



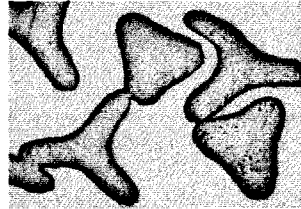
6. Which is the correct statement related to proteins?
- (1) Concentrated salts have no effect on the changes in the three dimensional structure of proteins.
  - (2) Protein complementation occurs by mixing several types of cereals in food processing.
  - (3) The antibodies which are important for the immunity of the body, do not have a protein origin.
  - (4) Actin and Myosin are two proteinous compounds which are important for the function of the muscles.
  - (5) The structure of protein contains the elements Carbon, Hydrogen, Oxygen, Nitrogen and Sulphur essentially.
7. From the following vitamins, which one is present only in animal foods?
- (1) Niacin (B<sub>3</sub>)
  - (2) Pyridoxin (B<sub>6</sub>)
  - (3) Riboflavin (B<sub>2</sub>)
  - (4) Folic acid (B<sub>9</sub>)
  - (5) Cyanocobalamin (B<sub>12</sub>)
8. Two hormones containing lipids are
- (1) Cortisone and Estrogen.
  - (2) Estrogen and Thyroxine.
  - (3) Cortisone and Insulin.
  - (4) Testosterone and Insulin.
  - (5) Thyroxine and Testosterone.
9. What is the correct statement regarding the foods in different groups?
- (1) Fish and dry fish contain high content of saturated fats.
  - (2) Lactose in milk is one of the main reasons for dental decay.
  - (3) Removal of bran due to polishing causes the loss of vitamins and minerals in all the types of rice.
  - (4) Fiber in vegetables reduce the absorption of cholesterol to the body.
  - (5) Of the animal proteins the biological value of proteins in egg white is low.
10. Micronutrients that cause deficiencies commonly found in Sri Lanka are
- (1) Iron, Vitamin A, Iodine and Zinc.
  - (2) Iodine, Vitamin A, Phosphorus and Zinc.
  - (3) Zinc, Vitamin K, Iodine and Selenium.
  - (4) Selenium, Vitamin A, Iron and Phosphorus.
  - (5) Phosphorus, Vitamin K, Selenium and Iron.
11. From the following, what is the correct statement about the process of the digestion of food?
- (1) Digestion of sucrose in foods starts in the mouth.
  - (2) Gastric juice contains the enzyme trypsin.
  - (3) Bile is important for the emulsification of fats.
  - (4) The pH value required for the function of enzyme lypase is about 3.
  - (5) Digestion of proteins in foods starts in the small intestine.
12. Consider the following facts.
- The consumption of, A - beverages containing caffein.  
B - foods rich in Vitamin D.  
C - foods with soluble fiber.  
D - foods containing phytic acid.
- From these the facts that **unfavourably** affects the absorption of calcium and magnesium to the body are,
- (1) A and B only.
  - (2) A and D only.
  - (3) B and C only.
  - (4) B and D only.
  - (5) C and D only.

