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Department of Examinations, Sri Lanka  
இலங்கைப் பரீட்சைத் திணைக்களம்  
Department of Examinations, Sri Lanka

85 E I, II

අධ්‍යයන පොදු සහතික පත්‍ර (සාමාන්‍ය පෙළ) විභාගය, 2019 දෙසැම්බර්  
கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2019 டிசெம்பர்  
General Certificate of Education (Ord. Level) Examination, December 2019

ගෘහ ආර්ථික විද්‍යාව I, II  
மகைப் பொருளியல் I, II  
Home Economics I, II

06.12.2019 / 0830 – 1140

ප්‍රශ්න තුනයි  
மூன்று மணித்தியாலம்  
Three hours

අමතර කියවීමේ කාලය - මිනිත්තු 10 යි  
மேலதிக வாசிப்பு நேரம் - 10 நிமிடங்கள்  
Additional Reading Time - 10 minutes

Use additional reading time to go through the question paper, select the questions and decide on the questions that you give priority in answering.

## Home Economics I

### Note :

- Answer all questions.
- In each of the questions 1 to 40, pick one of the alternatives (1), (2), (3), (4) which is correct or most appropriate.
- Mark a cross (X) on the number corresponding to your choice in the answer sheet provided.
- Further instructions are given on the back of the answer sheet. Follow them carefully.

- A carbohydrate present in fruits is  
(1) Maltose. (2) Pectin. (3) Amylopectin. (4) Inulin.
- Two minerals that act in maintaining the water balance and the acid-base balance in the body are  
(1) Sodium and Potassium. (2) Calcium and Magnesium.  
(3) Calcium and Sodium. (4) Potassium and Magnesium.
- From the following, a function of Iodine is  
(1) helping in the transmission of nerve impulses.  
(2) controlling the metabolic rate.  
(3) acts in the maintenance of the integrity of the skin.  
(4) needed for clotting of blood.
- Two compounds that favour the absorption of Iron in the body are  
(1) Tannin and Lysine.  
(2) Phytic acid and Malic acid.  
(3) Tannin and Malic acid.  
(4) Malic acid and Lysine.
- Some statements regarding a vitamin are given below.  
  - Abundant in liver and green leafy vegetables
  - Important for the development of the neural tube
  - Lack of required amount could cause pre-mature births
 This vitamin is  
 (1) Biotin. (2) Folic acid. (3) Niacin. (4) Pantothenic acid.
- Two vitamins which act as antioxidants are  
(1) vitamin A and vitamin B. (2) vitamin A and vitamin E.  
(3) vitamin B and vitamin D. (4) vitamin C and vitamin D.

