

8. The nutrients abundant in the food groups at the top of the food pyramid are
(1) carbohydrates, fats, vitamin A and vitamin E.
(2) protein, fats, vitamin C and vitamin D.
(3) fats, calcium, vitamin A and vitamin B₂.
(4) protein, carbohydrates, vitamin K and vitamin B₃.
9. Which of the following breakfast is the most nutritious?
(1) bread with butter and jam, milk tea
(2) green leaves mixed roti, lunumiris, white gravy, coffee
(3) pittu, savoury fish curry, seeni sambol, malted milk
(4) string hoppers, fish ambulthiyal, coconut sambol, green leaves conjee
10. When planning meals for a person of old age,
(1) carbohydrate and iron containing foods should be increased.
(2) protein and calcium containing foods should be increased.
(3) fats and calcium containing foods should be decreased.
(4) fats and protein containing foods should be decreased.
11. From the following, the daily energy requirement is highest for
(1) an adolescent girl. (2) an adolescent boy.
(3) a pregnant mother. (4) a lactating mother.
12. Two enzymes in the intestinal juice are,
(1) Amylase and Pepsin. (2) Trypsin and Lactase.
(3) Peptidase and Sucrase. (4) Lipase and Renin.
13. From the following, select the cooking method which retains most of the nutrients.
(1) steaming (2) pressure cooking (3) roasting (4) frying
14. The two foods cooked by the methods of heat transmission conduction and convection respectively are,
(1) patties and cutlets. (2) string hoppers and thosei.
(3) roti and soup. (4) kevu and rice.
15. Which of the following statements is **false** regarding meal service?
(1) The host and the hostess should sit at the two sides of the table.
(2) The waiter should serve food from the right side.
(3) Should be seated until all the members finish the meal.
(4) The soiled plates should be removed as soon as the meal is over.
16. A symptom of kwashiorkor is
(1) severe wasting. (2) numbness of hands and feet.
(3) oedema. (4) soreness of the mouth.
17. An external factor affecting spoilage of food is
(1) pH value. (2) substrate. (3) water activity. (4) temperature.
18. When preserving food by deep freezing
(1) pathogenic organisms are destroyed. (2) non pathogenic organisms are destroyed.
(3) microbial growth is suspended. (4) all the organisms are destroyed.
19. A feature showing the mental development occurring in an adolescent is
(1) expression of ideas clearly. (2) desire to be prominent.
(3) imitation. (4) hero-worshipping.

20. A sexually transmitted disease which is cured by treatment, but has a tendency of reoccurrence is
- (1) Syphilis. (2) Gonorrhoea.
(3) Herpes. (4) Tricomonisis.
21. What is the most suitable age range for pregnancy ?
- (1) 16 - 22 years (2) 20 - 28 years
(3) 28 - 32 years (4) 30 - 35 years
22. The most important nutrient for the formation of nerve cells, which starts from the onset of embryonic development is
- (1) vitamin A. (2) vitamin C. (3) folic acid. (4) iron.
23. For how many days does a mature ovum after ovulation stay alive in the fallopian tube?
- (1) about two days (2) about three days
(3) about five days (4) about seven days
24. Select the correct statement regarding pre-natal development.
- (1) Period of ovum is about seven days.
(2) The period from fertilization to 3 months is termed as embryonic stage.
(3) The endometrium is the special structure formed for the nourishment of the foetus.
(4) The secretion of reproductive hormones is controlled by the Follicle stimulation hormone.
25. At which age does the last dose of oral polio vaccine is given to a child?
- (1) at three years (2) at four years (3) at five years (4) at six years
26. Apart from the three diseases included in the Triple vaccine, select the other two diseases prevented by the Pentavalent vaccine.
- (1) Measles, Hepatitis B (2) Hepatitis B, Haemophilus Influenza B
(3) Haemophilus Influenza B, Rubella (4) Rubella, Hepatitis B
27. Two decorative stitches showing a similarity in the stitch are
- (1) lazy daisy stitch and stem stitch. (2) cross stitch and chain stitch.
(3) chain stitch and lazy daisy stitch. (4) stem stitch and cross stitch.
28. Following are some instances of using a stitch.
- in finishing the raw edges of a seam
 - in stitching scallops
 - in applique work
- This stitch is
- (1) blanket stitch. (2) tailor's stitch.
(3) herringbone stitch. (4) running stitch.
29. Select the correct sentence from the following.
- (1) Herringbone stitch is a decorative stitch done by removing few threads from the edge of the fabric.
(2) Tailor's chalk and thimble are two tools used in constructing accessories.
(3) Hemming stitch should end with a knot.
(4) Zippy stitch is used to decorate the bodice of an infant garment.
30. Select the fact that should **not** be followed when sewing backstitch.
- (1) Sewing from right to left
(2) Sewing three stitches on each other at the start
(3) Similarity in the size of the stitches
(4) Cutting the thread at the end of stitching

31. Consider the following statements.

- A – Sewing a design by running stitch gives a raised effect to it.
- B – Burning cotton fabrics evolve the smell of burning paper.
- C – Canvas material is essential to sew cross stitch.

