

Chapter-4

MULTIPLE CHOICE QUESTIONS-

1. The prenatal period extends from:

- a) Birth to one month
- b) Conception to birth
- c) 1 month to 2 years
- d) 2 to 6 years

Answer: b) Conception to birth

2. According to the text, the approximate weight of an Indian child at birth is:

- a) 2.0 kg
- b) 2.5 kg
- c) 3.0 kg
- d) 3.5 kg

Answer: c) 3.0 kg

3. The development of teeth is an important aspect of which type of development?

- a) Social Development
- b) Emotional Development
- c) Cognitive Development
- d) Physical Development

Answer: d) Physical Development

4. The period of infancy, as per the stages of life, is from:

- a) Birth to one month
- b) 1 month to 2 years
- c) 2 to 6 years
- d) 6 to 11 years

Answer: b) 1 month to 2 years

5. What is the first phase of prenatal development called?

- a) Embryo
- b) Foetus
- c) Germinal

d) Neonatal

Answer: c) Germinal

6. Which of the following is a characteristic of development?

- a) It is a discontinuous process.
- b) It is a random process without any pattern.
- c) It is a continuous process starting with conception.
- d) It stops after adolescence.

Answer: c) It is a continuous process starting with conception.

7. The ability to sit without support is typically achieved by:

- a) 4 months
- b) 5 months
- c) 6 months
- d) 7 months

Answer: d) 7 months

8. The temporary set of teeth, also known as milk teeth, consists of how many teeth?

- a) 16
- b) 20
- c) 28
- d) 32

Answer: b) 20

9. According to the text, what is the average height of an Indian baby at birth?

- a) 18 inches
- b) 20 inches
- c) 22 inches
- d) 24 inches

Answer: b) 20 inches

10. The development of language in infants begins with:

- a) Telegraphic speech
- b) Three-word sentences
- c) Crying and cooing
- d) Vocabulary of 1700 words

Answer: c) Crying and cooing

11. What is a key difference between growth and development?

- a) Growth is qualitative, development is quantitative.
- b) Growth continues throughout life, development stops at maturity.
- c) Growth refers to physiological changes, development refers to overall changes.
- d) Growth is organizational, development is cellular.

Answer: c) Growth refers to physiological changes, development refers to overall changes.

12. The period of the foetus lasts from:

- a) Conception to implantation
- b) The third week to the eighth week
- c) The third prenatal month until birth
- d) Birth to one month

Answer: c) The third prenatal month until birth

13. A child learning to use their hands before using their fingers is an example of the principle that development proceeds:

- a) From specific to general
- b) From general to specific
- c) At the same rate for all individuals
- d) From the top down

Answer: b) From general to specific

14. According to the "Milestones of Development," at what age does a child typically start to scribble vigorously?

- a) 8 months

- b) 11 months
- c) 14 months
- d) 16 months

Answer: c) 14 months

15. Social development refers to the ability of a child to:

- a) Think and solve problems.
- b) Control and express emotions.
- c) Develop affection and friendships with people around them.
- d) Increase in height and weight.

Answer: c) Develop affection and friendships with people around them.

16. The process whereby a child learns to eat, speak, and play with others is called:

- a) Socialisation
- b) Cognitive Development
- c) Emotional Development
- d) Motor Development

Answer: a) Socialisation

17. Which of the following emotions typically appears between 12-24 months?

- a) Anger
- b) Fear
- c) Self-conscious emotions
- d) Social smile

Answer: c) Self-conscious emotions

18. "Object permanence" is a concept that develops during which stage of cognitive development?

- a) 0-3 months
- b) 4-6 months
- c) 7 months - 1 year
- d) 1 year to 5 years

Answer: d) 1 year to 5 years

19. At what age do children typically start speaking three to four-word sentences?

- a) 10-12 months
- b) 1-2 years
- c) 2-3 years
- d) 3-5 years

Answer: b) 1-2 years

20. The principle that "Development is a product of both heredity and environment" means that an individual's development is influenced by:

- a) Only their genetic makeup.
- b) Only their surroundings and nutrition.
- c) A combination of genetic factors and environmental factors.
- d) Neither genetics nor environment.

Answer: c) A combination of genetic factors and environmental factors.

SHORT ANSWER TYPE QUESTIONS

1. Define the growth of a child.

A- Growth is the progressive increase in body dimensions of a child or parts of a child.

2. What do you understand by development?

A- Development refers to the different aspects of a child's personality. According to Clarke, "the developmental changes are systematic, progressive, and permanent and occur over a period of time."

3. What does social development mean?

A- Social development of a child refers to the ability of a child to develop affection, love, friendship, anger and other emotions with people around.

4. What do you understand by emotional development?

A- Emotional development means the ability to control emotions and express them in a way that is acceptable to society. Joy, anger, fear, happiness are some of the emotions that can be noticed even among small children.

5. Write short note on cognitive development?

A- Cognitive development refers to the ability of the child to think and find solution to problems.

6. Write short note on language development?

A- Language development is the ability to communicate through the use of meaningful words and sentences. Language helps us to convey our feelings. It also helps us to understand what others express or tell us.

LONG ANSWER TYPE QUESTIONS

1. Discuss 'Growth' and 'Development'. What are the types of development in the life of a child up to the age of 5 years?