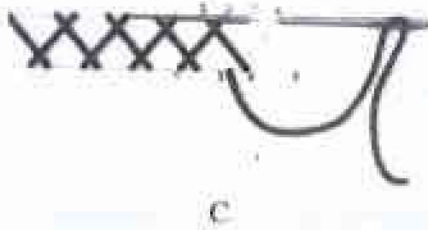
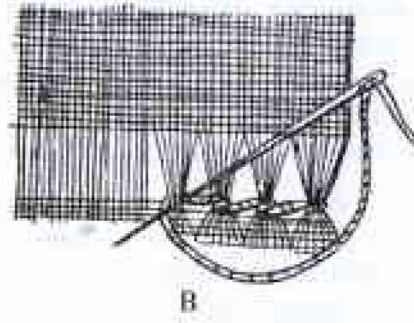
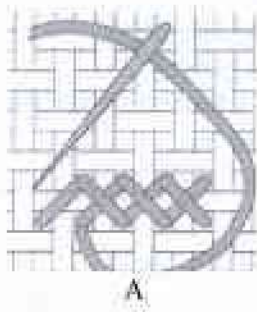
7. From the following, what is the correct statement regarding the table of Recommended Dietary Allowances (RDA)?
- (1) With the increase of age during adolescence the calcium requirement increases.
  - (2) The requirement of vitamin A changes according to the nature of work done by an individual.
  - (3) The iron requirement is the same for pregnant and lactating mothers.
  - (4) The energy requirement is same for girls and boys during adolescence.
8. From the following, which is the most suitable menu to be taken for lunch on a picnic?
- (1) Samba rice, fish red curry, potato white curry, gotukola sambol, ladies fingers tempered
  - (2) Vegetable fried rice, dhal curry, sprats white curry, chilli paste
  - (3) Yellow rice, meat curry, fried cashew curry, brinjal moju
  - (4) Noodles, vegetable stew, dried fish curry, brinjal tempered
9. A condition that could be present in a vegetarian is
- (1) vitamin B<sub>1</sub> deficiency.
  - (2) vitamin B<sub>2</sub> deficiency.
  - (3) vitamin B<sub>6</sub> deficiency.
  - (4) vitamin B<sub>12</sub> deficiency.
10. From the following, the cooking method that requires the lowest temperature is
- (1) boiling.
  - (2) stewing.
  - (3) shallow frying.
  - (4) steaming.
11. Out of the following nutrients, lack of which cause anaemia?
- (1) Iron and Zinc
  - (2) Folic acid and vitamin C
  - (3) Protein and Iodine
  - (4) Copper and vitamin D
12. The foods that lower the risk of goitre and night blindness respectively are
- (1) spinach and cabbage.
  - (2) sea fish and cabbage.
  - (3) spinach and yellow fruits.
  - (4) sea fish and yellow fruits.
13. A digestive enzyme which acts **only** in an alkaline medium is
- (1) amylase.
  - (2) pepsin.
  - (3) renin.
  - (4) lipase.
14. Select the correct statement regarding infant nutrition.
- (1) About 5g of protein per kilogram of body weight should be given.
  - (2) Sufficient amount of Iron is stored in the body for 4 months from birth.
  - (3) Calcium in the breast milk helps in the brain development of the infant.
  - (4) Vitamin A in the body is sufficient only for three months.
15. Some statements regarding the nutritive value of different food items are given below. From them what is the correct statement?
- (1) Milk is a food rich in calcium and vitamin C.
  - (2) Omega-6 fatty acid is abundant in fish.
  - (3) Coconut contains saturated fatty acids.
  - (4) Pulses contain glutamin.
16. 'Empty calorific foods' are identified as
- (1) foods that are low in nutrients, high in calories.
  - (2) foods that are high in nutrients, low in calories.
  - (3) foods that are high in nutrients as well as calories.
  - (4) foods that are low in nutrients as well as calories.
17. A symptom of Kwashiorkor is
- (1) dryness of the skin.
  - (2) frequent hunger.
  - (3) scanty hair.
  - (4) enlarged abdomen.



