

Element of Home Economics (New)

9th (Fresh/Reappear)

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

دائروں کو شیڈ (بھرنے) کے لیے نیلے یا لے رنگ کا دیکر استعمال کریں۔

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 meant by mitosis?
☒ Divisions of cells ☐ Fusion of cells
☐ Malfunction in cells ☐ None of these
- How many grams of protein do women need daily?
☐ 30 grams ☐ 36 grams ☒ 46 grams ☐ 56 grams
- Which disease increase by eating too much salt?
☐ Cough ☐ Diabetes
☐ Fever ☒ High blood pressure
- Children of what age are called infant or newborn?
☒ 2 years ☐ 3 years ☐ 4 years ☐ 6 years
- The growth of which creature is faster in standing water?
☐ Cockroach ☒ Mosquito ☐ Housefly ☐ All these
- Besides air and water _____ is vital for survival of men.
☐ Meat ☒ Food ☐ Clothes ☐ House
- What is the best investment of any nation?
☐ Profession ☒ People ☐ Government ☐ Wealth
- What kind of attitude should be adopted to improve children's performance?
☒ Positive ☐ Negative ☐ Strict ☐ Soft
- What percentage of society consist of women?
☐ 45% ☒ 55% ☐ 35% ☐ 65%
- The most standard and excellent protein is found in _____.
☐ Vegetables ☐ Milk ☒ Eggs ☐ Fruits
- Starch dissolves in hot _____.
☒ Water ☐ Milk ☐ Tea ☐ Coffee
- Balanced diet has _____ groups.
☐ 3 ☐ 4 ☒ 5 ☐ 6
- You should wear _____ clothes while working in kitchen.
☐ Silky ☒ Cotton ☐ Linen ☐ Woolen
- Human feel safe in the company of _____.
☐ Servants ☒ Parents ☐ Teachers ☐ Police

15. By the end of second year a child is able to produce _____ words.
☐ 150 ☒ 250 ☐ 350 ☐ 450

Element of Home Economics (NEW) 9th (Fresh/Reappear)

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

SECTION-B

Marks: 36

Q2: Attempt any NINE parts. Each part carries FOUR marks.

1. Define Home Economics.
2. What is best behaviour?
3. Write a note on food needs of teens.
4. What are benefits of drinking water?
5. Write the basic principles of food storage.
6. Define growth.
7. What is meant by media?
8. What is meant by junk food?
9. Write about English style service.
10. Define nutrition.
11. How can the loss of nutrients be prevented?
12. What is meant by a balanced diet?

SECTION-C

Marks: 24

Note: Attempt any THREE questions. All questions carry equal marks.

QIII: What role can home economics play in increasing income?

QIV: Write a detailed note on proteins?

QV: Explain the etiquettes of eating in detail.

QVI: Explain the types of environment, pre-birth environment and post birth environment.

