First Hope

GET SOLUTIONS

Click here to visit our website

CLASS 11 HOME SCIENCE - PRACTICE QUESTIONS

For solutions, download the FirstHope app now.

Scan or click here

Click here to get solutions >

Available on Google Play

JOIN THE FIRSTHOPE COMMUNITY

Join our Telegram channel

Click here to join Telegram >

Scan or click here

@FirstHope_CBSE_Notes

Instagram

@firsthope.school

Click here to follow >

YouTube channel

@firsthope.school

Click here to watch >

FirstHope website

firsthope.co.in

Click here to visit our website >

CBSE / Class 11 / Home Science

For solutions, download the FirstHope app now.

CLASS 11

Home Science

Sample Paper 2 - Questions

32 questions | 70 marks | 2026-27

Time: 3 hours. Answer all questions and subparts unless a choice is stated. Marks are shown on the right. Write answers on separate sheets. Independently prepared practice paper.

Section A - Objective questions

1. Select the term described below. An interdisciplinary field studies human development, resources and everyday living. **1**
(A) Personal hygiene (B) Peer influence (C) Home Science (D) Adolescence

2. Select the term described below. A developmental stage includes physical, emotional and social changes. **1**
(A) Peer influence (B) Adolescence (C) Home Science (D) Personal hygiene

3. Select the term described below. Beliefs and descriptions contribute to an individual's understanding of self. **1**
(A) Home Science (B) Personal hygiene (C) Peer influence (D) Self-concept

4. Select the term described below. A person's perceptions and feelings concern their own body. **1**
(A) Personal hygiene (B) Peer influence (C) Home Science (D) Body image

5. Select the term described below. Food intake meets needs through suitable variety and amounts. **1**
(A) Balanced nutrition (B) Home Science (C) Peer influence (D) Personal hygiene

6. Select the term described below. Practices reduce contamination and support safe food handling. **1**
(A) Peer influence (B) Home Science (C) Food hygiene (D) Personal hygiene

7. Select the term described below. Everyday care practices support health and cleanliness. 1
(A) Personal hygiene (B) Home Science (C) Peer influence (D) Food hygiene

8. Select the term described below. Goals guide planning, use and evaluation of available resources. 1
(A) Peer influence (B) Home Science (C) Food hygiene (D) Resource management

9. Select the term described below. Abilities, knowledge, time and energy help achieve goals. 1
(A) Peer influence (B) Home Science (C) Food hygiene (D) Human resource

10. Select the term described below. Physical goods and money help meet needs. 1
(A) Home Science (B) Peer influence (C) Material resource (D) Food hygiene

11. Select the term described below. People exchange meanings through verbal and nonverbal forms. 1
(A) Communication (B) Home Science (C) Food hygiene (D) Peer influence

12. Select the term described below. People of similar age or status affect one another's choices. 1
(A) Peer influence (B) Food hygiene (C) Home Science (D) Communication

13. Select the term described below. Growth and learning occur through interacting biological and environmental influences. 1
(A) Child development (B) Home Science (C) Communication (D) Food hygiene

14. Select the term described below. Relationships provide care, guidance and practical assistance. 1
(A) Family support (B) Home Science (C) Food hygiene (D) Communication

Section B - Short responses

15. Define Home Science and illustrate it with a relevant example. 2

16. Define Adolescence and illustrate it with a relevant example. 2

17. Define Self-concept and illustrate it with a relevant example. 2

18. Define Body image and illustrate it with a relevant example. 2

19. Define Balanced nutrition and illustrate it with a relevant example. 2

20. Define Food hygiene and illustrate it with a relevant example. 2

21. Define Personal hygiene and illustrate it with a relevant example. 2

Section C - Short responses

22. Define Resource management and illustrate it with a relevant example. 3

23. Define Human resource and illustrate it with a relevant example. 3

24. Define Material resource and illustrate it with a relevant example. 3

25. Define Communication and illustrate it with a relevant example. 3

Section D - Short responses

26. Define Peer influence and illustrate it with a relevant example. 4

27. Define Child development and illustrate it with a relevant example. 4

28. Define Family support and illustrate it with a relevant example. 4

29. Define Financial planning and illustrate it with a relevant example. 4

30. Define Consumer awareness and illustrate it with a relevant example. 4

Section E - Extended responses

31. Explain five ways physical, emotional and social changes during adolescence can affect everyday needs and relationships. **5**

32. Explain what makes a diet balanced. Relate food variety, energy, protein, micronutrients and safe water to adolescent needs. **5**

First Hope

First Hope

GET SOLUTIONS

Click here to visit our website

CLASS 11 HOME SCIENCE - PRACTICE QUESTIONS

For solutions, download the FirstHope app now.

Scan or click here

Click here to get solutions >

Available on Google Play

JOIN THE FIRSTHOPE COMMUNITY

Join our Telegram channel

Click here to join Telegram >

Scan or click here

@FirstHope_CBSE_Notes

Instagram

@firsthope.school

Click here to follow >

YouTube channel

@firsthope.school

Click here to watch >

FirstHope website

firsthope.co.in

Click here to visit our website >

CBSE / Class 11 / Home Science

For solutions, download the FirstHope app now.