

**Class XII**  
**Home Science (064)**  
**Sample Question Paper 2018-19**

**Time allowed: 3 Hours**

**Max. Marks: 70**

**General Instructions:**

- (i) All questions are compulsory.
- (ii) There are in all 25 questions.
- (iii) Question nos.1-6 are for 1 mark, to be answered in one or two lines.
- (iv) Question nos.7-13 are of 2 marks, to be answered in 10-20 words.
- (v) Question nos.14-15 are of 3 marks, to be answered in 20-30 words.
- (vi) Question nos.16-21 are of 4 marks, to be answered in 30-50 words.
- (vii) Question nos.22-25 are of 5 marks, to be answered in 60-100 words.
- (viii) Support your answer with suitable examples and figures wherever required.

**Section-A**

1. Write any two cognitive changes in 16 year old boy. 1

**OR**

Find any two emotional changes in a 15 year old girl.

2. Suggest any two food items for an obese lactating mother 1
3. List any two ways of bringing harmony in a dress of a two year old child. 1
4. Mention any two advantages of using electric water filter at home. 1
5. Identify any two effects of cool colour on the personality of a person. 1

**OR**

Judge any two qualities in a bed sheet in relation to its durability.

6. Write any two ways of increasing savings. 1

**Section – B**

7. In what four ways you can modify the diet of an adolescent girl. 2

**OR**

Suggest a low cost lunch for an adolescent boy.

8. Write down two positive and two negative impact of media on the identity of adolescents. 2
9. Write the full form of DWCRA. What should be the annual income of a family benefitted from DWRCRA. 2

10. Your classmate has started bunking classes because of peer pressure. In what four ways you can help your friend. 2

**OR**

“Sex education should be provided in schools”. Justify the statement with the help of two reasons.

11. List down four ways in which you can contribute to the various programmes of social welfare and community development of the country after receiving Home Science education? 2
12. How will you identify a good soap? Give two advantages of washing clothes with soap. 2
13. Explain the method of applying starch to stiffen cotton saree. 2

**OR**

Write four important points to be considered for storing heavy zari suit.

### **Section – C**

14. Instruct your friend who is going to hostel of necessary precautions she should take while laundering her woolen jackets. 3
15. Write any four advantages of saving money. What two factors your father should consider while choosing a long term scheme? 3

3

**OR**

Your uncle wants to invest money in Public Provident Fund. Guide him three advantages and three disadvantages of this scheme.

### **Section – D**

16. Radhika wants to make a weekly expenditure diary. But she does not know the format of the same. Help her in making the format and also explain any four advantages of maintaining record of expenditure. 4
17. Your sister is going to get married and she wants to buy jewelry and cosmetics for herself. Which two standard marks she should check before buying and also suggest any three buying tips for each, which she should follow. 4

**OR**

You mother purchased a double door refrigerator online (internet). She found some problem with the functioning of the refrigerator, Company refused to change it. Explain her the procedure to file a complaint in Consumer Court.

18. What is the optimum temperature for the growth of bacteria? What six guidelines will you give to your food handler for storing food in refrigerator? 4

19. What do you mean by the term adulteration? Name two adulterant found in spices. What four precautions one should follow while purchasing spices? 4

**OR**

Name one adulterant you will find in *besan* flour and *besan burfi* respectively. Write two health hazards of each and what four precautions one should take while buying the food item.

20. Age influence the selection of clothing”. Explain with two suitable examples. What four points you will keep in mind while buying *Salwar Kameez* for your grandmother? 4
21. Sixteen year old Deesha is not taking interest in any class activities and remains isolated. What could be the possible reason for it? Write any three causes and three symptoms of this problem. 4

**Section – E**

22. Your father has recently retired from his job. He has started getting angry on small issues frequently. Identify five causes of his anger and suggest five strategies to handle the situation. 5
23. Mrs. Sharma is the mother of six months old boy. Suggest three ways she can take care of her diet along with appropriate reason. Write down four points she should consider while introducing weaning food to her child. 5

**OR**

Educate your pregnant cousin who lives in rural area about the importance of adding proteins and calcium in her diet. How much additional proteins and calcium is required by her? Write two sources of each nutrient.

