

**SAMPLE QUESTION PAPER (2019-2020)**  
**HOME SCIENCE ( Code – 064)**

**CLASS XII**

**Time Allowed: 3hrs.**

**Max. Marks:70**

**General Instructions:**

1. All questions are compulsory.
2. There are total 33 questions.
3. Questions no. 1- 18, Section A, are objective type questions and are of 1 mark each.
4. Questions no. 19 – 23, Section B, are of 2 marks each, to be answered in 10-20 words.
5. Questions no. 24 and 25, Section C are of 3 marks each, to be answered in 20-30 words.
6. Questions no. 26 -29 are of 4 marks each, to be answered in 40 words.
7. Questions no. 30 -33 are of 5 marks each, to be answered in 50-60 words.
8. Internal choices are given in sections B, C, D and E.
9. Support your answer with suitable examples wherever required.

<b>SECTION A</b>		
	Fill in the blanks:	
1.	Two possible reasons for extreme depression in a sixteen year old boy can be _____ and _____. OR ----- is the eating disorder in adolescents which leads to skeletal appearance due to excessive weight loss.	1
2.	Benefits of savings are to----- and -----.	1
3.	Two chemicals used in water purification are _____ and _____.	1
4.	Full form of RDA is _____.	1
5.	Expansion of DWCRA is _____. OR Expansion of MGNREGA is _____.	1
6.	Two advantages of using reverse osmosis system to make water safe are _____ and _____.	1
7.	Liquidity means-----.	1
8.	An additional amount of protein required during pregnancy is _____.	1
9.	The term 'Growth spurt' means -----	1

10.	Binge eating and vomiting out the food are the symptoms of _____.	1
	MULTIPLE CHOICE QUESTIONS:	1
11.	To fulfill the social needs of elderly, a ideal old age home should have: a. Medical and health care facilities b. Nutritious meals c. Safety and security d. Company of own age	1
12.	Which of the following makes appearance taller? a. Vertical lines b. Horizontal lines c. Diagonal lines d. Plain	1
13.	An example of direct real income is: a. Skill of family member b. Fringe benefits c. Barter system d. buying a house	1
14.	What are 'fasteners' in a baby dress? a. Buttons and zippers b. Laces and piping c. Embroidery in a dress d. Stitching	1
15.	What is the name of first yellow milk that comes out of breast of mother? a. Serum b. Cholesterol c. Colostrum d. Sterols	1
16.	Anita has to buy gold for her daughter's marriage. Which standardized mark she should check on the gold jewellery? a. Eco mark b. Wool mark c. Hallmark d. AG mark	1
17.	Which are the symptoms of Diabetes Mellitus: 1. Frequent urination    2. Odema    3. High fever    4. Blurred vision 5. Excessive thirst  a. 5,4 and 2 b. 1,4 and 5 c. 5,1 and 3 d. 1,2 and 4	1
18.	In order to supplement your family income, you want to start a business of homemade laundry soaps. What two usual components will you use while making soap at home a. Alkali like caustic soda, caustic potash & Animal or vegetable fat	1

	<p>b. Animal or vegetable fat &amp; acetic acid  c. Starch and cellulose  a. Alkali &amp; chains of fatty acids</p>	
<b>SECTION B</b>		
19.	<p>Suggest four ways parents can help in shaping the personality of their adolescent boys?  OR  Development is Multidirectional'. Explain this statement with two examples.</p>	2
20.	<p>Write any two steps taken by government which ensures that 'Right to safety' of consumers is adequately met and also Write any two advantages of consumer education.</p>	2
21.	<p>Your younger brother is suffering from high grade fever. Which two nutrients will be required in more quantities and why?</p>	2
22.	<p>What do you understand by the term "Drape"? How will you check the drape in a dress? Write any two ways of it.</p>	2
23.	<p>Rohini is very good at cooking. She wants to pursue her career in this field. But her friends are taking mainstream subjects. Thus, she is not able to decide which stream she should take. Convince her by explaining four career options related to the field of cooking.  Or  Which four skills are required by a student of Home science to run his/her own bakery from home?</p>	2
<b>SECTION C</b>		
24.	<p>Based on your knowledge of stain removal, explain the procedure of removing stains of grease and blood to your friend. And what two precautions he/she should take while using chemicals to remove stain?  <b>OR</b>  While working in kitchen, your friend got a stain on her white kurti. How will you help her in identifying a stain? Also guide her the appropriate way of removing the unknown stain without damaging her kurti.</p>	3
25.	<p>Your father has purchased a faulty room heater from a shop. Shopkeeper refused to exchange it. He does not know the procedure to file complaint. Explain him the procedure to file the complaint in consumer protection forum.</p>	3
<b>SECTION D</b>		
26.	<p>'Peer group and media play an important role in selection of food' among children. Justify your answers with two examples of each. What four dietary considerations will you follow for school going children while planning meal?</p>	4
27.	<p>Aggression is very common in today's adult. Write any four possible reasons for it and also explain four ways of controlling anger.</p>	4
28.	<p>Describe any six benefits and two drawbacks of investing money in any insurance scheme.  OR</p>	4

