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CBSE Sample Paper Class 11 Home Science 2020-21

Subject: Home Science Class: 11 Maximum Marks: 80 Duration: 3 hours

Section A: Multiple Choice Questions (15 marks)

1. Which of the following is a primary source of protein? a) Rice b) Milk c) Bread d) Potato
2. What is the importance of time management in daily life? a) It helps in completing tasks efficiently. b) It increases stress levels. c) It reduces productivity. d) It has no impact on daily life.
3. What is the recommended duration for physical exercise in a day? a) 15 minutes b) 1 hour c) 4 hours d) 24 hours
4. What is the primary focus of interior decoration? a) Enhancing the functionality of the space b) Creating a clutter-free environment c) Selecting trendy furniture d) Using vibrant colors

Section B: Short Answer Questions (30 marks)

5. Explain the concept of balanced diet and its importance for good health.
6. Discuss the role of effective communication in maintaining healthy relationships.
7. List five essential kitchen tools and their uses.
8. Explain the process of meal planning and its significance.
9. What are the factors to consider while choosing clothing materials for different seasons?

Section C: Long Answer Questions (35 marks)

10. Describe the steps involved in time management and its benefits.
11. Discuss the importance of personal hygiene and grooming.



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12. Explain the principles of interior decoration and their application in designing a living room.
13. Describe the steps involved in conducting a survey on consumer preferences for a specific product.
14. Discuss the challenges faced in maintaining work-life balance and suggest strategies to overcome them.

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