enzyme amylase?
- (1) Secretes by the salivary glands. (2) Converts maltose into glucose.
(3) Inactivates by hydrochloric acid. (4) Contains in the pancreatic juice.
9. What type of food should be consumed mostly during the stages of life cycle including childhood, adolescence, pregnancy and elderly?
- (1) Foods providing energy (2) Foods containing folic acid
(3) Foods containing Calcium (4) Foods high in dietary fibre
10. Which of the following nutrients is represented in grams in the table of Recommended Dietary Allowances?
- (1) Iron (2) Calcium (3) Protein (4) Magnesium
11. Below is the nutrient content of the foods included in a dinner.
- | | |
|--------------|--------|
| Carbohydrate | - 70 g |
| Protein | - 30 g |
| Fat | - 5 g |
- The total calorie value of the above meal is
- (1) 445 Kcal. (2) 560 Kcal. (3) 690 Kcal. (4) 815 Kcal.
12. Which pair of foods is made using a batter?
- (1) Laveriya and hoppers (2) Kokis and pancake
(3) Cake and milk toffee (4) Dosai and mung kavum
13. Which of the following is **not** a cooking method using dry heat?
- (1) Pot roasting (2) Braising (3) Roasting (4) Toasting
14. Select the **incorrect** option regarding the arrangement of table according to western style in the formal service.
- (1) Placement of the glass of water in the right side of the plate.
(2) Placement of the spoon and soup spoon in the right side of the plate.
(3) Placement of fork and knife in the left side of the plate.
(4) Placement of soup bowl on the plate.
15. Select the correct statement.
- (1) The optimum temperature for microbial growth is around 20 °C.
(2) Oxygen is essential for the microbial respiration.
(3) Microbial growth reduces with the increase of water activity.
(4) Micobacterium is a microorganism which uses milk as a substrate.
16. Which of the following is preserved by the reduced pH?
- (1) Dry fish (2) Coconut toffee (3) Mango jam (4) Local pickle
17. What is the correct option regarding Marasmus?
- (1) Oedema (2) Elderly look
(3) Bronze hair (4) Low haemoglobin level of blood
18. Which is **incorrect**, from the following statements regarding the development during adolescence?
- (1) Pituitary gland affects the secretion of reproductive hormones.
(2) During this period, the ratio between the parts of the body is dissimilar.
(3) The ability to adjust according to the changing environment is through the mental development.
(4) According to the World Health Organization, the adolescence is the period of 10-19 years.

19. An abnormal behaviour shown by adolescents is
- (1) inferiority complex. (2) temper tantrums
(3) day dreaming. (4) hero worshipping.
20. The onset and termination of the growth spurt of an adolescent girl is
- (1) 8 and 12 years. (2) 10 and 14 years.
(3) 12 and 16 years. (4) 13 and 17 years.
21. Select the correct statement regarding the sexually transmitted infection, syphilis.
- (1) If not treated affects the heart.
(2) It is not transmitted from the pregnant mother to the infant.
(3) The ulcers appeared are painful.
(4) May reoccur even if cured by antibiotics.
22. What is the correct statement regarding reproduction?
- (1) Until about 60 years of age the sperms have fertility.
(2) The fertilization of ovum and sperm occurs in the middle part of the fallopian tube.
(3) After fertilization, the embryo gets implanted to the wall of the uterus.
(4) Production and storage of sperms occur inside the testes.
23. The fertile period in the menstrual cycle is identified as
- (1) 5 to 14 days. (2) 7 to 21 days.
(3) 10 to 18 days. (4) 12 to 25 days.
24. What is the function of the umbilical cord?
- (1) Protecting the foetus from shocks.
(2) Synthesising hormones required for foetal development.
(3) Supplying the nutrients needed for the foetus.
(4) Easing the child delivery.
25. The size of the head of a neonate from the body length is
- (1) $\frac{1}{3}^{\text{rd}}$. (2) $\frac{1}{4}^{\text{th}}$. (3) $\frac{1}{5}^{\text{th}}$. (4) $\frac{1}{6}^{\text{th}}$.
26. The fourth dose of the Polio vaccine is given to a child after the completion of
- (1) 9 months. (2) 12 months.
(3) 18 months. (4) 5 years.
27. Following are features of some toys.
- A – Light in weight.
B – Could be removed and re-fixed.
C – Inflated.
D – of different colours.
- From these, the most suitable toys for an infant of 6 months are
- (1) A and C only. (2) B and C only.
(3) B and D only. (4) A, C and D only.
28. Select the **incorrect** statement regarding seams.
- (1) A good finish could be obtained by using French seam when sewing cushion covers.
(2) After stitching the Flat seam, only Hemming stitch is seen from the correct side.
(3) Lapped seam is used to join a gathered piece and an ungathered piece of a dress.
(4) In stitching the Open flat seam, the two edges of the seam are turned to one side and an edge finish is given.