A- Growth and Development is the overall development of a person and involves both physical and mental development. Growth indicates an increase in body

dimensions. These changes can be measured in terms of height, weight and circumference. On the other hand, development refers to the different aspects of a child's personality.

The different types of development in the life of a child up to the age of 5 years are:

- Physical development
- Cognitive development
- Emotional and Social development
- Language development
- Sensory and motor development

2. Describe the characteristics of growth and development.

A- Characteristics of Growth:

Growth indicates an increase in body dimensions. These changes are measured in terms of height and weight and head circumference.

Characteristics of development:

- It is a continuous process starting with conception and ending with death.
- Development proceeds from generic to specific.
- It is a systematic process.
- Each development phase has characteristic traits of its own.

3. Explain various stages of growth and development of a child.

A- The various stages of growth and development of a child are:

- Infancy: first 4-6 months to 2 years
- Childhood: 2 to 12-13 years
- Adolescence: 12 to 18 years
- Adulthood: 18+

4. Describe the process of language development from birth to two years.

A- Language development is the ability to communicate through the use of meaningful words and sentences. Little ones are not born with the ability to speak. From 0 to 3 months, the only sound that the child can produce is crying. By crying, they communicate to their mother.

From 4 to 6 months, the children start producing flat 'a-a' sounds and gradually produce various sounds like pa, ma, ta, ba, na.

From 6 to 9 months, the child starts producing double flat sounds like baba, mama, papa. Gradually the baby learns to associate meaning with an object and then a word becomes a symbol or label for the object.

When the infant are 10 to 12 months old, they start speaking simple sentences. Their language skills develop with repeated usage. They reproduce sound by imitating.

When a child is 1 to 2 years, they start using three to four word sentences. An 18 to 20 month old child can speak about 50 words.

5. Describe the three stages of prenatal development in brief.

A- The prenatal stage is the time period from conception to birth which is as long as 280 days. This phase can be divided into three phases to study the details.

i) Germinal stage- This is the period from conception until implantation and can be approximately 1-2 weeks long.

ii) Embryo stage - This period lasts from the beginning of the third week to the end of the eighth week. All major organs are formed and the heart begins to beat in this period.

iii) Foetus stage- It is the final phase which lasts from the third prenatal month until the birth. Organ systems begin to function and growth of the foetus is rapid.

6. Write a short note on vision development in early infancy.

A- At birth, the baby's vision is blurry and it can see only a few inches far. The brain is unable to process the vision and make a clear picture of the object seen. However, the vision develops steadily and rapidly in the first few weeks of life.

ces. Used electronics which are destined for refurbishment, reuse, resale, salvage recycling through material recovery are also considered as e- waste. Informal processing of e- waste in developing countries can lead to adverse human health effects and pollutions.

Chapter-5

MULTIPLE CHOICE QUESTIONS-

1. According to the text, at what age do babies start playing?

- a) At birth
- b) One month
- c) Three months
- d) Six months

Answer: b) One month

2. Play supports which type of development by helping children express and work through their fears, anxieties and desires?

- a) Physical Development
- b) Cognitive Development
- c) Socio-Emotional Development
- d) Moral Development

Answer: c) Socio-Emotional Development

3. Which of the following is an example of an indoor game mentioned in the text?

- a) Cricket
- b) Football
- c) Chess
- d) Kho-Kho

Answer: c) Chess

4. What type of play involves movement and physical activity?

- a) Constructive Play
- b) Fantasy Play
- c) Active Play
- d) Quiet Play

Answer: c) Active Play

5. Which type of play occurs when children build towers and cities with blocks?

- a) Dramatic Play
- b) Constructive Play
- c) Solitary Play
- d) Cooperative Play

Answer: b) Constructive Play

6. What is the kind of play where children play alone because they have not developed socially to play with others yet?

- a) Cooperative Play
- b) Social Play
- c) Solitary Play
- d) Manipulative Play

Answer: c) Solitary Play

7. Which of the following is NOT listed as equipment for outdoor play?

- a) Sand box
- b) Jigsaw puzzles
- c) Swings
- d) See-saw

Answer: b) Jigsaw puzzles

8. Play that involves pretence and belief, or imagination, such as role-playing, is called:

- a) Creative Play
- b) Dramatic Play
- c) Manipulative Play
- d) Quiet Play

Answer: b) Dramatic Play

9. According to the text, which type of play helps develop hand-eye coordination and motor skills?

- a) Fantasy Play

- b) Active Play
- c) Manipulative Play
- d) Social Play

Answer: c) Manipulative Play

10. Which type of play school is described as a structured environment where children learn at their own pace using specific equipment?

- a) Nursery school
- b) Kindergarten
- c) Daycare nursery
- d) Montessori

Answer: d) Montessori

11. Play is described as all of the following EXCEPT:

- a) Spontaneous activity that is fun
- b) A form of punishment for children
- c) Foundation for later learning

d) A tool that stimulates brain growth

Answer: b) A form of punishment for children

12. Which type of play involves children creating or manipulating their environment to build imitative things?

a) Dramatic Play

b) Constructive Play

c) Quiet Play

d) Motor Play

Answer: b) Constructive Play

13. What does play help children develop a positive attitude toward?

a) Eating

b) Sleeping

c) Learning

d) Working

Answer: c) Learning

14. Which type of play provides critical opportunities for children to develop both gross and fine muscle strength?

- a) Social Play
- b) Fantasy Play
- c) Motor or Physical Play
- d) Quiet Play

Answer: c) Motor or Physical Play

15. According to the text, what happens when a child is compelled to play?

- a) They enjoy it more
- b) They learn faster
- c) They may avoid playing completely
- d) They become more creative

Answer: c) They may avoid playing completely

16. Which type of play involves children learning social rules such as give and take, reciprocity, cooperation and sharing?

