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85 E I, II

අධ්‍යයන පොදු සහතික පත්‍ර (සාමාන්‍ය පෙළ) විභාගය, 2020
 கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2020
 General Certificate of Education (Ord. Level) Examination, 2020

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

පැය 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 you will answer and decide which of them you will prioritise.

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.

- From the following types of sugar, what is the disaccharide?
 (1) Glucose (2) Maltose (3) Galactose (4) Fructose
- What is the food item rich in both lysine and methionine?
 (1) Rice (2) Gram (3) Milk (4) Bean
- Coconut is rich in
 (1) trans fatty acids. (2) omega - 3 fatty acids.
 (3) saturated fatty acids. (4) unsaturated fatty acids.
- A symptom of iron deficiency is,
 (1) paleness. (2) diarrhoea.
 (3) soreness of the mouth. (4) constipation.
- For which function of the body calcium is needed?
 (1) To provide proper vision
 (2) To maintain the body temperature
 (3) To promote digestibility of food
 (4) For the growth of bones and teeth
- What is the chemical name of vitamin B₂?
 (1) Thiamine (2) Riboflavin (3) Niacine (4) Folic acid
- What is the food item that supplies about 9 kilo calories of energy per gram?
 (1) gingelly (2) coconut oil (3) rice (4) sweet potato
- What is the enzyme that digests fat?
 (1) lactase (2) sucrase (3) peptidase (4) lipase

[see page two]

9. Select the correct statement regarding the digestive system of food.

- (1) Digestion of protein starts in the mouth.
- (2) Emulsification of fats takes place in the stomach.
- (3) The bile duct and the pancreatic duct open to the duodenum.
- (4) Absorption of nutrients mainly occurs in the large intestine.

10. Consider the following statements.

- A - energy requirement is higher.
- B - protein requirement is higher.
- C - no change in calcium requirement.

The correct statements regarding the nutritional requirements recommended for a lactating mother in comparison to a normal woman are

- (1) only A and B. (2) only A and C. (3) only B and C. (4) all A, B and C.

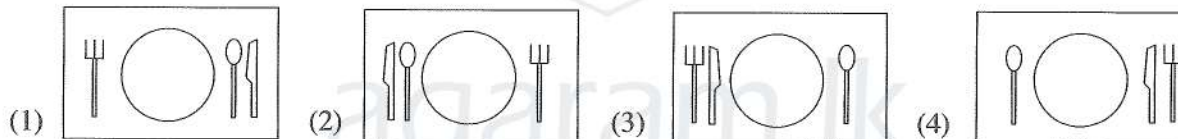
11. What is the correct statement regarding the methods of cooking?

- (1) Frying is a method of cooking under dry heat.
- (2) In stewing, a low temperature and less time is involved.
- (3) The temperature during pressure cooking is 100°C.
- (4) Boiling is a method of cooking under wet heat.

12. What is the meal having the highest calorie value?

- (1) Rice, jak curry, sprats fried, brinjal moju
- (2) Rice, potato curry, fish ambul thiyal, gotukola sambol
- (3) Rice, dhal curry, chicken stew, tomato salad
- (4) Rice, cucumber curry, fish curry, mukunuwenna mallung

13. Select the correct method of table laying according to the western formal style.



14. During blanching of a food item, its

- (1) water content is reduced. (2) colour is retained.
- (3) nutritional value is increased. (4) taste is enhanced.

15. What is the correct statement?

- (1) The colour change that occurs after cutting brinjals is due to enzymatic browning.
- (2) During pasteurization all the micro-organisms as well as their spores are destroyed.
- (3) In preparing string hoppers, the transmission of heat is mainly by conduction.
- (4) In adulteration of foods, kurakkan seeds are mixed to pepper seeds.

16. What happens due to addition of sugar in food preservation?

- (1) favours dehydration (2) decreases the concentration
- (3) increases the concentration (4) destroys the microorganisms

17. A nutritional problem prevailing in Sri Lanka is

- (1) zinc deficiency. (2) calcium deficiency.
- (3) iron deficiency. (4) vitamin C deficiency.