13. What is the correct statement regarding malnutrition status Kwashiorkor and Marasmus?
- (1) Swelling of the face, abdomen and legs are the main symptoms of Marasmus.
  - (2) Both Kwashiorkor and Marasmus conditions can develop together at the same time.
  - (3) Lack of adequate protein intake from the foods leads to Marasmus condition of the child.
  - (4) The children aged less than 1½ years have a high tendency of getting Kwashiorkor.
  - (5) The disease Kwashiorkor is common among the children who live in populated urban areas of Sri Lanka.
14. Select the correct statement regarding the food pyramid and food plate used in meal planning.
- (1) One third of the food plate should be vegetables and green leafy vegetables.
  - (2) Food plate is introduced as food pyramid is incompatible for Sri Lanka.
  - (3) Dairy foods should be included in all the main meals and snacks consumed in a day.
  - (4) Food pyramid and food plate represent a daily meal of a person.
  - (5) Daily servings of animal foods is presented by one section of the food pyramid.
15. A correct way to control obesity is
- (1) skipping the daily meals.
  - (2) the consumption of more protein rich foods.
  - (3) drinking water before the meals.
  - (4) the consumption of yams as a substitute for rice.
  - (5) limiting the daily intake of foods only to the main meals.
16. Two types of foods that are most suitable for a patient suffering from high blood pressure and diabetes are
- (1) a piece of fruit cake, a glass of fat free milk.
  - (2) a piece of roasted fish, an Ambul plantain.
  - (3) a piece of savoury dry fish, a mixed vegetable salad.
  - (4) a slice of Kurakkan bread, a glass of mixed fruit cordial.
  - (5) a slice of low fat cheese, tempered Kohila curry.
17. To which category of additives does Sodium Nitrate used in food processing belong to?
- (1) Flavouring agents
  - (2) Curing agents
  - (3) Leavening agents
  - (4) Acidifying agents
  - (5) Emulsifying agents
18. A cooking method which uses conduction, convection and radiation as heat transferring methods is
- (1) frying.
  - (2) poaching.
  - (3) grilling.
  - (4) stewing.
  - (5) steaming.
19. Which of the following statements is correct regarding the browning reactions of foods?
- (1) There is no enzymatic influence on the Maillard reaction.
  - (2) Non enzymatic browning is named as the formation of astringency.
  - (3) A reaction of carbohydrates and proteins is needed for caramalization.
  - (4) All the browning reactions occur with the involvement of polyphenolic compounds in foods.
  - (5) In bakery products, the browning that occurs after glazing with eggs and baking is an enzymatic reaction.
20. The heat treatment method that destroys the food spoilage microorganisms as well as their spores is
- (1) blanching.
  - (2) sterilization.
  - (3) cooking/heating.
  - (4) Low Temperature Long Time pasteurization (LTLT).
  - (5) High Temperature Short Time pasteurization (HTST).
21. Which of the following situations uses technical textiles?
- (1) In agriculture
  - (2) In the garment industry
  - (3) In decorating buildings
  - (4) In preparation of curtains for offices
  - (5) In preparation of screens to separate the patients in hospitals

22. The three types of commercial stitches used in apparel industry are

- (1) lock stitch, hem stitch and covering chain stitch.
- (2) stem stitch, hand stitch and chain stitch (single thread).
- (3) hand stitch, lock stitch and chain stitch (single thread).
- (4) hem stitch, blanket stitch and covering chain stitch.
- (5) blanket stitch, stem stitch and over-edge chain stitch.

23. The following diagram shows the microscopic appearance of the cross section of a fiber. What is this fiber ?



- (1) silk                      (2) wool                      (3) linen                      (4) nylon                      (5) polyester

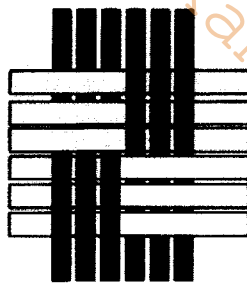
24. What kind of fiber gives a bead like residue after burning?

- (1) Silk                      (2) Linen                      (3) Decron                      (4) Asbestose                      (5) Cellulose

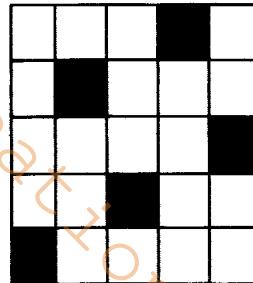
25. According to the classification of fibers the examples for synthetic fibers are

- (1) Rayon and Casein.                      (2) Aramid and Terylene.                      (3) Orlon and Casein.  
 (4) Terylene and Orlon.                      (5) Spandex and Rayon.

26. The weaves shown in the diagrams A and B are respectively,



A



B

- (1) mat weave and satin weave.
- (2) regular twill weave and wavy twills.
- (3) weft-rib weave and satin weave.
- (4) mat weave and wavy twills.
- (5) weft-rib weave and regular twill weave.

27. Following are some statements regarding the overlock stitch used in Apparel Industry.

A - Used in sewing designs on clothes.

B - Used to finish the edges of clothes.

C - No of threads 1, 2, 3, 4, 5 etc. could be used when sewing.

D - Used in stretching areas of sports wear.

The correct statements from these are

- (1) A and B only.                      (2) A and C only.                      (3) A and D only.  
 (4) B and C only.                      (5) B and D only.