24. What do you understand by real income? Define its two types and two ways of increasing this income. 5
25. Write down any two criteria of each to check the quality of Hem, Seam, Placket, Zipper and Pleats in readymade garments. 5

**Class: XII**  
**Home Science (064)**  
**Marking Scheme 2018-19**

Time allowed: 3 Hours

Maximum Marks: 70

Q No	SECTION A	Marks
1.	Abstract thinking, systematic thinking, and Personal fable, any other. (any two) OR Anxious, shy, awkward any other. (any two).	1
2.	Idli, low fat milk, fat free curd, any other.	1
3.	Placements of decorations should be at compatible angles, prints on different parts should align with those on the bodies, Hem of sleeves and hem of bottom should be well aligned, any other. (any two)	1
4.	Safe, cool potable water, saves gas consumption, saves time, any other (any two)	1
5.	Coolness, restfulness, excess cool colours may lead to depression, any other (any two) OR Types of yarn (Blended are more durable), Fiber (man-made are stronger), Weave (Woven are sturdier than knitted), any other. (any two)	1
6.	By reducing expenditure, judicious use of possessions, by investments, any other. (any two)	1
	<b>SECTION B</b>	
7.	(i) Add more nutrient like Protein, Calcium, Iron (ii) Snacks provided should be nutritious. (iii) Oily food should be avoided. (iv) Overeating or skipping meals should be discouraged (v) Any other (any four) ( $\frac{1}{2} \times 4 = 2$ ) OR Low cost lunch for an adolescent boy: (i) Seasonal vegetable (ii) Moong daal (iii) Chapati (iv) Chach (v) Seasonal salad	2
8.	<b>Positive</b> – i. awareness, ii. technology savvy, iii. any other (any two) <b>Negative</b> - i. Influenced by body figures of supermodels, ii. No leisure time activities, iii. Anti-social and risky behavior, iv. Any other (any two)	2
9.	Development of Woman and Children in Rural Areas (DWRCA). Rs.11,000/- per month.	2
10.	i. Channelizing his energies by helping him to take part in co-curricular activities. ii. By sharing negative experiences of others with him. iii. Encouraging him to say No to his peers who are already bunking classes. iv. Counselling sessions with school counselor. v. Any other (any four) OR i. To spread awareness about safe sex methods. ii. Awareness about maintain reproductive health. iii. Awareness about STD's. iv Any other (any two)	2
11.	i. Teaching water purification methods in rural areas. ii. Giving training to under privileged women to cook healthy and nutritious meals. iii. Teaching women to be economical by managing available resources to fulfil their needs.	2