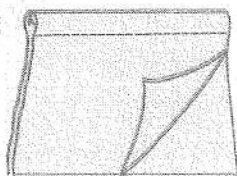
18. Select the **incorrect** statement regarding the female reproductive system.

- (1) The shedding of the inner lining of the uterus is termed as menstruation.
- (2) Fertilization of ovum and sperm takes place in the uterus.
- (3) Mature ovum when released enters the fallopian tube.
- (4) The menstrual cycle is controlled by the hormones oestrogen and progesterone.

[see page three]

19. What is the correct statement regarding child development?
- (1) The weight of an infant at 5 months is about double of his birth weight.
 - (2) Additional foods should be given to an infant after the eruption of teeth.
 - (3) Mature sperms are released once a month.
 - (4) Maturation of ova occurs throughout the life from attainment of puberty.
20. Select the **incorrect** statement regarding the mental development during adolescence.
- (1) Explore about different things.
 - (2) Exhibit creative skills.
 - (3) Tend to argue with others.
 - (4) Starts the understanding of concepts of time and distance.
21. What is the correct statement regarding the behaviour of children during adolescence?
- (1) Prefer staying alone
 - (2) Show selfish behaviours
 - (3) Tend to hero-worshipping and imitation
 - (4) Show stability in expressing emotions
22. A complication which needs medical advice during pregnancy is
- (1) diarrhoea.
 - (2) vomiting.
 - (3) constipation.
 - (4) hypertension (high blood pressure).
23. What is the nutrient given to a pregnant mother, other than iron in an antenatal clinic?
- (1) folic acid
 - (2) vitamin A
 - (3) vitamin D
 - (4) vitamin K
24. A test or measurement done only once in an antenatal clinic is
- (1) measurement of height.
 - (2) measurement of weight.
 - (3) urine test.
 - (4) measurement of blood pressure.
25. What is the feature that **cannot** be seen in a neonate?
- (1) Showing reflex actions
 - (2) Skin is covered with thin soft hair
 - (3) The head is about $\frac{1}{4}$ th the length of the body
 - (4) Fatty tissues are well developed in the body
26. What is the ability that is shown by a child of one year?
- (1) Holding an inflated ball
 - (2) Driving a toy car on his own
 - (3) Constructing various objects using building blocks
 - (4) Sharing toys with other children
27. The vaccine given to an infant after completion of four months is
- (1) BCG vaccine.
 - (2) MMR vaccine.
 - (3) Pentavalent vaccine.
 - (4) Japanese Encephalitis (JE) vaccine.

28. What is the seam shown in this diagram?



- (1) french seam
- (2) plain seam
- (3) flat seam
- (4) lapped seam

29. What is the stitch used in quilting?

- (1) hemming stitch
- (2) back stitch
- (3) tailor stitch
- (4) running stitch

[see page four]