- a) Solitary Play
- b) Social Play
- c) Manipulative Play
- d) Constructive Play

Answer: b) Social Play

17. Which of the following is an example of quiet play mentioned in the text?

- a) Riding bikes
- b) Building sandcastles
- c) Working on puzzles
- d) Playing cricket

Answer: c) Working on puzzles

18. Kindergarten is described as a preschool educational approach based on all of the following EXCEPT:

- a) Playing
- b) Singing
- c) Formal examinations
- d) Social interaction

Answer: c) Formal examinations

19. Children learn best through which method according to the text?

- a) Listening to lectures
- b) Imitating which provides direct hands-on experience
- c) Watching television
- d) Reading textbooks

Answer: b) Imitating which provides direct hands-on experience

20. According to the basic principles of preschools, learning must be:

- a) Theory-based

- b) Activity-based
- c) Examination-based
- d) Teacher-centred

Answer: b) Activity-based

SHORT ANSWER TYPE QUESTIONS-

1. Explain play.

A- Play is one of the most powerful tools that help children to develop new skills, concepts and experiences. It helps children gain the knowledge they need to connect in meaningful ways to the challenges they encounter in school.

2. Write a note on outdoor play material.

A- Outdoor play materials help the children in the physical and motor development, and contribute to the overall development of a child. Some of the outdoor play material are climbing equipment, jungle gym, tubs for water play, tricycle, wagons, swings, sliding boards, see saw.

3. What are the different kinds of play schools? Give names only.

- Nursery school
- Day care nursery
- Pre- school
- Kindergarten nursery
- Montessori nursery

4. Name the equipment for Indoor play.

A- Blocks, bells, drums, jigsaw puzzles, scissors, crayons, building blocks, play dough, kitchen sets, doll house, mini market.

5. Name the equipment for Outdoor play.

A- Sand box, climbing equipment, jungle gym, tubs for water play, tricycle, wagons, swings, sliding boards, see saw.

LONG ANSWER TYPE QUESTIONS-

1. Explain the role of play in the development of children.

A- i) Play supports Holistic development: Children learn by playing through imitating. The process of play facilitates the physical, cognitive and socio-emotional development of children.

ii) Play supports physical development: Play is essential in the development of perceptual motor co-ordination and it helps children attain and maintain good health.

iii) Play supports Socio-Emotional Development: In play children express and work through their fears, anxieties and desires. They resolve personal problems. They feel that they control the world, which gives them a sense of dominance.

iv) Play supports cognitive development: Play helps to develop various skills in children – imagination, creativity, various concepts, logic, reading, writing, reasoning learning.

2. Write down the basic principles of pre- schools.

A-i) They should be allowed to manipulate the objects in the environment around them.

ii) Variety of teaching tools may be used by the teacher to stimulate their intellectual growth.

iii) The materials and strategies used should match the level of each child's development and learning.

iv) It is to stimulate, enforce and polish the mental development of the child.

3. Why do children play?

A- Play stimulates brain growth in children at the most critical time in their development. It is through play that children develop life skills. They learn how to interact with the peers and adults, they learn how to choose friend, they learn how to run around and play team games. They also learn to be creative.

4. Explain classification of play in detail.

A- i) Active Play- Play that involves movement and physical activity is termed as active play. It keeps children busy and happy.

ii) Co-operative Play– It is a play for a child and a group of friends. It takes place either outside the house or in the house or school premises.

iii) Creative Play – Play that explores child's imagination and makes something out of nothing is called creative play. Providing a child a creative outlet will lead to many amazing things.

iv) Dramatic Play -Play that involves pretend and make believe or whatever the imagination dreams.

v) Manipulative Play –It is a play that involves hand-eye co-ordination and motor skills. It develops the sense of co-ordination.

vi) Quiet Play – Play that keeps children focused. Children need quiet time to intently understand the concepts of activities. It provides children an opportunity to think and reason.

vii)Motor/Physical Play – Motor play provides critical opportunities for children to develop both individual gross and fine muscle strength and an overall integration of muscles, nerves and brain functions.

vii)Social Play – It is the best mechanism for processing through the different social stages. Children learn social rules, moral reasoning to develop a mature sense of values.

ix) Constructive play – Constructive play is when children create or manipulate their environment to build imitative things. It gives children a sense of productivity, accomplishment and empowers them to control their imaginary play world or environment.

x)Fantasy Play – Children learn to abstract, to try out new roles and possible situations and to experiment with language and emotion with fantasy play.

5. Why is it important to not compel a child to play?

A- It is important not to compel a child to play because play is process-oriented. Compelling a child to play can make him/her avoid playing completely as there is no fun involved when they do it for others willingness. It rather becomes a punishment and becomes a performance presentation for the child.

6. What are different types of play? Which is the best according to you? Specify with reasons.

A- The different types of play are: - Active Play, Co-operative Play. Creative Play, Dramatic Play, Manipulative Play, Quiet Play, Motor/Physical Play, Social Play, Constructive play, Fantasy Play.