	iv. Adult education v. Any other (any four)																																																																																											
12.	i. Firm to touch, ii. Free from resins, iii. Should give good lather, iv. Any other (any two) Advantages – i. Soaps are cheaper, ii. Soaps are biodegradable, iii. Any other (any two)	2																																																																																										
13.	i. Mix the starch paste or powder in water, mix well. ii. No lumps iii. Dip the opened, wet article in solution. iv. Squeeze well and dry in sun.  OR  i. Wrap in clean white sheets. ii. Insert tissue paper in between. iii. Air occasionally and refold in opposite direction. iv. Never place naphthalene balls.	2																																																																																										
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14.	i. She should outline the garment on a sheet of paper before washing. ii. Neutral or mild detergent should be used. iii. Should use kneading and squeezing method. iv. High temperature of water should be avoided. v. She should never wring the woolen jacket. vi. Should be dried on a flat surface, in shade. vii. While ironing wet muslin cloth should be placed on it. viii. Any other (any six)	3																																																																																										
15.	Advantages: i. Helps in achieving goals. ii. Helps meeting unforeseen expenses. iii. Provide security iv. Help in raising standard of living. v. Any other (any four) Factors: i. Safety and security, ii. Accessibility, iii. Liquidity, iv. Capacity, v. Rate of Interest, vi. Any other (any two)  OR  PPF Advantages: i. Deposit qualifies for tax rebate. ii. Interest earned is tax free. iii. Loans may be availed between 3 <sup>rd</sup> to 6 <sup>th</sup> financial year. iv. Any other (any two)  PPF Disadvantages: i. Long term scheme ii. Poor liquidity (Pre mature withdrawal is from 7 <sup>th</sup> year) iii. Pre mature closure is allowed only after 5 year (any three)	3																																																																																										
SECTION D																																																																																												
16.	Weekly Expenditure Format <table><tr><th>S. No.</th><th>Name of Item</th><th>Mon day</th><th>Tues day</th><th>Weds day</th><th>Thurs day</th><th>Fri day</th><th>Satur day</th><th>Sun day</th><th>Total Expenditure</th></tr><tr><td>1.</td><td>Middle</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>2.</td><td>Cereal</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>3.</td><td>Fruit</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>4.</td><td>Bread</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>5.</td><td>Pulses</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>6.</td><td>Vegetable</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>7.</td><td>Ironing</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr><tr><td></td><td>Total</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table> 2m	S. No.	Name of Item	Mon day	Tues day	Weds day	Thurs day	Fri day	Satur day	Sun day	Total Expenditure	1.	Middle									2.	Cereal									3.	Fruit									4.	Bread									5.	Pulses									6.	Vegetable									7.	Ironing										Total									4
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	<p>Advantages of maintaining records are:</p> <ol style="list-style-type: none"> <li>To know the amount variable.</li> <li>To know the exact expenditure</li> <li>Help to the saving.</li> <li>Help to cut down unnecessary expenditure</li> <li>Avoid getting cheated by over charging</li> <li>Any other</li> </ol>	
<b>17.</b>	<p>Standard mark on: Jwellary – Hallmark Cosmetic – ISI</p> <p>Buying tips for jwellary:</p> <ul style="list-style-type: none"> <li>Buy from reputed shop.</li> <li>Check the Hallmark.</li> <li>Check the weight.</li> <li>Check the price carefully.</li> </ul> <p>Any other</p> <p>For Cosmetics:</p> <ul style="list-style-type: none"> <li>See the standard mark</li> <li>Check the brand</li> <li>Check the expiry date</li> <li>Check the composition</li> <li>Any other</li> </ul> <p style="text-align: center;">OR</p> <p>Format/ Procedure to file complaint in Consumer Forum:</p> <ol style="list-style-type: none"> <li>Complaint to be filled on a plain paper before 2 years.</li> <li>Stamp paper is not required for declaration.</li> <li>Send notice to opposite party.</li> <li>Fill the prescribed form.</li> <li>State the facts related to complaint.</li> <li>Specify compensation.</li> <li>Attach bills, court fees and AD and submit to court as per compensation.</li> <li>Court's final order will be sent.</li> </ol>	<b>4</b>
<b>18.</b>	<p>Optimum temperature for the growth of bacteria is <math>5^{\circ}\text{C}</math> TP <math>60^{\circ}\text{C}</math>.</p> <p>Tips for storage of food in refrigerator are:</p> <ol style="list-style-type: none"> <li>Raw and cooked food should be stored separately.</li> <li>Wrap the meat and meat product before storing it.</li> <li>Cover the food such as milk so that it cannot absorb the flavours of other food items.</li> <li>Do not over load the refrigerator.</li> <li>Once frozen food has been thawed it should never be frozen again.</li> <li>Meat, poultry and other perishable foods should be stored within 2 hours of purchasing.</li> <li>Once the can is opened immediately transfer it to plastic container.</li> <li>Do not open the door of refrigerator frequently.</li> <li>Any other</li> </ol>	<b>4</b>
<b>19.</b>	<p>Adulteration: Addition or removal of harmful or vital substances from food is called Adulteration.</p> <ol style="list-style-type: none"> <li>Coriander powder – dirt, saw dust, sand</li> </ol>	<b>4</b>

	<p>ii. Red chili powder – lead chromate  iii. Black pepper – papaya seeds (Dried)  iv. Turmeric – Metanil yellow  v. Any other (any two)  (<math>\frac{1}{2} \times 2 = 1</math>)</p> <p>Precautions to be followed while buying spices:  i. Buy packed spices.  ii. Try to buy whole spices.  iii. It is powdered, check the standard mark.  iv. Buy from reputed shop.  v. Take bill.  vi. Any other.</p> <p style="text-align: center;">OR</p> <p>Besan flour – Kesari dal powder.  Besan Burfi – Lead chromate colour</p> <p>Precautions to be taken:  i. Buy from trusted shop.  ii. Always buy items marked with certified marks.  iii. Take bill.  iv. Be an alert consumer.  v. Any other (any two)</p> <p>Health hazards:  i. Kesari dal – Lathyrism, Brain function disorder, any other  ii. Lead chromate – Lung cancer, Shortness of breath, any other</p>	
<b>20.</b>	<p>Age influence the selection of clothing example:  i. For 6 months old child select – Comfortable, small, prints and light colour clothes.  ii. For school going child select – dark colour, comfortable and easy to maintain clothes.  iii. Any other (any two)</p> <p>Selection of Salwar Kameez for grandmother:  i. Salwar Kameez should be of soft material as their skin become to it  ii. It should be of light colour and small prints.  iii. Neck should be big.  iv. Kameez should not be too tight.  v. Salwar should have elastic for easy wear.  vi. Any other (any four)</p>	<b>4</b>
<b>21.</b>	<p>Disha is suffering from Mental Problem ‘Depression’.  Causes are as follows:  i. Biological cause, ii. Hormones imbalance, iii. Early childhood trauma, vi. Inherence,  v. Any other</p> <p>Symptoms:  i. Feel sad and cry for no reason.  ii. Conflicts with friends and parents.  iii. Lack of confidence  iv. Lack of sleep.  v. Slow thinking.  vi. Any other (any three)</p>	<b>4</b>

