

Complete Question Bank

Section A: Long Answer Questions (LAQs)

Unit I: Traditional Home Science

1. 1. Discuss the relevance of traditional Home Science in the modern era.
2. 2. Explain the contributions of M. Swaminathan and C.V. Gopalan to Indian Home Science.
3. 3. Evaluate the impact of Rabindra Nath Tagore's contributions to Home Science education.
4. 4. Analyze the role of Indian Home Scientists in improving nutrition awareness.
5. 5. Describe the evolution of Home Science in India.
6. 6. Critically assess the importance of Home Science in rural development.
7. 7. Discuss how traditional Home Science knowledge can be integrated into current practices.

Unit II: Human Body Systems

8. 1. Explain the structure and function of the digestive system.
9. 2. Describe the respiratory system and its role in human nutrition.
10. 3. Discuss the cardiovascular system and its importance for health.
11. 4. Analyze the excretory system and its role in waste removal.
12. 5. Evaluate the interrelationship between the circulatory and excretory systems.
13. 6. Illustrate the process of digestion and nutrient absorption.
14. 7. Explain how the cell functions as the basic unit of the human body.

Unit III: Food and Nutrition

15. 1. Define food and nutrition and explain their significance.
16. 2. Discuss the classification of foods with examples.
17. 3. Describe the functions of carbohydrates, proteins, and fats.
18. 4. Explain the sources and deficiency diseases of vitamins.
19. 5. Analyze the importance of minerals in human nutrition.
20. 6. Evaluate the role of balanced diet in maintaining good health.
21. 7. Explain macro and micro nutrients with examples.

Unit IV: Cooking Methods

22. 1. Explain the objectives and principles of cooking.
23. 2. Discuss dry and moist heat methods with examples.
24. 3. Evaluate the advantages and disadvantages of different cooking methods.
25. 4. Explain traditional methods of preserving nutrients during cooking.
26. 5. Discuss how cooking methods affect nutrient value.
27. 6. Analyze modern cooking methods like microwave and solar cooking.

28. 7. Explain the role of fermentation and germination in enhancing nutritional value.

Unit V: Introduction to Human Development

- 29. 1. Define human development and explain its importance.
- 30. 2. Discuss the domains and stages of development.
- 31. 3. Explain the principles of growth and development.
- 32. 4. Analyze the determinants of development.
- 33. 5. Evaluate the role of heredity and environment in human development.
- 34. 6. Discuss various theories of human development.
- 35. 7. Explain the need for studying human development.

Unit VI: Prenatal Development and Birth Process

- 36. 1. Explain conception and stages of pregnancy.
- 37. 2. Discuss common problems during pregnancy.
- 38. 3. Describe the stages of prenatal development.
- 39. 4. Analyze factors affecting prenatal development.
- 40. 5. Explain physical appearance and capacities of the newborn.
- 41. 6. Evaluate maternal and infant mortality and its reasons.
- 42. 7. Discuss agencies and programs for maternal and child welfare.

Unit VII: Infancy

- 43. 1. Explain developmental tasks during infancy.
- 44. 2. Discuss physical and motor development during infancy.
- 45. 3. Analyze social and emotional development in babies.
- 46. 4. Explain cognitive and language development during infancy.
- 47. 5. Describe common ailments of babyhood.
- 48. 6. Evaluate the role of caregivers in infant development.
- 49. 7. Discuss differences between infancy and preschool stage.

Unit VIII: Early Childhood

- 50. 1. Explain developmental tasks during early childhood.
- 51. 2. Discuss physical and motor development in preschool years.
- 52. 3. Analyze social and emotional development during early childhood.
- 53. 4. Explain cognitive and language development during preschool years.
- 54. 5. Evaluate the role of play in early childhood development.
- 55. 6. Describe the impact of family environment on early childhood.
- 56. 7. Discuss common behavioral problems in early childhood.

Section B: Short Answer Questions (SAQs)

Unit I: Traditional Home Science

57. 1. Write a note on the importance of Home Science today.
58. 2. Briefly describe the role of C.V. Gopalan in Home Science.
59. 3. What is the contribution of Shanti Ghosh in the field?
60. 4. State any two areas covered under traditional Home Science.
61. 5. Mention any two Indian Home Scientists and their work.
62. 6. How is Home Science relevant for community development?
63. 7. Write a note on Rabindra Nath Tagore's educational approach.

