

අධ්‍යාපන පොදු සහතික පත්‍ර (උසස් පෙළ) විභාගය, 2021(2022)

கல்விப் பொதுக் தராதரப் பத்திர (உயர் தர)ப் பரிசை, 2021(2022)

## General Certificate of Education (Adv. Level) Examination, 2021(2022)

ଗଣବ୍ୟାକ ଆରମ୍ଭିକ ଲିଙ୍ଗବାଦ

1

മനേജ് പോർട്ടലില്

## Home Economics

27

28

E

1

පැය දෙකයි

## இரண்டு மணித்தியாலம்

*Two hours*

**Instructions:**

- \* Answer **all** the questions.
- \* Write your **Index Number** in the space provided in the answer sheet.
- \* Read the instructions given on the back of the answer sheet carefully.
- \* In each of the questions **1** to **50**, pick one of the alternatives from (1), (2), (3), (4), (5) which is **correct** or **most appropriate** and mark your response on the answer sheet with a **cross** (x) in accordance with the instructions given on the back of the answer sheet.

1. In designing which of the following lines can bring about the feeling of flexibility?  
(1) Curved lines (2) Horizontal lines (3) Vertical lines  
(4) Zig-zag lines (5) Diagonal lines

2. To which of the following the term 'concept' related to designing of buildings and surrounding environment belongs?  
(1) standards (2) elements (3) principles  
(4) key factors (5) utility factors

3. From the following which one is **unsuitable** for a green sustainable home?  
(1) Using of solar energy instead of electrical energy.  
(2) Collecting rain water and use it for home gardening.  
(3) Using of filamentous lamps instead of LED lamps.  
(4) Keeping windows open instead of using electric fans.  
(5) Obtaining natural light instead of artificial light.

4. What is the correct statement regarding designing?  
(1) The lightness and darkness of a colour is defined as its intensity.  
(2) Matching the length, breadth and visual weight is called integration.  
(3) The indication of same feature indirectly, again and again is called repetitive rhythm.  
(4) In making functionality the attention should be paid on suitability.  
(5) According to the modern concept, complex geometrical shapes are used for buildings.

5. What is the correct statement regarding Carbohydrate?  
(1) Glucose and lactose are simple sugars.  
(2) Cereals contain maltose and sucrose.  
(3) The ratio of hydrogen to oxygen is 1:2.  
(4) Amylose and cellulose are polysaccharides.  
(5) Fructose and galactose have the same structural formulae.

6. Following are some facts regarding the nutritive value of food groups.  
P - contain vitamin D and E.  
Q - a source of vitamin C and fibre.  
R - supply beta carotene to the body.  
S - rich in zinc and cyanocobalamin.

From these, the facts regarding fruits are  
(1) P and R only. (2) P and S only. (3) Q and R only.  
(4) Q and S only. (5) R and S only.

7. Select the correct statement regarding the fat in the body?

- (1) A component of nerve cells.
- (2) A component of some enzymes and hormones.
- (3) Required for the absorption of vitamin A and C.
- (4) Digested by lipase which is in the gastric juice.
- (5) Excess fat is stored in the liver as glycogen.

8. Consider the following facts.

- An antioxidant
- Helps in wound healing
- Provide immunity
- Enhances iron absorption

The vitamin which is relevant to all these facts is

(1) vitamin A.	(2) vitamin B <sub>1</sub> .	(3) vitamin C.
(4) vitamin D.	(5) vitamin E.	

9. What is the correct statement regarding calcium deficiency?

- (1) Common among elderly males.
- (2) A condition much prevalent in Sri Lanka.
- (3) The deficiency of phosphorus and vitamin A also affect this.
- (4) The deficiency caused after menopause is termed as osteomalacia.
- (5) Rickets caused by this shows thinness of bones and delayed walking.

