

Sample Question Paper (2014-15)
Class-XII
HOME SCIENCE (064)

TIME: 3 HRS

MM: 70

General Instructions:

- *There are 25 general questions.*
- *Question nos. 1-6 are very short answer questions carrying 1 mark each. Answer to these questions should in one or two lines.*
- *Question nos. 7-13 are short answer-I questions carrying 2 marks each. Answer to these questions should not exceed 10 - 20 words.*
- *Question nos. 14 and 15 are case study based and picture based questions carrying 3 marks each. Answer to these questions should not exceed 20 - 30 words.*
- *Question nos. 16-21 are long answer questions carrying 4 marks each. Answer to these questions should not exceed 30 - 40 words.*
- *Question nos. 22- 25 are long answer questions carrying 5 marks each. Answer to these questions should not exceed 40 - 50 words.*
- *Support your answer with suitable examples wherever required.*
- *All questions are compulsory.*

1. Bahadur lives in a village. Write the two advantages that you will tell him about the Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA). [1]
2. Write the difference between growth and development. [1]
3. Indian Council of Medical Research (ICMR) has recently revised the recommended daily allowances (RDA) for certain nutrients. What is the revised calcium requirement for a normal and pregnant woman? [1]
4. Give two reasons to maintain the household account by a family. [1]
5. State two reasons to justify the price of a costly fabric. [1]
6. Sudha has studied Home Science in class XII as one of the subjects. She wants to pursue further education in the same field. Suggest her any two options for the same. [1]
7. Identify any four physical changes in adolescent girls and list. [2]
8. You are in class XII. Write four tasks you will be required to perform to adjust better in

the next stage (early/young adulthood). [2]

9. Culture, media, food practices and food availability have a strong influence on the meal planning of a family. Support this statement with the help of one example each. [2]
10. Analyse any four conditions on the basis of which the entire lot of apple jam can be declared as adulterated by Food Safety and Standard Association of India (FSSAI). [2]
11. Write two advantages each of recurring savings scheme of bank and Public Provident Fund (PPF) scheme. [2]
12. Your school dress shirt is white and got stained by oil poured out from your tiffin box. How will you remove it? [2]
13. Write four features of Development of Women and Children in Rural Area (DWACRA) scheme. [2]
14. During rainy season almost everyone in a specific locality suffers from stomach ailments. You have suggested them to use chlorine tablets to make water safe for drinking. Write the method and give two reasons for your suggestion. Also write two precautionary measures while using these tablets. [3]
15. Seema loves to eat but often induces herself to throw up her meals. What do you think she is suffering from? If she continues, what could be the repercussions? How can she be helped? [3]
16. Your father spent Rs. one lakh on his mother's medical expenses. Convince him to buy a mediclaim policy for his whole family with its eight salient features. [4]
17. Rajesh works as a clerk. His son studies in a professional college. He finds it hard to meet their monthly expenses. In what four ways can his son help in reducing his own expenses and use his skills to increase their real income? [4]
18. Sudha buys vegetables from nearby market. Alert her on at least four ways the vendor may adopt to cheat her. Write four of her responsibilities as an aware consumer? [4]
19. Suggest an appropriate dress, keeping in mind elements of art and principles of design to suit your friend who is tall, heavy and fair. [4]
20. You have to store properly the woollen and silk clothes as these are no more suitable to wear due to the nature of weather. Suggest four points to store for each of them. [4]
21. Give four suggestions from the area of Nutrition and Human Development to justify that knowledge of Home Science can lead to self employment. [4]
22. The 'adulthood' is divided into three stages: young, middle and old.
 - i) What are the major differences in terms of developmental tasks?
 - ii) How does career take shape from young adulthood to middle adulthood? [5]

23. Meera is a lactating mother who has been served potato pakoras and imli chutney for evening tea. Analyse this meal and modify it to meet her nutritional needs. Justify the modification with appropriate reasons. [5]

24. Define meal planning. Why is it important to plan meals for a family? Give two reasons. Mention four factors to be considered while planning meals for an infant? [5]

25. You want to buy a dress for your farewell party. What will be the major aspects to be checked before buying it? Explain those by giving appropriate reasons. [5]

SAMPLE QUESTION PAPER (2014-2015)
MARKING SCHEME
HOME SCIENCE (064)

1.

- i) Provides atleast 100 days of guaranteed wage employment in each financial year
- ii) Otherwise will get unemployment allowance
- iii) Builds infrastructure (any two) [½ x2=1]

2.

Growth: quantitative changes in the body
Development: changes are quantitative as well as qualitative. [1/2x2=1]

3.

- i) 600mg for normal
- ii) 1200 mg for pregnant woman. [½ x2=1]

4.

- i) Helps the money to last the entire month
- ii) Can reduce wasteful expenditure
- iii) Prevents getting cheated
- iv) Any other (any two) [½ x2=1]

5.

- i) Width of fabric- more width more expensive.
- ii) Hand embroidery is more expensive than machine embroidery.
- iii) finish- mercerised more expensive
- iv) Weave – twill more expensive than plain (any two) [½ x2=1]

6.

