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CLASS 11

Home Science

Chapterwise Important Questions

11 sections | 48 original questions | 2026-27

Read each chapter, attempt the questions, and support explanations with working or textbook evidence.

Choose a chapter or topic

Human Ecology and Family Sciences Part I

Chapter 1 Introduction – HEFS: Evolution of the Discipline and its Relevance to Quality of Life

Chapter 2 Understanding the Self

Chapter 3 Food, Nutrition, Health and Fitness

Chapter 4 Management of Resources

Chapter 5 Fabrics Around Us

Chapter 6 Media and Communication Technology

Chapter 7 Concerns and Needs in Diverse Contexts

Human Ecology and Family Sciences Part II

Chapter 8 Nutrition, Health and Well-being

Chapter 9 Our Apparel

Chapter 10 Financial Management and Planning

Chapter 11 Care and Maintenance of Fabrics

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CHAPTER 1

Introduction – HEFS: Evolution of the Discipline and its Relevance to Quality of Life

Human Ecology and Family Sciences Part I

1. Explain how Home Science connects knowledge about individuals, families and communities.

2. Give two examples showing why Home Science is relevant to students of every gender.

3. A school wants to reduce food waste and improve its meal service. Identify two areas of Home Science that can contribute and explain their roles.

4. Choose a career related to Home Science and describe the knowledge and practical skills it requires.

CHAPTER 2

Understanding the Self

Human Ecology and Family Sciences Part I

1. Distinguish personal identity from social identity, using one example of each.

2. Explain how self-concept differs from self-esteem.

3. Describe how family, peers and media can influence identity during adolescence.

4. An adolescent enjoys painting but feels pressured to choose only activities popular among friends. Explain the tension between personal interests and social influence in this situation.

CHAPTER 3

Food, Nutrition, Health and Fitness

Human Ecology and Family Sciences Part I

1. Distinguish food, nutrients, nutrition and health.
2. Explain why adolescents' food needs are affected by growth, activity and individual circumstances.
3. A student's meals regularly contain cereal foods but very few pulses, vegetables or fruits. Suggest food-group changes that could improve variety, explaining their purpose.
4. Explain how food habits, physical activity, rest and hygiene together contribute to fitness and well-being.

CHAPTER 4

Management of Resources

Human Ecology and Family Sciences Part I

1. Distinguish human resources from non-human resources using household examples.
2. Explain how planning, organising, implementing and evaluating contribute to resource management.
3. Prepare a realistic sequence of tasks for an afternoon containing homework, a household responsibility and recreation. Explain two priorities used.
4. Two families have similar incomes but different time and space constraints. Explain why their resource-management plans may differ.

CHAPTER 5

Fabrics Around Us

Human Ecology and Family Sciences Part I

1. Distinguish a fibre from a yarn and a fabric.
2. Compare natural and manufactured fibres with reference to origin and selected properties.
3. Explain the basic difference between weaving and knitting.
4. A student needs comfortable clothing for a hot day and durable fabric for a bag. Identify suitable fabric properties for each purpose and justify the choices.

CHAPTER 6

Media and Communication Technology

Human Ecology and Family Sciences Part I

1. Identify the sender, message, channel, receiver and feedback in a classroom announcement.
2. Explain how a communication barrier can change the meaning received by an audience.
3. Compare interpersonal communication with mass communication using suitable situations.
4. A message about a school event is circulated without a date or contact details. Explain how to revise it so that the intended audience can act on it.

CHAPTER 7

Concerns and Needs in Diverse Contexts

Human Ecology and Family Sciences Part I

1. Explain how food availability, income and cultural practices can influence family meals.
2. Describe the relationship between safe water, sanitation and food hygiene.
3. A community has nutritious local foods but limited clean water. Explain why improving food supply alone may not resolve its nutrition concerns.
4. Compare a family's immediate food needs with measures that support lasting nutrition and health in its community.
5. Explain why resource availability can differ between rural and urban households.
6. Describe how access to transport and public services affects a family's use of time and money.
7. A family must plan around an irregular water supply. Explain how storage, scheduling and shared responsibilities can support resource management.
8. Discuss why a plan should consider the needs of children, adults and older family members rather than only total household income.

CHAPTER 8

Nutrition, Health and Well-being

Human Ecology and Family Sciences Part II

1. Explain why growth, activity and developmental stage matter when planning food for children.
2. Describe how regular meals and a supportive eating environment can help establish food habits.

3. A child's lunch contains several packaged snacks but little variety. Propose a more varied combination of familiar foods and explain the food groups included.

4. Explain how hygiene, play, rest and responsive care support a child's well-being alongside nutrition.

CHAPTER 9

Our Apparel

Human Ecology and Family Sciences Part II

1. Identify four features that make clothing comfortable and suitable for young children.

2. Explain how growth affects the choice of garment size, fastenings and ease of movement.

3. Compare the clothing needs of an infant and a school-age child.

4. A garment looks attractive but has rough seams and difficult fastenings. Explain why appearance alone is an inadequate basis for selecting children's clothing.

CHAPTER 10

Financial Management and Planning

Human Ecology and Family Sciences Part II

1. Distinguish income, expenditure, saving and investment.

2. A household receives Rs 40,000 each month and spends Rs 31,000 on planned needs. Calculate the balance and explain why allocating all of it to optional purchases may weaken its financial plan.

3. Explain the difference between a fixed expense and a variable expense using examples.

4. Describe how record keeping, an emergency provision and periodic review can improve a family budget.

CHAPTER 11

Care and Maintenance of Fabrics

Human Ecology and Family Sciences Part II

1. Explain why fibre type, colour and garment construction affect laundering decisions.

2. Describe the purpose of sorting clothes before washing.

3. A garment label specifies a gentle wash and drying in shade. Explain why care instructions should be checked before cleaning.

4. Compare appropriate storage considerations for frequently used cotton clothes and delicate woollen garments.

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