28. The finish given to fabrics using an insoluble metallic compound is

- (1) water proof finish.
- (2) fire proof finish.
- (3) bullet proof finish.
- (4) anti bacterial finish.
- (5) chemical compound resistant finish.

- 29.** What is the correct fact regarding communication?
- (1) Quick responses are obtained in written communication.
  - (2) The possibility of confirmation is low in written communication.
  - (3) It is easy to study again and again in oral communication.
  - (4) Raising the thumb is a non-verbal communication giving the consent.
  - (5) Use of signs to express ideas briefly is a component of verbal communication.
- 30.** Consider following facts.
- A - The ethics of the various occasions remain unchanged.  
 B - The formal approach should always be followed when building up conversation.  
 C - The confidentiality of the information of an organization should be protected.  
 D - It is important to choose common topics when building up conversations.
- The correct facts from the above facts regarding ethics are
- (1) A and B only.
  - (2) A and C only.
  - (3) A and D only.
  - (4) B and C only.
  - (5) C and D only.
- 31.** Number of National wild life parks in Sri Lanka which attract tourists are
- (1) 05.
  - (2) 10.
  - (3) 15.
  - (4) 20.
  - (5) 25.
- 32.** A tour operator has organized a tour by a luxury cruise ship for a group of 500 passengers to visit the coral reefs of the pacific ocean. Which tourism stream does this belong to?
- (1) Alternative tourism
  - (2) Adventure tourism
  - (3) Mass tourism
  - (4) Eco-tourism
  - (5) Nature tourism
- 33.** Consider following facts.
- A - Playing tennis.  
 B - Following a course in acting.  
 C - Engage in self-creations.  
 D - Engage in driving exercises.
- From these the recreational activities are
- (1) A and B only.
  - (2) A and C only.
  - (3) A and D only.
  - (4) B and C only.
  - (5) C and D only.
- 34.** From the following select the correct statement regarding tourism.
- (1) Tourism within different geopolitical zones is Intraregional tourism.
  - (2) Tourism within and outside the country by residents of a particular country is National tourism.
  - (3) Tourism within the country by residents and Non-residents of a particular country as guests is Domestic tourism.
  - (4) Tourism within the country by residents of a particular country as guests is Internal tourism.
  - (5) Tourism outside the country by residents and non-residents as guests is Outbound tourism.
- 35.** Examples for man made attractions are
- (1) Beautiful scenes, Museums and Rubber plantations.
  - (2) Rubber plantations, beautiful scenes and National parks.
  - (3) Conserved areas, Tea Industry and Museums.
  - (4) Handy crafts, Tea Industry and Cultural events.
  - (5) Cultural events, Handy crafts and National parks.
- 36.** Which of the following statements is correct regarding tourists?
- (1) Tourists usually spend about three weeks in Sri Lanka.
  - (2) A large percentage of tourists travel with their children.
  - (3) Most of the tourists prefer travelling to far away countries.
  - (4) Most of the tourists tend to resort to package tours.
  - (5) Most of the tourists pay attention to their professional activities during the tour.

37. Given below is a chart about the consumption of electrical lights and electrical appliances in a home within a day.

	Light / Appliances	No.	Wattage	Time consumed
(1)	Electric lights	5	75	4 hours
(2)	Electric iron	1	1500	30 mins
(3)	Rice cooker	1	1000	30 mins
(4)	Immersion heater	1	750	20 mins