29. Following are some procedures related to construction of an accessory.

A – Use of decorative stitches

B – Use of basic sewing methods and techniques of sewing

C – Stitching orderly

From these, the procedure/procedures important for the beauty and proper finish of the construction is/are

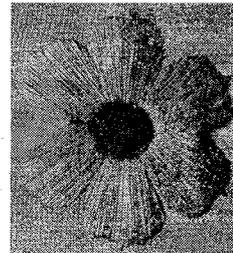
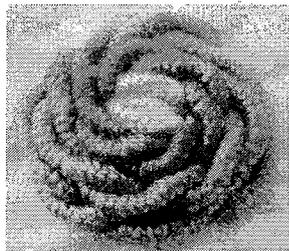
(1) A only.

(2) B only.

(3) A and C only.

(4) B and C only.

30. Given below are diagrams of some decorative stitches.



The stitches shown respectively are

(1) Satin stitch, Bullion stitch and Herringbone stitch.

(2) Bullion stitch, Herringbone stitch and Satin stitch.

(3) Herringbone stitch, Satin stitch and Bullion stitch.

(4) Satin stitch, Herringbone stitch and Bullion stitch.

31. Select the correct statement.

(1) Tacking and running stitch belong to permanent stitches.

(2) Sewing the Stem stitch closely, gives a filling effect to a motif.

(3) When fixing buttons, keep a pin in between the holes of the button and sew over it through the holes.

(4) Ramy is a plant fiber where as orlon is semi synthetic.

32. Which is the correct method of constructing the block of an infant garment by using 52 cm × 52 cm brown paper?

(1) Should be folded diagonally.

(2) Should be folded into two vertically.

(3) Should be folded into two horizontally.

(4) Should be measured 2 cm vertically and folded into two.

33. Select the correct statement regarding the construction of the block of a child's garment.

(1) Arm hole measurement is taken by dividing the height from shoulder to waist by four.

(2) Calculated front waist measurement and back waist measurement are equal.

(3) The width between the darts should be divided by two.

(4) Front and back across measurements are taken 7 cm below the depth of the neck.

34. Sewing a shaped facing (fitted facing) on a neckline is fixing a

(1) band similar to the shape of the neckline and stitching after turning it completely.

(2) cross band, turning to the wrong side and fold into half and sew.

(3) cross band, fold it completely to the wrong side and sew.

(4) straight band turning to the wrong side and fold into half and sew.

35. Select the correct option.
- (1) The side seam of the bodice should be turned to the two sides when stitching the child's frock.
 - (2) After stitching the back opening of the child's frock, the left side should be on the top.
 - (3) Horizontal button hole should be sewn with two straight edges.
 - (4) When stitching the puff sleeve of the child's frock, cap and the base of the sleeve should be gathered after stitching the underarm.
36. Following are some statements regarding 'family'. Select the correct statement.
- (1) In a family passing the developing stage, mother, father, children and relatives may be present.
 - (2) In a nuclear family, only mother and father are present.
 - (3) In a family passing the contracting stage, both mother and father or either of them may be present.
 - (4) In an extended family only the mother, father and children are present.
37. From the following, what is the multi purpose unit of a house?
- (1) Having a wash basin in the dining room.
 - (2) Having a television in the drawing room.
 - (3) Having a dressing table in the bed room.
 - (4) Having a table and four chairs in the kitchen.
38. The type of line which gives the feelings of excitement, motion and rhythm is
- (1) horizontal lines.
 - (2) zigzag lines.
 - (3) curved lines.
 - (4) diagonal lines.
39. The combination of which pair of colours produces a tertiary colour?
- | | |
|-----------------------|-----------------------|
| (1) Purple and orange | (2) Red and green |
| (3) Orange and blue | (4) Yellow and purple |
40. Select the option which includes only non physical resources.
- | | |
|--------------------------|-----------------------------------|
| (1) Time and electricity | (2) Money and water |
| (3) Space and labour | (4) Fuel and community facilities |

