

අධ්‍යයන පොදු සහතික පත්‍ර (සාමාන්‍ය පෙළ) විභාගය, 2021(2022)
 கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2021(2022)
 General Certificate of Education (Ord. Level) Examination, 2021(2022)

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

පැය තුනයි
 மூன்று மணித்தியாலம்
 Three hours

අමතර කියවීමේ කාලය - මිනිත්තු 10 යි
 மேலதிக வாசிப்பு நேரம் - 10 நிமிடங்கள்
 Additional Reading Time - 10 minutes

Use additional reading time to go through the question paper, select the questions you will answer and decide which of them you will prioritise.

Home Economics I

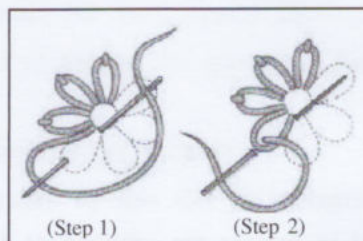
Instructions:

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

1. Which of the following carbohydrate is present only in milk and milk products?
 (1) Maltose (2) Sucrose (3) Lactose (4) Fructose
2. A food item that contains legumin is
 (1) wheat. (2) milk. (3) corn. (4) beans.
3. Which of the following is a micro mineral?
 (1) Calcium (2) Sulphur (3) Iodine (4) Magnesium
4. If a food contains 30g of protein, the amount of energy it provides is
 (1) 120 kcal. (2) 150 kcal. (3) 180 kcal. (4) 210 kcal.
5. A polyunsaturated fatty acid present in fish is
 (1) Palmitic acid. (2) Omega-3 fatty acid.
 (3) Stearic acid. (4) Omega-6 fatty acid.
6. The characteristics of a vitamin are given below.
 - Helps to maintain skin and hair properly.
 - It is abundant in yellow fruits and green leafy vegetables.
 - Blindness could occur in severe deficiency.
 The above vitamin is
 (1) Vitamin A. (2) Vitamin C. (3) Vitamin D. (4) Vitamin E.
7. The food item 'A' contains protein, carbohydrate, iron, vitamin A and D. 'A' could be
 (1) milk. (2) fish. (3) liver. (4) eggs.
8. The protein digestive enzyme in the small intestine is
 (1) peptidase. (2) renin. (3) pepsin. (4) trypsin.
9. In which of the following organs does the lipid digestion begins?
 (1) Duodenum (2) Mouth (3) Stomach (4) Small intestine
10. The food items at the top of the food pyramid are
 (1) meat and milk. (2) sugar and meat. (3) milk and oils. (4) oils and sugar.

11. Within which temperature range the vegetables should be stored in a refrigerator?
(1) $-18^{\circ}\text{C} - 0^{\circ}\text{C}$ (2) $0^{\circ}\text{C} - 4^{\circ}\text{C}$ (3) $4^{\circ}\text{C} - 8^{\circ}\text{C}$ (4) $7^{\circ}\text{C} - 10^{\circ}\text{C}$
12. Wheat flour is the most suitable for making doughs because it contains
(1) cellulose. (2) hemicellulose. (3) starch. (4) gluten.
13. Following are a few statements regarding transmission of heat.
A – The transmission of heat in a substance due to the movement of particles within it is termed as conduction.
B – The transmission of heat in the presence or absence of a medium is termed as convection.
C – The transmission of heat by the emission of heat rays from an oven is termed as radiation.
From these, the correct statement/s is/are
(1) A only. (2) B only. (3) C only. (4) A and C only.
14. A deficiency disease that could be caused due to the hormonal imbalance following menopause is
(1) vitamin A deficiency. (2) calcium deficiency.
(3) iron deficiency. (4) iodine deficiency.
15. The Body Mass Index (BMI) of a normal healthy individual could be
(1) 18. (2) 22. (3) 26. (4) 29.
16. By adding vinegar during preservation
(1) pH value of the food is decreased. (2) water activity of the food is increased.
(3) concentration of the food is decreased. (4) pH value of the food is increased.
17. During irradiation
(1) only the pathogenic micro-organisms are destroyed.
(2) microbial activity is stopped.
(3) microbial growth is hindered.
(4) All the micro-organisms are destroyed.
18. From the following, what is the correct statement regarding the functions of the male and female reproductive systems?
(1) Production of sperms starts with the maturity of the testis of the male child.
(2) The growth of the endometrium of the uterine wall is the reason for menstruation in female child.
(3) In the male child, the production of sperms continues from the onset of ejaculation until 45-50 years of age.
(4) Production of ova in female child starts with the onset of puberty.
19. In Sri Lanka, it is considered as a low birth weight, when the birth weight is below
(1) 2.5kg. (2) 2.7kg. (3) 3.0kg. (4) 3.3kg.
20. What is the correct statement regarding a neonate?
(1) Shows a reluctance to suck breast milk.
(2) There is a loss of birth weight during the first month.
(3) Closes the eyes when exposed to light.
(4) The sensitivity to smell is very less.
21. From the following, what is the correct statement regarding the National Immunization Programme given to children?
(1) The first vaccine given is BCG.
(2) Polio vaccine is included in the pentavalent vaccine.
(3) MMR vaccine is given only to the girls.
(4) The immunization programme ends up when the child completes two years.