- Calculate the amount of electrical units consumed for the day in this house, approximately.
- (1) 2.0 kWh.      (2) 2.3 kWh.      (3) 2.6 kWh.      (4) 3.0 kWh.      (5) 3.2 kWh.
38. From the following, what is the correct statement regarding the house-hold electric supply?
- (1) Defects in the meter should be remedied by the consumer.  
 (2) Wires of standard colours should be used to connect to the plugs.  
 (3) When the overload circuit breaker is disconnected, it should be remedied by replacing the fuse.  
 (4) It is essential to connect the earth wire to all the electrical appliances used in the house.  
 (5) Both the accessories, the isolator and the main switch are present in the new house hold circuits.
39. Following statements are connected to the consumption of water resources. Select the correct statement from them.
- (1) Rain water is suitable for all the household needs.  
 (2) All the microorganisms and chemicals are removed from the drinking water.  
 (3) Only 5% of water present in the earth is suitable for consumption.  
 (4) The water fallen on the roof tops should be collected from the beginning of the rainy season.  
 (5) About 70% of consumable water is used for agricultural purposes in Sri Lanka.
40. Given below are some statements connected to water and electricity.
- A - Even though the power of a LED bulb is more, the life span is less than that of other bulbs.  
 B - The use of solar panels is a remedy for power crisis.  
 C - Water containing detergents, fats and oils are not suitable to send to the septic tank.  
 D - Water used in the kitchen is not suitable for gardening.
- The correct statements are
- (1) A and B only.      (2) A and D only.      (3) B and C only.  
 (4) B and D only.      (5) C and D only.
41. From the following which is **not** a feature of renewable resources?
- (1) Generates within a short time      (2) Can not be recycled  
 (3) Ability to generate naturally      (4) Can not destroy completely  
 (5) Can be replaced by natural processes
42. What is the fact that positively affect for the sustainable use of resources?
- (1) Involving in maximum production  
 (2) Involving in organic farming  
 (3) Use of wood as a fuel instead of gas  
 (4) Storing foods needed for about one month  
 (5) Removing the household refuse in to a pit in the home garden
43. Which of the following gives the foods in lower to higher sequence of food footprints?
- (1) Milk, fruits and bread  
 (2) Beverages, cereals and vegetables  
 (3) Chicken, milk and sugar  
 (4) Vegetables, cereals and beverages  
 (5) Sugar, fruits and chicken

44. Some statements connected to functional foods and the biologically functional components in them are given below.

- A - Some times new components are added to foods so as to obtain functional foods.
- B - Pre-biotic avoids the growth of harmful bacteria in the digestive system.
- C - Two biologically functional components abundant in foods are amino acids and antioxidants.
- D - Biologically functional components are always produced by genetical modification.

The correct statements from these are

- (1) A and B only.
- (2) A and C only.
- (3) A and D only.
- (4) B and C only.
- (5) C and D only.

45. What is the characteristic specific to the adolescence?

- (1) Try to be independent
- (2) Show a liking to be isolated
- (3) Express drawback in moral development
- (4) Act with the feeling of superiority
- (5) The maturity of physical, emotional and mental development increases

46. The psychologist who defined the range of age for adolescence as 13 years to 18 years is

- (1) Gesell.
- (2) Stott.
- (3) Hurlock.
- (4) Jean Piaget.
- (5) Sigmund Freud.

47. Following are some characteristics seen in families.

- A - Chances are given to the child to participate in the daily household chores
- B - Impose rules and regulations according to parents' wishes
- C - Guidance is given to the child in problematic situations
- D - Competitive nature among the siblings

The characteristics which help in increasing the self esteem of the child are

- (1) A and B only.
- (2) A and C only.
- (3) A and D only.
- (4) B and C only.
- (5) C and D only.

48. A cognitive characteristic shown by an adolescent with mental stress is

- (1) laziness in action.
- (2) guilty feeling.
- (3) the tendency to avoid the company of others.
- (4) not responding to common situations.
- (5) weaknesses in remembering subject matters.

49. Following are some facts presented about quality control of products.

- A - It is compulsory to obtain the SLS certification for large scale productions.
- B - Social ethics and social responsibilities should be emphasized in an enterprise.
- C - The entrepreneur can decide the labelling according to his wishes.
- D - Product storage should be decided on the nature of packaging materials.

The correct fact/facts from them is/are

- (1) A only.
- (2) B only.
- (3) A and D only.
- (4) B and C only.
- (5) C and D only.

50. A fact to be emphasized in planning a small scale business is

- (1) aiming at high goals.
- (2) to follow a successful business.
- (3) to use only the five S (5S) concept.
- (4) to get involved in new products according to the success of the business.
- (5) that by increasing only the monetary inputs productivity could be increased.

Department of Examinations - Sri Lanka

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නව නිර්දේශය / புதிய பாடத்திட்டம் / New Syllabus

**NEW** ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව  
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 இலங்கைப் பரීட்சைத் திணைக்களம் இலங்கைப் பரීட்சைத் திணைக்களம் இலங்கைப் பரීட்சைத் திணைக்களம் இலங்கைப் பரීட்சைத் திணைக்களம்

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

ගෘහ ආර්ථික විද්‍යාව II  
 மனைப் பொருளியல் II  
 Home Economics II

28 E II

පැය තුනයි  
 மூன்று மணித்தியாலம்  
 Three hours

අමතර කියවීමේ 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.