* *

සියලු ම හිමිකම් ඇවිරිණි / முழுப் பதிப்புரிமையுடையது / All Rights Reserved

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

85 E I, II

අධ්‍යයන පොදු සහතික පත්‍ර (සාමාන්‍ය පෙළ) විභාගය, 2024(2025)
 கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2024(2025)
 General Certificate of Education (Ord. Level) Examination, 2024(2025)

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.

Grade 11 students were assigned to organize the literature day and its prize giving which is to be held at the college hall. Simultaneously the decoration and the reception are also to be carried out by them. The reception for the invitees would be held in the Home Science room. The students volunteered to construct the table cloth and the serviettes for this.

Their aim is to have this occasion at a grand scale.

- Write **two** special nutritional requirements of these students.
 - Name **two** foods that could be prepared by using a pastry for the reception of the literature day.
 - Mention a food for this occasion that would be prepared by using a leavening agent, and name the relevant leavening agent.
 - It is decided to serve a fresh mango juice for the invitees. Write **two** nutrients present in it.
 - State **two** methods that could be used to decorate the table cloth of the reception table in the Home Science room.
 - Draw an embroidery design suitable to decorate the serviettes used here.
 - Organizing this function, contributes to the social development of the students. Give **two** reasons for this.
 - Name the vaccine given to these students by the National Immunization Programme.
 - When arranging the college hall, state **one** way each of showing 'Emphasis' and 'formal balance'.
 - Define the term 'management process' in relation to this function.
2. (i) Write **three** points regarding the good quality of children's garments.
 (ii) Mention **three** advantages of using a block in constructing garments.
 (iii) Write notes on
 (a) Different stitches used to decorate the edge of the hem of infant garments.
 (b) Slip hemming (hidden tailor stitch) used in constructing garments.

3. Mothers were given the meals named as A and B to be taken to school for two boys of age 8 years.

A - Butter applied burger-bun

Egg omelette

B - Vegetable and egg mixed noodles

Tomato and onion mixed salad

- (i) Name the suitable meal for an obese child from the above two meals. State **two** reasons for the choice.
- (ii) Write the way of preparing the egg omelette stated above.
- (iii) Write **two** measures each to be followed in preserving the quality of the selected meal during preparation and cooking.

4. Following is the menu used for a dinner.

- Atta roti
- Grilled fish
- Green peas and potato curry

- (i) State the nutritive value of the above meal.
- (ii) Write respectively the main methods of heat transference during the preparation of these foods.
- (iii) State by using a flow chart the steps to be followed in preparing and packaging fish selected for the above meal as ambulthiyal.

5. (i) State **three** advantages of preparing a household budget.

(ii) Explain how a bedroom could be decorated using a monochromatic colour scheme.

(iii) Write notes on

- (a) Division of labour in a house.
- (b) Grouping.

6. (i) Write the **three** stages of prenatal development.

(ii) Name **two** congenital diseases identified as risk factors during pregnancy. State **two** harmful effects of them.

(iii) A rapid motor development is shown during infancy. Explain with **four** examples.

7. (i) Identify 'maladjustment'.

(ii) 'The expression of emotions during adolescence shows an instant and an intense nature' Give **three** examples.

(iii) Explain **four** features that show the intellectual development of adolescents.

