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නව නිර්දේශය/புதிய பாடத்திட்டம்/New Syllabus

NEW

85 E I, II

අධ්‍යයන පොදු සහතික පත්‍ර (සාමාන්‍ය පෙළ) විභාගය, 2016 දෙසැම්බර්
கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2016 டிசெம்பர்
General Certificate of Education (Ord. Level) Examination, December 2016

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

පැය තුනයි
மூன்று மணித்தியாலம்
Three hours

Home Economics I

Note :

- Answer all questions.
- In each of the questions 1 to 40, pick one of the alternatives (1), (2), (3), (4) which you consider as 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.

- Two molecules of glucose combine to form
(1) maltose. (2) sucrose. (3) lactose. (4) amylose.
- Two carbohydrates present in fruits are
(1) sucrose and maltose. (2) fructose and glucose.
(3) glucose and maltose. (4) fructose and galactose.
- The carbohydrate mainly presents in fibre containing foods is,
(1) cellulose. (2) starch. (3) pectin. (4) dextrin.
- Two nutrients rich in cereals are
(1) starch and vitamin B₁. (2) iron and vitamin E.
(3) calcium and vitamin A. (4) starch and vitamin K.
- A fruit containing fats is
(1) beli. (2) orange. (3) wood apple. (4) avocado.
- Two saturated fatty acids are
(1) myristic acid and arachidonic acid.
(2) butyric acid and oleic acid.
(3) linoleic acid and linolenic acid.
(4) palmitic acid and stearic acid.
- The chemical name of vitamin B₃ is
(1) nicotinic acid.
(2) ascorbic acid.
(3) pantothenic acid.
(4) folic acid.
- A vitamin which is excreted with urine is
(1) vitamin A. (2) vitamin C. (3) vitamin D. (4) vitamin E.
- Two nutritional deficiencies causing anaemia are
(1) iron and vitamin K. (2) iron and calcium.
(3) iron and folic acid. (4) iron and iodine.
- Following are some functions performed by the nutrient 'X'.
● Supplying energy. ● Providing immunity.
● Needed for hormone synthesis. ● Needed for blood formation.
'X' is
(1) carbohydrate. (2) fats. (3) vitamin A. (4) protein.

11. Which is the most nutritious breakfast from the following?
(1) string hoppers, fish curry, pol mallung, a banana
(2) bread, butter, jam, piece of papaw
(3) pittu, kirihodi, lunumiris, piece of mango
(4) hoppers, soyameat curry, seenisambol, a guava
12. Which of the following is **not** a protein supplementary food?
(1) Mung kiribath (2) Thosei (3) Mung kevum (4) Helapa
13. The correct sequence that should be followed in preparing foods is
(1) cleaning, cutting, washing, adding spices and cooking.
(2) cutting, cleaning, washing, adding spices and cooking.
(3) washing, cleaning, cutting, adding spices and cooking.
(4) cleaning, washing, cutting, adding spices and cooking.
14. In which of the following instances gelatinization occurs?
(1) In baking cakes (2) In boiling sweet potatoes
(3) In toasting a slice of bread (4) In stewing fish
15. Which of the following is a digestive action occurring in the duodenum?
(1) Protein \longrightarrow Peptones
(2) Sucrose \longrightarrow Glucose and fructose
(3) Dipeptides \longrightarrow Amino acids
(4) Starch \longrightarrow Maltose
16. Which of the following groups consists of only carbohydrate digestive enzymes?
(1) Salivary Amylase, Lipase (2) Maltase, Sucrase
(3) Lactase, Lipase (4) Sucrase, Peptidase
17. A substrate most favourable for the growth of bacteria is
(1) oil. (2) milk. (3) water. (4) fruit juice.
18. There is a rapid physical development during adolescence. The normal age range for the growth spurt of an adolescent boy is
(1) 10-12 years. (2) 12-14 years. (3) 14-16 years. (4) 16-18 years.
19. The hormone testosterone is secreted by the
(1) pituitary gland. (2) adrenal gland. (3) testes. (4) prostate glands.
20. A mature ovum is fertilized in the
(1) fallopian tube close to the ovaries. (2) fallopian tube close to the uterus.
(3) middle part of the fallopian tube. (4) uterus.
21. Following are some statements quoted from a note written by a student related to prenatal development. Select the correct statement from them.
(1) The period from 0-3 months is termed as the stage of embryo.
(2) The division of cells of the fertilized ovum occurs after implantation.
(3) The prenatal period is 40 weeks.
(4) The maternal weight gain during prenatal period is high in the first three months.
22. A risk factor of pregnancy is
(1) nausea. (2) constipation. (3) diabetes. (4) swelling of feet.
23. A test/ measurement done in an antenatal clinic only on the first visit is
(1) maternal weight. (2) maternal height. (3) blood pressure. (4) urine.
24. In Sri Lanka a low birth weight is identified as a birth-weight
(1) less than 1.5 kg at birth. (2) less than 2.0 kg at birth.
(3) less than 2.5 kg at birth. (4) less than 3.0 kg at birth.

