

අධ්‍යයන පොදු සහතික පත්‍ර (සාමාන්‍ය පෙළ) විභාගය, 2024(2025)
 கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2024(2025)
 General Certificate of Education (Ord. Level) Examination, 2024(2025)

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 and decide on the questions that you give priority to in answering.

Home Economics I

Instructions:

- * 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.

- Select the pair which does **not** contain nitrogen in the chemical composition.
 - Pectin and Inulin
 - Inulin and Collagen
 - Collagen and Legumin
 - Pectin and Legumin
- Which of the following food items is deficient in Lysine?
 - Corn
 - Cowpea
 - Bean
 - Winged bean
- What is the vitamin required to synthesise prothrombin?
 - Vitamin A
 - Vitamin D
 - Vitamin E
 - Vitamin K
- Following are some micronutrients.

A – Vitamin A
 B – Vitamin K
 C – Selenium

What are the antioxidants among these?

 - A and B
 - A and C
 - B and C
 - All A, B and C
- Select the option which correctly matches the nutrient with its deficiency/deficiency symptom.
 - Iodine – myxoedema
 - Chlorine – dental caries
 - Sulphur – paleness
 - Zinc – muscle cramps
- Which of the following factors reduces the iron absorption?
 - Citric acid
 - Lysine
 - Phytic acid
 - Ascorbic acid
- Which pair of nutrients is abundant in milk?
 - Iron and Vitamin D
 - Vitamin A and Vitamin B₂
 - Calcium and Vitamin E
 - Vitamin K and Vitamin B₁

8. What is the **incorrect** statement regarding enzyme amylase?
- (1) Secretes by the salivary glands. (2) Converts maltose into glucose.
(3) Inactivates by hydrochloric acid. (4) Contains in the pancreatic juice.
9. What type of food should be consumed mostly during the stages of life cycle including childhood, adolescence, pregnancy and elderly?
- (1) Foods providing energy (2) Foods containing folic acid
(3) Foods containing Calcium (4) Foods high in dietary fibre
10. Which of the following nutrients is represented in grams in the table of Recommended Dietary Allowances?
- (1) Iron (2) Calcium (3) Protein (4) Magnesium
11. Below is the nutrient content of the foods included in a dinner.
- | | |
|--------------|--------|
| Carbohydrate | – 70 g |
| Protein | – 30 g |
| Fat | – 5 g |
- The total calorie value of the above meal is
- (1) 445 Kcal. (2) 560 Kcal. (3) 690 Kcal. (4) 815 Kcal.
12. Which pair of foods is made using a batter?
- (1) Laveriya and hoppers (2) Kokis and pancake
(3) Cake and milk toffee (4) Dosai and mung kavum
13. Which of the following is **not** a cooking method using dry heat?
- (1) Pot roasting (2) Braising (3) Roasting (4) Toasting
14. Select the **incorrect** option regarding the arrangement of table according to western style in the formal service.
- (1) Placement of the glass of water in the right side of the plate.
(2) Placement of the spoon and soup spoon in the right side of the plate.
(3) Placement of fork and knife in the left side of the plate.
(4) Placement of soup bowl on the plate.
15. Select the correct statement.
- (1) The optimum temperature for microbial growth is around 20 °C.
(2) Oxygen is essential for the microbial respiration.
(3) Microbial growth reduces with the increase of water activity.
(4) Micobacterium is a microorganism which uses milk as a substrate.
16. Which of the following is preserved by the reduced pH?
- (1) Dry fish (2) Coconut toffee (3) Mango jam (4) Local pickle
17. What is the correct option regarding Marasmus?
- (1) Oedema (2) Elderly look
(3) Bronze hair (4) Low haemoglobin level of blood
18. Which is **incorrect**, from the following statements regarding the development during adolescence?
- (1) Pituitary gland affects the secretion of reproductive hormones.
(2) During this period, the ratio between the parts of the body is dissimilar.
(3) The ability to adjust according to the changing environment is through the mental development.
(4) According to the World Health Organization, the adolescence is the period of 10-19 years.