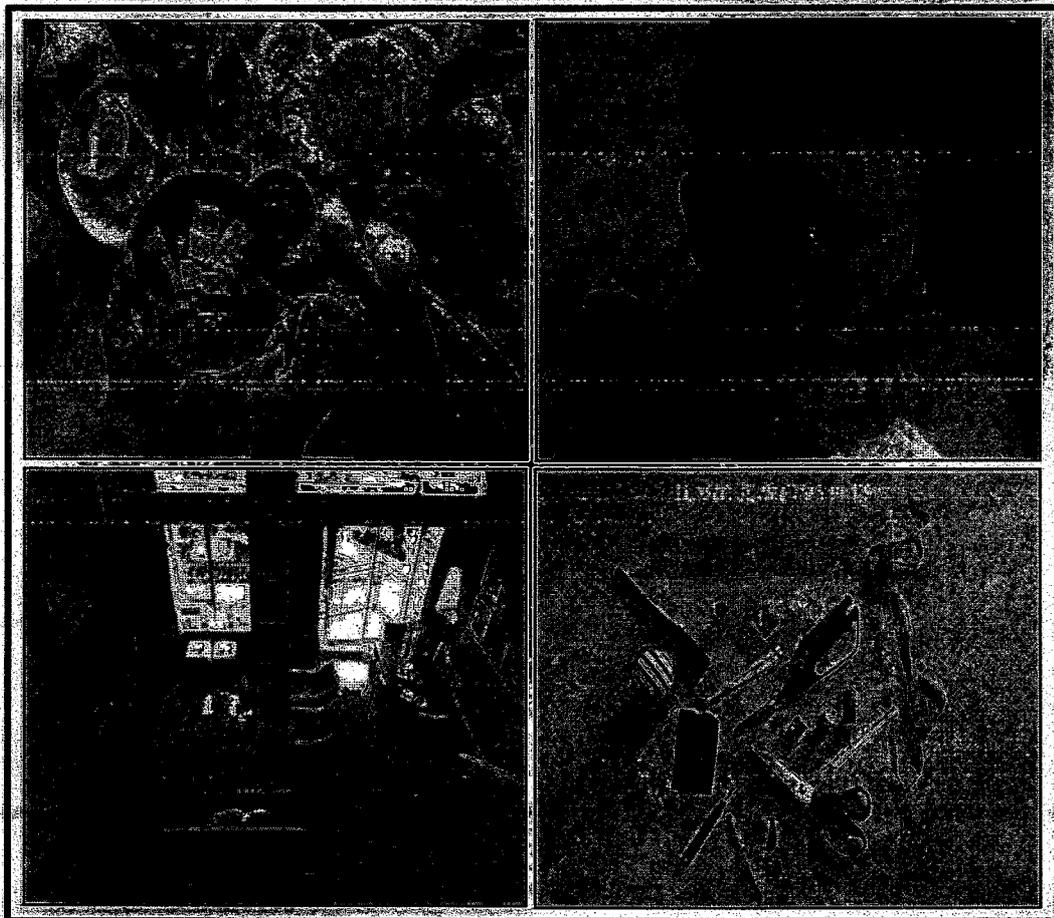


Department of Examinations-Sri Lanka

G.C.E(O/L) Examination - 2024 (2025)

85 – Home Economics

Marking Scheme



This document has been prepared for the use of Marking Examiners. Some changes would be made according to the views presented at the Chief Examiners' Meeting

Amendments are to be included.

G.C.E. (O/L) Examination - 2024 (2025)**85 - Home Economics****Distributions of Marks**

Paper I - One Answer carries 01 Mark
01 × 40 = 40 Marks

Paper II

- The first question Consist of 10Parts and Question number 01 is compulsory.
 (i) - (x) 2 marks each $02 \times 10 = 20$ marks
- Answer 04 questions out of 06 from 2 - 7. Each question carries 10 marks.
 It's an imperative question.
 $10 \times 4 = 40$ marks

2.	(i) - 03	3.	(i) - 03	4.	(i) - 03
	(ii) - 03		(ii) - 03		(ii) - 03
	(iii) - a-02		(iii) - 04		(iii) - 04
	b-02				
	10 marks		10 marks		10 marks
5.	(i) - 03	6.	(i) - 03	7.	(i) - 03
	(ii) - 03		(ii) - 03		(ii) - 03
	(iii) - 02		(iii) - 04		(iii) - 04
	02				
	10 marks		10 marks		10 marks

Instructions on calculation of final mark

1 st paper	-	40 marks
2 nd paper	-	<u>60 marks</u>
Total	-	<u>100 mark</u>

G.C.E. (O/L) EXAMINATION - 2024 (2025) Common Techniques of Marking Answer Scripts.