Social play is the best. Children get a variety of opportunities. By interacting with other in play settings, children learn social rules such as give and take, cooperation and sharing.

7. Give reasons why play school play important roles in the development of a child?

A- Play schools ensure ample games, activities, and exercises along with factual knowledge. The aim of education during play school age is to stimulate, enforce and polish the mental development of the child. They are allowed to manipulate the objects in the environment around them. There is a rapid growth and development between the age of one to three years. They learn to respond to simple commands, learn to express their feelings of love, anger and sorrow.

Chapter-6

MULTIPLE CHOICE QUESTIONS-

1. A disease that affects specific parts of the body is called:

- a) Systemic disease
- b) Disseminated disease
- c) Localised disease
- d) Chronic disease

Answer: c) Localised disease

2. Tuberculosis is caused by which bacterium?

- a) *Corynebacterium diphtheriae*
- b) *Bordetella pertussis*
- c) *Clostridium tetani*
- d) *Mycobacterium tuberculosis*

Answer: d) *Mycobacterium tuberculosis*

3. The BCG vaccine is given to children within how many months of birth?

- a) One month
- b) Two months
- c) Three months
- d) Six months

Answer: a) One month

4. Mumps is caused by:

- a) A bacterium
- b) A virus
- c) A fungus
- d) A parasite

Answer: b) A virus

5. The MMR vaccine protects against which of the following diseases?

- a) Tuberculosis, Mumps, Rubella
- b) Measles, Mumps, Rubella
- c) Measles, Mumps, Chickenpox
- d) Diphtheria, Measles, Rubella

Answer: b) Measles, Mumps, Rubella

6. Chickenpox is caused by which virus?

- a) Varicella-zoster virus
- b) Mycobacterium tuberculosis
- c) Bordetella pertussis
- d) Corynebacterium diphtheriae

Answer: a) Varicella-zoster virus

7. Diphtheria mainly affects which parts of the body?

- a) Lungs and skin
- b) Nose and throat
- c) Jaw and muscles
- d) Nervous system

Answer: b) Nose and throat

8. Diphtheria occurs in children normally below which age and mostly in which season?

- a) Below 6 years, mostly in winters
- b) Below 5 years, mostly in summers

- c) Below 10 years, mostly in monsoons
- d) Below 2 years, mostly in spring

Answer: a) Below 6 years, mostly in winters

9. The DTaP vaccine protects against which three diseases?

- a) Diphtheria, Tetanus, Pertussis
- b) Diphtheria, Tuberculosis, Polio
- c) Diphtheria, Tetanus, Polio
- d) Diphtheria, Measles, Pertussis

Answer: a) Diphtheria, Tetanus, Pertussis

10. Pertussis is also known as:

- a) Lockjaw
- b) Whooping cough
- c) German measles
- d) Chickenpox

Answer: b) Whooping cough

11. Tetanus is caused by which bacterium?

- a) *Corynebacterium diphtheriae*
- b) *Bordetella pertussis*
- c) *Clostridium tetani*
- d) *Mycobacterium tuberculosis*

Answer: c) *Clostridium tetani*

12. Tetanus is also known as:

- a) Whooping cough
- b) German measles
- c) Lockjaw or trismus
- d) Chickenpox

Answer: c) Lockjaw or trismus

13. Rubella is also called:

- a) Whooping cough
- b) Chickenpox
- c) German measles
- d) Lockjaw

Answer: c) German measles

14. Which disease can cause miscarriage or serious birth defects if a woman is infected while pregnant?

- a) Measles
- b) Mumps
- c) Rubella
- d) Chickenpox

Answer: c) Rubella

15. Children younger than which age are more likely to contract polio?

- a) Two years old
- b) Three years old
- c) Five years old
- d) Ten years old

Answer: c) Five years old

16. How many doses of the polio vaccine are recommended for children?

- a) Two doses
- b) Three doses
- c) Four doses
- d) Five doses

Answer: c) Four doses

17. The first dose of the polio vaccine should be given at what age?

- a) At birth
- b) One month
- c) Two months

d) Four months

Answer: c) Two months

18. The MMR vaccine's first dose is given at what age?

- a) At birth to one month
- b) Two months to four months
- c) Twelve months to fifteen months
- d) Two years to three years

Answer: c) Twelve months to fifteen months

19. Immunisation is a proven tool for:

- a) Curing all diseases
- b) Controlling and eliminating life-threatening infectious diseases
- c) Treating genetic disorders
- d) Preventing injuries

Answer: b) Controlling and eliminating life-threatening infectious diseases

20. Which of the following is NOT a way to prevent disease according to the text?

- a) Proper sanitation
- b) Proper nutrition
- c) Frequent exercise
- d) Using antibiotics for all illnesses

Answer: d) Using antibiotics for all illnesses

SHORT ANSWER TYPE QUESTIONS-

1. Define immunisation.

A- Immunisation is the process whereby a person is made immune or resistant to an infectious disease or fortified against an agent. It controls and eliminates life threatening infectious diseases.

2. Write a short note on Diphtheria.

A- Diphtheria is a bacterial infection that affects the nose and throat. This is caused by *Carynebacterium diphtheria*. It is highly contagious. The bacteria spread when an infected person coughs or sneezes and droplets of their saliva enter another person's mouth or nose.

3. Why is immunisation important?

A- a) Immunisation helps to protect us from getting infected from the infectious diseases.

b) It helps in eradication of diseases in future.

c) If children are not vaccinated, they get infected from the diseases, which results in weak immune system.

d) Immunisation cost is less than the treatment of diseases.