22. A skill shown by a child of 2-4 months is
 (1) turning head towards noises. (2) smiling, recognizing the mother.
 (3) holding with palms. (4) smiling with the mirror image.
23. A step that should be taken when introducing solid foods to an infant is
 (1) to give milk feeds only for the morning and night.
 (2) to add salt and sugar in small amounts gradually.
 (3) to introduce one food item daily.
 (4) to be alert regarding allergies.
24. Which of the following is correct regarding the emotions of adolescents?
 (1) Unpleasant emotions are shown than pleasant emotions.
 (2) Instant responses are shown often.
 (3) Getting rid of temper-tantrums completely.
 (4) More ability to understand emotions.
25. A characteristic that is normally **not shown** by an adolescent is
 (1) heterosexuality. (2) calcification of bones.
 (3) self centerdness (4) reasoning ability.
26. What is the correct statement from the following?
 (1) The developmental rate of boys at every age limit is greater than that of girls.
 (2) Maturity results in the changes of behaviours in adolescents.
 (3) It is harmful to let adolescents to daydream.
 (4) The adolescent come to conclusions only from practical experiences.
27. The adolescents show the liking to be independent by
 (1) associating with the peer groups. (2) participating in sports.
 (3) disobeying parental ideas. (4) respecting moral values.
28. The stitch shown in this diagram is
 (1) bullion stitch.
 (2) lazy daisy stitch.
 (3) stem stitch.
 (4) chain stitch.



29. From the things that are used in garment construction, the ones identified as materials are
 (1) thimble, foot ruler and iron.
 (2) pair of scissors, embroidery frame and thimble.
 (3) polyphill, skeins and brown paper.
 (4) measuring tape, polyphill and glue.
30. Select the correct statement from the following.
 (1) In sewing the plain seam, the two folds of the seam are turned to the same side and a finish is given to the edges.
 (2) In sewing scallops, back stitch is used to enhance the beauty of the stitch.
 (3) Before stitching buttonholes, tacking should be done around the cut.
 (4) When taking straight measurements of a block, the measuring tape should be kept only horizontally.
31. From the following, which fiber contains cellulose?
 (1) Nylon (2) Terylene (3) Rayon (4) Orlon

32. Which is the most suitable baby shirt from the following?
- (1) The dress with gathered sleeves sewn in lawn.
 - (2) The dress with a collar sewn in voile.
 - (3) The dress with frills around armholes sewn in poplin.
 - (4) The dress with a round neckline sewn in malpiece.

33. What is the correct statement regarding Textile Technology?
- (1) After finishing the lapped seam, the stitch is not seen on the correct side of the fabric.
 - (2) When a cotton thread is broken, the two edges are seen as fine fibers.
 - (3) The stiffness of a fabric could be removed by ironing.
 - (4) Straight bands should be used in binding.

34. Following are some stitches used in constructing an infant garment.

A – Tacking and hemming stitch for the opening.

B – Hemming stitch and blanket stitch for the neckline.

