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85 E I, II

අධ්‍යයන පොදු සහතික පත්‍ර (සාමාන්‍ය පෙළ) විභාගය, 2018 දෙසැම්බර්  
கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2018 டிசம்பர்  
General Certificate of Education (Ord. Level) Examination, December 2018

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

07.12.2018 / 0830 - 1140

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 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.

- Which of the following is the least sweet carbohydrate?  
(1) Glucose (2) Sucrose (3) Maltose (4) Fructose
- The fatty acid present in coconut is  
(1) butyric acid. (2) palmitic acid. (3) lauric acid. (4) stearic acid.
- A food item in which lysine is the limiting amino acid is  
(1) wheat. (2) dhal. (3) milk. (4) fish.
- The deficiency of which of the following B group vitamins causes Pellagra?  
(1) Vitamin B<sub>2</sub> (2) Vitamin B<sub>3</sub> (3) Vitamin B<sub>6</sub> (4) Vitamin B<sub>12</sub>
- Following are some functions of a vitamin named 'X'.  
● helps in iron absorption  
● acts as an antioxidant  
● needs for the synthesis of collagen  
'X' could be  
(1) Vitamin A. (2) Vitamin C. (3) Vitamin D. (4) Vitamin E.
- A function of vegetables to the body is  
(1) accelerating the cholesterol absorption.  
(2) stimulating the secretion of digestive enzymes.  
(3) increasing the fiber content of the diet.  
(4) helping the absorption of nutrients.
- Two nutrients in milk are  
(1) Iron and vitamin D. (2) Calcium and Vitamin C.  
(3) Vitamin A and Vitamin B<sub>2</sub>. (4) Vitamin K and phosphorous.
- In the preparation of foods such as bread and buns, what is the protein that causes stretchability of the dough?  
(1) Elastin (2) Collagen (3) Myosin (4) Gluten

[see page two]

9. From the following, which is the most suitable lunch for an occasion?  
(1) Biryani, fish white curry, bean curry, gotukola sambol and custard pudding  
(2) Vegetable fried rice, fish curry, mixed vegetable stew, mukunuwanna mallum and watalappan  
(3) Noodles, dhal curry, fish ambulthiyal, onion sambol and fruit salad  
(4) Yellow rice, fried potato, meat curry, vegetable salad and ice cream
10. Which of the following statements is correct regarding puff pastry?  
(1) In preparation, a small amount of yeast is added.  
(2) It is essential to keep in a refrigerator in preparation.  
(3) Margarine and flour are mixed in the ratio of 1:2.  
(4) Patties are made using puff pastry.
11. Select the correct statement regarding nutrition.  
(1) Vitamin K could be synthesized in the body.  
(2) Fish oil contains saturated fatty acids.  
(3) Extra proteins are stored in the liver.  
(4) Excessive intake of vitamin B is toxic to the body.
12. In which of the following cooking processes, does convection mainly take place?  
(1) Making Thosei  
(2) Roasting meat  
(3) Frying cutlets  
(4) Baking cakes
13. Two conditions which are currently considered as nutritional problems in Sri Lanka are  
(1) overnutrition and low birth weight.  
(2) still births and premature births.  
(3) overnutrition and premature births.  
(4) low birth weight and still births.
14. A characteristic which is **not** shown in iodine deficiency in children is  
(1) growth retardation.  
(2) lethargy.  
(3) low level of intelligence.  
(4) diarrhoea.
15. What is the vitamin that helps in the absorption of calcium?  
(1) Vitamin A.                      (2) Vitamin C.                      (3) Vitamin D.                      (4) Vitamin K.
16. The protein digestive enzyme in pancreatic juice is  
(1) renin.                      (2) trypsin.                      (3) pepsin.                      (4) amino peptidase.
17. An extrinsic factor that affects microbial growth is  
(1) temperature.                      (2) water activity.                      (3) pH value.                      (4) substrate.
18. In a girl, the ova are formed in the body  
(1) before birth.                      (2) during late childhood.  
(3) close to puberty.                      (4) along with puberty.
19. The maximum growth spurt in the physical development of female and male adolescents is shown respectively at the age of  
(1) 10 and 12 years.                      (2) 12 and 14 years.  
(3) 12 and 16 years.                      (4) 14 and 16 years.
20. From the following, which is the correct statement regarding adolescence?  
(1) There is a correlation between physical development and mental development.  
(2) Sociability is much influenced by heredity and environment.  
(3) During this period, there is a growth of muscle tissues in girls and fat tissues in boys.  
(4) During this period, they try to build up the self concept.
21. From the following, what is the behaviour that shows the emotional development in adolescents?  
(1) Self-centredness                      (2) Imitation  
(3) Sympathy                      (4) Co-operation
22. The cut-off value for the haemoglobin level of a pregnant woman is considered as  
(1) 9 g/dl.                      (2) 11 g/dl.                      (3) 13 g/dl.                      (4) 15 g/dl.

