

ELEMENT OF HOME ECONOMICS (New)9th (Fresh/Reappear)

- ۱۔ ہر سوال کے سامنے چار دائرے دیئے گئے ہیں، صرف صحیح جواب والا دائرہ بھریں۔
 ۲۔ دائروں کو شیڈ (بھرنے) کے لیے نیلے یا کالے رنگ کا مارکر استعمال کریں۔
 ۳۔ جواب میں ایک سے زائد دائرے بھرنے سے جواب غلط تصور ہوگا۔

Time: 20 Minutes**SECTION-A****Marks: 15****Q1: Choose the correct option i.e, A,B,C or D?**

- What is the percentage of water in human body?
☐ 40 to 50 ☐ 90 to 95 ☒ 60 to 70 ☐ 10 to 20
- Company of good friends gives you _____ quality.
☐ Intelligence ☐ Truthfulness ☒ Confidence ☐ Hardness
- Home economics first emerged as a subject in.
☒ America ☐ Netherland ☐ India ☐ Europe
- By the end of two years, a child is able to produce _____ words.
☐ 150 ☒ 250 ☐ 350 ☐ 450
- Which behavior should be adapted to improve the performance of children?
☒ Positive ☐ Negative ☐ Harsh ☐ Soft
- What is the best investment of any nation?
☐ Profession ☒ People ☐ Government ☐ Wealth
- Air, water and _____ is the third basic need for surviving.
☐ Meat ☒ Food ☐ Clothes ☐ Home
- In whose presence does man feel the greatest security?
☐ Servant ☒ Parents ☐ Relatives ☐ Friends
- What does home economics education produce in you?
☐ Confidence ☐ Grooming ☒ Beauty ☐ Sharpness
- _____ is the method in which food is cooked in boiling water.
☐ Steaming ☐ Pouching ☒ Brazing ☐ Cooking
- Number of chromosomes in human body are.
☐ 36 ☒ 46 ☐ 56 ☐ 66
- The simplest form of starch is.
☐ Glucose ☐ Fructose ☒ Lactose ☐ Sucrose

13. How many grams of proteins do women need?
☐ 30 grams ☒ 36 grams ☐ 46 grams ☐ 20 grams
14. Growth is a _____ process.
☐ Destructive ☐ Appreciative ☒ Creative ☐ Teaching
15. What grows fast in standing water?
☐ Cockroach ☒ Mosquito ☐ Fly ☐ Ant

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

SECTION-B

Marks: 36

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

1. Describe the aims and objectives of home economics in your own words?
2. What is balanced diet?
3. What is proper behavior?
4. How can we look after refrigerator and freezer?
5. Why the storage of food is necessary?
6. Write about the food for old people?
7. What are advantages of drinking water?
8. Write the importance of parent-children relationship?
9. Describe etiquettes of eating meal?
10. What is growth?
11. Describe the process of cell division?
12. What are groups of basic nutrients?

SECTION-C

Marks: 24

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

1. Describe in detail safety measures in kitchen?
2. Describe formal meal service and informal meal service?
3. Write a detail note on proteins?
4. What is environment? Write types of environment and also describe prenatal environment?