4. What are the common symptoms of the diseases in day to day life?

A- Some of the common diseases and their symptoms are:

- Allergies- eye irritation, runny nose, puffy and water eyes, itchy nose and throat, head aches
- Cold and Flu- fever, headache, fatigue, head aches
- Diarrhea- frequent bowel movement, pain in abdomen, bloating, nausea, head aches

5. Name the vaccines of the following:

Disease	Vaccine
(a) Mumps	MMR
(b) Measles	MMR
(c) Chickenpox	Varicella
(d) Polio	IPV (Inactivated polio virus vaccine) OPV(Oral Polio Virus vaccine) Salk's vaccine
(e) Rubella	MMR

LONG ANSWER TYPE QUESTIONS-

1. Vaccination at an early age is a boon to the health of the child? Explain giving examples.

A-Vaccination at an early age is a boon to the health of the child. It is not only to protect the child from deadly diseases like polio, tetanus and diphtheria but also to keep other children safe by eliminating the dangerous diseases that used to spread from child to child. Vaccines are some of the safest and most effective medicines we have and they have made many dangerous childhood diseases rare today.

2. Describe the following diseases along with their vaccines in brief:

(a) Tuberculosis- Popularly known as ‘TB’ is a disease caused by the bacteria “Mycobacterium tuberculosis”. This bacterium is destroyed by the rays. TB affects the lungs but can affect other parts of the body.

BCG should be given to children within in one month of their birth.

(b) Tetanus- It is an infection characterized by muscle spasms. The spasm begins in the jaw and then progresses to the rest of the body. It typically arise from a skin wound that becomes contaminated by a bacterium called clostridium tetani, which is often found in soil.

It is vaccinated with Tetanus toxoid. In children, it is administered as a combined vaccine, DPT/DTap vaccine.

(c) Pertussis- Also known as whooping cough is a highly contagious respiratory disease. It is caused by the bacterium Bordetella pertussis. It is an air borne disease which spread easily through cough and sneezes of an infected person.

Pertussis vaccine is a part of a DTap immunization. DTap are given in five doses before a child’s sixth birthday.

3. Describe the importance of vaccination in the life of an individual in the present context.

A- Vaccination is very safe and effective. Vaccines are also given to children after a careful research by the doctors and scientists. In the present context, Covid vaccines can save the future of the nation and thus help in making the environment, people and nation healthy by protecting from the Novel Corona virus.

5. “Prevention is better than cure”. Explain giving examples.

A- “Prevention is better than cure”. Prevention means to avoid and cure means to correct anything that is troublesome. We do not stick to the power of prevention. Troubles or problems can be averted or made mild by prevention. Lubricating a ceiling fan is easier and cheaper than rewinding a burnt fan.

MULTIPLE CHOICE QUESTIONS-

1. The three primary colours are:

- a) Red, Green, Blue
- b) Red, Yellow, Blue
- c) Yellow, Green, Blue
- d) Red, Orange, Purple

Answer: b) Red, Yellow, Blue

2. Secondary colours are formed by mixing:

- a) Two primary colours in equal quantities
- b) A primary and a secondary colour
- c) Two tertiary colours
- d) Any two colours on the colour wheel

Answer: a) Two primary colours in equal quantities

3. Which of the following is a secondary colour?

- a) Red

- b) Yellow
- c) Green
- d) Blue

Answer: c) Green

4. Tertiary colours are formed by mixing:

- a) Two primary colours
- b) Two secondary colours
- c) A primary and a secondary colour in equal quantities
- d) Three primary colours

Answer: c) A primary and a secondary colour in equal quantities

5. How many tertiary colours are there?

- a) Three
- b) Four
- c) Six
- d) Twelve

Answer: c) Six

6. The tertiary colour formed by mixing blue and green is called:

- a) Blue Purple
- b) Blue Green
- c) Yellow Green
- d) Red Purple

Answer: b) Blue Green

7. Which of the following is a neutral colour?

- a) Red
- b) Orange
- c) Beige
- d) Purple

Answer: c) Beige

8. A colour made lighter by adding white is called a:

- a) Shade
- b) Tone
- c) Tint
- d) Hue

Answer: c) Tint

9. A colour made darker by adding black is called a:

- a) Tint
- b) Tone
- c) Hue
- d) Shade

Answer: d) Shade

10. Which of the following is considered a warm colour?

- a) Blue
- b) Green
- c) Purple
- d) Orange

Answer: d) Orange

11. Cool colours create a visual impact of:

- a) Reduced size
- b) Enhanced size and length
- c) Darkness
- d) Closeness

Answer: b) Enhanced size and length

12. Which colour is associated with innocence, purity and peace?

- a) Black
- b) Grey
- c) White

d) Brown

Answer: c) White

13. The lightness or darkness of a colour is called its:

- a) Hue
- b) Intensity
- c) Value
- d) Chrome

Answer: c) Value

14. Intensity refers to the:

- a) Name of the colour
- b) Lightness or darkness of a colour
- c) Brightness or dullness of a colour
- d) Temperature of a colour