18. Following are some facts quoted from a note written by a student regarding reproductive health during adolescence. From them, what is the **incorrect** fact?
- (1) The maturation of the ova starts in the ovaries of the female child.
  - (2) With the maturation of the testes, the male child attains puberty.
  - (3) The reproductive systems become functional due to the influence of the sex hormones.
  - (4) The production of reproductive hormones starts in the uterus.
19. From the following, what is the correct statement regarding the development during adolescence?
- (1) Shows a rapid emotional development.
  - (2) At sixteen years height and weight of girls and boys are the same.
  - (3) Able to adjust easily to the changing environment due to the sexual maturity.
  - (4) Develop mental abilities such as memory and perception.
20. Select the correct statement regarding the period of pregnancy.
- (1) One dose of tetanus toxoid is given.
  - (2) Ferrous sulphate is given for iron supplementation.
  - (3) Blood test is done only once.
  - (4) The daily requirement of protein is about 50 gms.
21. From the following, what is the correct statement regarding prenatal development?
- (1) Two mature ova are released from the ovaries at the same time.
  - (2) After ovulation, a mature ovum is alive for about two weeks.
  - (3) The fixing of the fertilized ovum to the uterine wall is termed as implantation.
  - (4) The period from two months after conception to the delivery is termed as the foetal stage.
22. What is the hormone that stimulates the secretion of testosterone hormone?
- (1) FSH
  - (2) Thyroxine
  - (3) Androgen
  - (4) Insulin
23. A congenital disease which is a risk factor during pregnancy is
- (1) diabetes
  - (2) asthma
  - (3) thalcaemia
  - (4) hypertension.
24. From the following, select the correct response regarding the normal birth weight of a Sri Lankan baby.
- (1) 1.8 - 2.8 kg
  - (2) 2.0 - 3.0 kg
  - (3) 2.2 - 3.2 kg
  - (4) 2.5 - 3.5 kg
25. Select the **incorrect** statement regarding colostrum.
- (1) Provides natural immunity.
  - (2) Secreted during the first two weeks after delivery.
  - (3) Contains the essential fatty acid DHA.
  - (4) Helps in the brain development of the infant.
26. After completion of which of the following ages does the MMR vaccine is given to the infant?
- (1) 6 months
  - (2) 9 months
  - (3) 12 months
  - (4) 18 months
27. An instance which needs the doctor's advice during the development in the first year of the child is
- (1) lack of attention to the noises around.
  - (2) inability to standup on his own at the age of one year.
  - (3) being frightened when seeing strangers.
  - (4) inability to sit on his own at the age of 8 months.
28. Following are the steps followed in sewing a seam.
- Placing the two pieces of fabric so that the right sides of them face each other, using a temporary stitch
  - Joining the two pieces of fabric with back stitch
  - Turning the two edges of the seam to either side and finishing them
- The seam which includes the above steps is
- (1) lapped seam.
  - (2) plain seam.
  - (3) flat seam.
  - (4) open flat seam.

[see page four]

29. Given below are the diagrams of some stitches.



From these, Hem stitch and Herringbone stitch are shown respectively by

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

30. What is the correct statement from the following regarding textiles and clothing?

- (1) Fixing a cross band to the neckline and sewing after folding it completely to the wrong side is termed as facing.
- (2) Soaking the fabric in water and drying after squeezing is a method of pre-preparation.
- (3) In sewing button holes, only blanket stitch is used.
- (4) The back opening of the child's frock should be stitched after finishing the neckline.

31. Following are few sentences quoted from a student's note. Select the correct sentence.

- (1) In the tailor's stitch, the thread inbetween the stitches is clearly visible.
- (2) Terylene belongs to the group of Acrylic fibers.
- (3) Using slip stitch and fixing zip fasteners are two techniques of sewing.
- (4) Tracing wheel and tailor's chalk are tools needed in constructing accessories.

32. Following are some statements regarding the sewing of baby shirt. What is the **incorrect** statement from them?

- (1) French seam could be used to sew the shoulder.
- (2) When sewing a hem, use the hemming stitch after folding a narrow hem.
- (3) Bullion stitch could be used for decoration.
- (4) When sewing the arm hole, use hemming stitch around and blanket stitch for the under arm.

33. Two methods suitable to finish the neckline of a baby shirt are

- (1) piping and scalloping.
- (2) use of sippy stitch and fixing a frill.
- (3) needle weaving and piping.
- (4) scalloping and use of sippy stitch.

34. Following are some methods followed by students in sewing a child's frock. Which is the correct method from these?

- (1) In fixing the sleeve to the bodice, the under arm seam is opened to either sides.
- (2) After stitching the bodice, keep the felt on the wrong side and decorate.
- (3) The skirt is gathered by using running stitch along the wheel lines.
- (4) The back opening is about three inches from the neckline.

[see page five



35. A stitch which is **not** used as a decorative stitch is

- |                          |                     |
|--------------------------|---------------------|
| (1) french knots.        | (2) stem stitch.    |
| (3) over casting stitch. | (4) blanket stitch. |

36. Two infrastructures to be considered in selecting a land to build a house are

- (1) electricity and minimum sound pollution.
- (2) proper light and proper ventilation.
- (3) transport facilities and pipe borne water.
- (4) electricity and proper ventilation.

