

**National Institute of Open Schooling**  
**Secondary Course: Home Science**  
**Lesson 18: Concept of Development**  
**Worksheet -18**

1. Growth and Development are the two terms which often get interchanged. Do they mean the same? Support your answer with valid reasons.
2. Jack has children between the ages of 3 to 6 years. He is not sure of the physical milestones of that age group. Help him by informing him of the physical milestones that he should expect for his children during this age group.
3. Sahiba and Sara are twins. Both of them are 1.5 yr old. Sahiba has started walking properly, however, Sara still struggles to walk independently. What according to you could be the reason?
4. Highlight the features of Physical Development and Motor Development.
5. Samarth is an angry child. He throws tantrum every time he wants something new. He also hates sharing his toys with other children. What according to you could be the reason for this behaviour? Suggest how his parents should tackle this problem.
6. Identify the Types of Development
  - a. Good Head Control
  - b. Crying
  - c. Drawing with a pencil
  - d. Sharing foods with other friends
7. Raghav lives with his family in a mansion. His parents don't have time for him but they ensure that Raghav gets good food. Do you think only good nutrition is enough for Raghav's optimum Growth? Give reasons.
8. Elaborate any 4 Principles of Development with examples
9. 'Maturation and Learning both play an important role in an individual's life'. Justify the statement.
10. Soniya's father is very strict with her. She is forced to eat the same lunch every day and it is mandatory for her to study for 4 hours a day. Her father scolds her if she doesn't get more than 90% in her exams. She gets punished for all her mistakes.
  - a. Which aspect of parenting style is being highlighted in the above situation?
  - b. Do you think it is the right approach as a parent? What would you like to suggest them?