Section - A

1. Write the correct option i.e. A, B, C, and D in the empty box provided opposite to each part.

   i. The human body needs .................................
      (A) Food  (B) Water  (C) Protein  (D) Minerals

   ii. The caloric value of one gram water is ...........
      (A) One  (B) Two  (C) Three  (D) Four

   iii. The major part of our body consists of ...........
      (A) Protein  (B) Minerals  (C) Vitamins  (D) Osteoblasts

   iv. The ability of Vitamin D causes the disease of ...........
      (A) Tooth and  (B) Bony  (C) Kidneys  (D) Joints

   v. In almost all of the world, ............... is an important part of traditional diets.
      (A) Milk  (B) Cereal  (C) Meat  (D) Tea

   vi. Every family has some desires and ............. of life.
      (A) Objectives  (B) Principles  (C) Habits  (D) Tendencies

   vii. There are ............... kinds of adjectives.
      (A) Two  (B) Three  (C) Four  (D) Five

   a. The ............... of Mullin are renowned institution.
      (A) Pottery  (B) Embroidery  (C) Furniture  (D) Glasswork

   b. ............... means an arrangement, a combination and formation.
      (A) Balance  (B) Proportion  (C) Rhythm  (D) Harmony

   c. ............... means the creation of feeling of unity.
      (A) Rhythm  (B) Harmony  (C) Proportion  (D) Bè

   d. The food should be ...............
      (A) Delicious  (B) Tasty  (C) Simple  (D) Spicy

   e. The caloric value of ................... causes the growth of teeth.
      (A) A  (B) B  (C) D  (D) C
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*Notes:*
- اقتیاد (permission)
- قانون (law)
Elements of Home Economics (10th)

Section B

Q. 2 Answer any nine parts. Each part carries equal marks.

(i) What is balanced diet?
(ii) What are the sources of carbohydrates?
(iii) What are the effects of the deficiency of protein?
(iv) Discuss the utility of vitamin C.
(v) Briefly discuss the nutritional needs of infant child.
(vi) What is the basic principles of attire arrangement?
(vii) Explain the basic principles of art.
(viii) Explain the use of art in daily life.
(ix) Write down the advantages of family planning.
(x) What is meant by family budget?
(xi) In which nutritional item iron is found.
(xii) What are minerals salt?

SECTION - C

Note: Attempt any three questions. Each question carries equal marks.

Q. 3 Why is food important for us? What important functions are performed by foods in our body?

Q. 4 What are the nutritional requirement of pregnant and feeding women? Prepare a chart of balanced diet of a day for them.

Q. 5 What is meant by home beauty? How can you make your home beautiful and comfortable?

Q. 6 Explain the family values and objectives for which causes you will struggle?

[Image of a page from a book]