	What do you understand by a standardized mark? Why are they important? Draw a logo of eco-friendly mark and name any two products on which you find this mark.	
29.	You have to buy a party dress to be worn in winter. What kind of fabric you will prefer and why? To ensure durability and qualities, what six points will you check while purchasing this dress? OR You have to design a kurti for your sister who is tall and thin. Illustrate two ways each you can create harmony and rhythm in this dress.	4
<b>SECTION E</b>		
30.	Suggest tips for safe storage of clothing to your brother who is going for one month internship programme in Bengaluru. Suggest him any five steps each for daily wear and occasional wear clothes. OR a. How do climate, occupation and fashion influence selection of apparel? Explain with one suitable example of each. b. Write any four points you will keep in mind while selecting fabric for your grandmother who is going for religious tour to coastal areas.	5
31.	Analyze any five types of investment schemes offered by banks.	5
32.	Describe three cognitive changes you observe in adolescents? Analyze the impact of these changes on the Identity of adolescents. OR Identify any five different stressors in the life of class XII student. Discuss any five skills which he/she can use to combat with that stress.	5
33.	Your mother bought Besan and mustard oil from local vendor. Name one adulterant which may be present in each and write two ill effects of each on human body. Advise her any four tips buying unadulterated groceries.	1+2+2=5

**MARKING SCHEME  
HOME SCIENCE  
CLASS XII**


1.	Two possible reasons for extreme depression in classmate are: a. Peer pressure b. academic demands c. any other (any two) Or Anorexia Nervosa is the eating disorder in adolescents which leads to skeletal appearance due to excessive weight loss.	1/2x2=1
2.	Benefits of savings are -: a. Helps to raise the standard of living b. For future secure c. To meet unforeseen expenses d. Provide old age security e. Any other (any two)	1/2x2=1
3.	a. Alum b. chlorine	1/2x2=1
4.	Recommended dietary allowances	1x1=1
5.	Development of women in rural areas OR MGNREGA- Mahatma Gandhi National Rural Employment Guarantee Act	1x1=1
6.	a. no chemical impurity b. kills germs c. save time	1x1=1
7.	Means easy to withdraw money	
8.	+23gm	1x1=1
9.	'Growth spurt' means- rapid changes in the body characteristics	1x1=1
10.	Bulimia	1x1=1
11.	d	1x1=1
12.	a	1x1=1
13.	a	1x1=1
14.	a Buttons and zippers	1x1=1
15.	c Colostrum	1x1=1
16.	C Hallmark	1x1=1
17.	b 1,4 and 5	1x1=1
18.	a. Alkali like caustic soda, caustic potash & Animal or vegetable fat	1x1=1
19.	Ways in which parents can help in shaping the personality -: a. Strong bonding in parents have positive effect b. Sharing with children c. Parents should be role model to children	1/2x4=2

