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85 E I, II

අධ්‍යයන පොදු සහතික පත්‍ර (සාමාන්‍ය පෙළ) විභාගය, 2022(2023)
 கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2022(2023)
 General Certificate of Education (Ord. Level) Examination, 2022(2023)

ගෘහ ආර්ථික විද්‍යාව	I, II
මනෙප් පොරුළියල්	I, II
Home Economics	I, II

சூடிய ஐந்தை
மூன்று மணித்தியாலம்
Three hours

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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

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.

1. A function of protein is
 - (1) providing energy.
 - (2) maintaining the body temperature.
 - (3) protecting the internal organs.
 - (4) increasing the peristalsis of the intestine.
2. What is the following is an unsaturated fatty acid?
 - (1) Palmitic acid
 - (2) Lauric acid
 - (3) Linoleic acid
 - (4) Stearic acid
3. A food item containing favourable fat is
 - (1) woodapple.
 - (2) avocado.
 - (3) coconut.
 - (4) orange.
4. The deficiency of which of the following minerals causes still births and premature births during pregnancy?
 - (1) Iodine
 - (2) Calcium
 - (3) Sodium
 - (4) Magnesium
5. The chemical name of vitamin B₃ is
 - (1) Thiamine.
 - (2) Riboflavin.
 - (3) Niacine.
 - (4) Pyridoxine.
6. Consider the following facts.
 - Fat soluble
 - Present in milk and butter
 - Essential for bone developmentWhat is the vitamin related to these facts?
 - (1) Vitamin A
 - (2) Vitamin C
 - (3) Vitamin D
 - (4) Vitamin K
7. The two amino acids involved in mixing cereals and pulses for protein supplementation are
 - (1) valine and lysine.
 - (2) methionine and leucine.
 - (3) valine and leucine.
 - (4) lysine and methionine.
8. What is the food item which contains carbohydrate, calcium and vitamin B₂?
 - (1) Meat
 - (2) Fish
 - (3) Milk
 - (4) Eggs

9. Following are some statements regarding the nutritive value of a food item.

- Rich in fibre
- Contains iron
- A source of vitamin C

This food item is

- (1) carrot. (2) sweet potato. (3) guava. (4) gotukola.

10. What is the digestive action taking place in the duodenum?

- (1) Polysaccharides $\xrightarrow{\text{Amylase}}$ Disaccharides
- (2) Protein $\xrightarrow{\text{Pepsin}}$ Peptones
- (3) Dipeptides $\xrightarrow{\text{Peptidase}}$ Amino acids
- (4) Disaccharides $\xrightarrow{\text{Sucrase, lactase, maltase}}$ Monosaccharides

11. Select the **incorrect** statement regarding fat digestion.

- (1) The enzyme lipase is needed for fat digestion.
- (2) Bile acts in the emulsification of fats.
- (3) Bile is synthesised in the gall bladder.
- (4) Fat digestion ends up in the small intestine.

12. Select the correct statement regarding the Table of Recommended Dietary Allowances.

- (1) Calcium requirement is stated in grams.
- (2) Energy requirement is the same in pregnant and lactating periods.
- (3) Protein requirement is decreased in old age.
- (4) Vitamin A requirement of male and female adolescents is the same.

13. Which of the following methods of cooking involves the lowest temperature?

- (1) Steaming (2) Stewing
- (3) Boiling (4) Pan roasting

14. When laying the table in the western style, the cutlery placed on the left side of the plate is/are

- (1) only the fork. (2) only the spoon and knife.
- (3) only the knife. (4) only the spoon and fork.

15. The cause for anaemia is due to the deficiency of

- (1) calcium and vitamin A. (2) folic acid and vitamin C.
- (3) zinc and vitamin K. (4) iron and vitamin E.

16. Following are some symptoms of a deficiency disease.

- More prone to infections
- Lethargy
- Oedema of the abdomen and limbs

This deficiency disease could be

- (1) pellagra. (2) goitre. (3) marasmus. (4) kwashiorkor.