### SECTION E

<b>22.</b>	<p>Causes of aggression:</p> <ol style="list-style-type: none"> <li>i. Dis-satisfaction because of non- functionality desire.</li> <li>ii. Loneliness</li> <li>iii. Physical or mental illness</li> <li>iv. No more to do</li> <li>v. Neglected by family onwards.</li> <li>vi. Any other (any five)</li> </ol> <p>Handling Anger:</p> <ol style="list-style-type: none"> <li>i. Accepting the problem.</li> <li>ii. Seeking help from others.</li> <li>iii. Do yoga and meditation.</li> <li>iv. Engage in social work.</li> <li>v. Positive thinkers.</li> <li>vi. Express your anger.</li> <li>vii. Any other (any five)</li> </ol>	<b>5</b>
<b>23.</b>	<p>Dietary Consideration for Mrs. Sharma:</p> <ol style="list-style-type: none"> <li>i. She should consume frequent small meals.</li> <li>ii. She should include more Protein energy and Vitamin C in her diet.</li> <li>iii. She should avoid oily and spicy fried as it may cause indigestion to infant.</li> <li>iv. She should include fruits and milk in her diet. So that she can get Vitamin C and Calcium in appropriate amount.</li> <li>v. Any other (any three)</li> </ol> <p>Points to be considered while introducing weaning to 6 months old child:</p> <ol style="list-style-type: none"> <li>i. Introduce one food at a time.</li> <li>ii. Do not force the child to eat.</li> <li>iii. Start with liquid diet such as dal water, rice water.</li> <li>iv. Start with one or two teaspoon.</li> <li>v. Gradually change the consistency of food.</li> <li>vi. Any other (any four)</li> </ol> <p style="text-align: center;">OR</p> <p>Importance of Protein in pregnancy:</p> <ol style="list-style-type: none"> <li>i. For the growth and development of fetus.</li> <li>ii. For the cell development.</li> </ol> <p>Calcium:</p> <ol style="list-style-type: none"> <li>i. For bone formation.</li> <li>ii. Teeth formation.</li> <li>iii. Growth of fetus.</li> </ol> <p>Requirement of Protein in pregnancy = 78 gm &amp; Calcium – 1200 mg</p> <p><b>Sources of Protein:</b> Pulses &amp; legumes, milk, egg, cheese, any other</p> <p><b>Source of Calcium:</b> Milk, yoghurt, cheese, almonds, beans, any other</p>	<b>5</b>
<b>24.</b>	<p><b>Real Income:</b> is the flow of goods and services that is available for certain period of time to meet the needs of the family. It is of two types.</p> <p><b>Direct Real Income:</b> is income which is received by members of the family without using money. Example are use of family assets, use of community facilities, skill of family members.</p>	<b>5</b>



	<p><b>Indirect Real Income:</b> Income which is generated by the family members with some medium of exchange, usually money is involved. Examples are:</p> <ul style="list-style-type: none"> <li>i. Goods &amp; services by paying money</li> <li>ii. Fringe benefit</li> <li>iii. Barter system</li> </ul> <p><b>Increasing Direct Real Income:</b></p> <ul style="list-style-type: none"> <li>i. Using skill of family members such as stitching of clothes, gardening, making pickles etc.</li> <li>ii. Study home and not taking tuitions.</li> <li>iii. Taking home made tiffin</li> <li>iv. Using carpool &amp; public transport</li> <li>v. Any other</li> </ul> <p><b>Increasing Indirect Real Income:</b></p> <ul style="list-style-type: none"> <li>i. Hire maid for services.</li> <li>ii. Buying labor saving devices.</li> <li>iii. Company's accommodation.</li> <li>iv. Reimbursement of bills</li> <li>v. Any other</li> </ul>	
25.	<p>Hem – Enough seam allowance, Even width, No puckering, Any other (Any two)</p> <p>Seam – Matching thread, Continues stitches, Interlocking or French seam, Any other (Any two)</p> <p>Placket – Deep enough to provide easy wear, Sufficient fasteners, Underlap not visible on the right side, Any other (Any two)</p> <p>Zipper – Matching colour, Neat finish, Should run smoothly, Any other (Any two)</p> <p>Pleats – Have sufficient material to be deep, Fall evenly, Any other (Any two)</p>	5

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