	<p>d. spend time with children  e. Use polite Language in family  f. Any other (any four)</p> <p>OR</p> <p>Development is multidirectional.  - Follows a fixed pattern from head to toe or from inside to outside</p> <p>Example- :  a. Child first turns head and then starts walking  b. child use hands first to catch things and later with fingers</p> <p>Any other (any two)</p>	
20.	<p>two steps taken by government which ensures that 'Right to safety' of consumers is adequately met are:  a. Ensures manufacturers obtain mandatory license  b. Ensures manufacturers not to supply unsafe, defective or poor quality goods.  c. Any other</p> <p>two advantages of consumer education are:  a. Awareness about their rights and responsibilities  b. Develop ability to decide and choose intelligently  c. Makes consumer alert and vigilant</p> <p>Any other</p>	1/2x4=2
21.	<p>Nutrients requirement increases in Fever are:  a. Calorie -: for every 1°C rise in body temperature, calorie requirement increases, High metabolic rate  b. Protein -: wearing and tearing of tissue, depletion of protein from cells and tissues  c. Minerals and vitamins  d. Any two</p>	1x2=2
22.	<p>"Drape" refers to the way garment hang over the body contours.  Ways to check the drape in a dress are:  a. Fit well at shoulder  b. Does not ride up from the front  c. No puckering at arm holes  d. Patterns not hidden  e. Any four</p> <p>Any two</p>	1X1=1 1/2x2=1
23.	<p>four career options related to the field of cooking are:  a. Can pursue graduation in Hotel Management  b. Can hotel industry at entry level after doing certificate course in cooking  c. Work in restaurants  d. Cookery classes  e. Selling of cooked products</p>	1/2x4=2

	<p>f. Any other Any four</p> <p>OR</p> <p>Skills required by Home Science student to run a bakery are -:</p> <ol style="list-style-type: none"> <li>Good organizational skills</li> <li>ability to follow health and safety standard</li> <li>skills to read and follow recipes ,</li> <li>To be creative</li> <li>presentation skills</li> <li>To supply order on time</li> <li>Any other (any four)</li> </ol>	
24.	<p>Procedure of removing grease stain:</p> <ol style="list-style-type: none"> <li>Wash with soap and water</li> <li>Bleach in sunlight and air</li> </ol> <p>Procedure of removing blood stain:</p> <ol style="list-style-type: none"> <li>Soak the stained article in cold water</li> <li>Treat with moderately strong solution of acetic acid followed by ammonia.</li> </ol> <p>Two precautions to be taken while using chemicals to remove stain:</p> <ol style="list-style-type: none"> <li>Find the type of fabric</li> <li>Rinse all the traces of chemicals immediately</li> <li>Test chemical in hidden corner</li> <li>Use chemical in mild form and select chemical according to stain and fabric</li> </ol> <p style="text-align: center;"><b>OR</b></p> <p>two ways to identify a stain are:</p> <ol style="list-style-type: none"> <li>By smell</li> <li>By feel</li> <li>By colour</li> </ol> <p>Procedure of removing unknown stain from white cotton kurti is as follows:</p> <ol style="list-style-type: none"> <li>Soak in plain water</li> <li>Soak in warm soapy water</li> <li>Bleach the stain by exposing to sunlight</li> <li>Treat with dilute alkali</li> <li>Treat with dilute acid</li> <li>Apply oxidizing bleach</li> <li>Apply reducing bleach</li> <li>If stain persists, repeat cycle from step 4 to 7.</li> </ol>	<p>1+1+1=3</p> <p>1+2=3</p>
25.	<p>Procedure to file a complaint in consumer protection forum -:</p> <ol style="list-style-type: none"> <li>Identify the jurisdiction of the forum- District ,State or National level</li> <li>File the complaint before 2 years</li> </ol>	

	<ul style="list-style-type: none"> <li>c. Fill in prescribed format, state the facts and specify the compensation or relief</li> <li>d. Attach bills , copy of registered Affidavit , court fees and affidavit stating the contents are true</li> <li>e. Submit the complaint in consumer court. A copy of complaint is sent to opposite party and court directs the opposing the party to reply within 30-45 days</li> <li>f. Court final order sent to all the parties by registered part</li> </ul>	1/2x6=3
26.	<p>Influence of 'Peer group in selection of food' in what to eat and how to eat.</p> <ul style="list-style-type: none"> <li>a. Influence by fancy and fast foods consumed by friends</li> <li>b. Love to eat pizza, Burger, Fries etc.</li> <li>c. Can change their taste with friends influence</li> <li>d. pressuring teens to skip meals or diet to look thin</li> <li>e. May imitate the behaviors of their peers who practice unhealthy eating behaviors.</li> <li>f. any other</li> </ul> <p>any</p> <p>Influence of media in selection of food' –</p> <ul style="list-style-type: none"> <li>a. play important role in promoting food products and help family in choosing food</li> <li>b. tells the availability of different products with their nutritional composition</li> <li>c. fascinated by attractive advertisements</li> <li>d. easy accessibility , take away foods, new websites for supplying food</li> <li>e. media promotes sugar intake and unhealthy stuff also</li> <li>f. any other</li> </ul> <p>any four</p>	<p>1/2x4=2</p> <p>1/2x4=2</p> <p>(2+2=4)</p>
27.	<p>Reasons of aggression in elderly people are:</p> <ol style="list-style-type: none"> <li>1. Physical discomfort</li> <li>2. Lack of social contact loneliness</li> <li>3. Boredom, inactivity</li> <li>4. Change of routine and unwillingness to adjust</li> <li>5. Difficulty in adjustment after retirement</li> <li>6. Lack of importance</li> </ol> <ul style="list-style-type: none"> <li>a. Any other (any four)</li> </ul> <p>Ways to control-:</p> <ul style="list-style-type: none"> <li>a. Provide physical comfort-good food</li> <li>b. Should not react immediately</li> <li>c. Talk to them, engage them to take part in social functions</li> <li>d. Make their routine</li> </ul>	<p>1/2x4=2</p> <p>1/2x4=2</p>



