

9. Following are some statements regarding the nutritive value of a food item.

- Rich in fibre
- Contains iron
- A source of vitamin C

This food item is

- (1) carrot. (2) sweet potato. (3) guava. (4) gotukola.

10. What is the digestive action taking place in the duodenum?

- (1) Polysaccharides $\xrightarrow{\text{Amylase}}$ Disaccharides
- (2) Protein $\xrightarrow{\text{Pepsin}}$ Peptones
- (3) Dipeptides $\xrightarrow{\text{Peptidase}}$ Amino acids
- (4) Disaccharides $\xrightarrow{\text{Sucrase, lactase, maltase}}$ Monosaccharides

11. Select the **incorrect** statement regarding fat digestion.

- (1) The enzyme lipase is needed for fat digestion.
- (2) Bile acts in the emulsification of fats.
- (3) Bile is synthesised in the gall bladder.
- (4) Fat digestion ends up in the small intestine.

12. Select the correct statement regarding the Table of Recommended Dietary Allowances.

- (1) Calcium requirement is stated in grams.
- (2) Energy requirement is the same in pregnant and lactating periods.
- (3) Protein requirement is decreased in old age.
- (4) Vitamin A requirement of male and female adolescents is the same.

13. Which of the following methods of cooking involves the lowest temperature?

- (1) Steaming (2) Stewing
- (3) Boiling (4) Pan roasting

14. When laying the table in the western style, the cutlery placed on the left side of the plate is/are

- (1) only the fork. (2) only the spoon and knife.
- (3) only the knife. (4) only the spoon and fork.

15. The cause for anaemia is due to the deficiency of

- (1) calcium and vitamin A. (2) folic acid and vitamin C.
- (3) zinc and vitamin K. (4) iron and vitamin E.

16. Following are some symptoms of a deficiency disease.

- More prone to infections
- Lethargy
- Oedema of the abdomen and limbs

This deficiency disease could be

- (1) pellagra. (2) goitre. (3) marasmus. (4) kwashiorkor.

17. An example for the food spoilage due to a biological cause is

- (1) oil becoming rancid due to improper storage.
- (2) the upper surface of a bread slice turning black due to several days of exposure.
- (3) the cut surfaces of an apple turning brown.
- (4) a mature mango turning yellow due to ripening.

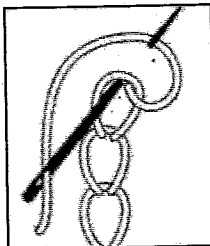
18. Select the correct statement regarding the preparation of the preserved food, tomato chutney.
- (1) The preserving agents used are sugar and salt.
 - (2) Addition of sugar inhibits the growth of microorganisms.
 - (3) Addition of salt decreases the pH of the food.
 - (4) Packaging is done just after the preparation.
19. A common secondary sex characteristic during adolescence is
- (1) softening of voice.
 - (2) growth of muscles.
 - (3) increase of height and weight.
 - (4) broadening of shoulders.
20. Select the **incorrect** statement regarding the development during adolescence.
- (1) Tends to take decisions considering the results.
 - (2) Tries to be prominent among others.
 - (3) Limbs grow faster in relation to the body.
 - (4) female and male children attain puberty at the same age.
21. When the overall development during adolescence is considered, an unstable and a drawback nature is observed in the
- (1) physical development.
 - (2) social development.
 - (3) intellectual development.
 - (4) emotional development.
22. What is the incurable disease from the following sexually transmitted diseases?
- (1) Syphilis
 - (2) AIDS
 - (3) Gonorrhoea
 - (4) Chlamydia
23. What is the correct fact regarding the female reproductive system?
- (1) The mature ova are kept stored in the ovaries.
 - (2) Once in 28 days, an ovary releases a mature ovum.
 - (3) The production of oestrogen and progesterone starts as the ovaries are formed.
 - (4) The zygote formed after fertilization gets implanted in the uterus.
24. A nutrient given to a pregnant mother at an antenatal clinic is
- (1) vitamin A.
 - (2) vitamin C.
 - (3) vitamin D.
 - (4) vitamin E.
25. A testing done in an antenatal clinic only once during a pregnancy is the
- (1) blood group.
 - (2) blood glucose level.
 - (3) blood pressure.
 - (4) haemoglobin level of blood.
26. A neonate is identified as the infant during the
- (1) first two days from birth.
 - (2) first week from birth.
 - (3) first two weeks from birth.
 - (4) first four weeks from birth.
27. Select the correct response regarding colostrum.
- (1) It is important for the immunity of the infant.
 - (2) It is an essential fatty acid present in the breast milk.
 - (3) It is the breast milk secreted within the first few months.
 - (4) It is a hormone present in breast milk.
28. What is the hormone that is important for the production of breast milk during the lactating period?
- (1) Androgen
 - (2) Oestrogen
 - (3) Prolactin
 - (4) Thyroxine
29. The two diseases prevented by the Pentavalent vaccine given to infants are
- (1) Whooping cough and Tetanus.
 - (2) Measles and Hepatitis B.
 - (3) Diphtheria and Rubella.
 - (4) Mumps and Tuberculosis.