It is compulsory to adhere to the following standard method in marking answer scripts and entering mark sheets.

1. Each Assistant Examiner should use red colour ball-point pen for marking answer scripts.
2. A purple colour ball-point pen should be used by Chief Examiners.
3. Code number of the Assistant Examiner should be noted down on front page of each answer script. Enter marks in **clear numerals**.
4. Write off incorrectly written numerals with a clear single line and authenticate the alterations with Examiner's initial.
5. Enter the marks of each subsection of a question as a rational number in the given space of Δ and the final marks of each question should be entered as a total rational number in the given space of \square by denoting respective question number as well. Use the column assigned for the Examiners to write marks.
6. Evaluation Mark Finalizer should use blue or black colour pen to verify the accuracy of the marks.

Example: Question No. 03

(i)		✓	Δ $\frac{4}{5}$
(ii)		✓	Δ $\frac{3}{5}$
(iii)		✓	Δ $\frac{3}{5}$

03	(i) $\frac{4}{5}$	+	(ii) $\frac{3}{5}$	+	(iii) $\frac{3}{5}$	=	$\frac{10}{15}$
----	-------------------	---	--------------------	---	---------------------	---	-----------------

MCQ answer scripts: (Template)

1.
 - i. Mark the correct options on the template according to the Marking Scheme.
 - ii. Cut off the marked windows with a blade.
 - iii. Cut off the cages for Index Number and the number of correct options so as to be able to keep the template correctly on the answer script.
 - iv. Cut off a blank space to the right of each options column to mark the answers.
 - v. Cut off the cages for the subject number and the subject to be clearly visible.
 - vi. **Submit the prepared template to the Chief Examiner for approval.**
2. Then, check the answer scripts carefully. If there are more than one or no answers marked to a certain question write off the options with a line. Sometimes candidates may have erased an option marked previously and selected another option. In such occasions, if the erasure is not clear write off those options too.
3. Place the template on the answer script correctly. Mark the right answers with a '✓' and the wrong answers with a 'X' against the options column. Write down the number of correct answers inside the cage given under each column. Then, add those numbers and write the number of correct answers in the relevant cage.

Structured essay type and essay type answer scripts:

1. Cross off any pages left blank by candidates. **Underline wrong or unsuitable answers and write cross mark. Point-out areas by a check mark, where marks can be offered.**
2. Use the right margin of the overland paper to write down the marks.
3. Write down the marks given for each question against the question number in the relevant cage on the front page in **two digits**. Selection of questions should be in accordance with the instructions given in the question paper. Mark all answers and transfer the marks to the front page, and write off answers with lower marks if extra questions have been answered against instructions.
4. Add the total marks carefully and write in the relevant cage on the front page. Turn pages of answer script and add all the marks given for all answers again. Check whether that total tallies with the total marks written on the front page.

Preparation Of Mark Sheets.

Except for the subjects with a single question paper, final marks of two papers will not be calculated within the evaluation board. Therefore add separate mark sheets for each of the question paper. Enter paper I marks in "Total Marks" column of the mark sheet and write them in words as well. Enter paper II Marks in the "Total Marks" Column and include the relevant details. For the subject 43 Art, Paper I, II and III Marks should be entered numerically in the separate mark sheets and **should also be written in words.**

For subjects 21 Sinhala language and literature and 22 Tamil Language and literature, paper I marks once entered numerically should be written in words. Use separate marks sheets for the papers II and III and enter the total marks in the "Total marks column". Write the relevant detailed marks against each of the total mark.

