

**INTERNATIONAL INDIAN SCHOOL – DAMMAM**  
**FIRST TERMINAL EXAM WORKSHEETS**  
**HOME SCIENCE** **CLASS XII**

**Unit I – Know Little Children**

1. Explain the principles of growth & development.
2. What are the essentials in learning motor skill ?
3. Trace the social development of children from 0 to 3 years.
4. Trace the motor development of children from 0 to 3 years.
5. Trace the emotional development of children from 0 to 3 years.
6. Trace the cognitive development of children from 0 to 3 years.
7. Trace the language development of children from 0 to 3 years.
8. Compare the care given to a 1year old child by grand parents & siblings. Which one is better & why?
9. What are the objectives of ICDS.
10. List the facilities a good crèche should have.

**Unit II – Nutrition for self & family**

1. Discuss the importance of planning meals for the family.
2. What are the different dietary modifications.
3. Mention the points to be kept in mind while planning meals for diarrhoea patients.
4. Make a meal plan for a fever patient. Explain why the different nutrients are needed in excess.
5. Compare the RDA of iron, calcium & protein for a pregnant & lactating mother with that of a normal woman. Why are these nutrients needed in excess. Name the food items from which they can get the additional requirement.
6. What is weaning? What considerations should be kept in mind while weaning?
7. What are the qualities of safe drinking water ?
8. How do electric filter help to purify water ?

9. What is ORS. Write the WHO formula for its preparation.
10. Mention the functions of water in the human body.

### **Unit III – Money Management & Consumer Education**

1. What are the different components of family income ?
2. Mention the ways by which family income can be supplemented.
3. What are advantages of maintaining household record ?
4. What are the advantages of investing in LIC ?
5. What are the different post office schemes ?
6. Compare saving in Savings Bank Account to Recurring Bank Account.
7. Give an account of the different malpractices adopted by shopkeepers for under weighing the commodities sold.
8. List any 6 rights a consumer has.
9. What are the advantages of consumer education ?
10. Quote few examples of misleading advertisements.

### **Unit IV – My Apparel**

1. What are the secondary functions of clothing.
2. What points will you keep in mind while selecting clothes for yourself.
3. Explain the meaning of balance & emphasis in a dress.
4. How do clothing enhance your personality?
5. What sort of clothing is suitable for a travelling salesman ?
6. Discuss the suitability of purchasing fabrics from different stores.
7. What are the disadvantages of buying clothes by Mail Order.
8. Discuss the importance of fabric construction giving suitable examples.
9. List two desirable & two undesirable qualities of cotton.
10. Differentiate between wholesale & retail stores.