



DELHI PUBLIC SCHOOL NEWTOWN
SESSION 2024-2025
MONDAY TEST

CLASS: IX
SUBJECT: HOME SCIENCE

FULL MARKS: 40
DATE: 17.05.2024

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)

Question 1

[10x1=10]

Choose the correct answers to the questions from the given options:

- (i) Some foods are considered unhealthy on the ground of their being high on _____.
(a) Moisture content.
(b) Yeast.
(c) Saturated fats.
(d) Fibres.
- (ii) A balanced diet is important because _____ need proper nutrition to work effectively.
(a) Organs and tissues
(b) Blood and circulation
(c) Tissues and fibres
(d) Stomach and liver
- (iii) Choose the incorrect pair.
(a) Manager-Wage employment
(b) Waiter- Restaurant
(c) Cook-Canteen
(d) Interior decorator-pre-primary school
- (iv) _____ is an act of mixing or stirring ingredients rapidly until they blend.
(a) Peeling
(b) Grating
(c) Beating
(d) Kneading
- (v) **ASSERTION (A):** Foods rich in fats and fried foods should be avoided.
REASON(R): They lack antioxidants and fibres.

Identify the correct statement:

- (a) A is true but R is false.
- (b) A is false but R is true
- (c) Both A and R are true and R is the correct explanation of A.
- (d) Both A and R are true but R is not the correct explanation of A.

(vi) Celery

- (a) Lowers inflammation
- (b) Helpful in combating stress
- (c) Protects against cancer
- (d) Improves blood circulation

(vii) Clove oil is used in

- (a) Beauty products
- (b) Sanitary products
- (c) Oral care products
- (d) Baby care products

(viii) The process of making dough with flour is known as _____.

- (a) Stringing
- (b) Beating
- (c) Cut and fold in
- (d) Kneading

(ix) Saffron is also popularly known as _____

- (a) Dhaniya
- (b) Kesar
- (c) Ajwain
- (d) Dalchini

(x) Choose the incorrect pair.

- | | |
|-------------------------------|----------------------------------|
| A. Body building foods | 1. Vitamins and minerals |
| B. Energy giving foods | 2. Proteins |
| C. Protective foods | 3. Water and roughage |
| D. Regulatory foods | 4. Carbohydrates and fats |

- (a) A-2, B-4, C-1, D-3
- (b) A-1, B-2, C-3, D-4
- (c) A-3, B-1, C-4, D-2
- (d) A-4, B-3, C-2, D-1

SECTION B (10)

Short answer type questions:

- 1] Significance of educating girls began to be realized by our society. Give two reasons for it. [2]
- 2] Mention two reasons for studying ‘Communication and Extension’. [2]
- 3 “We should include variety of colorful fruits and vegetables in the diet”. Justify the statement. [2]
- 4] “Food is the prime necessity of life”. Give reasons how? [2]
- 5] Differentiate the terms “self -employment” and “wage -employment”. [2]

SECTION C (20)

Long answer type questions:

- 1] What are the advantages of the study of Home Science? [5]
 - 2] Discuss any five from ‘The Eight Point Plan for a Healthy Diet’. [5]
 - 3] Herbs and spices, beyond flavoring, offer potent health benefits. Rich in antioxidants, they support immunity, reduce inflammation etc. In view of the above, answer the following questions: [5]
 - (a) What are herbs?
 - (b) Name some herbs that boost immunity.
 - (c) Mention two benefits of ‘Clove’.
 - 4] Self and wage employment represent distinct pathways in the professional landscape. Self-employment embodies autonomy, risk and entrepreneurship. In contrast, wage employment offers stability, benefits and a defined role within an organization, reflecting contrasting approaches to work and career fulfillment. [5]
- In this context, answer the following questions:
- (a) Which type of income is more stable?
 - (b) Which employment offers greater flexibility? Why?
 - (c) What characterizes self-employment?