



Nishant eAcademy

CBSE Sample Paper Class 11 Home Science 2021-22

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

Section A: Multiple Choice Questions (20 marks)

1. Which of the following is not a macronutrient? a) Carbohydrates b) Proteins c) Vitamins d) Fats
2. What is the recommended daily intake of water for an average adult? a) 1 liter b) 2 liters c) 3 liters d) 4 liters
3. Which of the following is an example of a textile fiber made from natural sources? a) Polyester b) Nylon c) Cotton d) Acrylic
4. Which of the following is an example of a non-renewable resource? a) Solar energy b) Wind energy c) Fossil fuels d) Water

Section B: Short Answer Questions (30 marks)

5. Explain the concept of balanced diet and its importance for maintaining good health.
6. Discuss the role of communication skills in building effective relationships within the family.
7. Describe the steps involved in basic food preservation techniques.
8. Explain the concept of "Reduce, Reuse, and Recycle" in the context of sustainable living.

Section C: Long Answer Questions (30 marks)

9. Discuss the importance of time management in maintaining work-life balance.
10. Explain the factors that contribute to the development of positive self-esteem in individuals.



11. Discuss the impact of social media on mental health and suggest strategies for its healthy usage.
12. Describe the process of meal planning and its significance in ensuring a nutritious diet.

Section D: Practical Based Questions (20 marks)

13. Conduct an experiment to demonstrate the importance of handwashing in preventing the spread of germs. Record your observations and conclusions.
14. Prepare a simple recipe using seasonal fruits or vegetables. Mention the ingredients, method of preparation, and nutritional benefits.