23. A measurement / test done several times for a pregnant woman in an antenatal clinic is the  
 (1) measurement of height. (2) urine test.  
 (3) test for blood group. (4) VDRL test.
24. The weight of an infant at one year whose birth weight was 3 kg is about  
 (1) 6 kg. (2) 7 kg. (3) 9 kg. (4) 12 kg.
25. The correct range of the head circumference of a neonate is  
 (1) 20 - 23 cm. (2) 24 - 26 cm. (3) 32 - 34 cm. (4) 37 - 40 cm.
26. Additional foods should be introduced to an infant after the completion of  
 (1) 3 months. (2) 6 months. (3) 8 months. (4) 10 months.
27. From the following, what is the vaccine that is given to an infant after the completion of 6 months?  
 (1) Japanese Encephalitis vaccine  
 (2) 1<sup>st</sup> dose of MMR vaccine  
 (3) 2<sup>nd</sup> dose of Pentavalent vaccine  
 (4) 3<sup>rd</sup> dose of Oral Polio vaccine
28. Following features are seen in a stitch denoted by 'P'.  
 • It is used as a decorative stitch.  
 • It is used in joining two pieces of fabric.  
 • It enhances the beauty in stitching scallops.  
 'P' is  
 (1) tacking. (2) running stitch. (3) blanket stitch. (4) hemming stitch.
29. A fact which should **not** be followed in constructing a garment is  
 (1) marking wheel lines on the correct side of the fabric.  
 (2) pinning by keeping the wheel lines on each other.  
 (3) applying a temporary stitch very close to the wheel lines.  
 (4) applying a permanent stitch on the wheel lines.
30. A stitch which gives decorativeness to the hem of a dress is  
 (1) back stitch. (2) tailor stitch.  
 (3) whipping stitch. (4) slip stitch (hidden tailor stitch).
31. Two fabrics manufactured by a plant fiber are  
 (1) mull and linen. (2) voile and rayon.  
 (3) orlon and mull. (4) rayon and nainsook
32. What is the correct statement regarding Textile Technology?  
 (1) Drafting of blocks should be done on the shiny surface of the brown paper.  
 (2) In constructing infant garments, the block is drafted after taking measurements.  
 (3) French seam could be used in stitching a cushion cover.  
 (4) When sewing a child's frock, side seams should be opened to the two sides.
33. In constructing a child's frock, the measurement from shoulder to armhole is calculated as  
 (1)  $\frac{1}{4}$  th the height from shoulder to waist.  
 (2)  $\frac{1}{3}$  rd the height from shoulder to waist.  
 (3)  $\frac{1}{2}$  the height from shoulder to waist.  
 (4)  $\frac{2}{3}$  rd the height from shoulder to waist.
34. Which is the most suitable method to sew and finish a square shaped neckline?  
 (1) Binding (2) Facing (3) Piping (4) Shaped facing