Unit II: Human Body Systems

64. 1. Define the digestive system in brief.
65. 2. State two functions of the respiratory system.
66. 3. Write short notes on excretory organs.
67. 4. What is the role of the circulatory system?
68. 5. Name two parts of the cell.
69. 6. State any two functions of the digestive system.
70. 7. Write a note on how body systems work together.

Unit III: Food and Nutrition

71. 1. What is food?
72. 2. Write a short note on carbohydrates.
73. 3. State two sources of proteins.
74. 4. Mention two functions of vitamins.
75. 5. Write a note on minerals in our diet.
76. 6. What is the importance of balanced diet?
77. 7. Give two examples of food groups.

Unit IV: Cooking Methods

78. 1. What are dry heat cooking methods?
79. 2. Write two advantages of boiling food.
80. 3. Name two traditional cooking methods.
81. 4. What is germination in food preparation?
82. 5. State the importance of fermentation.
83. 6. Write a note on microwave cooking.
84. 7. How does solar cooking work?

Unit V: Introduction to Human Development

85. 1. Define human growth in brief.
86. 2. State two stages of development.
87. 3. Write a note on heredity as a factor.
88. 4. How does environment affect growth?

- 89. 5. Mention two principles of development.
- 90. 6. What is the need for studying development?
- 91. 7. Define the term 'development'.

Unit VI: Prenatal Development and Birth Process

- 92. 1. Define conception.
- 93. 2. What are prenatal stages?
- 94. 3. State two problems of pregnancy.
- 95. 4. Write a note on infant mortality.
- 96. 5. Mention two factors affecting prenatal growth.
- 97. 6. What is childbirth?
- 98. 7. Name two agencies for maternal welfare.

Unit VII: Infancy

- 99. 1. Define infancy.
- 100. 2. What are developmental tasks in infancy?
- 101. 3. State two aspects of physical development.
- 102. 4. Write a note on motor development.
- 103. 5. Mention two social development features.
- 104. 6. Name two common baby ailments.
- 105. 7. What is language development?

Unit VIII: Early Childhood

- 106. 1. Define early childhood.
- 107. 2. Write two developmental tasks of preschool years.
- 108. 3. State two aspects of motor development.
- 109. 4. Mention two aspects of social development.
- 110. 5. What is the role of play?
- 111. 6. Write a note on family environment.
- 112. 7. Name one common behavioral problem.

Section C: Multiple Choice Questions (MCQs)

Unit I: Traditional Home Science

113. 1. Who is known as the father of Green Revolution in India?
(a) M. Swaminathan (b) C.V. Gopalan (c) Rabindra Nath Tagore (d) Shanti Ghosh
114. 2. Which is not a branch of Home Science?
(a) Food and Nutrition (b) Physics (c) Human Development (d) Textile and Clothing
115. 3. Who contributed to nutrition research in India?
(a) Newton (b) Einstein (c) C.V. Gopalan (d) Darwin
116. 4. Which of these relates to Home Science?
(a) Agriculture (b) Cooking (c) Music (d) Painting
117. 5. Rabindra Nath Tagore mainly contributed to?
(a) Sports (b) Music (c) Education (d) Politics
118. 6. Which is an area of Home Science?
(a) Computer Science (b) Textile Designing (c) Civil Engineering (d) Astronomy
119. 7. Home Science helps in:
(a) Industrial Growth (b) Family Welfare (c) Space Research (d) None of these

Unit II: Human Body Systems

120. 1. Which organ is part of the digestive system?
(a) Heart (b) Lungs (c) Stomach (d) Kidney
121. 2. Which system supplies oxygen to the body?
(a) Digestive (b) Respiratory (c) Nervous (d) Skeletal
122. 3. Which is a function of the circulatory system?
(a) Digestion (b) Excretion (c) Transportation of blood (d) Respiration
123. 4. What removes waste from the body?
(a) Respiratory system (b) Excretory system (c) Digestive system (d) Skeletal system
124. 5. Which is the basic unit of the body?
(a) Organ (b) Cell (c) Tissue (d) Bone
125. 6. Where does nutrient absorption occur?
(a) Lungs (b) Large intestine (c) Small intestine (d) Stomach
126. 7. Which system includes the lungs?
(a) Circulatory (b) Nervous (c) Respiratory (d) Digestive

Unit III: Food and Nutrition

127. 1. Which is a carbohydrate-rich food?
(a) Butter (b) Rice (c) Egg (d) Fish
128. 2. Which nutrient builds body tissues?
(a) Fats (b) Vitamins (c) Proteins (d) Minerals
129. 3. Which vitamin prevents night blindness?
(a) A (b) B (c) C (d) D
130. 4. Which mineral is important for bones?
(a) Iron (b) Calcium (c) Sodium (d) Iodine