17. An example for the food spoilage due to a biological cause is

- (1) oil becoming rancid due to improper storage.
- (2) the upper surface of a bread slice turning black due to several days of exposure.
- (3) the cut surfaces of an apple turning brown.
- (4) a mature mango turning yellow due to ripening.

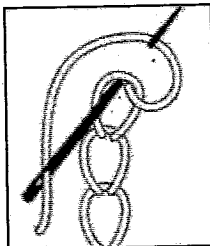
18. Select the correct statement regarding the preparation of the preserved food, tomato chutney.
- (1) The preserving agents used are sugar and salt.
 - (2) Addition of sugar inhibits the growth of microorganisms.
 - (3) Addition of salt decreases the pH of the food.
 - (4) Packaging is done just after the preparation.
19. A common secondary sex characteristic during adolescence is
- (1) softening of voice.
 - (2) growth of muscles.
 - (3) increase of height and weight.
 - (4) broadening of shoulders.
20. Select the **incorrect** statement regarding the development during adolescence.
- (1) Tends to take decisions considering the results.
 - (2) Tries to be prominent among others.
 - (3) Limbs grow faster in relation to the body.
 - (4) female and male children attain puberty at the same age.
21. When the overall development during adolescence is considered, an unstable and a drawback nature is observed in the
- (1) physical development.
 - (2) social development.
 - (3) intellectual development.
 - (4) emotional development.
22. What is the incurable disease from the following sexually transmitted diseases?
- (1) Syphilis
 - (2) AIDS
 - (3) Gonorrhoea
 - (4) Chlamydia
23. What is the correct fact regarding the female reproductive system?
- (1) The mature ova are kept stored in the ovaries.
 - (2) Once in 28 days, an ovary releases a mature ovum.
 - (3) The production of oestrogen and progesterone starts as the ovaries are formed.
 - (4) The zygote formed after fertilization gets implanted in the uterus.
24. A nutrient given to a pregnant mother at an antenatal clinic is
- (1) vitamin A.
 - (2) vitamin C.
 - (3) vitamin D.
 - (4) vitamin E.
25. A testing done in an antenatal clinic only once during a pregnancy is the
- (1) blood group.
 - (2) blood glucose level.
 - (3) blood pressure.
 - (4) haemoglobin level of blood.
26. A neonate is identified as the infant during the
- (1) first two days from birth.
 - (2) first week from birth.
 - (3) first two weeks from birth.
 - (4) first four weeks from birth.
27. Select the correct response regarding colostrum.
- (1) It is important for the immunity of the infant.
 - (2) It is an essential fatty acid present in the breast milk.
 - (3) It is the breast milk secreted within the first few months.
 - (4) It is a hormone present in breast milk.
28. What is the hormone that is important for the production of breast milk during the lactating period?
- (1) Androgen
 - (2) Oestrogen
 - (3) Prolactin
 - (4) Thyroxine
29. The two diseases prevented by the Pentavalent vaccine given to infants are
- (1) Whooping cough and Tetanus.
 - (2) Measles and Hepatitis B.
 - (3) Diphtheria and Rubella.
 - (4) Mumps and Tuberculosis.

30. Select the correct statement regarding the different methods of sewing.

- (1) Back stitch is suitable to finish the raw edges.
- (2) Running stitch is identified as a temporary method of sewing.
- (3) Herringbone stitch is used for shadow work.
- (4) In the Tailor's stitch the moving thread is not visible from the wrong side.

31. The stitch shown in this diagram is the

- (1) Chain stitch.
- (2) Blanket stitch.
- (3) Stem Stitch.
- (4) Cross Stitch.



32. Consider the following facts.

A – When sewing specimens, much attention should be given to the finish of the correct side of the fabric.

B – Before sewing the cross stitch a few warp threads of the cloth should be removed.

C – The variation in cotton fabrics depends on the weave and the finish.

