

CSM – 36/17
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 any **three** of the remaining questions selecting at least **one** from each Section.*

SECTION – A

1. Answer any **three** of the following :
 - (a) Draw the food guide pyramid and discuss the importance of different food groups towards contributing to a balanced diet. 20
 - (b) Narrate the role of fat in the pathogenesis of cardio vascular diseases. 20
 - (c) Write on the factors contributing to the prevalence of nutritional deficiency diseases among the vulnerable groups. 20

- (d) Discuss on the role of different national and international organisations in their effort to assure food and nutrition security in the country. 20
2. Critically discuss on the present day dietary pattern and life style as contributors to the escalating prevalence of non-communicable diseases. Give the multipronged strategies to combat the same. 60
3. Write short notes on the following : 12×5 = 60
- (a) Differentiate between food safety and food quality. Discuss on the importance of Total Quality Management in food safety assurance.
 - (b) Write on the objectives, functions and activities of the ICDS.
 - (c) Enumerate the role of water in maintenance of electrolyte balance.
 - (d) Critically discuss on the advantages of a vegetarian diet.
 - (e) Explain the role of different nutrients in the prevention of anaemia.

4. (a) Detail on the relationship between nutrition and infection and its effect on national development. 30
- (b) Narrate the method for determination of total energy requirement and factors affecting energy requirement. 30

SECTION – B

5. Answer any **three** sub-questions of the following :
- (a) How does the nutritional status of the mother affect the birth weight and health of the new born baby ? 20
- (b) Write on the management and care of the exceptional children. 20
- (c) Detail on the role of the society in the development of responsible citizens. 20
- (d) Write short notes on the following :
- (i) Influence of genetic and environmental influences on health and disease. 5
- (ii) Explain the family life cycle and the problems associated with each stage of the family life cycle. 5

- (iii) Discuss on the contemporary family problems prevalent in the society. 5
- (iv) Role of the family, school, community and mass media in personality development of children. 5
6. Detail on the sequence of the developmental stages of an infant upto pre-school years and also correlate the stages of psychosocial and intellectual development. 60
7. Give the reasons for the increasing stress and psycho-social problems evident in the present day society and underline the importance of counselling. 60
8. Explain the role of hormones in the physical and sexual development during the adolescent period and discuss on the changes in personality traits and relationships during this period. 60