**Instructions:**

\* Answer six questions including question No. 1.

- What is meant by 'integration', which is a principle of design.
  - Name **two** physical tests done to detect the suitability of water.
  - Name a chemical test used to identify lipids and write briefly how it is done.
  - Mention **two** symptoms of Iodine deficiency.
  - Mention **two** types of knitting used in making knitted fabrics and give **one** example for each.
  - State **two** ways that could be taken to obtain a dark colour in batiks.
  - Mention **two** services that support the tourism industry and write a task fulfilled by each.
  - What is meant by bio diversity? Mention an advantage of it.
  - Write **two** groups of activities for active leisure and give an example each.
  - Write **two** facts that may cause inferiority complex in an adolescent. (02 × 10 marks)

(Total 20 marks)
- Define 'conformity' which should be considered in designing buildings and exterior environment. (02 marks)
  - Mention **four** points to be considered in selecting furniture for a house. (04 marks)
  - Explain the functioning and maintenance of the following household electrical appliances.
    - Electric iron
    - Blender
 (05 marks)
  - Explain the house-hold water supply system referring a sketch. (05 marks)

(Total 16 marks)
- Name **two** main types of fatty acids that can be classified according to their structure and provide an example for each of them. (03 marks)
  - Write **four** facts to be considered when introducing solid foods to a child from six months to one year. (04 marks)
  - Briefly write down the digestive process that happens in the stomach of a school child who consumed string hoppers, coconut sambal, a piece of fish with a glass of fruit juice for breakfast. (04 marks)
  - Plan a menu of a day for a person who is suffering from gastritis. (05 marks)

(Total 16 marks)

4. (i) Mention **two** types of food that have been preserved by using modified atmosphere packaging. (02 marks)
- (ii) State how case hardening happens in preserving foods and write down the steps to prevent that condition. (04 marks)
- (iii) Describe how fish is preserved by smoking. (04 marks)
- (iv) An entrepreneur intends to start a smoked fish production as a small scale business. Indicate the strategies to be followed in Good Management Practices (GMP) to maintain quality standards. (06 marks)
- (Total 16 marks)
5. (i) Give **three** solutions for the challenges which may arise in the apparel industry in Sri Lanka. (03 marks)
- (ii) Mention **three** different cutting tools used in garment industry and state how each of them work. (03 marks)
- (iii) Explain **four** qualities considered in fabric quality testing. (04 marks)
- (iv) Given below are the measurements required to sew and finish a table cloth for a round table.
- |   |          |
|---|----------|
| The diameter of the table                             | - 120 cm |
| The amount that falls-down from the edge of the table | - 30 cm  |
- (a) Calculate the amount of fabric needed to cut and sew this table cloth and give a sketch for the same.
- (b) Write the steps to sew and finish a decorative lace ribbon around the edge of the table cloth. (06 marks)
- (Total 16 marks)
6. (i) What is meant by 'enhanced green house effect'? (02 marks)
- (ii) Describe how the climatic changes affect the agro-industry. (04 marks)
- (iii) Explain the features of alternative tourism. (04 marks)
- (iv) Discuss how tourism affects beneficially to the Sri Lankan socio-culture. (06 marks)
- (Total 16 marks)
7. (i) Write **three** biological factors affecting the personality development of an individual. (03 marks)
- (ii) Give **three** characteristics shown by adolescents in building social relationships. (03 marks)
- (iii) Explain the importance of mental health to the adolescent. (05 marks)
- (iv) 'Communication media may create problems in adolescents' review. (05 marks)
- (Total 16 marks)
8. Write short notes on **four** of the following topics.
- (i) The reasons for the humans to get involved in designing living environments.
- (ii) Importance of the National Nutrition Policy.
- (iii) Steps in the manufacturing process of yarn using staple yarn.
- (iv) The reasons for most tourists to resort to health tourism at present.
- (v) The important aspects for the development of a balanced personality. (04×4 marks)
- (Total 16 marks)