MANIPUR BOARD QUESTION PAPER

2024

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1 Hfs (T) 13/24

2024

HUMAN ECOLOGY AND FAMILY SCIENCES

(Theory)

Full Marks : 70

Pass Marks : 21

Time : Three hours

All the questions are compulsory.

The figures in the right margin indicate full marks for the questions.

For Question Nos. 1 to 7, select the most appropriate one from the given alternatives A, B, C and D and rewrite the same.

1. What percentage of the total calories should cereal supply in our daily diet? 1

   A. 55%

   B. 60%

   C. 70%

   D. 75%

2. What is the device which help to trace work against time? 1

   A. Restperiod

   B. Work load identifier

   C. Work curve

   D. Ergonometer

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3. Which nutrient is needed for healthy bones in infants and children? 1

A. Protein

B. Calcium

C. Iron

D. Iodine

4. What type of stain is ink stain? 1

A. Vegetable stain

B. Animal stain

C. Mineral stain

D. Dye stain

5. Which physical change is similar in both boys and girls during puberty? 1

A. Rapid growth

B. Change of voice

C. Menarche

D. Growth of beard

6. Which of the following diseases is related to poor personal hygiene and poor food handling practices? 1

A. Typhoid

B. Scurvy

C. Malaria

D. Dengue

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7. If you want to remove wrinkles in fabrics, what type of finishing would you give to the fabric? 1

A. Stiffening

B. Sanforising

C. Bleaching

D. Calendering

Question Nos. 8 to 17 are very short answer type questions carrying 1 mark each.

8. When does self-image recognition happen during infancy? 1

9. Name a substance which is abused by adolescents. 1

10. What is aspect in space planning? 1

11. At what age is typhoid vaccine given? 1

12. Give a difference between adolescents of Western culture and Indian culture. 1

13. Why should we manage our resources? 1

14. Which factor can cause malnutrition in adolescents? 1

15. How will you judge the success and failure of your efforts? 1

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16. If you are asked to design sportswear, what type of fabric would you use? 1

17. Suggest an investment option for your father who is a government employee, who is interested to invest for income tax saving. 1

Question Nos. 18 to 27are short answer type II questions carrying 2 marks each.

18. Write the names of two Indian women who helped in establishing Lady Irwin College. 2

19. What are the identities present in an individual? 2

20. Name two cleaning agents used in laundry work. 2

21. Give two reasons why cotton clothes are used in summer. 2

22. Write two differences between intrinsic and extrinsic factors linked with various diseases. 2

23. Give two advantages of borax as a stiffening agent. 2

24. Rahul who is an adolescent, for no reason feels happy and sometimes sad and depressed. What is he experiencing? What in your opinion is the cause of this instability of emotion? 1+1=2

25. John is an adolescent boy residing in Imphal. He is very much interested in eating fast food which is full of empty calories. Cite two probable reasons for his choice of food. 2

26. Suggest two ways to conserve our natural resources. 2

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27. Help your aunt to prepare school tiffin for her eight-year old son by suggesting two factors she should keep in mind while preparing the tiffin. 2

Question Nos. 28 to 33 are short answer type I questions carrying 3 marks each.

28. Explain three characteristics of an adolescent's sense of self with examples. 3

OR

Give three reasons to explain why an adolescent faces identity crisis. 3

29. Explain the three levels of health care services. 3

OR

Explain the relationship between nutrition and infection by giving three points. 3

30. Every one of us has a unique identity. Justify by giving three points. 3

OR

Tony who is an adolescent is shorter than his classmates and is very concerned and dissatisfied with his appearance. Predict three possible results of his feelings. 3

31. Your sister who is a school teacher is not able to cope with the increase in demands and responsibilities in both her home and school. Suggest three steps of making a suitable time and activity plan to help her overcome this problem. 3

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OR

Working in proper body posture reduces stress on muscles and so reduces fatigue. Suggest three ways to avoid stress on muscles. 3

32. Guide Neeta in washing her silk saree by informing her about three precautions she should follow in dealing with silk fabrics. 3

OR

Help your mother to store woollen clothes used in winter after the season is over by suggesting three points to remember while storing woollen items. 3

33. Draw a pre-shaped diaper for infants. 3

OR

Draw a frock for a pre-school girl. 3

Question Nos. 34 to 36 are essay type questions carrying 5 marks each.

34. Explain the SMCRE model of communication. 5

OR

Discuss five important modern communication technology which are widely used now-a-days. 5

35. Discuss five benefits of breast feeding to infants. 5

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OR

Explain five important deficiency diseases that may occur in young children. 5

36. Explain the steps in making a household budget. 5

OR

Discuss five principles underlying sound investment. 5

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