From these, the correct statement/statements is/are,

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

32. From the following fibres, an animal fibre and a synthetic fibre respectively are,

- (1) silk and orlon. (2) wool and rayon. (3) silk and rayon. (4) nylon and terylene.

33. What is the decorative stitch made by using a basic stitch ?

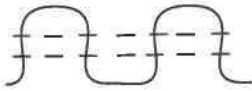
(1)



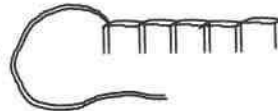
(2)



(3)



(4)



34. Two facts regarding infant garments are

- (1) beauty of the dress and made of rayon fabric.
- (2) having small motifs and made of terylene fabric.
- (3) use of light colours and made of polyester fabric.
- (4) ease of wearing and made of lawn fabric.

35. Select the adjacent colour scheme.

- (1) yellow orange, orange, red purple
- (2) yellow green, green, blue
- (3) purple, blue purple, blue green
- (4) yellow, yellow orange, orange

36. Select the response which includes the feelings induced by curved lines.

- (1) calmness and serenity
- (2) elegance and joyfulness .
- (3) restlessness and activeness
- (4) broadness and delicacy

37. The correct fact to be followed when building a house is

- (1) the master bedroom at least 120 square feet.
- (2) the smallest room, not less than 80 square feet.
- (3) $\frac{1}{5}$ of the area of the rooms, allocated for windows.
- (4) the height of the room, at least 8½ feet from the roof/ceiling.

38. Which of the following features is correct, when observing the bathroom of a house?

- (1) Having high windows
- (2) Placing the washing machine near the shower
- (3) The floor of the bathroom having a slope
- (4) The door is of plywood

39. Two examples for physical resources are

- (1) money and electricity.
- (2) labour and properties.
- (3) space and time.
- (4) properties and fuel.

40. From the following, what is the feature of an extended family?

- (1) Unselfishness
- (2) Individuality
- (3) Independence
- (4) Decision making ability



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අධ්‍යයන පොදු සහතික පත්‍ර (සාමාන්‍ය පෙළ) විභාගය, 2023(2024)
 கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2023(2024)
 General Certificate of Education (Ord. Level) Examination, 2023(2024)

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.

Mr. Silva who is a father of two children lives in a comfortable house. Wife is employed in the private sector. Their elder child Tharindu is studying in grade 11 and is a prefect. The daughter Nipuni, who is studying in grade 6 is the class monitress. Both of them are talented in sports. They take leadership in different school activities too. A five year old girl in their neighbourhood has the habit of spending every evening in this house.

- Write **two** facts to be considered when selecting food items for this family.
- Mention a lunch suitable for the mother to be taken to the workplace.
- Write **two** nutritional requirements of Tharindu.
- Name **two** food items made of batter for Nipuni's birthday party.
- Draw a suitable design for a cushion cover for the drawing room of this house.
- Name **two** fabrics made of plant fibre suitable for a dress of the 5 year old girl.
- Write **two** features that show the social development of Tharindu and Nipuni.
- Name the diseases prevented by the Dual vaccine given to the five year old girl.
- Write **two** other methods that could be used around their land instead of a boundary wall.
- Mention **two** improvised methods that could be used to get light for this kitchen.

- Write **three** technical defects that could be seen in fabrics.
 - Describe the method of sewing 'tacking'.
 - 'Accessories could be made by sewing methods.'
 - Name **two** such accessories.
 - Explain **three** properties that should be present in accessories.

- State **three** symptoms of iodine deficiency during adulthood.
 - Plan a menu for a lunch suitable for a pregnant mother. Give reasons for your selection.
 - Explain the functions of carbohydrates.

4. (i) Name **three** leavening agents added when preparing food. Mention **one** food each, prepared by using each of them.
(ii) Write **three** chemical causes for food spoilage.
(iii) Write in sequence, the steps involved when preparing mango chutney.
5. (i) 'Proper management is important to increase the efficiency of a kitchen.' Mention **three** points that should be emphasized regarding this.
(ii) When constructing a house
- infrastructure
 - financial facilities
 - space
- are important factors. Identify each of them.
(iii) State **two** duties and responsibilities each that must be fulfilled by the 'family to the society' and 'society to the family'. Explain **one** of them.
6. (i) Identify 'Morula.'
(ii) State **three** facts that are identified by the blood tests done for pregnant mothers at the clinic.
(iii) Write notes.
(a) Menstrual cycle
(b) Iron requirement during pregnancy
7. (i) State **three** steps that should be taken by the parents to prevent a blocking in the nose or throat of a small child.
(ii) Write **three** advantages of exclusive breast feeding to an infant during the first six months.
(iii) Discuss the toys that should be provided during different stages of infancy.