25. Neonate is identified as an infant
- (1) during the first two days from birth.
 - (2) during the first two weeks from birth.
 - (3) during the first four weeks from birth.
 - (4) during the first two months from birth.
26. When weaning an infant at six months, the first food given should be
- (1) fruit juice.
 - (2) rice conjee.
 - (3) vegetable soup.
 - (4) Thripasha.
27. According to the National Immunization Schedule, the vaccine given to the infant at the completion of 9th month is
- (1) oral polio vaccine.
 - (2) Japanese Encephalitis (JE) vaccine.
 - (3) measles vaccine.
 - (4) BCG vaccine.
28. When sewing an open flat seam
- (1) turn the two pieces of the seam to a side and a finish should be given.
 - (2) turn the two pieces to either side of the seam and a finish should be given.
 - (3) should trim half of one side of the seam and fold the other side over it and sew.
 - (4) should turn the two pieces of fabric to the other side and sew so as to cover the seam.
29. The stitch sewn by twisting the thread a few times around the needle, pulling and placing it at the required position is
- (1) Bullion stitch.
 - (2) Long and Short stitch.
 - (3) French knots.
 - (4) Satin stitch.
30. From the following, which is the correct statement regarding cotton fibres?
- (1) Evolves a smell of burning hair, when burning.
 - (2) Is the longest natural fibre.
 - (3) Absorbs water readily.
 - (4) Low temperature should be used when ironing.
31. A polyamide fibre belonging to the group of synthetic fibres is
- (1) Terrylene.
 - (2) Orlon.
 - (3) Rayon.
 - (4) Nylon.
32. Two tools needed in the construction of accessories are
- (1) measuring tape and embroidery frame.
 - (2) sewing machine and brown papers.
 - (3) tracing wheel and cord.
 - (4) tailor's chalk and buttons.
33. Given below are some steps followed by students in constructing garments. Which is the correct step from the following?
- (1) showing the construction lines and sewing lines (wheel lines) of the block in the same colour.
 - (2) placing the grain line of the block parallel to the selvedge of the fabric.
 - (3) laying the small pieces of the block on the fabric first and then the larger pieces.
 - (4) cutting and separating the pieces, after laying the block on the fabric and marking wheel lines.
34. The correct sequence of sewing the bodice of the child's frock is
- (1) sewing the shoulder, opening, darts, side seam and neckline.
 - (2) sewing the darts, shoulder, opening, neckline and side seam.
 - (3) sewing the shoulder, neckline, opening, side seam and darts.
 - (4) sewing the darts, opening, shoulder, side seam and neckline.
35. Following are some statements taken from a student's note regarding a child's frock. What is the correct one from them?
- (1) Decorating the front by embroidering should be done after finishing the bodice.
 - (2) Hooks and eyes are more suitable to fasten the opening.
 - (3) A good shaped neckline could be obtained by using a fitted facing.
 - (4) In sewing the opening, the left side should come over the right.
36. Following are a few features seen in some houses. Which is the **irrelevant** one from them?
- (1) Having ventilation holes above the windows
 - (2) Placing bathroom and lavatory adjoining the bedroom
 - (3) Having two doors for the kitchen
 - (4) Using transparent glass for the windows of a bed room

37. An element of art is
(1) balance. (2) harmony. (3) texture. (4) emphasis.
38. From the following, the group of cool colours is
(1) green and blue. (2) yellow and green.
(3) purple and yellow. (4) blue and orange.
39. An instance of showing rhythm which is a principle of design is
(1) the stairway of a house.
(2) the bulb fixed to the centre of the ceiling.
(3) the flower arrangement at the centre of the dining table.
(4) different accessories placed in the drawing room.
40. An advantage of living in an extended family is
(1) ease of decision making.
(2) secure in privacy.
(3) proper division of labour.
(4) ease of financial management.



