



HOME ECONOMICS HSSC-I

Model Paper(Practical)



Time Allowed: 3 Hours

Total Marks: 60

Note: Attempt/Perform all Questions.

- Q. 1 Polish a brass/silver/wooden surface and write down the method of polish. (15)
- Q. 2 Prepare and serve any Milk dish from Syllabus. Also write down the recipe. (15)
- Q. 3 Projects
- i. Cushions (Patch Work) (10)
 - ii. Recycle (7 + 3 = 10)
- Q. 4 File (7)
- Q. 5 Viva (3)



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HSSC-I Home Economics Practical

1. Renovation/Recycle project – Make a label for it and also decorate it with fabric painting. E.g., laundry bag, tote bag
2. Making a pair of cushion covers 16" sq in patchwork, using leftover fabric pieces. Make a label for it
3. Cleaning: Seasonal cleaning, weekly and daily (floor, wall, windows, and carpets).
4. Polishing: Furniture, brass or silver performing in lab with stepwise procedure.

Food and Nutrition Practical File/Copy

A. Cooking and Serving of Food Groups

- i. Milk and milk products e.g., Kheer, Custard
- ii. Meat, fish, chicken (Protein group) e.g., Korma, wings, chicken pulao, kababs
- iii. Vegetables and fruit e.g., fruit salad, mix vegetable bhujia etc.
- iv. Cereals and pulses e.g., Daal Chawal, Haleem, Macaroni etc.

B. Meal Service

- i. Trolley service
- ii. Tray service
- iii. Formal service

C. Storing of Different Food Items in Lab

- i. Freezing
- ii. Pickles
- iii. Jams

D. Perform Different Cooking Methods in Lab

- i. Baking
- ii. Boiling
- iii. Roasting
- iv. Steaming
- v. Frying