10. Given below are some functions of nutrients.

- A - Transporting oxygen in the body
- B - Maintaining a healthy skin
- C - Improving memory
- D - Minimizing complications during pregnancy
- E - Controlling the electrolyte balance in the body

From these, the functions of iron are

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

11. What is the deficiency symptom of Iodine?

- (1) Bleeding from the gums
- (2) Paleness of the body
- (3) Hinders the intellectual development.
- (4) Blurred vision
- (5) Fall of hair

12. Select the correct statement regarding Omega-3 fatty acids.

- (1) Could be synthesised in the body.
- (2) Abundant in plant sources.
- (3) Included under saturated fatty acids.
- (4) Act in lowering blood cholesterol level.
- (5) Linoleic and linolenic acid are examples for this.

13. What is the micro organism that could cause gastritis?

(1) <i>Aspergillus oryzae</i>	(2) <i>Escherichia coli</i>
(3) <i>Acetobacter aceti</i>	(4) <i>Helicobacter pylori</i>
(5) <i>Streptococcus lactis</i>	

More Past Papers at  
**tamilguru.lk**

14. Following are some complications of a certain non communicable disease.

- Damages the retina of the eye
- Affects the nervous system
- Decreases the sensitivity of legs

This disease is

(1) paralysis.	(2) diabetes.	(3) heart disease.
(4) obesity.	(5) hypertension (high blood pressure).	

15. What is the most suitable meal for a person having constipation?

(1) Rice, dhal curry, ladies fingers fried, meat curry and brinjal moju
(2) Rice, cucumber curry, breadfruit mallung, carrot curry and fried dry fish
(3) Rice, fish white curry, polos (tender jak) curry, fried capsicum and tomato salad
(4) Rice, drumstick curry, red fish curry, mukunuwenna mallung and kohila salad
(5) Rice, potato curry, sprats fried, cabbage curry and coconut sambol

16. In the digestive system, the two enzymes that convert polysaccharides to disaccharides and then the disaccharides to monosaccharides respectively are

(1) sucrase and lactase.	(2) amylase and maltase.
(3) maltase and sucrase.	(4) peptidase and lactase.
(5) amylase and peptidase.	

17. Following are some statements regarding cooking by/working of the microwave oven, Select the **incorrect** statement from them.

(1) Works on high frequency microwaves.
(2) The heat is transferred by radiation.
(3) The food is cooked from the periphery to the centre.
(4) Also employed to reheat the cooked food.
(5) Used to defrost the food taken out from the deep freezer.

18. From the following the two desserts prepared by using both milk and eggs are

(1) caramel pudding and bread pudding.
(2) watalappan and chocolate mousse.
(3) chocolate mousse and caramel pudding.
(4) marshmallow pudding and watalappan.
(5) bread pudding and marshmallow pudding.

19. A fragrant agent and an emulsifying agent respectively are

(1) glycol and propylene.
(2) lecithin and ethyl butyrate.
(3) ethyl butyrate and glycol.
(4) propylene and monosodium glutamate.
(5) monosodium glutamate and lecithin.

20. Following are some facts presented by students regarding the process of chilling used in the preservation of food.

- A - The temperature of the area surrounding the food is kept at 8°C.
- B - The enzymes in food get deactivated completely.
- C - Hinders the activity of movable water.
- D - Suitable for eggs, fruits and vegetables.

Correct facts from the above 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.	

21. The foods preserved using the chemical compounds sorbate and sulphite are respectively,

- jam and cheese.
- sweetmeats and fruit pulp.
- jam and sweetmeats.
- cool drinks and fruit pulp.
- cool drinks and cheese.

22. What is the correct statement regarding the low density polythene used as a food packaging material.

- Low in permeability to water.
- Could be used repeatedly.
- Suitable for oily foods.
- Poly-propylene is an example for this.
- The thickness should be more than 20 microns.

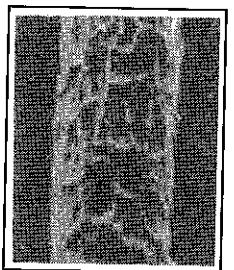
23. What is the correct statement according to the classification of fibers?

- Gold and silver are two mineral fibers.
- Animal fibers are protein fibers.
- Asbestos is a man made fibre.
- Nylon is an artificial fiber under polyethylene group.
- Cellulose is an essential component of the regenerated fibers.

