



DELHI PUBLIC SCHOOL NEWTOWN

SESSION 2023-2024

MONDAY TEST

CLASS: IX

SUBJECT: HOME SCIENCE

FULL MARKS: 40

DATE: 19.05.23

Attempting all questions are compulsory.

This paper contains 3 printed pages.

The intended marks for questions or parts of questions are given in brackets [].

SECTION A (10)

Multiple choice questions:

[10x1=10]

1] This spice acts as a blood clot activator.

- a. Cumin
- b. Clove
- c. Garlic
- d. Carom

2] Saffron is the _____ part of the plant.

- a. Bud
- b. Flower
- c. Bark
- d. Stigma

3] Coating the cake with some powdered sugar is termed as_____.

- a. Kneading
- b. Mashing
- c. Dusting
- d. Blending

4] This way of cutting vegetables is used in stir-fries.

- a. Brunoise
- b. Stringing julienne
- c. Dice
- d. Slice

5] Which of the following could be a sign that a person's spiritual health is low.

- a. Calmness
- b. Stress and strain
- c. Focussed
- d. Peaceful

6] Foods are considered unhealthy on the ground of their being

- a. High saturated fats
- b. Low sugar
- c. Low salt
- d. Minimum spices

7] These are the main nutrients to build and maintain the body.

- a. Fat
- b. Vitamins
- c. Carbohydrates
- d. Proteins

8] Deficiency of iodine causes _____.

- a. Beriberi
- b. Goitre
- c. Ricket
- d. Scurvy

9] The knowledge of Biology is helpful to a home maker for

- a. Making choice of stain removal
- b. Having a balanced personality
- c. Preparing various food items.
- d. Using electrical gadgets.

10] _____ and _____ are protective foods.

- a. Proteins and fats
- b. Vitamins and minerals
- c. Carbohydrates and fats
- d. Water and carbohydrates

SECTION B (10)

Answer in short.

- | | |
|---|------------|
| 1] Define the term “optimum nutrition. | [2] |
| 2] Explain “balanced diet”. | [2] |
| 3] Give reason: We should include variety of colorful fruits and vegetables in the diet. | [2] |
| 4] Differentiate the terms “self -employment” and “wage -employment”. | [2] |
| 5] Mention any two purposes of communication and extension. | [2] |

SECTION C (20)

Long answer type questions:

- | | |
|---|------------|
| 1] Classify food according to its nutrients and function? | [5] |
| 2] Mention any 5 advantages of the study of Home Science. | [5] |
| 3] Describe various career options under different scopes of Home Science. | [5] |
| 4] Explain the eight points plan for a healthy diet? [any 5] | [5] |