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85 E I, II

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 கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2015 டிசெம்பர்
 General Certificate of Education (Ord. Level) Examination, December 2015

ගෘහ 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.

- From the following, which is the complete protein?
 (1) Caesin. (2) Legumin. (3) Gluten. (4) Gelatin.
- A nutrient which is not stored in the body is
 (1) Carbohydrate. (2) Fat. (3) Protein. (4) Iron.
- Following are some functions performed by major nutrients in the body.
 A - aids in the development of the body.
 B - protects the internal organs of the body.
 C - develops the immunity of the body.
 D - maintains the temperature of the body.
 From these, the functions performed by fats are,
 (1) A and B. (2) A and C. (3) B and D. (4) C and D.
- 100 grams of carbohydrates, 40 grams of protein and some fat were included in a breakfast. The total energy supplied by this meal is 650 kilocalories. The amount of fat included in this meal was
 (1) 5 grams. (2) 10 grams. (3) 15 grams. (4) 20 grams.
- A nutrient which contributes for a healthy skin and its proper maintenance is
 (1) Vitamin A. (2) Vitamin D. (3) Calcium. (4) Iodine.
- A symptom shown in the deficiency of calcium, phosphorus and vitamin D is
 (1) paleness. (2) fall of hair. (3) oedema. (4) bowed legs.
- Two vitamins that could be synthesised in the body are
 (1) vitamin A and B₁. (2) vitamin E and B₃. (3) vitamin D and K. (4) vitamin C and B₂.
- A disease caused by the deficiency of folic acid is
 (1) goitre. (2) anaemia. (3) night blindness. (4) scurvy.
- The food groups at the base of the food pyramid are rich in the nutrients
 (1) carbohydrates, protein and vitamin B₁. (2) carbohydrates, protein and vitamin C.
 (3) carbohydrates, iron and vitamin B₂. (4) carbohydrates, fats and vitamin B₃.
- A food source containing iodine is
 (1) potatoes. (2) fish. (3) peanuts. (4) cheese.
- A food source having protein of high quality and quantity is
 (1) milk. (2) soya. (3) eggs. (4) meat.

12. A cause for anaemia is
 (1) consuming less food. (2) overweightness.
 (3) having intestinal parasites. (4) engaging in excessive physical work.
13. 'X' is a meal which provides iron and vitamin C other than the three major nutrients. Which of the following could be 'X'?
 (1) rice, potato curry, kankun fried, salmon curry, cabbage mallung.
 (2) rice, breadfruit curry, fish curry, beans tempered, gotukola sambol.
 (3) rice, jak curry, ladies' fingers tempered, dried fish fried, katurumurunga mallung.
 (4) rice, pumpkin curry, soya meat tempered, capsicum curry, cucumber salad.
14. Given below are some facts regarding food preservation.
 • decrease of pH value
 • exosmosis
 • application of heat
 • increase of concentration
 Which of the following foods involved all the above facts in its preservation?
 (1) Dried fish (2) Potato toffee (3) Wood apple jam (4) Fish ambulthiyal
15. When preparing pancakes, the heat transference is mainly by
 (1) conduction. (2) convection. (3) radiation. (4) conduction and radiation.
16. Of the following foods, which is **not** prepared from a dough?
 (1) chapati (2) pittu (3) string hoppers (4) roti
17. When preparing a fruit salad
 (1) fruits like apple and plantain should be added finally.
 (2) aluminium or glass bowl could be used.
 (3) sugar should be added and mixed thoroughly.
 (4) any kind of fruit could be used.
18. The period of ovum in prenatal development ends in
 (1) the ovary. (2) the fallopian tube. (3) the cervix. (4) the uterus.
19. A nutrient which is important for the development of nerve tissues of the foetus is
 (1) iodine. (2) calcium. (3) vitamin C. (4) folic acid.
20. A disease condition identified by the tests performed in the antenatal clinic is
 (1) constipation. (2) diarrhoea. (3) hypertension. (4) kidney diseases.
21. A disease prevented by the MMR vaccine is
 (1) whooping cough. (2) mumps. (3) diphtheria. (4) tetanus.
22. Two periods which show a rapid growth during the life cycle are
 (1) early childhood and adolescence. (2) infancy and late childhood.
 (3) early childhood and late childhood. (4) infancy and adolescence.
23. Following are features of some toys.
 A - light in weight. large.
 B - can be assembled.
 C - inflated.
 D - are in different colours.
 From these, the features of toys suitable for infants are
 (1) A and B. (2) B and D. (3) A, C and D. (4) B, C and D.
24. The condition that shows, the repetition of the behaviour showed by a child at an early age is
 (1) temper-tantrums. (2) imitation. (3) regression. (4) adaptation.
25. Two activities most suitable for the development of eye-hand coordination of children in an early childhood development centre are
 (1) swinging and pasting coloured paper bits within an outline.
 (2) sorting flowers and picking leaves.
 (3) finger painting and pasting pictures.
 (4) colouring a figure and filling a bottle with water.