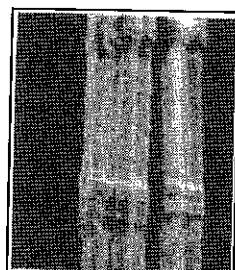
24. Two techniques of sewing are

- hemming stitch and binding.
- hemming stitch and fixing lace.
- fixing lace and binding.
- running stitch and hemming stitch.
- binding and running stitch.

25. The diagrams A and B show the longitudinal sections of two fibers.



A



B

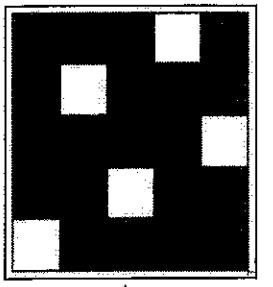
These fibers are respectively,

- wool and linen.
- linen and cotton.
- nylon and wool.
- polyester and cotton.
- polyester and nylon.

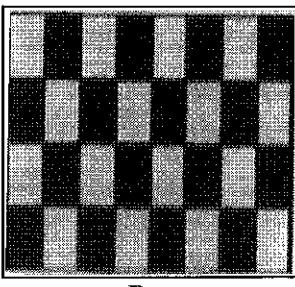
26. When a sample of cloth manufactured by mixing two types of fibers is burnt, grey colour ash and crushable plastic like beads were left. The two fibers in this sample are

- cotton and silk.
- cotton and nylon.
- nylon and silk.
- cotton and cellulose acetate.
- silk and cellulose acetate.

27. Two types of weaves are shown below.



A



B

The above diagrams A and B show respectively,

- (1) plain weave and mat weave.
- (2) mat weave and plain weave.
- (3) sateen weave and warp rib weave.
- (4) regular twill weave and warp rib weave.
- (5) sateen weave and regular twill weave.

28. What is the correct statement regarding mercerization of fabrics?

- (1) Increases the strength.
- (2) Removes discolouration of the fabrics.
- (3) Uses hydrogen peroxide.
- (4) Suitable for cotton and linen fibers.
- (5) Less affinity towards dyes.

29. What is the finish given to both fabrics and ready-made garments?

- (1) sand spraying
- (2) bleaching
- (3) scouring
- (4) singeing
- (5) sanforizing

30. Given below are some features of fabrics used in constructing garments for personal needs.

- A - White fabrics
- B - Fabrics with vertical designs
- C - Dark coloured fabrics
- D - fabrics with bright coloured designs

From these what are the features of fabrics which are suitable for an adolescent girl with a broad body structure?

- (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.

31. Three ways of communication between you and your teacher are given below.

- A - Discussing information in the classroom
- B - Exchange the ideas through short messages via mobile phone
- C - Raising hand when there is a problem in the classroom

The communication methods relevant to above incidences are respectively,

- (1) non verbal, verbal and written.
- (2) verbal, non verbal and written.
- (3) verbal, written and non verbal.
- (4) non verbal, written and verbal.
- (5) written, verbal and non verbal.

32. Which of the incidences given below indicates negotiation?

- (1) Others following the orders of the class monitor
- (2) Others obeying the opinion of the majority
- (3) Compromising two parties of contradictory ideas
- (4) Solving a conflict between two students by the intervention of the teacher
- (5) The leader opposing the opinion of the team members

33. A positive economical effect of tourism is

- regional development.
- leakage of the economy.
- cultural commercialization.
- development of dependency mentality.
- increase of the prices of goods and services.

34. From the following what is the true statement regarding tourism?

- Nature tourism is also known as Eco tourism.
- Alternative tourism allows for innovative experiences.
- Internal tourism is restricted only to resident guests in a country.
- Diving and enjoying the sea breeze are two activities of adventure tourism.
- Staying in a farm is an example for nature tourism.

35. A person uses leisure time for playing and listening to music. These leisure activities are termed respectively as

- social leisure and active leisure.
- social leisure and physical leisure.
- active leisure and physical leisure.
- non-active leisure and social leisure.
- physical leisure and non-active leisure.