37. In the organization of rooms in a house, the most suitable placement is to have

- |  |   |
|--|---|
| (1) kitchen adjoining the dining room. | (2) wash room adjoining the store room. |
| (3) bed room adjoining the kitchen.    | (4) dining room adjoining the verandah. |

38. A way to have rhythm in a room is

- (1) arranging red flowers in a white vase.
- (2) keeping two identical stools on either side of the sofa.
- (3) keeping different accessories on a book shelf.
- (4) having lattice for the open verandah.

39. From the following, what is the correct statement regarding interior decoration?

- (1) Beauty is enhanced by having two places of interest to draw emphasis in a small room.
- (2) Harmony is developed by the placement of matching furniture in a room.
- (3) In informal balance, heavy items should be placed away from the centre, whereas light items closer.
- (4) Proportion could be restored by keeping a big ebony sofa with a long teapoy in a small room.

40. In a household budget, the extra expenditure does **not** include

- |                                 |                                |
|---------------------------------|--------------------------------|
| (1) expenditure for illnesses.  | (2) expenditure for functions. |
| (3) expenditure for recreation. | (4) expenditure for clothing.  |

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අධ්‍යයන පොදු සහතික පත්‍ර (සාමාන්‍ය පෙළ) විභාගය, 2019 දෙසැම්බර්  
 கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2019 டிசெம்பர்  
 General Certificate of Education (Ord. Level) Examination, December 2019

ගෘහ ආර්ථික 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 family with an adolescent daughter having school education. The mother who is obese earns by creating handicrafts using fabric. Her husband while working as an agriculture instructor, has grown vegetables and fruits for the consumption of the family. The daughter has a special liking for ready-made garments. Their house which is well planned and built within a limited space in a spacious land has drawn attention of everybody.

- (i) State **two** special nutritional requirements of the adolescent daughter.
  - (ii) Write **two** points to be considered when providing meals to the mother.
  - (iii) Write **two** nutritional importance of the food items obtained from the home garden.
  - (iv) The family members have the habit of taking dinner together. State **two** etiquettes to be followed in such an instance.
  - (v) State **two** points to be considered when buying ready-made garments for the daughter.
  - (vi) Name **two** types of cotton fabrics suitable to sew cushion covers for the living room of this house.
  - (vii) Sometimes the daughter shows an emotional imbalance. State **two** causes for this.
  - (viii) Write **four** secondary sexual characteristics shown by the daughter.
  - (ix) Name **two** multi-purpose furniture that could be used in this house.
  - (x) Give **two** points they have considered when planning this house.
2. (i) Name **three** simple tests that could be used to identify cotton fabrics and explain **one** of them.
- (ii) Write the steps to be followed in an applique done on to a pocket of a child's dress.
- (iii) Write **four** points to be considered in drafting a block for a dress using calculated measurements.
3. Following food items were supplied for the sports meet held in a school.
- Fish buns
  - Butter cake
  - Packets of milk
- (i) Mention the techniques followed in the preparation of fish buns and butter cake.
- (ii) Name the carbohydrate present in milk and write how it is digested and absorbed in the body.
- (iii) State **four** points to be considered when buying fish regarding its quality.

4. (i) Give **three** points to justify the importance of food preservation.  
(ii) Write notes on the following.  
    (a) The micro-organisms causing food spoilage  
    (b) The natural preservatives used in food preservation  
(iii) 'The food consumption pattern as well as the life style affect the health of an individual.'  
    Explain with **four** facts.
5. (i) State **three** duties and responsibilities of the parents towards children in a family.  
(ii) A family unit passes different stages. Name these stages and describe **one** of them.  
(iii) Name the human resources. Discuss how a house wife utilises **two** of them during food preparation.
6. (i) Write **three** special features seen in the physical development of an infant during the first year.  
(ii) Describe **three** points to be considered in providing supplementary foods to an infant.  
(iii) Name **four** toys that could be given to an infant and explain how they contribute in the development of different abilities in the infant.
7. (i) Show with a labelled diagram how the female reproductive system is formed for the development of the foetus.  
(ii) Write notes on the following.  
    (a) The Neonate  
    (b) The accidents that could be faced by an infant at home  
(iii) Your group is assigned to present the facts regarding 'The role of antenatal clinics' to the class. Explain **four** facts that could be included in this.