

3 (Sem-1/CBCS) HSC HC 2

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HOME SCIENCE

(Honours)

Paper : HSC-HC-1026

(Food and Nutrition)

(Theory)

Full Marks : 60

Time : 3 hours

*The figures in the margin indicate full marks
for the questions*

1. (a) Fill in the blanks with appropriate words : 1×4=4
- (i) Beriberi is a deficiency disease of vitamin _____.
 - (ii) The amino acid which is lacking in pulses is _____.
 - (iii) Amylase Rich Food (ARF) are extremely rich in the enzyme _____.
 - (iv) Lathyrism is the result of excessive consumption of _____.

(2)

- (b) Write True or False against the following sentences : $1 \times 3 = 3$
- (i) Spinach is a rich source of vitamin B₁₂.
 - (ii) Butter is a fermented milk product.
 - (iii) Nuts are high in MUFA and PUFA.

2. Write short answers of the following : $2 \times 4 = 8$

- (a) Define malnutrition.
- (b) Write on two functions of calcium.
- (c) What is tenderization of meat?
- (d) Write the difference between saturated and unsaturated fat.

3. Answer any *three* of the following questions :

$5 \times 3 = 15$

- (a) Write the function, food sources and deficiency symptoms of iron.
- (b) Write a note on genetically modified foods.
- (c) Write the medicinal value of ten Indian spices.
- (d) Write a note on fermentation.
- (e) Write the function, food sources and deficiency symptom of vitamin A.

(3)

4. Answer any *three* of the following questions :

$10 \times 3 = 30$

- (a) Write a detailed function of carbohydrate. Discuss the different forms of protein-energy malnutrition.

$6 + 4 = 10$

- (b) Explain the different methods of cooking.

10

- (c) Classify protein according to their nutritional importances. Discuss the function of protein.

$3 + 7 = 10$

- (d) Write about the pigment present in fruits and vegetables. Also write about the loss of nutrient during cooking of vegetables.

$5 + 5 = 10$

- (e) Discuss the composition and nutritive values of cereals. Write about the effect of heat on cereal.

$5 + 5 = 10$

- (f) Classify beverages according to their functions in the body. Mention the types of tea and explain the processing methods of each.

$3 + 7 = 10$

3 (Sem-1/CBCS) HSC HC 1

2019

HOME SCIENCE

(Honours)

Paper : HSC-HC-1016

**(Human Development—I :
The Childhood Years)**

Full Marks : 60

Time : 3 hours

*The figures in the margin indicate full marks
for the questions*

1. Write True or False for the following statements : $\frac{1}{2} \times 6 = 3$
- (a) Motor development begins when the baby is in mother's womb.
 - (b) Emotions in babyhood last for long period.
 - (c) In authoritarian families, the children talk more.
 - (d) Early childhood is called pregang age.

(2)

- (e) The attention span during late childhood is about 20 minutes.
- (f) Development is predictable.

2. Fill in the blanks with appropriate word :

1×4=4

- (a) A baby's earliest perception comes through ____ exploration.
- (b) At around ____ years a child can climb stairs in standing position.
- (c) The average height of a newborn baby is ____ cm.
- (d) The average annual increase in body weight during early childhood is ____ kg.

3. Give short answers of the following questions :

2×4=8

- (a) What are the different domains of human development?
- (b) Mention the stages of prenatal development.
- (c) What are the changes in body proportion during early childhood?
- (d) What are self-help skills? Give examples.

(3)

4. Answer any *three* of the following questions :

5×3=15

- (a) Describe the interdisciplinary nature of human development.
- (b) What are the scopes of human development in contemporary society?
- (c) Explain the context of human development.
- (d) Describe the factors that affect the prenatal development.
- (e) What is meant by period of neonate? Illustrate the care to be taken for a newborn baby.

2+3=5

5. Answer any *three* of the following questions :

10×3=30

- (a) Differentiate between growth and development. Explain the principles of growth and development.
- (b) Define motor development. What are the types of motor development? Describe the motor development from birth to one year during infancy.
- (c) Describe the Piaget's theory of cognitive development. How will you define the term 'cognitive development'? Describe the cognitive development of a preschool child.

3+7=10

2+2+6=10

2+2+6=10

(d) Which period is termed as late or middle childhood? What are the characteristics of this age group? Describe the socio-emotional development during this stage. 2+3+5=10

(e) Late childhood is a period of 'concrete operation'. Explain why. 10