	<ul style="list-style-type: none"> <li>e. Divert themselves</li> <li>f. Do meditation and exercise</li> <li>g. Work for community</li> <li>b. Any other (any four)</li> </ul>	(2+2=4)
28.	<p>Six benefits of investing in insurance scheme -:</p> <ul style="list-style-type: none"> <li>a. Safe and reliable</li> <li>b. Provide protection and security</li> <li>c. Income tax benefit</li> <li>d. Lump sum amount at maturity</li> <li>e. Tax free</li> <li>f. No limit of maximum amount</li> <li>c. Any other (any six)</li> </ul> <p>Drawbacks -:</p> <ul style="list-style-type: none"> <li>a. Long term policy</li> <li>b. Pre mature with drawl is not allowed</li> <li>c. Loan cannot be taken</li> <li>d. Any other (any two)</li> </ul> <p>OR</p> <p>Standardization Mark -: A Mark given to a product which meets standards with respect to quality of the product in terms of material used, method of manufacture, labeling, packaging, sale and performance.</p> <p><b>Importance</b></p> <ul style="list-style-type: none"> <li>a. They assure quality ,purity and reliability and safety of products</li> <li>b. Encourage manufacturers to provide competition in market</li> </ul> <p>Eco Mark:</p>  <p>Items on which Eco mark found are:</p> <ul style="list-style-type: none"> <li>a. Textiles</li> <li>b. Cosmetics</li> <li>c. Edible and lubricating oils</li> </ul> <p>Any other (any two)</p>	<p>1/2x6=3</p> <p>1/2x2=1</p> <p>(3+1=4)</p>
29.	<p>Kind of fabric – wool or silk as they give warmth in winter , retain the body heat</p> <p>To ensure durability and qualities, following Six points one should check while purchasing dress are -:</p> <ul style="list-style-type: none"> <li>a.</li> <li>b. Fabric should be colour fast</li> <li>c. Resistant to friction and stains</li> <li>d. Type of weaving</li> </ul>	<p>1x1=1</p> <p>1/2x6=3</p>

	<ul style="list-style-type: none"> <li>e. Wrinkle resistant</li> <li>f. Design of dress</li> <li>g. Stitching of dress</li> <li>h. Fitting of dress</li> <li>i. Material used for lining</li> <li>j. Alignment of stitches</li> <li>k. Quality of accessories used</li> <li>e. Any other (any six)</li> </ul> <p>OR</p> <p>two ways each to create harmony and rhythm in Kurti for tall and thin</p> <p>Ways to create Harmony in kurti are:</p> <ul style="list-style-type: none"> <li>a. Style lines should be consistent on every area of garment</li> <li>b. All the areas of the kurti have same shapes</li> <li>c. Bottom hem should be well aligned</li> <li>d. Prints on different areas should align</li> <li>e. Any two</li> </ul> <p>Ways to create rhythm in kurti are:</p> <ul style="list-style-type: none"> <li>a. Gradation</li> <li>b. Radiation</li> <li>c. Repetition</li> <li>d. Alteration</li> <li>e. Any two</li> </ul>	(1+3=4)
30.	<p>five steps for daily wear clothes are:</p> <ul style="list-style-type: none"> <li>a. Sort out daily clothes such as handkerchief, socks etc</li> <li>b. Keep small articles in separate drawers</li> <li>c. Hang in air to remove the smell of sweat</li> <li>d. Put shirts, pants in hangers</li> <li>e. Coats should be hanged after brushing before storing</li> <li>f. Used clothes should be kept in different almira</li> <li>g. Use insecticides in cupboards</li> <li>h. Any other</li> </ul> <p>Any five</p> <p>Steps for safe storage of occasional wear clothes:</p> <ul style="list-style-type: none"> <li>a. Dry clean the clothes if required</li> <li>b. Clothes should be properly folded</li> <li>c. Mothballs, neem leaves can be used</li> <li>d. Don't store starched clothes</li> <li>e. Clothes should be properly dried</li> <li>f. Wrap leather garments in newspaper</li> <li>g. Any other</li> </ul> <p>Any five</p> <p>OR</p> <p><b>Climate-</b> in winter people select silk or wollen clothes, dark</p>	1x5=5