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Department of Examinations, Sri Lanka.

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සියලු ම හිමිකම් ඇවිරිණි] முழுப் பதிப்புரிமையுடையது [All Rights Reserved]

නව කීර්දේශයාප්තිය பாடத்திட்டம்/New Syllabus

இலங்கைப் பரீட்சைத் திணைக்களம்
 Department of Examinations, Sri Lanka

අධ්‍යයන පොදු සහතික පත්‍ර (සාමාන්‍ය පෙළ) විභාගය, 2016 දෙසැම්බර්
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 General Certificate of Education (Ord. Level) Examination, December 2016

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

Home Economics II

Note :

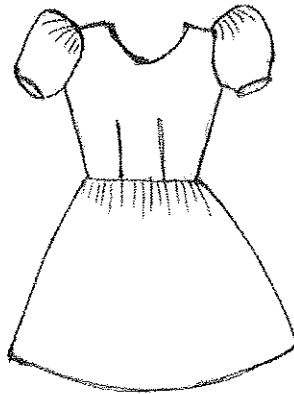
* Answer five questions only, selecting the first question and four others.

1. Study the following case and answer the given questions in brief.

There is a family which consists of mother, father, a daughter and a son both in the adolescent age. They have a good family life. The father is doing a job while the mother attends to household work. The thriftiness is seen among the members of the family. They pay special attention to their food consumption pattern. The mother takes an interest to attend to the needs of the husband and children.

- Mention **two** points that the mother considers in preparing food for the family.
- Mention **two** special nutritional needs of the adolescent boy.
- Mention **two** points to be considered in preparing lunch to be taken to work for the husband.
- Mention **four** good food habits followed by these children.
- What are the reasons that may affect this family to have a pleasant living environment?
- Give **two** points that attention should be paid in selecting fabric for window curtains of a bedroom of their house.
- Draw a design suitable for a cushion cover of a round shaped cushion kept in their drawing room.
- Mention **two** methods of finishing the edge of this cushion cover using cross bands.
- Write **two** specific characteristics of physical development in the adolescent children.
- Mention **two** steps taken by the mother in providing security for adolescent girl.

2. A frock constructed for a child of early childhood is shown in the diagram below.



- Mention **three** methods that could be used in decorating this child's frock.
- Write the steps to be followed in preparing the skirt to be attached to the bodice of the frock.
- A Puff sleeve pattern with gathers only at the top, is shown in the above frock. Show, with the help of diagrams, the steps to be followed in constructing the block of this sleeve pattern.

[see page six

3. (i) Mention **three** points that should be followed when storing food in the refrigerator.
- (ii) Given below are three problems faced by students in some of the practicals related to food and nutrition. Give reasons for each of them.
- Cracking of cutlets when frying
 - Browning of banana pieces in the fruit salad
 - Milk toffees not being hardened
- (iii) Salmon sandwiches and mango drink were prepared for a child to be taken to school.
- (a) List out the facts in the given table regarding salmon sandwiches.

Food Items in meal	Macro Nutrient	Elements present in the composition	The end products of digestion
● Bread			Glucose
● Salmon		C, H, O, N	
● Butter	Fat		

- (b) Write the importance of including mango juice in the above meal.

4. (i) State the differences between animal fats and plant fats.
- (ii) Mention **three** functions performed by fats in the body.
- (iii) Name **two** food items preserved using vinegar. Show the steps followed in preparing one of them using a flow chart.
5. (i) State **three** advantages of management of household resources.
- (ii) In a household budget, sources of income, expenditure and savings are included. Give **two** examples for each of them.
- (iii) Explain how a room could be decorated using the adjacent colours blue, blue green and green.
6. (i) Mention **three** signs of pregnancy.
- (ii) Write **three** motor skills shown by infants of age 6-12 months.
- (iii) Write notes on the following.
- Ovulation.
 - Endometrium.
7. (i) Name **three** sexually transmitted infections.
- (ii) Write **three** features of mental development in adolescents.
- (iii) "Peer group is important in the development of an adolescent." Give **four** points to justify this statement.

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