26. The measure to be taken when a child of three years shows temper-tantrums is
 (1) drawing the attention to some other thing. (2) pampering and consoling.
 (3) ignoring the situation. (4) giving punishment.
27. A feature that is **not** seen among adolescents is
 (1) selfishness. (2) hero-worshipping. (3) frustration. (4) seeking independence.
28. According to the classification of fibres, rayon fibre belongs to
 (1) the group of synthetic fibres. (2) the group of mineral fibres.
 (3) the group of semi-synthetic fibres. (4) the group of plant fibres.
29. Which of the following sewing methods starts with a back-stitch?
 (1) Hemming (2) Running stitch
 (3) Tacking (4) Blanket stitch
30. Two decorative stitches showing a similarity in the stitch are
 (1) chain stitch and lazy Daisy stitch. (2) stem stitch and cross stitch.
 (3) lazy Daisy stitch and stem stitch. (4) cross stitch and chain stitch.
31. Coloured pieces of fabric were sewn in making a motif to beautify a cushion cover. This process is termed as
 (1) quilting. (2) embossing. (3) embroidering. (4) applique.
32. Following are some sentences taken from a note written by a student regarding stitching seams.
 A - Keep the wrong sides of the two fabric pieces facing each other and join them.
 B - Keep the right sides of the two fabric pieces facing each other and join them.
 C - Trim half of one piece of the seam and stitch the hem.
 D - Fold the two fabric pieces over the seam and sew, so that the first seam is not visible.
 The sentences related to French seam are
 (1) A and C. (2) A and D. (3) B and C. (4) B and D.
33. In finishing a vertical buttonhole
 (1) only the buttonhole stitch is used. (2) only the blanket stitch is used.
 (3) buttonhole stitch and back stitch are used. (4) blanket stitch and buttonhole stitch are used.
34. Given below are some steps regarding cutting and sewing a baby shirt. An **incorrect** step out of them is
 (1) washing the fabric for preshrinking.
 (2) keeping the block along the grain line of the fabric.
 (3) placing the carbon paper in between the fabric and the block and marking wheel lines.
 (4) stitch the shoulder and then stitch the opening, neckline and armholes.
35. In constructing accessories
 A - press studs could be used to fasten the opening.
 B - only the techniques of sewing are used.
 C - the beauty is enhanced by the use of surface decorative methods.
 D - the finish of both right and wrong sides should be considered.
 The correct statements from these are
 (1) A, C and D. (2) A and B. (3) B and D. (4) C and D.
36. Given below are some statements taken from a note written by a student regarding 'Family'.
 A - Mother, father and children live in a nuclear family as well as in a family of starting stage.
 B - Apart from mother and father relatives also live in a family of developing stage.
 C - Mother and father or either of them live in a family of contracting stage.
 D - Mother, father, children and relatives live in an extended family.
 The correct sentences from the above are
 (1) A, B and C. (2) B, C and D. (3) B and C. (4) C and D.
37. Placement of rooms is very important in the organisation of a house. According to this, which is the **irrelevant** placement?
 (1) dining room - living room (2) living room - bed room
 (3) bed room - bathroom and toilet (4) dining room -kitchen