Answer: c) Brightness or dullness of a colour

15. A colour scheme that uses one colour but varies it in value and intensity is called:

- a) Analogous
- b) Monochromatic
- c) Complementary
- d) Triad

Answer: b) Monochromatic

16. Which colour scheme uses adjacent or neighbouring colours on the colour wheel?

- a) Monochromatic
- b) Complementary
- c) Analogous
- d) Triad

Answer: c) Analogous

17. Complementary colours are those that are:

- a) Next to each other on the colour wheel
- b) Opposite to each other on the colour wheel
- c) Equidistant from each other on the colour wheel
- d) All primary colours

Answer: b) Opposite to each other on the colour wheel

18. Which of the following is a pair of complementary colours?

- a) Red and Yellow
- b) Blue and Green
- c) Yellow and Purple
- d) Red and Orange

Answer: c) Yellow and Purple

19. Which colour scheme uses any three hues equidistant from one another on the colour wheel?

- a) Tetrad
- b) Split Complementary
- c) Triad
- d) Double Complementary

Answer: c) Triad

20. According to the text, which colour is most appropriate for a dining room?

- a) Dark yellow
- b) Blue
- c) Purple
- d) Peach and pink tints

Answer: d) Peach and pink tints

SHORT ANSWER TYPE QUESTIONS-

1. Define a triad colour scheme.

A- Any three hues equidistant from one another on the colour wheel are known as triad colour scheme.

2. What are cool colours? Give two examples.

A- Cool colours have the element of vegetation or water in them. They project a soothing effect. These are peaceful colours as they bring in freshness and a relaxed feeling into any space. They also create a visual impact of enhanced size and length. Example: Shades of blue, green.

3. State two reasons for using warm colours in a house.

A- i) Warm colours have the elements of fire or sun within them. These colours are generally associated with a bright, energetic and rich look.

ii) They create a visual impact of reduced size and are often used in rooms that admit little or natural day light.

4. Differentiate between secondary and tertiary colours.

Secondary colour	Tertiary colours
i) The colour formed by mixing of two primary colours in equal quantities.	i) The colour formed by mixing of primary and a secondary colour in equal quantities.
ii) Example- Orange, Green, Purple.	ii) Example- Yellow -Orange, Red- Purple, Blue- Green.

5. What is meant by intensity of a colour?

A- Intensity refers to brightness or dullness of a colour. A highly intense color is bright and a low-intensity color is more neutral.

6. Name two neutral colours that highlight the use of other colours.

A- Two neutral colours that highlight the use of other colours are black and white.

7. What are primary colours? Give two examples.

A- The colours which are not obtained by the combinations of colours are called primary colours. Examples- red, yellow.

8. What is the difference between a related colour scheme and contrasting colour scheme?

Related colour scheme	Contrasting colour scheme
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Related colour schemes are composed of one or several neighbouring hues, which generally provide an effect of unity and harmony.	In contrasting colour schemes, arrangements are made by using complimentary colours.
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9. How can you make a ceiling appear lower with the right choice of colour?

A- Ceilings that are lighter in tone than the walls feel higher, while darker colors will make the ceiling feel lower. That doesn't necessarily mean the room will feel claustrophobic, however. As when choosing wall colors, consider the source and strength of light the room receives during the time you're most often using it. Bright white is generally considered the safest choice for ceiling paint colors.

10. What is meant by value of a colour?

A- Value of a colour is the lightness or darkness of a colour.

11. Define a complimentary colour scheme?

A- A scheme in which any two colours are opposite to each other on the colour wheel is called complimentary colour scheme.

12. What do you mean by a colour scheme?

A- A colour combination that matches and looks pleasing to the eye and creates a unified aesthetic space is called a colour scheme.

13. What are tertiary colours? Give any two examples.

A- Tertiary colours are formed by mixing of a primary and secondary colour in equal quantities.

Example: yellow+ green=yellow green

Red+ purple= red purple

LONG ANSWER TYPE QUESTIONS-

1. Discuss the three dimensions of colour.

A- i) HUE- The hue represents the colour itself . It is simply the colour quality.

ii) VALUE- Value is the lightness or darkness of a colour.

iii) INTENSITY-It refers to brightness or dullness of a colour.

2. What are related colour schemes? Explain the schemes falling under this category.

A- Related colour schemes are composed of one or several neighbouring hues, which generally provide an effect of unity and harmony. The schemes falling under this category:-

i) Monochromatic colour scheme: In this scheme, one colour is used but it varies both in value and intensity. This colour scheme is easy to manage and looks balanced and visually appealing.

ii) Analogous colour scheme: It is made by mixing of adjacent or neighbouring colours on the colour wheel.

3. What are warm colours? How do they change the mood of any interior?

A- Warm colours have the element of fire or sun within them. They are associated with bright, energetic and rich look. These colours exude the sense of coziness, warmth and comfort to the space. These are very commonly used in traditional Indian embroideries. Example -shades of red, orange, yellow and brown.

4. What are warm and cool colours?

A- Warm colours have the element of fire or sun within them. They are associated with bright, energetic and rich look. These colours exude the sense of coziness, warmth and comfort to the space. These are very commonly used in traditional Indian embroideries. Example -shades of red, orange, yellow and brown.

Cool colours have the element of vegetation or water in them. They project a soothing effect. These are peaceful colours as they bring in freshness and a relaxed feeling into any space. They also create a visual impact of enhanced size and length. Example: Shades of blue, green.

5. What is a colour scheme? Explain the colours on it.

A- A colour combination that matches and looks pleasing to the eye and creates a unified aesthetic space is called a colour scheme.

