

Element of Home Economics (New)

10th (Fresh/Reappear)

۱۔ ہر سوال کے سامنے چار دائرے دیئے گئے ہیں، صرف صحیح جواب والا دائرہ بھر دیں۔

۲۔ دائروں کو شیڈ (بھرنے) کے لیے نیلے یا کاغذی رنگ کا لکڑا استعمال کریں۔

۳۔ جواب میں ایک سے زائد دائرے بھرنے سے جواب غلط تصور ہو گا۔

Time: 20 Minutes

SECTION-A

Marks: 15

Q1: Choose the correct option i.e, A,B,C or D?

1. Food menu for home should be set according to.
☐ Children ☐ Adults ☐ Persons ☒ Income
2. In small room big things be kept with.
☒ Wall ☐ Window ☐ Door ☐ Bed
3. Design are of _____ type.
☒ 2 ☐ 5 ☐ 7 ☐ 1
4. _____ is used for body growth and repair.
☐ Vitamin ☐ Calcium ☐ Iron ☒ Protein
5. There are _____ group(s) of fatty acid.
☐ 4 ☐ 3 ☒ 2 ☐ 1
6. Maximum of our body consist of.
☒ Flesh ☐ Protein ☐ Fat ☐ Phosphorus
7. _____ vitamin is destroyed, if vegetable is cooked for long time.
☐ A ☐ B ☒ C ☐ D
8. For animal breeding, vitamin _____ is very necessary.
☐ E ☒ A ☐ K ☐ B
9. Gums are swollen in.
☐ Beri Beri ☒ Scurvy ☐ Rickets ☐ Jaundice
10. We always prefer food for.
☐ Appearance ☐ Color ☒ Taste ☐ Price
11. We should take care of _____ in pregnancy.
☐ Rest ☐ Food ☐ Medicine ☒ All these
12. Without _____ life is useless.
☐ Children ☒ Happiness ☐ Aims ☐ Wealth
13. Sofa length is _____ meter.
☒ $\frac{1}{2}$ ☐ $\frac{1}{3}$ ☐ $\frac{1}{4}$ ☐ $\frac{3}{4}$

14. Sindhi _____ is very famous.
☐ Wood ☒ Embroidery ☐ Vegetables ☐ Nonee
15. Superiority is the _____ principle of Art.
☐ Fourth ☒ Third ☐ Fifth ☐ Second

PR-X (A) (25)

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Note: Time allowed for Section-B & Section-C is 2:40 Hours.

SECTION-B

Marks: 36

Q2: Answer any NINE parts. Each part carries 4 marks?

1. "Food provides energy to body", explain?
2. Sources of carbohydrates?
3. Role of consumer?
4. Sources of Vitamin "D"?
5. Effects of Vitamin "E" deficiency?
6. Advantages of phosphorus?
7. Suitable foods for breakfast?
8. Food needs of children?
9. Define art in home economics?
10. Explain rhythm?
11. What is Vitamin "B complex"?
12. What is meant by fatty acid?

SECTION-C

Marks: 24

Q3: Attempt any THREE questions. All questions carry equal marks?

1. School children need different kind of food, make a menu for a day with different timings?
2. What are domestic sources? How can it be utilized best?
3. What is home beauty? How can you make your home beautiful?
4. Which are calorisied and energetic foods? Describe any one of these in detail?