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CBSE Sample Paper Class 11 Home Science 2019-20

Subject: Home Science Class: 11 Maximum Marks: 70 Duration: 3 hours

Section A: Multiple Choice Questions (20 marks)

1. Which of the following is a balanced meal? a) Pizza and soda b) Rice and lentils c) French fries and burger
2. Which of the following is an example of a physical contaminant in food? a) Bacteria b) Dust c) Chemical additives
3. Which of the following is a correct method for handwashing? a) Using water only b) Using soap and water for at least 20 seconds c) Not washing hands at all
4. Which of the following fabrics is best suited for making sportswear? a) Silk b) Cotton c) Wool

Section B: Short Answer Questions (25 marks)

5. What are the essential nutrients required for a balanced diet? Explain each nutrient briefly.
6. Describe the steps involved in setting a formal dining table for a special occasion.
7. Explain the importance of personal grooming and hygiene.
8. Discuss the concept of sustainable fashion and its importance in the current scenario.
9. What are the basic principles of interior decoration? Explain any two principles with examples.

Section C: Long Answer Questions (25 marks)

10. Discuss the factors to consider while planning a nutritious menu for a family.



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11. Explain the importance of time management in maintaining a well-organized home.
12. Describe the process of fabric selection and care for different types of fabrics.
13. Discuss the role of Home Science in promoting a healthy and sustainable lifestyle.

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