- Primary colours – Red, yellow, blue
- Secondary colours – Orange, green, purple
- Tertiary colours – Blue -green, red-orange.

6. Write a short note on the monochromatic colour scheme.

A- In monochromatic colour scheme, one colour is used but it varies both in value and intensity. Tints, shades and tones of one key colour are used to enhance this scheme. This colour scheme is easy to manage and looks balanced and visually appealing. It gives an ambiance, which is elegant, soothing, quiet, restful and relaxing. It emphasizes spaciousness and continuity.

7. A- i). LIVING ROOM- Sophisticated colours are often toned down or grayed so that they look neutral.

ii).BEDROOM-Shades of medium to dark brown, greens and browns are classic combinations.

iii).DINING ROOM-Peach, pink, and other tints in red and orange, pale tint of yellow.

iv).KITCHEN-White or light coloured walls. One vital colour, primary or secondary can be used. For kitchen ceiling,white colour is preferable.

v).BATHROOM- White , green, blue, violet, or grey.

Chapter-8

MULTIPLE CHOICE QUESTIONS-

1. Adequate lighting is of paramount importance for:

- a) Increasing the size of the room
- b) Reducing strain on the eyes
- c) Making the room look darker
- d) Reducing electricity bills

Answer: b) Reducing strain on the eyes

2. Which type of lighting is used to illuminate a room uniformly?

- a) Task Lighting
- b) Accent Lighting
- c) General Lighting
- d) Local Lighting

Answer: c) General Lighting

3. General lighting can be accomplished with all of the following EXCEPT:

- a) Ceiling-mounted fixtures
- b) Wall-mounted fixtures
- c) Under-cabinet lights
- d) Floor and table lamps

Answer: c) Under-cabinet lights

4. In direct lighting, light:

- a) Is thrown against a surface and reflected
- b) Falls directly on the objects
- c) Is soft and shadowless
- d) Is diffused evenly

Answer: b) Falls directly on the objects

5. Indirect lighting is considered better for general illumination because:

- a) It creates harsh shadows
- b) It causes eye fatigue
- c) The reflected light is soft, uniform and shadowless
- d) It provides the highest foot candles per watt

Answer: c) The reflected light is soft, uniform and shadowless

6. Complete indirect lighting should be used only in rooms where:

- a) Precise work is carried out
- b) No reading or precise work is carried out
- c) Cooking is done
- d) Children study

Answer: b) No reading or precise work is carried out

7. Local lighting is also known as:

- a) General Lighting
- b) Task Lighting
- c) Indirect Lighting
- d) Natural Lighting

Answer: b) Task Lighting

8. Accent light is used to:

- a) Illuminate a room uniformly
- b) Provide light for reading
- c) Enhance or accentuate particular objects

d) Light up the entire house

Answer: c) Enhance or accentuate particular objects

9. The major source of natural light is:

a) The moon

b) The sun

c) Stars

d) Fire

Answer: b) The sun

10. The amount of daylight entering a room depends on all of the following EXCEPT:

a) Size of the windows

b) Shape of the windows

c) Number of the windows

d) Colour of the walls

Answer: d) Colour of the walls

11. Windows on which aspect provide more light than windows in the northern or southern direction?

- a) Eastern or western
- b) Northern or southern
- c) Only eastern
- d) Only western

Answer: a) Eastern or western

12. The sun helps synthesise which vitamin in our body?

- a) Vitamin A
- b) Vitamin B
- c) Vitamin C
- d) Vitamin D

Answer: d) Vitamin D

13. Which of the following is NOT a source of artificial light mentioned in the text?

- a) Diya (earthen lamp)
- b) Candle
- c) Sunlight
- d) LED lights

Answer: c) Sunlight

14. A yellow light brings in:

- a) Coolness and spaciousness
- b) Warmth, comfort and brightness
- c) Glare and discomfort
- d) Soothing effect with no glare

Answer: b) Warmth, comfort and brightness

15. Cool light makes the room appear:

- a) Smaller and darker
- b) Spacious and causes a soothing effect with no glare
- c) Warm and comfortable
- d) Bright and energetic

Answer: b) Spacious and causes a soothing effect with no glare

16. Which type of light has become the most popular to use nowadays according to the text?

- a) Incandescent bulbs
- b) Fluorescent tubes
- c) LEDs (Light Emitting Diodes)
- d) CFLs

Answer: c) LEDs (Light Emitting Diodes)

17. The entrance of the house should be well lit with:

- a) Task lighting

- b) Accent lighting
- c) General lighting preferably white light
- d) Yellow indirect light

Answer: c) General lighting preferably white light

18. The living room should be a combination of:

- a) Only general lighting
- b) Only local lighting
- c) General and local lighting
- d) Only accent lighting

Answer: c) General and local lighting

19. Kitchens should have which type of light for clear visibility and hygiene?

- a) Yellow indirect light
- b) White direct light
- c) Yellow direct light
- d) Cool light

Answer: b) White direct light

20. A mirror light should be provided over or beside the washbasin area in which room?

- a) Living room
- b) Kitchen
- c) Bedroom
- d) Bathroom

Answer: d) Bathroom

SHORT ANSWER TYPE QUESTIONS-

1. Name any two sources of light in a home.

A- The two sources of light in a home are sunlight and LED lights.

2. Mention two disadvantages of direct lighting.

A- (i) Direct lighting creates harshness of shadow.