19. An abnormal behaviour shown by adolescents is
 (1) inferiority complex. (2) temper tantrums
 (3) day dreaming. (4) hero worshipping.
20. The onset and termination of the growth spurt of an adolescent girl is
 (1) 8 and 12 years. (2) 10 and 14 years.
 (3) 12 and 16 years. (4) 13 and 17 years.
21. Select the correct statement regarding the sexually transmitted infection, syphilis.
 (1) If not treated affects the heart.
 (2) It is not transmitted from the pregnant mother to the infant.
 (3) The ulcers appeared are painful.
 (4) May reoccur even if cured by antibiotics.
22. What is the correct statement regarding reproduction?
 (1) Until about 60 years of age the sperms have fertility.
 (2) The fertilization of ovum and sperm occurs in the middle part of the fallopian tube.
 (3) After fertilization, the embryo gets implanted to the wall of the uterus.
 (4) Production and storage of sperms occur inside the testes.
23. The fertile period in the menstrual cycle is identified as
 (1) 5 to 14 days. (2) 7 to 21 days.
 (3) 10 to 18 days. (4) 12 to 25 days.
24. What is the function of the umbilical cord?
 (1) Protecting the foetus from shocks.
 (2) Synthesising hormones required for foetal development.
 (3) Supplying the nutrients needed for the foetus.
 (4) Easing the child delivery.
25. The size of the head of a neonate from the body length is
 (1) $\frac{1}{3}^{\text{rd}}$. (2) $\frac{1}{4}^{\text{th}}$. (3) $\frac{1}{5}^{\text{th}}$. (4) $\frac{1}{6}^{\text{th}}$.
26. The fourth dose of the Polio vaccine is given to a child after the completion of
 (1) 9 months. (2) 12 months.
 (3) 18 months. (4) 5 years.
27. Following are features of some toys.
 A – Light in weight.
 B – Could be removed and re-fixed.
 C – Inflated.
 D – of different colours.
- From these, the most suitable toys for an infant of 6 months are
 (1) A and C only. (2) B and C only.
 (3) B and D only. (4) A, C and D only.
28. Select the **incorrect** statement regarding seams.
 (1) A good finish could be obtained by using French seam when sewing cushion covers.
 (2) After stitching the Flat seam, only Hemming stitch is seen from the correct side.
 (3) Lapped seam is used to join a gathered piece and an ungathered piece of a dress.
 (4) In stitching the Open flat seam, the two edges of the seam are turned to one side and an edge finish is given.

29. Following are some procedures related to construction of an accessory.

A – Use of decorative stitches

B – Use of basic sewing methods and techniques of sewing

C – Stitching orderly

From these, the procedure/procedures important for the beauty and proper finish of the construction is/are

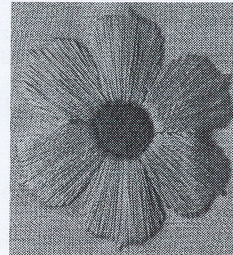
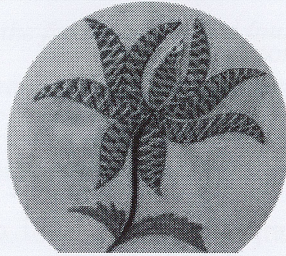
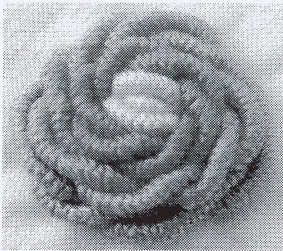
(1) A only.

(2) B only.

(3) A and C only.

(4) B and C only.

30. Given below are diagrams of some decorative stitches.



The stitches shown respectively are

(1) Satin stitch, Bullion stitch and Herringbone stitch.

(2) Bullion stitch, Herringbone stitch and Satin stitch.

(3) Herringbone stitch, Satin stitch and Bullion stitch.

(4) Satin stitch, Herringbone stitch and Bullion stitch.

31. Select the correct statement.

(1) Tacking and running stitch belong to permanent stitches.

(2) Sewing the Stem stitch closely, gives a filling effect to a motif.

(3) When fixing buttons, keep a pin in between the holes of the button and sew over it through the holes.

(4) Ramy is a plant fiber where as orlon is semi synthetic.

32. Which is the correct method of constructing the block of an infant garment by using 52 cm × 52 cm brown paper?

(1) Should be folded diagonally.

(2) Should be folded into two vertically.

(3) Should be folded into two horizontally.

(4) Should be measured 2 cm vertically and folded into two.

33. Select the correct statement regarding the construction of the block of a child's garment.

(1) Arm hole measurement is taken by dividing the height from shoulder to waist by four.

(2) Calculated front waist measurement and back waist measurement are equal.

(3) The width between the darts should be divided by two.

(4) Front and back across measurements are taken 7 cm below the depth of the neck.

34. Sewing a shaped facing (fitted facing) on a neckline is fixing a

(1) band similar to the shape of the neckline and stitching after turning it completely.

(2) cross band, turning to the wrong side and fold into half and sew.

(3) cross band, fold it completely to the wrong side and sew.

(4) straight band turning to the wrong side and fold into half and sew.