	<p>colour as it absorb heat. In summer light colour, and cotton clothes preferred as it absorb moisture. People living in very hot climates as in deserts need to wear turbans of thick cloth to protect their heads and wear long robes to stay cool.</p> <p><b>Occupation</b> – clothes gives identity to a person. Many professions have a specific dress code .for example people working in the hotel industry, airlines, traffic policemen, security guards and so on</p> <p><b>fashion</b> – adolescents wants to wear latest style. Want more varieties. For them selection do not depend on construction but on fashion. select clothes which they can mix and match so that they can achieve variety with few clothe</p> <p>four points to be kept in mind while selecting fabric for grandmother:</p> <ol style="list-style-type: none"> <li>Comfortable</li> <li>Small prints</li> <li>Light colours</li> <li>Easy to maintain</li> <li>Durable</li> <li>Any other</li> </ol>	
31.	<p>Five types of investment schemes offered by banks:</p> <ol style="list-style-type: none"> <li>Saving account- popular account, opened to deposit short sums of money periodically</li> <li>Current account- popular with businessmen , provide facility of unlimited deposits, no interest paid, overdraft facility available</li> <li>Recurring deposit scheme- fixed amount deposited periodically, at maturity investor get capital amount with interest</li> <li>Fixed deposits- money fixed for specified period, more rate of interest than saving account</li> <li>Cash certificates- kind of deposit purchased for a particular amount, quarterly installments paid till account completes its entire amount. Available in various denominations of Rs. 1000, Rs. 5000---</li> </ol>	1x5=5
32.	<p>Cognitive development in adolescents are :-</p> <ol style="list-style-type: none"> <li>Abstract thinking</li> <li>Logical thinking</li> <li>Systematic thinking</li> <li>Ego centrism</li> <li>Critical thinking</li> <li>Any other (any three)</li> </ol> <p>Impact on identity formation :-</p> <ol style="list-style-type: none"> <li>Extremely self conscious</li> <li>Extremely sensitive</li> <li>Get an inflated opinion of themselves</li> </ol>	<p>1x3=3</p> <p>1/2x4=2</p>

	<p>d. Good in social matters  e. Make their own rule  f. Idealistic rebellion  g. Any other (any four)</p> <p>OR</p> <p>Stresses in the life of class XII student:</p> <p>a. Body image  b. Academic pressure  c. Peer pressure  d. Parental pressure  e. Emotional changes  f. Any other</p> <p>Any five</p> <p>Skills required to combat the stress:</p> <p>a. Relaxation  b. Exercise  c. Self care  d. Time management  e. Assertiveness  f. Healthy diet  g. Any other</p> <p>Any five</p>	(3+2=5)
33.	<p>Adulterant in besan- kesari dal  Adulterant in mustard oil- argemone seeds  III effects of kesari dal</p> <p>a. Lathyrism  b. Paralysis of lower limbs  c. Pain in knee and ankle joints  d. Any other</p> <p>III effects of argemone seeds:</p> <p>a. Gastro intestinal disturbances  b. Irregular fever  c. Renal failure  d. Swelling in feet and legs  e. Blindness</p> <p>Precautions to be taken while buying groceries are:</p> <p>a. buy from reputed shop  b. buy packed and sealed spices  c. check the standardized mark  d. do not compromise on quality and price  e. any other (any four)</p>	(1+2+2=5)