N.B.:-

- I. **Final marks for paper I, paper II or paper III should always be rounded up to the nearest whole number and they should never be kept as decimal or half values.**
- II. **Each page of the mark sheet should be compulsorily verified by the Assistant Examiner who entered marks to the mark sheet, Assistant Examiner who checked the mark sheet, the Verifying Examiner of the evaluation marks and Chief Examiner by placing respective code number and the signature.**

ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව
இலங்கைப் பரீட்சைத் திணைக்களம்

රහස්‍යයි
அந்தரங்கமானது

අ.පො.ස. (සා.පෙළ) විභාගය - 2024 (2025)
க.பொ.த. (சா.தர)ப் பரீட்சை - 2024 (2025)

විෂය අංකය
பாட இலக்கம்

85

විෂයය
பாடம்

Home Economics

I පත්‍රය - පිළිතුරු
I பத்திரம் - விடைகள்

ප්‍රශ්න අංකය வினா இல.	පිළිතුරේ අංකය விடை இல.						
01.	1	11.	1	21.	1	31.	3
02.	1	12.	2	22.	4	32.	1
03.	4	13.	2	23.	2	33.	3
04.	2	14.	3	24.	3	34.	1
05.	1	15.	4	25.	2	35.	4
06.	3	16.	4	26.	3	36.	3
07.	2	17.	2	27.	4	37.	4
08.	2	18.	4	28.	4	38.	2
09.	3	19.	1	29.	3	39.	1
10.	3	20.	2	30.	2	40.	1

විශේෂ උපදෙස් } එක් පිළිතුරකට ලකුණු
விசேட அறிவுறுத்தல் } ஒரு சரியான விடைக்கு



බැගින්
புள்ளி வீதம்

මුළු ලකුණු / மொத்தப் புள்ளிகள் 01 × 40 = 40

පහත නිදසුනෙහි දක්වන පරිදි ඔහු/වරුන් උත්තරපත්‍රයේ අවසාන තීරුවේ ලකුණු ඇතුළත් කරන්න.
கீழ் குறிப்பிடப்பட்டிருக்கும் உதாரணத்திற்கு அமைய பஸ்தேர்வு வினாக்களுக்குரிய புள்ளிகளை பஸ்தேர்வு வினாப்பத்திரத்தின் இறுதியில் பதிக.

නිවැරදි පිළිතුරු සංඛ්‍යාව
சரியான விடைகளின் தொகை

25

40

I පත්‍රයේ මුළු ලකුණු
பத்திரம் I இன் மொத்தப்புள்ளி

25

40

G.C.E. (O/L) Examination - 2024 (2025)

85 - Home Economics

Paper - II

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

Grade 11 students were assigned to organize the literature day and its prize giving which is to be held at the college hall. Simultaneously the decoration and the reception are also to be carried out by them. The reception for the invitees would be held in the Home Science room. The students volunteered to construct the table cloth and the serviettes for this.

Their aim is to have this occasion at a grand scale.

- (i) Write two special nutritional requirements of these students.
- (ii) Name two foods that could be prepared by using a pastry for the reception of the literature day.
- (iii) Mention a food for this occasion that would be prepared by using a leavening agent, and name the relevant leavening agent.
- (iv) It is decided to serve a fresh mango juice for the invitees. Write two nutrients present in it.
- (v) State two methods that could be used to decorate the table cloth of the reception table in the Home Science room.
- (vi) Draw an embroidery design suitable to decorate the serviettes used here.
- (vii) Organizing this function, contributes to the social development of the students. Give two reasons for this.
- (viii) Name the vaccine given to these students by the National Immunization Programme.
- (ix) When arranging the college hall, state one way each of showing 'Emphasis' and 'formal balance'.
- (x) Define the term 'management process' in relation to this function.

- (i) Protein, Calcium, Iron, Vitamin A, Energy, Zinc, B complex Vitamins.
(2 points - 02 marks)
- (ii) Patties, pastry rolls, pastry baskets, eclairs
(2 points - 02 marks)
- (iii) Hotdogs, buns, burgers - Yeast
Cake - Baking powder
(02 marks)
- (iv) Vitamin C Vitamin A/ beta carotene, energy (carbohydrates), fibre, calcium, potassium.
(2 points - 02 marks)
- (v) Tasselling, fixing lace, embroidery work, applique, batik, patch work, printing, fixing ribbon, use of facing and binding, painting
(2 points - 02 marks)
- (vi) According to the answer
(02 marks)

(vii) Working with corporation, holding leadership, patience, sharing, unity, self identity, respecting others ideas, taking responsibilities, building proper contact with the society.