131. 5. Which is a protective food?
(a) Pulses (b) Fruits (c) Oil (d) Sugar
132. 6. Which is a source of iron?
(a) Apple (b) Milk (c) Spinach (d) Butter
133. 7. Which meal is considered most important?
(a) Lunch (b) Dinner (c) Breakfast (d) Snack

Unit IV: Cooking Methods

134. 1. Which is a dry heat method?
(a) Boiling (b) Steaming (c) Roasting (d) Stewing
135. 2. Which is a moist heat method?
(a) Frying (b) Baking (c) Grilling (d) Boiling
136. 3. Which method retains most nutrients?
(a) Deep frying (b) Microwaving (c) Overcooking (d) Steaming
137. 4. Germination improves:
(a) Taste (b) Texture (c) Nutritional value (d) Colour
138. 5. Which is a method of food preservation?
(a) Fermentation (b) Roasting (c) Grilling (d) Frying
139. 6. Which is a modern method of cooking?
(a) Solar cooking (b) Open fire (c) Earthen oven (d) Stone grinding
140. 7. Which is a method of dry preservation?
(a) Smoking (b) Boiling (c) Steaming (d) Poaching

Unit V: Introduction to Human Development

141. 1. Which factor affects growth?
(a) Weather (b) Heredity (c) Music (d) Language
142. 2. Which is a domain of development?
(a) Physical (b) Digital (c) Virtual (d) None
143. 3. Which stage comes first?
(a) Infancy (b) Adulthood (c) Adolescence (d) Old age
144. 4. Which is a principle of development?
(a) Randomness (b) Continuity (c) Suddenness (d) Reversibility
145. 5. Human development is:
(a) Temporary (b) Permanent (c) Static (d) Irregular
146. 6. Which factor does not affect development?
(a) Nutrition (b) Environment (c) Heredity (d) Colour of dress
147. 7. Which is studied in human development?
(a) Growth (b) Weather (c) Industry (d) Machines

Unit VI: Prenatal Development and Birth Process

148. 1. Which is the first stage of pregnancy?
(a) Birth (b) Delivery (c) Conception (d) Labour
149. 2. Which affects prenatal growth?
(a) TV (b) Maternal health (c) Mobile phone (d) Furniture

150. 3. Which is a birth process stage?
(a) Lactation (b) Labour (c) Menstruation (d) Digestion
151. 4. Which is a prenatal problem?
(a) Cold (b) Flu (c) Malnutrition (d) Fever
152. 5. Which helps reduce infant mortality?
(a) Poor diet (b) Poor hygiene (c) Maternal care (d) Lack of care
153. 6. Which program supports mothers?
(a) NASA (b) ICDS (c) DRDO (d) WHO
154. 7. Which is a feature of newborns?
(a) Talking (b) Walking (c) Reflexes (d) Driving

Unit VII: Infancy

155. 1. Which is the age of infancy?
(a) 0-2 years (b) 5-7 years (c) 8-10 years (d) 12-14 years
156. 2. Which develops first in infants?
(a) Language (b) Motor skills (c) Puberty (d) Career
157. 3. Which is a common ailment?
(a) Cold (b) Diabetes (c) Cancer (d) Arthritis
158. 4. Which task is related to infancy?
(a) Job (b) School (c) Walking (d) Marriage
159. 5. Which helps in social development?
(a) Playing (b) Sleeping (c) Eating (d) Crying
160. 6. Which supports emotional development?
(a) Toys (b) TV (c) Caregivers (d) Noise
161. 7. Which is a milestone in infancy?
(a) Driving (b) Reading (c) Crawling (d) Earning

Unit VIII: Early Childhood

162. 1. What is early childhood age range?
(a) 0-2 (b) 2-6 (c) 7-12 (d) 13-18
163. 2. Which is a task of early childhood?
(a) Job (b) Speech development (c) Marriage (d) Old age care
164. 3. Which helps motor development?
(a) Toys (b) Food (c) Books (d) Cars
165. 4. Which is part of social development?
(a) Playing with peers (b) Sleeping (c) Eating alone (d) Watching TV
166. 5. What aids language development?
(a) Books (b) Toys (c) Food (d) Clothes
167. 6. Which affects early childhood?
(a) Pollution (b) Family (c) Internet (d) Cars
168. 7. Which is a behavioral problem?
(a) Studying (b) Drawing (c) Thumb sucking (d) Running