30. Two decorative stitches that show a similarity in the stitch though the method of stitching is different are
 (1) Bullion stitch and Blanket stitch. (2) French knots and Bullion stitch.
 (3) Cross stitch and Blanket stitch. (4) French knots and Cross stitch.
31. From the following, what is the purpose of marking wheel lines in garment construction?
 (1) To give looseness (2) To get the required shape
 (3) To save the fabric (4) To get decorativeness
32. Select the correct statement, regarding textiles and clothing construction.
 (1) Tacking could be used to finish the raw edges of seams.
 (2) Silk and wool are animal fibers, where as rayon is a synthetic fiber.
 (3) In sewing the bodice of a child's frock, darts should be sewn before fixing the shoulders.
 (4) When finishing the hemming stitch the stitches sewn backward should be clearly visible from the correct side.
33. What should be done at first before using a cotton fabric as a lining of a dress?
 (1) washing (2) starching (3) ironing (4) hanging
34. Following are some measurements used in constructing garments.
 A - chest measurement B - waist measurement
 C - Front across measurement D - Shoulder measurement
 E - sleeve base measurement
 From these, a curved measurement and a straight measurement are
 (1) A and B. (2) A and E. (3) B and C. (4) C and D.
35. What is the correct statement?
 (1) Cotton fabrics melt when held to the flame.
 (2) Child's frock should be sewn loose.
 (3) Surface of garments could be decorated by trimmings.
 (4) Herringbone stitch could be used in darning garments.
36. Two essential expenditures included in a household budget are
 (1) functions and housing. (2) transport and tours.
 (3) education and recreation. (4) clothing and food.
37. What is the physical resource which comes under household resources?
 (1) time (2) water (3) labour (4) electricity
38. What is the improvised method used to get natural light as well as ventilation into a house?
 (1) doors (2) windows (3) ventilation holes (4) indoor gardens
39. What is the correct statement regarding home decoration?
 (1) Yellow, yellow orange and red are considered as adjacent colours.
 (2) Feelings such as rigidity and strength are given by horizontal lines.
 (3) Representing the same feature repeatedly is termed as rhythm.
 (4) The intensity of a colour is identified as its lightness or darkness.
40. Two neutral colours are
 (1) black and white. (2) yellow and grey.
 (3) green and brown. (4) blue and purple.

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[see page five]

ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව
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85 E I, II

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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.

A family consists of a father, mother and two adolescent daughters. As the father is employed overseas, mother with the two daughters live in grand mother's house. The daughters both being school prefects, take part in drama and sports as extra curricular activities. They are members of the school debating team too. The mother runs a catering service at home and the two daughters support her in its money management.

The grandmother who is suffering from diabetes, is talented in constructing garments and accessories thus engages in sewing garments for the two daughters. As this house is of limited space the living room is also used for garment construction. The accessories constructed by her enhance the beauty of the house.

- Write **two** points one each, the grand mother should consider in selecting and consuming meals prepared for the members of the family.
- Plan a meal for the snack suitable for the daughters to take to school.
- Chicken mixed vegetable fried rice is prepared by the mother for the catering service. State **four** nutrients supplied by this meal.
- Name a preserved food suitable to accompany the above meal and write **three** ingredients used in its preparation.
- Write **four** surface decorative methods that could be used for daughters' garments.
- Draw a design for a wall decoration that could be constructed by using remnant pieces of cloth.
- 'The two daughters have developed good personalities.' Give **two** examples from the paragraph to justify this.
- Quote **two** instances from the above paragraph which favour the language development of the daughters.
- Mention **two** points they should follow in the money management of the catering service.
- State **two** facts they should consider when organizing the living room for garment construction as well.

2. (i) State **three** reasons for the suitability of cotton fabrics for infant garments.
(ii) Write **three** features that should be present in the patterns used in decorating those garments.
(iii) Write **four** facts to be considered in providing comfortability in constructing infant garments.
3. (i) State **three** steps that should be followed while storing fish in a refrigerator that was bought from the market.
(ii) Write **three** functions of protein.
(iii) Write **four** harmful effects of including excessive fat in the diet.
4. (i) Mention **three** characteristics that could be identified in a spoiled food.
(ii) Write **three** steps to be followed in preparing jam at home.
(iii) List **four** points that should be included in the label of this packaged food when introducing to the market.
5. (i) State **three** points that should be emphasised in drawing house plans.
(ii) Mention **three** points to be considered in planning and organizing a bed room in a house.
(iii) Write **four** measures to be taken to conserve electricity at home.
6. (i) Mention **three** motor abilities shown during infancy.
(ii) Write **three** points to be considered in serving prepared meals for a child of one year.
(iii) Write **four** food habits that should be inculcated by a pregnant mother.
7. (i) State **three** points to justify the importance of breast feeding to the mother.
(ii) Mention **three** secondary sex characteristics shown by a male adolescent.
(iii) Write short notes on the following.
 - (a) testes
 - (b) period of embryo

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