35. A stitch that gives a filled effect to a motif in sewing is  
(1) French knots. (2) Long and short stitch.  
(3) Bullion stitch. (4) Hem stitch.
36. The floor area of the main bed room of a house should be at least  
(1) 90 sq. ft. (2) 100 sq. ft. (3) 120 sq. ft. (4) 150 sq. ft.
37. Select the group which include only secondary colours.  
(1) orange, red, purple (2) green, purple, blue  
(3) yellow, orange, green (4) orange, green, purple
38. Which of the following lines show rhythmic nature?  
(1) vertical lines (2) horizontal lines (3) diagonal lines (4) zig-zag lines
39. Select the answer which shows an element of art and a principle of design respectively.  
(1) Balance and texture (2) Shape and proportion  
(3) Colour and line (4) Emphasis and rhythm
40. Two non-physical resources are  
(1) water and property. (2) space and fuel.  
(3) money and lands. (4) time and electricity.

\* \*

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General Certificate of Education (Ord. Level) Examination, December 2018

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. The school canteen is managed by the School Development Society. A group of students who sat for the G.C.E. (Adv. Level) examination have got permission to undertake the management of the canteen until the release of results. They are keen in maintaining the canteen methodically and in creating a pleasant environment in it.
  - (i) Write **four** qualities that should be present in the food which are sold in the school canteen.
  - (ii) Propose a menu that could be taken from the canteen as the breakfast for the students.
  - (iii) State **four** points that should be considered in buying packaged foods from the canteen.
  - (iv) Facilities are provided in this canteen to serve the special guests who visit the school. Show with a diagram, how the table could be laid for such an occasion to serve tea for two guests.
  - (v) Draw a design suitable for a serviette holder used in the canteen.
  - (vi) Write **two** steps that should be followed in finishing this serviette holder by quilting.
  - (vii) Mention **two** intellectual skills of adolescents needed for efficient management of the school canteen.
  - (viii) Write **two** good habits that should be inculcated in students to avoid the rush in the canteen during the interval.
  - (ix) Write **four** features that reflect the well organized nature of the canteen.
  - (x) 'The canteen is pleasantly decorated.' Give **two** examples to justify this statement.
2. (i) Mention **three** points that should be considered in constructing children's garments.
- (ii) It is needed to make a wall decoration for a drawing room using different types of stitches. State **three** points that should be included in a pre-plan regarding this.
- (iii) Write notes:
  - (a) Methods of fastening openings in garments
  - (b) Methods of finishing raw edges of seams

3. Given below is a menu of a lunch.

- Rice
- Dhal curry
- Ladies fingers curry
- Egg omelette
- Beet sambol
- Papadam
- Caramel pudding as the dessert

(i) Name the main method of cooking regarding each food above and briefly explain **two** of them.

(ii) Explain the nutritional importance of the above meal.

(iii) Show with the help of a diagram, how rice, dhal, egg, beet and ladies fingers included in the above meal are placed in the food pyramid.

4. (i) Name **two** physical causes for food spoilage and give the steps to be taken to prevent them.

(ii) Write notes:

- (a) Use of low heat for food preservation
- (b) Blanching

(iii) State the preservatives and the principles of preservation regarding the preparation of the following foods respectively.

- (a) Mango Chutney
- (b) Potato dosi/toffee

5. (i) Write **three** points to be considered when selecting furniture for the drawing room.

(ii) Give **three** steps that could be taken regarding soil conservation in the home garden.

(iii) Discuss the safety measures to be followed in using electricity at home.

6. (i) A neonate shows reflex actions.

- (a) Identify 'reflex actions'.
- (b) Give **two** examples for reflex actions.

(ii) Explain how the parents should act so as to socialize the infant in the first year.

(iii) There are two ways in the development of a child.

- (a) Development from head to feet (cephalocaudal sequence)
- (b) Development from the center to the periphery (proximodistal sequence)

Give **two** examples for each of the above.

7. (i) Write **two** functions of each of the following parts of the female reproductive system.

- (a) Ovaries
- (b) Fallopian tubes
- (c) Uterus

(ii) Give **three** benefits of breast feeding to the infant.

(iii) Write notes:

- (a) Menstruation
- (b) Pregnancy



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