

CSM – 36/20
Home Science
Paper – I

Time : 3 hours

Full Marks : 300

The figures in the right-hand margin indicate marks.

*Candidates should attempt Q. No. 1 from
Section – A and Q. No. 5 from Section – B
which are compulsory and any three of
the remaining questions, selecting
at least one from each Section.*

SECTION – A

1. Answer any **three** of the following :

- (a) Describe the importance, composition and nutritional value of cereals including millets, pulses and fruits and vegetables. 20
- (b) Explain sources, functions, requirements and deficiency of calcium and iron. 20
- (c) Discuss the causes of food spoilage and food contamination. 20

- (d) Explain the therapeutic adoption of normal diets and describe dietary management of diabetes. 20
2. (a) Explain classification, sources, functions, deficiency and requirements of carbohydrates and proteins including amino acids. 30
- (b) What are the factors to be considered while planning therapeutic diets ? Write symptoms and dietary management of peptic ulcer and atherosclerosis. 30
3. (a) Enumerate the causes of malnutrition and its effect on vulnerable section of the society. What are the role of NIN, ICDS, CFTRI and UNICEF in combating malnutrition. 40
- (b) Explain digestion, absorption and metabolism of carbohydrates. 20
4. (a) Define food adulteration. Describe the common adulterants used in foods, their classification, health hazards and methods of detection. 30

- (b) Define food quality. Discuss the role of BIS, FSSAI, Codex Alimentarius and AgMark in controlling food quality. 30

SECTION – B

5. Answer any **three** sub-questions from those given below :

- (a) Discuss the stages and factors affecting pre-natal development. 20
- (b) Explain the role of genetic and environmental factors affecting human development. 20
- (c) Give a detailed picture of social and emotional changes of adolescents of both gender. 20
- (d) Explain the management of marital problems faced by women. 20

6. (a) Explain, in detail, the physical, emotional and motor development of children less than 5 years. 40

- (b) Challenges and Problems faced in old age. 20

7. (a) Discuss the role of family, school, community and mass media in personality development of preschool children. 40
- (b) Define and write classification of exceptional children. 20
8. Describe significance, stages and developmental tasks and problems associated with each stage of family life cycle. 60

