

HOLIDAY HOMEWORK
SUBJECT: HOME SCIENCE
CLASS: XI

Read the Unit 1 and write the answer of the following questions in the school copy :

- Q.1 What is the role of family in shaping the personality of an Adolescent?
- Q.2. List the major emotional and cognitive changes for Adolescence.
- Q.3. “Adolescence is a time when all adolescents experience identity crisis”. Do you agree with this statement? Give reasons for your answer.
- Q.4. Describe, giving examples, the characteristics of the self during—
– infancy
– early childhood
– middle childhood
– adolescence
- Q.5. To what extent does culture shape the adolescent identity? Explain with examples.
- Q.6. Discuss the factors that influence eating behaviour at adolescence
- Q.7. State the food groups stated by ICMR.
- Q.8. Explain the two eating disorders that may arise at adolescence. What would be the best way to prevent their occurrence?
- Q.9. Define a resource.
- Q.10. Classify resources in three different ways giving the definition of each resource and two examples of each.
- Q.11. why should resources be managed?
- Q.12. How are textile fibres classified? Briefly discuss their characteristics.
- Q.13. What is a yarn? Explain different methods of yarn processing?

Q. 14. What do you understand by the term communication? What are the various modes of verbal and non-verbal communication?

Q.15. How does media affect our day-to-day life? Enumerate the different types of media.

Q.16. Discuss two important communication technologies that have brought a revolution in the communication arena, giving justification for your answer.

Q.17. Discuss the importance of communication skills.

Q. 18. Enumerate and describe each communication skill.

Q.19. "Non-verbal skills are not as important as verbal communication skills". Comment.

Q.20. Describe 'globalisation'. Identify some of your everyday practices and interests that may have been influenced by global trends or events.