- (a) B.Sc. Home Science
- (b) Hons. Degree in any of the five areas
- (c) Diploma in :
 - (i) Bakery / confectionary
 - (ii) Early childhood care and education
 - (iii) Cutting and tailoring. [1]

7.

- i) increase in height/ weight
- ii) underarms and pubic hair
- iii) increase in breast
- iv) rounding of hips
- v) menstruation

vi) any other (any four)

[$\frac{1}{2} \times 4 = 2$]

8.

- i) Achieving autonomy
- ii) Developing Emotional Stability
- iii) Establishing a Career
- iv) Finding Intimacy
- v) Adjustment to Marriage
- vi) Establishing Residence
- vii) Becoming a Parent (any four)

[$\frac{1}{2} \times 4 = 2$]

9.

i) Culture: traditions and festivals, e.g. gujiya is made on holi, kuutukaatta used during navratras.

ii) Media: hype created by media / advertisement - youngsters want to order that which is the latest trend

iii) Food practices: traditional foods / practice of adding jaggery in all foods in Gujarat,

iv) Food availability: region- coconut used in all meals in coastal areas [1/2x4=2]

10.

- i) Apples used to prepare jam are rotten
- ii) Jam prepared under unhygienic conditions
- iii) Too much permitted colour/ preservative used
- iv) Unpermitted preservative or unpermitted colours are used.
- v) Not prepared according to prescribed standards of FSSAI.
- vi) Any other (Any 4)

[$\frac{1}{2} \times 4 = 2$]

11.

Recurring saving scheme (Bank):

- i) It is a good saving instrument for ordinary middle class, which has a fixed amount of revenue as its monthly income.
- ii) It is also suitable for small time businessmen, Traders etc, as they do not have to block a large sum, which is a requirement for other types of saving instruments.
- iii) Students can open recurring deposit accounts with their pocket money they get from the parents.
- iv) Minimum amount of Deposit is Rs.10. No maximum limit.
- v) Once started and once one gets habituated for a couple of months, then it is taken as a fixed monthly expenditure.
- vi) It is a very liquid form of investment. That is, whenever an unexpected urgent need for additional cash arises, money could be used and again continued.

vii) Recurring Deposits can be created up to 120 Months i.e. for 10 Years, starting from 6 months onwards. (any two)

PPF Scheme

- i) Ideal investment option for both salaried as well as self employed classes.
- ii) Investment up to INR. 1, 00,000 per annum qualifies for IT Rebate under section 80 C of IT Act.
- iii) The rate of interest is high (8.70% per annum).
- iv) Loan facility available from 3rd financial year up to 5th financial year.
- v) Withdrawal permitted from 6th financial year.
- vi) Free from court attachment. (Any two) [1/2x4=2]

12.

- i) Use any absorbent like paper/chalk/powder to absorb oil.
- ii) Lay the garment flat so the stain is facing up. Cover the stain with baking soda, cornstarch or baby powder. The powder will help to absorb some of the oil from the clothing. Leave the powder on the stain for at least an hour to allow it time to work.
- iii) Brush away the powder into the trash.
- iv) Cover the stain with a liquid laundry detergent and soak for at least 15 minutes.
- v) Wash it with hot water.

13.

- i) The minimum number of women members of the informal group for which the scheme is applicable is 5;
- ii) Each group is entitled to a revolving fund amount on prorated basis at Rs. 1000 per member, subject to a maximum of Rs. 15,000 per group; and
- iii) The group is also entitled to a subsidy of 50% under IRDP, subject to a monetary ceiling prescribed from time to time.
- iv) For improving the living condition of women and, thereby, children through the provision of opportunities for self employment and access to basic social service.

14.

Method:

- i) One tablet (4 mg) is dissolved in 1 litre of water.
- ii) Shaken, left for 10 minutes before consuming. [1]

Reasons:

- i) kills coliform
- ii) easy to use
- iii) hassle free (any two) [1]

Precautions:

- i) keep in dry place
- ii) should not be expired
- iii) if water more dirty use 2 tablets and wait for 20 minutes before using (any two) [1]
[1x3=3]

15.

Reason: suffering from bulimia nervosa- a serious eating disorder, [½ mark]

Repercussions:

- i) Irritation of throat and food pipe
- ii) Swollen salivary glands
- iii) Rectal bleeding (caused by overuse of laxatives)
- iv) Dehydration and electrolyte imbalance
- v) Ruptures in the upper gastrointestinal tract
- vi) Kidney disorders (any 2) (½ mark each)

Ways to help:

- i) Improve self image
- ii) Assess and monitor the adolescent's nutritional status.
- iii) Correct all misconceptions about nutrition.
- iv) Help them to modify their eating habit
- v) Educating them about healthy foods and importance of exercise in maintaining a healthy life style. (Any 3) [½ + 1 + 1 ½ =3]

16.

