

CSM – 36 / 15
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 **three** of the remaining questions, selecting at least **one** from each Section.*

Section – A

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

(a) Define the term Basal metabolism and discuss various factors affecting it. Explain methods of measuring BMR and Total energy requirement and factors affecting requirement. 20

(b) Describe the process of digestion and absorption of proteins. 20

- (c) Define food adulteration. Discuss food standards and food laws applicable in our country. 20
- (d) Discuss the importance of fruits and vegetables in human diet. 20
2. Discuss the aetiology and the effects of malnutrition on national development. Suggest appropriate measures to overcome protein energy malnutrition. Explain the role of agencies in combating malnutrition. 60
3. What is a therapeutic diet ? How it is different from normal diet ? Discuss various factors to be considered in planning a therapeutic diet. Plan a suitable diet for a patient suffering from hypertension and atherosclerosis along with list of foods allowed and restricted. 60
4. Write short notes on the following : 15×4 = 60
- (a) Role of dietary fibre in human health
 - (b) Functions, sources and deficiency of calcium
 - (c) Food spoilage and its causes
 - (d) Importance, classification and sources of protein

Section – B

5. Answer any **three** of the following :
- (a) Write an essay on “Genetic endowment and environment plays a pivotal role in human development”. 20
 - (b) Write an essay on modernization and changes in adolescent social life. 20
 - (c) “Gender equality is need of the hour for social wellbeing.” Discuss. 20
 - (d) Give the meaning and classification of Exceptional children. 20
6. What type of conflicts and crises Indian families are facing related to child rearing in present era ? What strategies can be offered to overcome the same ? 60
7. Give your opinion on cultural differences and family cohesion among dual earner families. 60
8. Who are juvenile delinquents ? Explain the causative factors of juvenile delinquency. Discuss the role of Government and Non-Government organizations and community for their rehabilitation. 60