35. Select the correct option.
- (1) The side seam of the bodice should be turned to the two sides when stitching the child's frock.
 - (2) After stitching the back opening of the child's frock, the left side should be on the top.
 - (3) Horizontal button hole should be sewn with two straight edges.
 - (4) When stitching the puff sleeve of the child's frock, cap and the base of the sleeve should be gathered after stitching the underarm.
36. Following are some statements regarding 'family'. Select the correct statement.
- (1) In a family passing the developing stage, mother, father, children and relatives may be present.
 - (2) In a nuclear family, only mother and father are present.
 - (3) In a family passing the contracting stage, both mother and father or either of them may be present.
 - (4) In an extended family only the mother, father and children are present.
37. From the following, what is the multi purpose unit of a house?
- (1) Having a wash basin in the dining room.
 - (2) Having a television in the drawing room.
 - (3) Having a dressing table in the bed room.
 - (4) Having a table and four chairs in the kitchen.
38. The type of line which gives the feelings of excitement, motion and rhythm is
- (1) horizontal lines.
 - (2) zigzag lines.
 - (3) curved lines.
 - (4) diagonal lines.
39. The combination of which pair of colours produces a tertiary colour?
- | | |
|-----------------------|-----------------------|
| (1) Purple and orange | (2) Red and green |
| (3) Orange and blue | (4) Yellow and purple |
40. Select the option which includes only non physical resources.
- | | |
|--------------------------|-----------------------------------|
| (1) Time and electricity | (2) Money and water |
| (3) Space and labour | (4) Fuel and community facilities |

* *

සියලු ම හිමිකම් ඇවිරිණි / முழுப் பதிப்புரிமையுடையது / All Rights Reserved

ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව
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අධ්‍යයන පොදු සහතික පත්‍ර (සාමාන්‍ය පෙළ) විභාගය, 2024(2025)
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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.**

Grade 11 students were assigned to organize the literature day and its prize giving which is to be held at the college hall. Simultaneously the decoration and the reception are also to be carried out by them. The reception for the invitees would be held in the Home Science room. The students volunteered to construct the table cloth and the serviettes for this.

Their aim is to have this occasion at a grand scale.

- Write **two** special nutritional requirements of these students.
 - Name **two** foods that could be prepared by using a pastry for the reception of the literature day.
 - Mention a food for this occasion that would be prepared by using a leavening agent, and name the relevant leavening agent.
 - It is decided to serve a fresh mango juice for the invitees. Write **two** nutrients present in it.
 - State **two** methods that could be used to decorate the table cloth of the reception table in the Home Science room.
 - Draw an embroidery design suitable to decorate the serviettes used here.
 - Organizing this function, contributes to the social development of the students. Give **two** reasons for this.
 - Name the vaccine given to these students by the National Immunization Programme.
 - When arranging the college hall, state **one** way each of showing 'Emphasis' and 'formal balance'.
 - Define the term 'management process' in relation to this function.
- 2. (i) Write three points regarding the good quality of children's garments.**
(ii) Mention three advantages of using a block in constructing garments.
(iii) Write notes on
 (a) Different stitches used to decorate the edge of the hem of infant garments.
 (b) Slip hemming (hidden tailor stitch) used in constructing garments.

3. Mothers were given the meals named as A and B to be taken to school for two boys of age 8 years.

A - Butter applied burger-bun

Egg omelette

B - Vegetable and egg mixed noodles

Tomato and onion mixed salad

(i) Name the suitable meal for an obese child from the above two meals. State **two** reasons for the choice.

(ii) Write the way of preparing the egg omelette stated above.

(iii) Write **two** measures each to be followed in preserving the quality of the selected meal during preparation and cooking.

4. Following is the menu used for a dinner.

- Atta roti

- Grilled fish

- Green peas and potato curry

(i) State the nutritive value of the above meal.

(ii) Write respectively the main methods of heat transference during the preparation of these foods.

(iii) State by using a flow chart the steps to be followed in preparing and packaging fish selected for the above meal as ambuthiyal.

5. (i) State **three** advantages of preparing a household budget.

(ii) Explain how a bedroom could be decorated using a monochromatic colour scheme.

(iii) Write notes on

(a) Division of labour in a house.

(b) Grouping.

6. (i) Write the **three** stages of prenatal development.

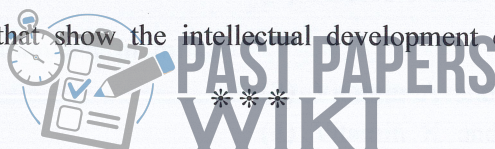
(ii) Name **two** congenital diseases identified as risk factors during pregnancy. State **two** harmful effects of them.

(iii) A rapid motor development is shown during infancy. Explain with **four** examples.

7. (i) Identify 'maladjustment'.

(ii) 'The expression of emotions during adolescence shows an instant and an intense nature' Give **three** examples.

(iii) Explain **four** features that show the intellectual development of adolescents.



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