- i) Temporary needs to be renewed each year
- ii) Gets tax rebate of 15000 per years and 20,000 for parents' medical insurance.
- iii) Medical bills taken care of
- iv) Free medical check up once a year
- v) Cashless hospitalisation
- vi) Safe
- vii) Peace of mind
- viii) Certain illness may not be covered in first 2-4 years [½ x8=4]

17.**Reduce expense:**

- i) Studying hard and not taking tuitions
- ii) Taking home made Tiffin instead of buying food from outside.
- iii) Getting books from library instead of buying them.
- iv) Not buying branded clothes
- v) Not indulging in impulsive buying
- vi) Use public transport (any four)

Use of skills to increase real income:

- i) Ironing own clothes instead of getting them ironed from a dhobi.

- ii) Repairing any leaking tap instead of calling plumber
- iii) Repairing any switch etc instead of giving money to electrician
- iv) Bargaining prices
- v) Any other [$\frac{1}{2} \times 8 = 4$]

18.

Malpractices:

- i) Use stones/ hollow weights instead of standard weights
- ii) Put magnet beneath balance/ iron rings on one side
- iii) Soak vegetables in water and sell
- iv) Put rotten/inferior/stale vegetables and charge the price of fresh/good quality.
- v) Sells adulterated vegetables(any four)

Responsibilities:

- i) Be alert
- ii) Pick and chose herself vegetables / do not let him choose the vegetables
- iii) Check his weights / balance
- iv) Refuse to buy from him
- v) Complain against him to the concerned authorities.
- vi) Sensitize others (any four)[$\frac{1}{2} \times 8 = 4$]

19.

- i) Diagonal lines on dress
- ii) v-neck
- iii) no puff sleeves
- iv) no heavy work/ embroidery
- v) pastel colour
- vi) no gathers
- vii) small prints
- viii) fitted but not very tight
- ix) soft textured fabric
- x) any other (any four with reason and description) [1x4=4]

20.

Silk:

- i) Hang silk clothing on a padded hanger. Some wood or metal hangers can damage the silk and with plenty of space in between items, allowing the natural fabric to breathe.
- ii) Store silk clothing in a dark, cool closet that doesn't allow in any light. Light can damage and discolour the silk.
- iii) Put moth balls, cedar blocks or lavender in the storage area to keep moths away from the silk clothing.
- iv) Store the silk clothing after it has been freshly washed or just returned from the dry cleaner. Perspiration stains or other types of dirt and grime can damage or ruin the silk.

- v) Insert tissue paper between folds if it is a Zari silk sari.

Woollen:

- i) Clean wool clothing before storage. Insects prefer to feed on wool fibers soiled with perspiration, urine, body oils or food particles. Following the care instructions on the labels, dry-clean, hand- or machine-wash your clothing items before packing them up.
- ii) Place clean, completely dry wool clothing in airtight containers. Use plastic tubs with tight-fitting lids, plastic baggies with zippers or plastic sweater boxes. Seal any holes or cracks in containers with duct tape. Newspaper is also good as ink of the newspaper kills the insects.
- iii) Place mothballs or moth crystals inside the storage containers.
- iv) Find a cold location within your home or store the container in an unheated garage or shed.
- v) Check on your stored clothing periodically. [1/2x8=4]

21.

Foods and Nutrition

- i) Owner of a canteen and restaurant
- ii) Food Service from home
- iii) Conducting hobby classes
- iv) Catering services
- v) Any other (any four)

Human Development

- i) Owner of a crèche, play school
- ii) Run own counselling clinic
- iii) Run own NGO
- iv) Run own disability clinic
- v) Any other (any four) [1/2x8=4]

22.

- i) Discuss developmental tasks of the three stages and describe the gradual changes that come in the context of career, marriage, family, responsibilities, physical changes, leisure time activities etc.
- ii) during young adulthood an individual struggles for to establish in an appropriate career according to his or her education and potential and during middle adulthood achieves the newer heights, fame and success. Should be well explained with examples. [5]

23.

Analysis: This food is not suitable for her keeping in mind her stage. It is a fried dish which may cause chemical irritation to GI tract.

Modifications:

Pakora – Besan chilla with spinach/sprout/other vegetables/Paneer

Imli chutney – Mint chutney/coriander chutney/ Groundnut chutney/ coconut chutney

Reasons:

- o Leafy vegetables contain Vitamin A and iron

- Paneer add protein, calcium.
- Sprout provide Protein, Vitamin B complex, Vitamin C.
- Mint add folic acid required for regeneration of blood cells.
- Coriander contain Vitamin A, calcium and iron.

[4]

24.

I) Definition of meal planning (one mark)

II) **reasons for meal planning**

- i) helps to plan low cost foods
- ii) helps to plan nutritious meals
- iii) helps in planning variety
- iv) ensures enough satiety in meals
- v) helps to plan attractive meals (any four)

III) **Points to be considered for Infants:**

light and digestible, bland , non spicy , no lumps , runny consistency , variety (any four)

[½ x8=4+1=5]

25.

- (a) Fitting – suitable according to figure
- (b) Latest design
- (c) Comfortable
- (d) Fabric quality
- (e) Workmanship
 - Cutting
 - Stitching
 - Fasteners
 - Accessories/laces etc.
 - Pleats
- (f) Lining if required.

[5]