

ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව
 இலங்கைப் பரீட்சைத் திணைக்களம் இலங்கைப் பரීட்சைத் திணைக்களம் இலங்கைப் பரීட்சைத் திணைக்களம் இலங்கைப் பரීட்சைத் திணைக்களம் இலங்கைப் பரීட்சைத் திணைக்களம்
 Department of Examinations, Sri Lanka இலங்கைப் பரීட்சைத் திணைக்களம் Department of Examinations, Sri Lanka இலங்கைப் பரීட்சைத் திணைக்களம் Department of Examinations, Sri Lanka இலங்கைப் பரීட்சைத் திணைக்களம் Department of Examinations, Sri Lanka
85 E I, II

අධ්‍යයන පොදු සහතික පත්‍ර (සාමාන්‍ය පෙළ) විභාගය, 2020
 கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2020
General Certificate of Education (Ord. Level) Examination, 2020

ගෘහ ආර්ථික විද්‍යාව I, II
 மனைப் பொருளியல் I, II
Home Economics I, II

පැය තුනයි
 மூன்று மணித்தியாலம்
Three hours

අමතර කියවීම් කාලය - මිනිත්තු 10 යි
 மேலதிக வாசிப்பு நேரம் - 10 நிமிடங்கள்
Additional Reading Time - 10 minutes

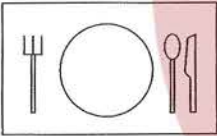
Use additional reading time to go through the question paper, select the questions you will answer and decide which of them you will prioritise.

Home Economics I

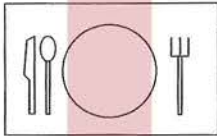
Note :

- (i) Answer all questions.
- (ii) In each of the questions 1 to 40, pick one of the alternatives (1), (2), (3), (4) which is correct or most appropriate.
- (iii) Mark a cross (X) on the number corresponding to your choice in the answer sheet provided.
- (iv) Further instructions are given on the back of the answer sheet. Follow them carefully.

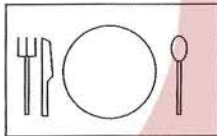
1. From the following types of sugar, what is the disaccharide?
 (1) Glucose (2) Maltose (3) Galactose (4) Fructose
2. What is the food item rich in both lysine and methionine?
 (1) Rice (2) Gram (3) Milk (4) Bean
3. Coconut is rich in
 (1) trans fatty acids. (2) omega - 3 fatty acids.
 (3) saturated fatty acids. (4) unsaturated fatty acids.
4. A symptom of iron deficiency is,
 (1) paleness. (2) diarrhoea.
 (3) soreness of the mouth. (4) constipation.
5. For which function of the body calcium is needed?
 (1) To provide proper vision
 (2) To maintain the body temperature
 (3) To promote digestibility of food
 (4) For the growth of bones and teeth
6. What is the chemical name of vitamin B₂?
 (1) Thiamine (2) Riboflavin (3) Niacine (4) Folic acid
7. What is the food item that supplies about 9 kilo calories of energy per gram?
 (1) gingelly (2) coconut oil (3) rice (4) sweet potato
8. What is the enzyme that digests fat?
 (1) lactase (2) sucrase (3) peptidase (4) lipase

9. Select the correct statement regarding the digestive system of food.
- (1) Digestion of protein starts in the mouth.
 - (2) Emulsification of fats takes place in the stomach.
 - (3) The bile duct and the pancreatic duct open to the duodenum.
 - (4) Absorption of nutrients mainly occurs in the large intestine.
10. Consider the following statements.
- A - energy requirement is higher.
B - protein requirement is higher.
C - no change in calcium requirement.
- The correct statements regarding the nutritional requirements recommended for a lactating mother in comparison to a normal woman are
- (1) only A and B.
 - (2) only A and C.
 - (3) only B and C.
 - (4) all A, B and C.
11. What is the correct statement regarding the methods of cooking?
- (1) Frying is a method of cooking under dry heat.
 - (2) In stewing, a low temperature and less time is involved.
 - (3) The temperature during pressure cooking is 100°C .
 - (4) Boiling is a method of cooking under wet heat.
12. What is the meal having the highest calorie value?
- (1) Rice, jak curry, sprats fried, brinjal moju
 - (2) Rice, potato curry, fish ambul thiyal, gotukola sambol
 - (3) Rice, dhal curry, chicken stew, tomato salad
 - (4) Rice, cucumber curry, fish curry, mukunuwenna mallung
13. Select the correct method of table laying according to the western formal style.
- 

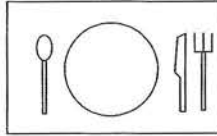
(1)



(2)

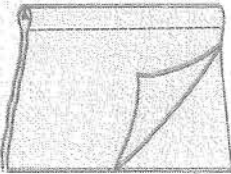


(3)



(4)
14. During blanching of a food item, its
- (1) water content is reduced.
 - (2) colour is retained.
 - (3) nutritional value is increased.
 - (4) taste is enhanced.
15. What is the correct statement?
- (1) The colour change that occurs after cutting brinjals is due to enzymatic browning.
 - (2) During pasteurization, all the micro-organisms as well as their spores are destroyed.
 - (3) In preparing string hoppers, the transmission of heat is mainly by conduction.
 - (4) In adulteration of foods, kurakkan seeds are mixed to pepper seeds.
16. What happens due to addition of sugar in food preservation?
- (1) favours dehydration
 - (2) decreases the concentration
 - (3) increases the concentration
 - (4) destroys the microorganisms
17. A nutritional problem prevailing in Sri Lanka is
- (1) zinc deficiency.
 - (2) calcium deficiency.
 - (3) iron deficiency.
 - (4) vitamin C deficiency.
18. Select the incorrect statement regarding the female reproductive system.
- (1) The shedding of the inner lining of the uterus is termed as menstruation.
 - (2) Fertilization of ovum and sperm takes place in the uterus.
 - (3) Mature ovum when released enters the fallopian tube.
 - (4) The menstrual cycle is controlled by the hormones oestrogen and progesterone.