38. Which of the following furniture shows 'flexibility'?
- | | |
|-------------------------------|---------------------------------|
| (1) Almirah with a mirror | (2) Foldable chair |
| (3) Sofa with extendable arms | (4) Bed with drawers underneath |
39. The objective of placing ventilation holes above the doors and windows of a room is
- | | |
|--------------------------------|----------------------------|
| (1) for the entry of cool air. | (2) to expel the hot air. |
| (3) to expel the cool air. | (4) for cross ventilation. |
40. In which of the following groups are the resources money, property and time included?
- | |
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| (1) Physical resources and non physical resources. |
| (2) Human resources and physical resources. |
| (3) Physical resources. |
| (4) Human resources and non physical resources. |

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 மனைப் பொருளியல் I, II
 Home Economics I, II

Home Economics II

Note :

* Answer five (05) questions only, selecting the first question and four others.

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

Food security, food consumption pattern, housing problem, child security and dress trends are some of the current issues which have drawn the special attention in the society. These issues are related to the subject areas in Home Economics. Students in groups study the above issues through projects. From these, they gain competencies required to make proper decisions regarding the above issues.

- (i) Write **two** factors which hinder the quality characteristics of food during storage.
 - (ii) Food safety could be achieved by proper packaging. State **four** materials that are used for packaging.
 - (iii) Mention **two** reasons why instant food are **not** suitable for consumption.
 - (iv) Write **two** harmful effects of skipping breakfast among school children.
 - (v) Write **two** factors that should be considered in designing dress patterns.
 - (vi) Mention **four** points which affect the proper finish of a garment.
 - (vii) Write **two** points that should be considered in organizing an early childhood development centre for safeguarding children from accidents.
 - (viii) State **two** steps that should be taken by parents regarding inculcating good habits in children of early childhood.
 - (ix) Mention **two** points that should be considered in selecting a land for planning a house.
 - (x) Housing problem is severe in urban areas. Write **two** measures that have been taken at national level to minimize this problem.
2. (i) (a) Write **three** points that should be considered in constructing an infant garment (Baby shirt).
 (b) Draw a suitable block pattern for a baby shirt.
 - (ii) Name **two** methods used in finishing the edge of a wall hanger decoratively. Explain **one** of those methods.
3. (i) Name **three** methods of cooking under wet heat. Explain **one** of the methods through an example.
 - (ii) Identify the following:
 - (a) Marinating
 - (b) Fermentation
 in preparing food.
 - (iii) Food pyramid, Table of recommended dietary allowances and Food tables are tools used in planning meals. Explain the importance of **two** of them in planning meals.

4. (i) Name **three** polysaccharides and write a food item for each of them.
- (ii) The following changes have taken place in milk and bread which were kept for consumption.
- Sour taste in milk
 - Black colour on bread slices
- Give the cause for each of them.
- (iii) Plan a menu of a breakfast for a pregnant mother. Give reasons for including each food in this meal.
5. (i) Mention **three** steps that should be taken in conserving water at house-hold level.
- (ii) Draw a floor plan to scale, for a bedroom taking the following criteria into consideration.
- Size of the room - 12' × 10'
 - A three piece window in the 10 ft wall
 - The door in the 12 ft wall
- (iii) Discuss how the compound (garden) could be properly organized in home decoration.
6. (i) In an antenatal clinic a pregnant mother is subjected to a blood test. Mention **three** facts identified by this test.
- (ii) "Rapid social development is seen during adolescence." Comment.
- (iii) (a) Mention **two** behavioural problems shown among children of early childhood.
(b) Discuss the causes and remedial measures to overcome **one** of them.
7. (i) Write notes on
- (a) Fertilization
 - (b) Implantation
- in prenatal development.
- (ii) Activities are planned to develop mathematical concepts of children in an early childhood development centre. Explain an activity which is used to develop **one** of the mathematical concepts.
- (iii) Discuss the secondary sexual characteristics of adolescence.

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