36. Which of the following statements related to the tourist industry is **incorrect**?

- Circuit bungalows should be registered under Sri Lanka Tourist Development Authority.
- By 2016, 16% from total tourist flow of Sri Lanka was Indians.
- Facilitating services related to tourist industry are provided by insurance cooperations.
- Boutiques which are based on different themes belong to supplementary accommodation quarters.
- In 2015, China was reported as the second largest source of tourism in Sri Lanka.

37. If a 15 W bulb in a bedroom is lit for 3 hours a day, how many watt hours does it cost per week?

- 205
- 220
- 305
- 315
- 325

38. According to the standards, the blue and brown coloured wires connected to a plug respectively represent

- neutral wire and live wire.
- live wire and earth wire.
- earth wire and neutral wire.
- neutral wire and earth wire.
- earth wire and live wire.

39. If the water consumption in your monthly water bill is indicated as 20 units, the amount of water you have consumed is

- 200 litres.
- 2 000 litres.
- 5 000 litres.
- 10 000 litres.
- 20 000 litres.

40. Which of the following is the best way to drain water from the bathroom?

- Use for garden plants
- First direct to a grease trap
- Release directly to the septic tank
- First direct to a soak field
- Collect for other household washing purposes

41. A step to be taken to minimize the food foot print is to

- (1) tend to consume processed foods.
- (2) minimize the use of clay pots for cooking.
- (3) keep the cooked food stored in the refrigerator.
- (4) stock food materials at one instance.
- (5) minimize the consumption of meat such as beef and pork.

42. What is the correct response regarding pre-biotic, which is a bio-functional compound?

- (1) present in dairy products.
- (2) causes fermentation.
- (3) helps in providing immunity.
- (4) could be digested in the human body.
- (5) lactic acid bacteria is an example for this.

43. A suitable step to be taken for the management of house-hold waste is to

- (1) burn daily.
- (2) collect in open drains.
- (3) manufacture compost.
- (4) release liquid waste into the home garden.
- (5) utilize for sanitary land filling.

44. What is the option which includes only the resources that could not be recycled?

- (1) leather, wood and bio-mass
- (2) leather, bio mass and coal
- (3) bio-mass, leather and petroleum compounds
- (4) wood, petroleum compounds and metallic minerals
- (5) coal, petroleum compounds and metallic minerals

45. When the total development during adolescence is considered, a slow pace can be observed in

- (1) intellectual development.
- (2) physical development.
- (3) emotional development.
- (4) moral development.
- (5) social development.

46. What is the most correct statement regarding the physical development of adolescents?

- (1) Attaining puberty is an incident specific for girls.
- (2) Post adolescence terminate at the age of 20, 21 years.
- (3) There is a rapid muscular development in both male and female.
- (4) Maturation of bones of girls and boys terminate at the same age.
- (5) At the age of twelve years, boys are taller than girls.

47. Two emotional characteristics shown by an individual with mental stress are

- (1) lethargy and isolation.
- (2) inactivity and isolation.
- (3) lethargy and sleeplessness.
- (4) isolation and sleeplessness.
- (5) inactivity and sleeplessness.

**48.** Following are some facts regarding individual development.

- A - Try to escape from traditional thinking.
- B - Tend to imitate.
- C - Share ideas and problems.
- D - Show selfish behaviour.

From these, the facts regarding adolescence are

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

**49.** A major function for entrepreneurship is

- (1) being wholly optimistic.
- (2) accepting new ideas.
- (3) learning from experiences.
- (4) establishing high goals.
- (5) identifying business situations.

**50.** Two steps in five fold concept are

- (1) selecting and cleaning.
- (2) planning and selecting.
- (3) organizing and directing.
- (4) directing and cleaning.
- (5) planning and preparing.