[see page three

19. What is the correct statement regarding child development?
- (1) The weight of an infant at 5 months is about double of his birth weight.
 - (2) Additional foods should be given to an infant after the eruption of teeth.
 - (3) Mature sperms are released once a month.
 - (4) Maturation of ova occurs throughout the life from attainment of puberty.
20. Select the **incorrect** statement regarding the mental development during adolescence.
- (1) Explore about different things.
 - (2) Exhibit creative skills.
 - (3) Tend to argue with others.
 - (4) Starts the understanding of concepts of time and distance.
21. What is the correct statement regarding the behaviour of children during adolescence?
- (1) Prefer staying alone
 - (2) Show selfish behaviours
 - (3) Tend to hero-worshipping and imitation
 - (4) Show stability in expressing emotions
22. A complication which needs medical advice during pregnancy is
- (1) diarrhoea.
 - (2) vomiting.
 - (3) constipation.
 - (4) hypertension (high blood pressure).
23. What is the nutrient given to a pregnant mother, other than iron in an antenatal clinic?
- (1) folic acid
 - (2) vitamin A
 - (3) vitamin D
 - (4) vitamin K
24. A test or measurement done only once in an antenatal clinic is
- (1) measurement of height.
 - (2) measurement of weight.
 - (3) urine test.
 - (4) measurement of blood pressure.
25. What is the feature that **cannot** be seen in a neonate?
- (1) Showing reflex actions
 - (2) Skin is covered with thin soft hair
 - (3) The head is about $\frac{1}{4}$ th the length of the body
 - (4) Fatty tissues are well developed in the body
26. What is the ability that is shown by a child of one year?
- (1) Holding an inflated ball
 - (2) Driving a toy car on his own
 - (3) Constructing various objects using building blocks
 - (4) Sharing toys with other children
27. The vaccine given to an infant after completion of four months is
- (1) BCG vaccine.
 - (2) MMR vaccine.
 - (3) Pentavalent vaccine.
 - (4) Japanese Encephalitis (JE) vaccine.
28. What is the seam shown in this diagram?
- 
- (1) french seam
 - (2) plain seam
 - (3) flat seam
 - (4) lapped seam
29. What is the stitch used in quilting?
- (1) hemming stitch
 - (2) back stitch
 - (3) tailor stitch
 - (4) running stitch

[see page four

30. Two decorative stitches that show a similarity in the stitch though the method of stitching is different are
 (1) Bullion stitch and Blanket stitch. (2) French knots and Bullion stitch.
 (3) Cross stitch and Blanket stitch. (4) French knots and Cross stitch.
31. From the following, what is the purpose of marking wheel lines in garment construction?
 (1) To give looseness (2) To get the required shape
 (3) To save the fabric (4) To get decorativeness
32. Select the correct statement, regarding textiles and clothing construction.
 (1) Tacking could be used to finish the raw edges of seams.
 (2) Silk and wool are animal fibers, where as rayon is a synthetic fiber.
 (3) In sewing the bodice of a child's frock, darts should be sewn before fixing the shoulders.
 (4) When finishing the hemming stitch the stitches sewn backward should be clearly visible from the correct side.
33. What should be done at first before using a cotton fabric as a lining of a dress?
 (1) washing (2) starching (3) ironing (4) hanging
34. Following are some measurements used in constructing garments.
 A - chest measurement B - waist measurement
 C - Front across measurement D - Shoulder measurement
 E - sleeve base measurement
 From these, a curved measurement and a straight measurement are
 (1) A and B. (2) A and E. (3) B and C. (4) C and D.
35. What is the correct statement?
 (1) Cotton fabrics melt when held to the flame.
 (2) Child's frock should be sewn loose.
 (3) Surface of garments could be decorated by trimmings.
 (4) Herringbone stitch could be used in darning garments.
36. Two essential expenditures included in a household budget are
 (1) functions and housing. (2) transport and tours.
 (3) education and recreation. (4) clothing and food.
37. What is the physical resource which comes under household resources?
 (1) time (2) water (3) labour (4) electricity
38. What is the improvised method used to get natural light as well as ventilation into a house?
 (1) doors (2) windows (3) ventilation holes (4) indoor gardens
39. What is the correct statement regarding home decoration?
 (1) Yellow, yellow orange and red are considered as adjacent colours.
 (2) Feelings such as rigidity and strength are given by horizontal lines.
 (3) Representing the same feature repeatedly is termed as rhythm.
 (4) The intensity of a colour is identified as its lightness or darkness.
40. Two neutral colours are
 (1) black and white. (2) yellow and grey.
 (3) green and brown. (4) blue and purple.

* *

[see page five