

# First terminal- Worksheet

**Class: XI**

**Subject: Home Science**

## **Know Myself**

1. Define adolescence.
2. What is menarche?
3. What is spermache?
4. List the secondary sex characteristics among boys and girls.
5. There is a great demand for proper nutrition and adequate exercise during adolescence. Support your answer with any two points.
6. What are the challenges a late matured boy encounters?
7. What are reflexes / schemes?
8. Define the following.
  - a. Assimilation
  - b. Accommodation
  - c. Adaptation
9. After having gone through the concrete operational stage. What are the capabilities of adolescents to perform tasks?
10. Mention any 6 marked changes in adolescent on account of cognitive development.
11. Give an account of emotional changes during adolescence.
12. List 2 factors needed for developing long lasting relationship.
13. Explain the structure and functioning of peer groups.
14. Discuss the factors causing stress and storm in the life of an adolescent.

## **Nutrition for self and family**

1. Define health.
2. Briefly account the various ways for measuring the nutritional status.
3. Elaborate on the functional classification of food.

4. Co -relate the food intake with morbidity, mortality, and longevity of life.
5. What is poverty line? Discuss the role of government in improving the status of expectant mothers and infants.
6. Write short notes on a) Conjugated proteins, b) Derived proteins.
7. What is transamination.
8. Enlist the functions of protein.
9. Differentiate between hypoglycemia and hypoglycemia.
10. Give a brief account on soluble polysacchrides.
11. Name the 2 essential amino acids required only during infancy.
12. Explain the protein sparing action of carbohydrates.
13. Write short notes on derived fat. Give an example.

### **My Resource**

1. What are non- human resource. Give examples.
2. Mention the characteristics of resource.
3. Suggest six ways each for conserving water, electricity.
4. Name the various community resources available and discuss the ways of conserving them.
5. Explain the effect of knowledge, abilities , and attitude on work quality.
6. What are the characteristics of successful plan?
7. Explain the process of decision making with an appropriate example.
8. Evaluation is a very essential tool of management. Justify your answer with few points.
9. What is organizing in the process of management.
10. Define planning.

### **My Apparel**

1. Name the fibre suitable for towels.
2. Classify fibres on the basis of their chemical composition.
3. Differentiate between cultivated and wild silk.

4. What are blended fabrics? Name a blended fabric each suited for summer and winter?
5. Suggest a suitable way by which the inflammability of terylene can be reduced.
6. Discuss the physical, thermal, chemical, and biological properties of silk.
7. What are fancy yarns?
8. What is meant by warp and filling in weaving?
9. Give a brief account of satin weave .
10. What are knitted and felt fabrics? Explain in brief.
11. Describe the mechanical spinning method.