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CBSE Sample Paper Class 11 Home Science 2023-24

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

Section A: Multiple Choice Questions (15 marks)

1. Which of the following is a high-fiber food? a) White rice b) Whole wheat bread
c) Potato chips
2. Which of the following is a correct statement about time management? a)
Procrastination helps improve productivity. b) Prioritizing tasks is not necessary.
c) Planning and organizing time leads to effective results.
3. Which of the following is an example of a non-renewable resource? a) Solar
energy b) Wind energy c) Fossil fuels
4. Which of the following is a healthy way to express emotions? a) Suppressing
emotions b) Venting anger aggressively c) Talking about feelings with a trusted
person

Section B: Short Answer Questions (20 marks)

5. Explain the concept of balanced diet and its importance for maintaining good
health.
6. Discuss the factors that contribute to effective communication within a family.
7. What are the essential skills required for effective time management?
8. Explain the importance of personal grooming and hygiene.

Section C: Long Answer Questions (35 marks)

9. Discuss the significance of meal planning and its benefits for individuals and
families.
10. Explain the concept of sustainable development and discuss the importance of
sustainable practices in managing natural resources.



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11. Discuss the psychological and social factors that influence consumer behavior.
12. Explain the importance of stress management and techniques to manage stress effectively.

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