\* \* \*

More Past Papers at  
**tamilguru.lk**

கிடை ட சிரிகளி குறிரவி /முழுப் பதிப்புரிமையுடையது/All Rights Reserved

අධ්‍යාපන පොදු සහතික පත්‍ර (උසස් පෙළ) විභාගය, 2021(2022)  
කළුවිප් පොතුත් තුරාතුරුප පත්තිර (ඉයර් තුරු)ප පරිශ්‍යේ, 2021(2022)  
General Certificate of Education (Adv. Level) Examination, 2021(2022)

ଗଣ ଆରଲେକ ଶିଦ୍ଧାତ  
ମନେନାପ ପୋର୍କୁନୀୟାଲ  
**Home Economics**

28 E II

ஒரே நூடை  
மூன்று மணித்தியாலம்  
*Three hours*

அமுலர் கியெமி காலை	- மீதித்து 10 மி
மேலதிக வாசிப்பு நேரம்	- 10 நிமிடங்கள்
<b>Additional Reading Time</b>	<b>- 10 minutes</b>

**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.

1. (i) What is meant by interior designing?  
(ii) Mention **two** qualities that must be present so as to make the drinking water safe  
(iii) Define the term 'incomplete protein'?  
(iv) Identity acute undernutrition.  
(v) Name **two** industries related to the garment industry.  
(vi) Why is it important to pre-prepare fabrics? Give **two** reasons for this.  
(vii) Write **two** benefits of leisure activities.  
(viii) Identity 'recycling'. Mention **two** advantages of the same.  
(ix) State **two** suitable topics to build a basic conversation.  
(x) Mention **two** prenatal factors that affect the personality development of a child.

(02 × 10 = 20 marks)

2. (i) Identify the **three** basic parts of physical living environment. (03 marks)  
(ii) State **three** factors that have to be considered in exterior designing. (03 marks)  
(iii) Write **four** benefits of conservation of rain water. (04 marks)  
(iv) Discuss the steps you would take to minimize your electricity bill, assuming that it is high last month. (06 marks)

3. (i) Write **three** functions of water in the body. (03 marks)  
(ii) Briefly explain the below mentioned tools which are used in planning meals.  
    (a) The table of Recommended Dietary Allowances (RDA)  
    (b) Food Tables (04 marks)  
(iii) Write **four** points that should be considered when fulfilling the nutritional requirements of elderly. (04 marks)  
(iv) Plan a days menu for a pregnant mother. (05 marks)

4. (i) Write **three** intrinsic factors that affect the growth of micro organisms. (03 marks)  
 (ii) Explain the disadvantages of drying food under ordinary sunlight. (04 marks)  
 (iii) Give the process of preparation of yoghurt with the help of a flow chart. (04 marks)  
 (iv) Discuss **five** points regarding Good Manufacturing Practices (GMP) that could be followed for the quality control of a small scale yoghurt manufacturing business. (05 marks)

5. (i) Name **three** sources to obtain information regarding fashion designing. (03 marks)  
 (ii) Show the steps in sequence, that should be followed in constructing a table mat. (05 marks)  
 (iii) (a) Draw a design suitable to decorate a table mat.  
 (b) State the

- Stitches used
- Colours selected and
- Places where the stitches are used

in sewing this design. (08 marks)

6. (i) What is meant by 'functional foods' (02 marks)  
 (ii) Name **four** medicinal plants and write **one** use of each. (04 marks)  
 (iii) (a) Classify the tourist attractions.  
 (b) State **two** examples for each of them mentioned in (a) above. (04 marks)  
 (iv) 'All travels cannot be called as tourism.' Comment. (06 marks)

7. (i) Mention **three** abilities shown in intellectual development during adolescence. (03 marks)  
 (ii) Write **four** problems faced by the child at present, regarding education. (04 marks)  
 (iii) Explain the steps that should be taken by the school so as to develop the mental health of adolescents. (04 marks)  
 (iv) Discuss the role of the family in guiding the adolescents. (05 marks)

8. Write short notes on **four** of the following topics.  
 (i) The colours used in designing  
 (ii) Health problems caused due to obesity  
 (iii) The stitches belonging to the type 100, used in ready-made garment industry  
 (iv) The impact of Covid-19 pandemic on tourist industry in Sri Lanka  
 (v) The characteristics of a child having a high (positive) self concept  
 (04 × 4 = 16 marks)

\* \* \*