(2 points - 02 marks)

(viii) MMR vaccine, Rubella Vaccine

(1 point - 02 marks)

(ix) Emphasis -

Placing a flower decor on the podium, placing a flower decoration at the back wall of the stage, having a decorative design in the stage curtain, Placing flower decors on the opposite walls of the hall.

Formal balance -

Keeping equal number of chairs on either side of the hall, having same decorations on the opposite walls, Keeping equal number of fans, keeping equal number of bulbs on either side of the hall.

(02 marks)

(x) Management -

Is the process followed in attaining the expected objectives by utilizing the limited resources effectively.

or

The process which proceeds along definite steps so as to achieve the expected objectives.

(02 marks)

2. (i) Write three points regarding the good quality of children's garments.
 (ii) Mention three advantages of using a block in constructing garments.
 (iii) Write notes on:
 (a) Different stitches used to decorate the edge of the hem of infant garments.
 (b) Slip hemming (hidden tailor stitch) used in constructing garments.

- (i)
- Suitability of fabrics
 - Should be stitched properly so that it is not affecting the activities of the child.
 - Motifs should be suitable to the age.
 - Motifs should be beautiful.
 - Styles should be relevant to the age of the child.
 - Ease of wearing.
 - Should be with proper finishes.
 - Seams
 - Neck lines
 - Openings

- Proper Stitching
- Correct techniques of sewing
- Correct colour combinations

(3 facts \times 1 = 03 marks)

(ii)

- Cutting could be done orderly.
- Could save the fabric
- Could be able to adapt different styles using the same block.
- Ease of cutting fabrics of the same style several time.
- Could be able to cut on difference shapes (rectangular/ diagonal).
- Could be able to cut few layers of garments at the same time.

(3 facts \times 1 = 03 marks)

(iii)

(a)

- Zippy stitch
- Needle weaving
- Blanket stitch
- Whipping stitch
- Scalloping

(02 marks)

(b) Slip hemming

Is a method used in stitching hems. Is a basic method of stitching. Is a permanent method. Is stitching from right to left. In stitching, the thread is sent through the fold of the hem. (without seen from the top). At a distance of $\frac{1}{2}$ an inch , the needle should be taken out and used a hemming stitch on the folded hem.

(02 marks)

(Total; 03+03+04 = 10 marks)

3. Mothers were given the meals named as A and B to be taken to school for two boys of age 8 years.

A - Butter applied burger-bun

Egg omelette

B - Vegetable and egg mixed noodles

Tomato and onion mixed salad

- (i) Name the suitable meal for an obese child from the above two meals. State two reasons for the choice.
- (ii) Write the way of preparing the egg omelette stated above.
- (iii) Write two measures each to be followed in preserving the quality of the selected meal during preparation and cooking.

(i) Meal B

- Fulfil the nutritional requirements. (Carbohydrates, Protein, Fat, Vitamins and Minerals)
- High in dietary fibre
- Is a balanced meal.
- Low calorie with high nutritional provision through the meal
- Comparatively low in fats and carbohydrate than meal A

(03 marks)

(ii) In preparation

- Beating the egg
- Mixing with chopped onions, green chilli, tomatoes, salt and pepper.
- Heat a pan and apply oil.
- Add the mixture to the hot pan and cook on medium flame.
- Close the lid, cook for a short time, turn the other side and cook again.

(03 marks)

(iii) In Preparation

- Cleaning
 - Wash vegetable before cutting
 - Wash with salt water / chlorine water
- Cut vegetables into normal size pieces using a sharp knife within a short period of time (to avoid the destroying of the vitamin).
- Use natural flavours/ spices
- Use clean spoons to mix so as to avoid microbial contaminations
- Use spoons which do not react with the food

In Cooking

- Cook within a short period of time to preserve the nutritive value.
- Preserve the colour of the vegetables during cooking.
- Use non-reactive utensils.
- Avoid over cooking and do (nonstick pans preferred) appropriate cooking.

(04 marks)

(Total; 03+03+04 = 10 marks)

4. Following is the menu used for a dinner.

- Atta roti
- Grilled fish
- Green peas and potato curry

(i) State the nutritive value of the above meal.

(ii) Write respectively the main methods of heat transference during the preparation of these foods.

(iii) State by using a flow chart the steps to be followed in preparing and packaging fish selected for the above meal as ambuthiyal.

