CSM – 36/16
Home Science
Paper – I

Time : 3 hours

Full Marks : 300

The figures in the right-hand margin indicate marks.

*Candidates should attempt Q. No. 1 from Section – A and Q. No. 5 from Section – B which are compulsory and **three** of the remaining questions, selecting at least **one** from each Section.*

SECTION – A

1. Answer any **three** parts of the following :

    (a) Fruits and vegetables are protective foods. Explain its importance in health. How they should be handled to conserve those health factors ?   20

    (b) What is an omega fatty acid ? Give its sources and its vital role in health.   20

    (c) What is the present nutrition situation in India ? How is it managed by the Govt. ?   20

(d) What are the causes of hypertension ? Explain its complications, dietary counsel and give a day's diet. **20**

2. What are the major causes for food contamination and toxicity ? How is it being controlled in our country ? **60**

3. Recently vitamin D has been implicated in preventing non-communicable diseases explain its importance in health. **60**

4. Regular or excessive intake of simple carbohydrates, fried foods and salted preserved foods can be harmful to health. Explain, in detail, why. **60**

SECTION – B

5. Answer any **three** parts of the following :

(a) Explain how nature and nurture both influence the development of an individual. **20**

(b) Describe the stages of intellectual development from infancy and the role of stimulation. **20**

(c) What are the causes of cerebral palsy ? How do such individuals perform ? Write on the support and training they require. 20

(d) Write on emotional problems in adolescence and what society can do to help them. 20

6. Family ties are weaker in contemporary families, explain the factors affecting family bondage and how it can he strengthened in current perspective.

60

7. Personality development begins at home-why ? How can family help in the shaping of a child's personality till he reaches adulthood ? 60

8. What is special education ? Explain the recent development in training and support rendered to the sensory impaired to make them self reliant.

60

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