The correct fact/facts is/are

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

33. What is the property of cotton fibre/cloth?

- (1) When pulled hard, the broken ends show sharp edges.
- (2) When rubbed, feels a stretchable nature.
- (3) When ironing, high temperature could be used.
- (4) When put into water, get soaked slowly.

34. Two types of fabrics most suitable for a baby shirt are

- (1) Voile and Linen. (2) Linen and Poplin.
- (3) Poplin and Malpiece. (4) Malpiece and Voile.

35. In securing privacy in a bathroom of the house, it is most suitable to have

- (1) fan lights. (2) windows. (3) grills. (4) ventilation holes.

36. Which is the most important fact regarding the ventilation of a house?

- (1) Decreasing the height of the walls (2) Building near mountain slopes
- (3) Painting cool colours (4) Making indoor gardens and ponds

37. In a house, translucent glass is most suitable for windows of the

- (1) kitchen. (2) living room. (3) bedrooms. (4) dining room.

38. What is the intermediate colour?

- (1) Yellow purple (2) Blue orange (3) Red orange (4) Red green

39. Select the response that includes the correct steps of household resource management.

- (1) Organizing, Implementing and Observing and Evaluating.
- (2) Planning, Organizing, Implementing and Evaluating.
- (3) Observing, Implementing, Organizing and Evaluating.
- (4) Planning, Organizing, Observing and Evaluating.

40. A fact that should **not** be considered when planning a household budget is the

- (1) number of family members. (2) savings.
- (3) additional expenditure. (4) gender of the members.

85 E I, II

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 கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2022(2023)
 General Certificate of Education (Ord. Level) Examination, 2022(2023)

ගෞරවයෙන් 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 middle class family of father, mother and two small daughters. The four year old elder daughter attends the preschool. Younger daughter is five months old. Father works as a security officer in a private institute. Mother is a busy housewife. Though their house is of four rooms, it is well organized.

- State **two** nutritional requirements of the preschool child.
- Name a preserved food suitable to be taken to the pre-school for the elder daughter's fourth birthday party and state a nutrient present in this food.
- Write **two** steamed main foods, the father could take to work for breakfast.
- The Family Health Officer told that the mother is suffering from Anaemia. Mention **two** symptoms shown by the mother.
- Name **two** types of decorative stitches that could be used as hemming stitch for a baby shirt of the small child.
- The birth weight of the younger daughter was 2.8 kg. What is the expected weight when she is one year old?
- Name **two** toys suitable for the five months old small child.
- Mention **two** home accidents that could be faced by these children.
- Write **two** multi purpose units organized in their home.
- What is meant by cross ventilation? State an instance where cross ventilation is shown in this house.

- Mention **three** steps followed when sewing and finishing the hem of a garment.
 - According to the classification of fibres, name **two** man-made fibres and give **one** example for each.
 - Write notes.
 - The special features that should be present in a baby shirt
 - Preparation of fabric specimens

3. (i) Define the term 'food'.
(ii) Write **three** points to be considered when preparing food so as to retain their quality characteristics.
(iii) Plan a menu of a special lunch suitable for a guest.
4. (i) Mention **three** symptoms of calcium deficiency that occur during small age.
(ii) 'It is important to include fibre in the daily diet'. Give **three** reasons for this.
(iii) Explain **four** factors affecting malnutrition among children.
5. (i) Write **three** advantages of household resource management for the members of the family.
(ii) 'Time and electricity are two resources important in household management'. State with examples, **three** different forms of electrical energy used in household activities.
(iii) Explain with a diagram each, the instances of showing formal and informal balance in home decoration.
6. (i) State **three** risk factors of pregnancy.
(ii) Write **three** points that should be followed when preparing weaning (additional) foods to an infant.
(iii) Explain the social development during infancy with reference to **four** facts.
7. (i) Identify 'menopause'.
(ii) State **three** sensations of a neonate and write **one** reflex action shown for each of them.
(iii) 'Peer group relationships have positive and negative impacts on the development of adolescents'. Discuss giving **four** facts.

* * *