30. Select the correct statement regarding the different methods of sewing.

- (1) Back stitch is suitable to finish the raw edges.
- (2) Running stitch is identified as a temporary method of sewing.
- (3) Herringbone stitch is used for shadow work.
- (4) In the Tailor's stitch the moving thread is not visible from the wrong side.

31. The stitch shown in this diagram is the

- (1) Chain stitch.
- (2) Blanket stitch.
- (3) Stem Stitch.
- (4) Cross Stitch.



32. Consider the following facts.

A – When sewing specimens, much attention should be given to the finish of the correct side of the fabric.

B – Before sewing the cross stitch a few warp threads of the cloth should be removed.

C – The variation in cotton fabrics depends on the weave and the finish.

The correct fact/facts is/are

- (1) A only. (2) C only. (3) A and B only. (4) B and C only.

33. What is the property of cotton fibre/cloth?

- (1) When pulled hard, the broken ends show sharp edges.
- (2) When rubbed, feels a stretchable nature.
- (3) When ironing, high temperature could be used.
- (4) When put into water, get soaked slowly.

34. Two types of fabrics most suitable for a baby shirt are

- (1) Voile and Linen. (2) Linen and Poplin.
- (3) Poplin and Malpiece. (4) Malpiece and Voile.

35. In securing privacy in a bathroom of the house, it is most suitable to have

- (1) fan lights. (2) windows. (3) grills. (4) ventilation holes.

36. Which is the most important fact regarding the ventilation of a house?

- (1) Decreasing the height of the walls (2) Building near mountain slopes
- (3) Painting cool colours (4) Making indoor gardens and ponds

37. In a house, translucent glass is most suitable for windows of the

- (1) kitchen. (2) living room. (3) bedrooms. (4) dining room.

38. What is the intermediate colour?

- (1) Yellow purple (2) Blue orange (3) Red orange (4) Red green

39. Select the response that includes the correct steps of household resource management.

- (1) Organizing, Implementing and Observing and Evaluating.
- (2) Planning, Organizing, Implementing and Evaluating.
- (3) Observing, Implementing, Organizing and Evaluating.
- (4) Planning, Organizing, Observing and Evaluating.

40. A fact that should **not** be considered when planning a household budget is the

- (1) number of family members. (2) savings.
- (3) additional expenditure. (4) gender of the members.

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General Certificate of Education (Ord. Level) Examination, 2022(2023)

ගෞරවික විද්‍යාව I, II
மனைப் பொருளியல் I, II
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.

There is a middle class family of father, mother and two small daughters. The four year old elder daughter attends the preschool. Younger daughter is five months old. Father works as a security officer in a private institute. Mother is a busy housewife. Though their house is of four rooms, it is well organized.

- State **two** nutritional requirements of the preschool child.
- Name a preserved food suitable to be taken to the pre-school for the elder daughter's fourth birthday party and state a nutrient present in this food.
- Write **two** steamed main foods, the father could take to work for breakfast.
- The Family Health Officer told that the mother is suffering from Anaemia. Mention **two** symptoms shown by the mother.
- Name **two** types of decorative stitches that could be used as hemming stitch for a baby shirt of the small child.
- The birth weight of the younger daughter was 2.8 kg. What is the expected weight when she is one year old?
- Name **two** toys suitable for the five months old small child.
- Mention **two** home accidents that could be faced by these children.
- Write **two** multi purpose units organized in their home.
- What is meant by cross ventilation? State an instance where cross ventilation is shown in this house.

- Mention **three** steps followed when sewing and finishing the hem of a garment.
 - According to the classification of fibres, name **two** man-made fibres and give **one** example for each.
 - Write notes.
 - The special features that should be present in a baby shirt
 - Preparation of fabric specimens

3. (i) Define the term 'food'.
(ii) Write **three** points to be considered when preparing food so as to retain their quality characteristics.
(iii) Plan a menu of a special lunch suitable for a guest.
4. (i) Mention **three** symptoms of calcium deficiency that occur during small age.
(ii) 'It is important to include fibre in the daily diet'. Give **three** reasons for this.
(iii) Explain **four** factors affecting malnutrition among children.
5. (i) Write **three** advantages of household resource management for the members of the family.
(ii) 'Time and electricity are two resources important in household management'. State with examples, **three** different forms of electrical energy used in household activities.
(iii) Explain with a diagram each, the instances of showing formal and informal balance in home decoration.
6. (i) State **three** risk factors of pregnancy.
(ii) Write **three** points that should be followed when preparing weaning (additional) foods to an infant.
(iii) Explain the social development during infancy with reference to **four** facts.
7. (i) Identify 'menopause'.
(ii) State **three** sensations of a neonate and write **one** reflex action shown for each of them.
(iii) 'Peer group relationships have positive and negative impacts on the development of adolescents'. Discuss giving **four** facts.

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