(i)

- Atta roti
 - Carbohydrates, Dietary fibre, protein, iron, Vitamin B
- Grilled fish
 - Protein(complete protein), Omega 3 fatty acids - EPA, DHA, Vitamin A and D, Iron, Calcium, Vitamin B complex(Folic acid and B₁₂)
- Green peas and potato curry
 - Carbohydrates, proteins, Calcium, Iron, Fat, Vitamin A, Dietary fibre.

(03 marks)

(ii) Atta roti - Conduction

Grilled fish - Radiation

Green peas and potato curry - Convection

(03 marks)

(iii)

Cut the fish in to pieces and wash



Grind pepper, gamboge & salt and mix it with the fish



Put in a clay pot & cook on medium heat until water gets evaporated



Packaging after cooling

*(04 marks)**(Total; 03+03+04 = 10 marks)*

5. (i) State three advantages of preparing a household budget.
- (ii) Explain how a bedroom could be decorated using a monochromatic colour scheme.
- (iii) Write notes on
- (a) Division of labour in a house.
 - (b) Grouping.

(i)

- Could estimate the expenditure
- Priority could be given to essential expenditure
- Guide to spend according to the income
- Promote saving

(03 marks)

(ii) Decorating by using different hues and intensities of the same colour in different places of the room.

- Light blue walls, brown doors and windows, blue and white printed lace curtaining for windows.
- Bed cover is of white and blue printed material.
- Flower vase of brown, having blue flowers.
- Dark blue and white door curtains.
- Black, dark blue and white wall hanger.

(03 marks)

(iii)**(a) Division of labour in a house**

Allocation of different tasks of an activity among each individual according to their ability. It's finishing the activity, by the participation of the family members.

Advantages

- It is advantages and leads to satisfaction by completing the task effectively.
- Promote different qualities of a family.
- Tend to finish the task by the contribution
- Children tend to take responsibility.
- Allow time to rest and recreation
- Get the corporation of all the family members
- Develop patience and unselfishness

(02 marks)**(b) Grouping**

Combining adjoining parts of a house according to their functions so as to gets maximum facility from minimum labour.

e.g.: Placing bathroom and toilet adjoining the bed room, having the dining area in the living room, adjoining veranda and living room.

(02 marks)***(Total; 03+03+04 = 10 marks)***

6. (i) Write the three stages of prenatal development.
- (ii) Name two congenital diseases identified as risk factors during pregnancy. State two harmful effects of them.
- (iii) A rapid motor development is shown during infancy. Explain with four examples.

(i) Stage of ovum, embryonic stage, foetal stage

(03 marks)

(ii) Thalassaemia
Haemophilia

- These conditions could be harmful to both mother and foetus.
- Can lead to abnormalities in the foetus.
- May occur difficulty during delivery.

(03 marks)

(iii)

- Lift the head after turning over.
- Move hand and legs.
- Holds neck up.
- Holds chest up after turning over
- Ability to sit
- Raise the hand to the grasp something
- Sit with help
- Use the whole hand to grasp something
- Sit alone (without support)
- Transfer objects from hand to hand
- Turn over from side to side
- Grasp using finger tips
- Crawls
- Stand with support
- Walk with support
- Stand alone
- Walk alone
- Play by tapping two toys together

(04 marks)

(Total; 03+03+04 = 10 marks)

7. (i) Identify 'maladjustment'.
- (ii) 'The expression of emotions during adolescence shows an instant and an intense nature' Give three examples.
- (iii) Explain four features that show the intellectual development of adolescents.

(i) Disability to adjust to the expected behaviours of the society according to the age
(03 marks)

(ii)

- Show aggressive behaviour
- Be silent
- Scolds
- Show stubborn behaviour
- Show temper tantrums
- Like to be alone
- Talk back
- Show fitting nature

(03 marks)

(iii)

- Express ideas clearly
- Broadens the vocabulary
- Develops speaking ability
- Tends to observation
- Sharpens the memory
- Develops thinking ability
- Develops attention
- Shows arguing ability
- Gain perceptive ability
- Leads to constructive ability
- Gains problem solving ability

(04 marks)

(Total; 03+03+04 = 10 marks)