C – Running stitch and needle weaving for the hem.

From these, only the basic stitches are used in

- (1) A only.
 - (2) B only.
 - (3) C only.
 - (4) A and B only.
35. Which of the following is the correct statement regarding construction of child's frock?
- (1) Second front across measurement is taken from 4 cm below the depth of the neckline.
 - (2) Equal sewing allowance should be kept for the shoulder, side seam and the neckline.
 - (3) Cutting should be done after placing the block on the fabric and marking wheel lines.
 - (4) Tailor's stitch should be used to finish the hem of the skirt.

36. What is the principle of design shown by the following diagram.

- (1) Formal balance
- (2) Rhythm
- (3) Emphasis
- (4) Informal balance.



37. Some furniture used in houses are grouped as follows. From these which response includes only the space saving furniture?

- (1) Wall almirah and sofa.
- (2) Diwan and folding bed.
- (3) Decker bed and wall almirah.
- (4) Sofa and folding table.

38. Which of the following is a warm colour?

- (1) Green
- (2) Blue
- (3) Yellow
- (4) White

39. From the following, what is the other colour included in an adjacent colour scheme in addition to blue and blue purple?

- (1) Red
- (2) Purple
- (3) Yellow orange
- (4) Yellow green

40. In a house plan, from the area of the room, the space that should be kept for door is

- (1) $\frac{1}{5}$ th.
- (2) $\frac{1}{7}$ th.
- (3) $\frac{1}{12}$ th.
- (4) $\frac{1}{15}$ th.

* *

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Home Economics	I, II

Home Economics II

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

* **First** question carries **20** marks and each of the other questions carries **10** marks.

1. Study the following case and write short answers to the given questions.

A middle class family lives in an urban area. Both the husband and wife are employed. Wife Lilani is pregnant. The busy husband often complains of constipation.

There are two children in this family. The son is studying in grade three and the daughter Nilushi is looked after in a day care centre. Lilani is very particular in keeping their house and home garden attractive.

- Mention **two** special nutritional requirements of Lilani.
 - Name a fruit to be taken by the elder child after lunch and write **two** nutrients supplied by the same.
 - Write **two** measures that could be taken by the husband to overcome constipation.
 - Name **two** items of food of which one is made of dough, for the evening tea on a holiday.
 - Write **two** measurements needed to construct the basic sleeve block for Nilushi.
 - Mention **two** methods that could be used to fasten the openings of cushion covers in their drawing room.
 - Write **two** minor ailments Lilani could face during pregnancy.
 - Mention **two** measures which should be taken by this day care centre regarding the security of children.
 - Name **two** community facilities available in the area they live.
 - Mention **four** steps that could be taken by Lilani so as to keep their home garden attractive.
2. (i) Write **three** points that should be considered when planning to construct accessories using fabric.
- (ii) Name **four** methods that could be used to decorate accessories. Describe **one** of them.
- (iii) Explain.
- Selection of fabric for the child's frock
 - Techniques of sewing used in constructing child's frock
3. (i) Define the term 'Nutrition'.
- (ii) Write **three** causes for anaemia .
- (iii) Plan a menu for a lunch for an adult woman suffering from anaemia. Give **two** reasons for your selection.

4. (i) Mention **three** points to be considered when selecting food items paying attention to their quality.
(ii) Write notes.
(a) Marinating
(b) Pressure cooking
(iii) Explain with **four** facts, the Buffet style which is used as a food serving method.
5. (i) Mention **three** facts that should be paid attention in selecting a land to build a house.
(ii) Write **three** facts to be considered when preparing a plan for division of labour for proper management of the day to day activities of a family.
(iii) Name **four** needs fulfilled by a family and explain **one** of them.
6. (i) Write **three** symptoms of pregnancy.
(ii) Explain how the physical maturity is important for parenthood.
(iii) Discuss **four** points that should be considered by a pregnant mother regarding the daily activities.
7. (i) What is 'puberty'? Write **two** characteristics shown by a child during this period.
(ii) Explain how heredity and environment affect the development of a child.
(iii) 'Awareness about the reproductive health is important' is the topic for a youth conference. Discuss **four** points that could be presented in the same.
