

CSM – 36/16
Home Science
Paper – I

Time : 3 hours

Full Marks : 300

The figures in the right-hand margin indicate marks.

*Candidates should attempt Q. No. 1 from Section – A and Q. No. 5 from Section – B which are compulsory and **three** of the remaining questions, selecting at least **one** from each Section.*

SECTION – A

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1. Answer any **three** parts of the following :
 - (a) Fruits and vegetables are protective foods. Explain its importance in health. How they should be handled to conserve those health factors ? 20
 - (b) What is an omega fatty acid ? Give its sources and its vital role in health. 20
 - (c) What is the present nutrition situation in India ? How is it managed by the Govt. ? 20

- (d) What are the causes of hypertension ?
Explain its complications, dietary counsel
and give a day's diet. 20
2. What are the major causes for food contamination
and toxicity ? How is it being controlled in our
country? **Techofworld.In** 60
3. Recently vitamin D has been implicated in
preventing non-communicable diseases explain
its importance in health. 60
4. Regular or excessive intake of simple
carbohydrates, fried foods and salted preserved
foods can be harmful to health. Explain, in detail,
why. 60

SECTION – B

5. Answer any **three** parts of the following :
- (a) Explain how nature and nurture both influence
the development of an individual. 20
- (b) Describe the stages of intellectual
development from infancy and the role of
stimulation. 20

- (c) What are the causes of cerebral palsy ? How do such individuals perform ? Write on the support and training they require. 20
- (d) Write on emotional problems in adolescence and what society can do to help them. 20
6. Family ties are weaker in contemporary families, explain the factors affecting family bondage and how it can be strengthened in current perspective.

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7. Personality development begins at home-why ? How can family help in the shaping of a child's personality till he reaches adulthood ? 60
8. What is special education ? Explain the recent development in training and support rendered to the sensory impaired to make them self reliant. 60