(ii) It causes discomfort and eye fatigue.

3. Differentiate between general lighting and local lighting.

A-

General lighting	Local lighting
i- A basic form of lighting that replaces sunlight.	i- It provides extra fixture material placed in task areas.

ii- It provides a comfortable level of brightness.	ii- It is placed at high or low levels but need to be shaded in accordance with the comfort of the dwellers.
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4. What types of lights are suitable for a bedroom?

A- In a bedroom, ceiling or wall fixtures are used for general illumination. An adjustable bedside lamp can give a comfortable task light. A mirror light above the dresser acts as a local light.

5. How is direct lighting different from indirect lighting?

Direct lighting	Indirect lighting
i) The light falls directly on the objects.	i) The light is thrown against a surface from which it is reflected .
ii) The source of the light emits the highest percentage of light downwards.	ii) It is considered better for general illumination.
iii) It creates harshness of shadow and causes discomfort, eye fatigue	iii) The reflected light is soft, uniform and shadowless.

6. Name two areas in a house that need to be well- lit.

A- The entrance of the house should be well- lit. The study room should be properly lit or else it will affect our eyesight.

7. What kind of lights are efficient?

A- Halogen, Incandescent lights, Compact Fluorescent Lamps (CFL) and Light Emitting Diodes (LED) are efficient.

8. Why are LED lights used mainly for lighting today?

A- LED lights have become the most popular lights. The LEDs are not only of many colours and shades of light, but also have a much greater life than other lights. They also consume lesser power and provide better illumination.

9. Name some lighting fixtures used in interiors.

A- Some lighting fixtures used in interiors are recessed lighting, under cabinet lighting, floor lamp, table lamp, desk lamp, wall sconces, ceiling lights.

10. What is the purpose of general lighting at home?

A-General lighting is used to illuminate a room uniformly. It gives equal emphasis on design and colour of the entire room. It provides a comfortable level of brightness. It is accomplished with ceiling or wall mounted fixtures, track lights, and floor and table lamps. It can be both direct and indirect lighting.

LONG ANSWER TYPE QUESTIONS-

1. Discuss the choice of lighting in various rooms in a house.

A- In homes, we use two kinds of lighting general and local. The light fixture is functional as well as decorative. For different rooms we have different lighting arrangement.

- a) Entrance – The entrance should be well- lit with general lighting preferably white light. Name plates or art pieces can be focused on with accent lighting.
- b) Living room – We should combine general and local lighting. Yellow indirect light can be given to the area where we watch television or do other general activities. We can also use direct or indirect white light. Task light can be used for specific activities. Accent lighting may be given on textured wall or over a picture frame.
- c) Passages – They should be lit with general lighting to provide uniform illumination.
- d) Kitchen – This room should have white direct light for clear visibility and for purpose of hygiene.
- e) Bedrooms – We can use general illumination for ceiling or wall fixtures. An adjustable bedside lamp can be a task light.
- f) Bathroom – We can use white direct or indirect light for general illumination.

2. How should we calculate the amount of light required in each room? Suggest giving examples.

A- A lumen is a measure of the total amount of light visible, emitted by a source. A sitting room or a bedroom require around 10-20 lumens per square foot. While a

bathroom or kitchen requires a bright light, i.e. around 70- 80 lumens per square foot.

3. Discuss the sources of light in detail.

A-Light comes from two different sources namely: natural and artificial. While planning interiors both sources of light are considered. The two major sources of light are ---

- a) Day Time Light, Sunlight, Natural light: The major source of natural light is the sun. The amount of daylight entering a room depends on the size, shape, number and direction of the windows in a room. On a sunny day, the light available is more than a cloudy day. Large window permits the greater entry of daylight into a room. The windows on the western or eastern aspect provide more light than windows on the northern or southern direction.
- b) Artificial Light: Any light produced from man-made sources is termed as artificial lighting. It ranges from a Diya to a candle to all the light fittings we use in our home in the form of ceiling lights, wall lights, lamps etc. , to either light up the house in the absence of natural light or to provide additional lighting .

4. What are the types of lighting? What kind of lighting should be provided in a living room and kitchen?

A- The two types of basic lighting are general lighting and local lighting .

- a) General Lighting: It is used to illuminate a room uniformly. It gives equal emphasis on design and colour of the entire room. It provides a comfortable level of brightness. It is accomplished with ceiling or wall mounted fixtures, track lights and floor and table lamps. It could be direct or indirect lighting. In direct lighting, light falls directly on the objects. The source of light emits the highest percentage of light downward. While in indirect lighting, the light is thrown against a surface (usually ceiling) from which it is reflected. Indirect lighting is considered better for general illumination.
- b) Local Lighting or Task Lighting: It is required to increase the efficiency of work. It has to be provided for carrying out different activities like reading, cooking, studying etc. The local lights could be placed at high or low level.

Generally, local lighting is provided through movable lamps, pelmet lights or desk lamp. Local lights help to create the right mood, emphasize important objects. Accent light is a light used over decorative art pieces etc. to enhance or accentuate particular objects.

Living room – We should combine general and local lighting. Yellow indirect light can be given to the area where we watch television or do other general activities. We can also use direct or indirect white light. Task light can be used for specific activities. Accent lighting may be given on textured wall or over a picture frame.

Kitchen – This room should have white direct light for clear visibility and for purpose of hygiene.