



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]