



SAMPLE QUESTION PAPER (2020-2021)**TIME-3 hours****CLASS XII HOME SCIENCE(064)****M.M-70****GENERAL INSTRUCTIONS-**

- 1.All questions are compulsory.
- 2.There are total 36 questions.
- 3.Question paper is divided into three sections-A,B and C.
- 4.Section A has question no.1to 14 (objective type questions) and are of 1 mark each.
- 5.Section B has question no. 15 to 21 (case study based multiple choice questions) and are of 1 mark each.
- 6.Section C has question no.22 to 27 of 2 marks each, question no.28 and 29 of 3 marks each, question no.30 to 33 of 4 marks each and question no.34 to 36 of 5 marks each .
- 7.Internal choices are given in some questions.
- 8.Support your answers with suitable examples wherever required.

	SECTION A (OBJECTIVE TYPE QUESTIONS)	
S.No.	Multiple choice questions	Marks
1.	Identify the new constituent present in food which was found by researchers that have physiological or biological activity and influence health. a) Nutraceuticals b) Medical foods c) Antioxidants d) Phytochemicals OR Mrs. Verma avoids consuming spinach because of the presence of which non nutrient constituent in it- a)Flavonoids b) Phenols c)Lactose d)Oxalates	1
2.	In what way job effectiveness in any work place can be improved? a) Increasing errors b) Increasing productivity c)Reducing error d)Both b) and c)	1
3.	In 1810,_____ developed the method of canning. a) Louis Pasteur b) Napoleon Bonaparte c) Nicolas Appert	1

	d)Harvey Levenstein									
4.	<p>You got a job in hotel and your responsibility is to organize, supervise and control all uniformed services. You must be appointed as_____ .</p> <p>a)Receptionist b)Lobby Manager c)Bell captain d)Telephone operator</p> <p style="text-align: center;">OR</p> <p>You got a job in hotel and your responsibility is to coordinate with front office for information on departure of guests and gets vacated room cleaned You must be appointed as_____</p> <p>a)Floor supervisor b)Room attendant c)Desk control supervisor d) Assistant housekeeper</p>	1								
5.	<p>Red Ribbon Express project was implemented by NACO, in cooperation with-</p> <p>a) Indian roadways b) Indian railways c) Indian airways d) Indian waterways</p>	1								
6.	<p>Match the following-</p> <table><tr><td>A. Manufactured food</td><td>i)Lactose free milk</td></tr><tr><td>B. Medical food</td><td>ii)Bread</td></tr><tr><td>C. Formulated food</td><td>iii)Enzymes used in food industry</td></tr><tr><td>D. Synthetic food</td><td>iv) Papad</td></tr></table> <p>Pick the correct option-</p> <p>a)A iv, B i, C ii, D iii b) A ii, B i, C iv, D iii c)A iv, B i, C iii, D ii d)A iii, B ii, C iv, D i</p>	A. Manufactured food	i)Lactose free milk	B. Medical food	ii)Bread	C. Formulated food	iii)Enzymes used in food industry	D. Synthetic food	iv) Papad	1
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7.	<p>Salmonella exists in the intestinal tract of animals, raw milk and eggs but it can be destroyed by-</p> <p>a)Heating b)Cooling c) Refrigeration d)Deep Freezing</p>	1								
8.	<p>_____ is responsible for planning, organizing and controlling the kitchen operations.</p> <p>a)Executive chef b) kitchen steward c) Chef-de-parties</p>	1								

	d) Deputy chef	
	Fill in the blanks-	
9.	The term _____ was first coined in 1972 by Quebral. OR _____ is a brief message between radio programmes ,generally in the form of jingles.	1
10.	The word Ergonomics is derived from two Greek words ----- and -----.	1
11.	Identify the craft and name the state in which it is practiced.  OR Identify the painting and name the state where it is popular. 	1
12.	Draw the standardized mark found on pure silk garments.	1
13.	Predict two benefits of SEWA for local group of women.	1
14.	After schooling, your elder sister completed her training in ECCE(early childhood care and education).Suggest two wage employment opportunities available to her. OR What two skills should Sudha possess to work as an early child care professional?	1
	SECTION B (CASE STUDY BASED QUESTIONS)	
	<p>Malnutrition is the underlying cause of at least 50 per cent of deaths of children under five years of age. The statistics for nutrition-related problems in our country reveal an alarming situation:</p> <ul style="list-style-type: none"> • Almost one-third of the infants born in India are low birth weight babies. Low birth weight may have adverse effects throughout their growing years and may have adverse implications even in adult life. Low birth weight may even lead to child mortality. • There is widespread prevalence of growth retardation among preschoolers (from socio-economically disadvantaged families) and almost half the children suffer from mild and moderate under nutrition. 	

	<ul style="list-style-type: none"> A large proportion of children (and adults) suffers from micronutrient deficiencies in varying degrees of severity. The micronutrients of most concern are iron, zinc, vitamin A, iodine, folic acid, B12. 	
Q15.	<p>Micro nutrient deficiencies are referred as-</p> <p>a) Goitre b) Hidden Hunger c) Protein energy malnutrition d) Anemia</p>	1
Q16.	<p>Which of the following is immediate cause of under nutrition?</p> <p>a) Inadequate dietary intake b) Inadequate education c) Inadequate health services d) Poor sanitation and hygiene</p>	1
Q17.	<p>When the height of the child is less than adequate for age, this is termed as-</p> <p>a) Underweight b) Stunting c) Wasting d) Protein energy malnutrition</p>	1
Q18.	<p>Which of the following is incorrect statement-</p> <p>a) Enlarged thyroid known as goiter is the most common manifestation of iodine deficiency. b) Hemoglobin is required for carrying oxygen in the body. c) Due to Vitamin A deficiency growth of children are adversely affected. d) Protein deficiency is called as marasmus</p>	1
Q19.	<p>Elements of Design are the tools of the Art. These are colour, texture, and line, shape or form. Colour is all around us in many forms. The identity of the product is most often attributed to colour. Everyone responds to colour and has definite preferences. Colour reflects the season, events and the spirit of people. The choice is affected by culture, tradition, climate, season, occasion or purely personal reason. Colour is an important part of Fashion. Designers carefully choose fabric colours to make a definite statement. Colour can be seen in fabrics in various design forms. Some fabrics may have one uniform solid colour, while the colour follows the yarn interlacing in others or may be colored in other patterns.</p> <p>Which word can be used for brightness of a colour?</p> <p>a) Value</p>	1


	b)Intensity c)Hue d)Complementary	
Q20.	Colours are said to be contrasting if they are _____. a)Different in lightness and darkness b)Light in value c)Dark in value d)Bright and intense OR Yellow-orange, red-orange, and yellow-green are examples of _____. a)Intermediate or Tertiary colour b)Secondary colour c)Primary colour d)Triadic colour	1
Q21.	Which of the following visual elements is concerned with the shade of a colour? a) Line b) Texture c) Value d) Size OR When white colour is added to any other colour it is called as _____ of a colour. a) Shade b) Tone c) Tint b) Hue	1
	SECTION C	
22.	“ A healthy environment is a positive work environment”. Write any four ways by which a teacher can create healthy environment in her class. OR Write any four personal attributes which should be possessed by an entrepreneur.	2
23.	Compare two advantages and disadvantages of food /diet based approach used to combat public nutrition problems.	2
24.	Elaborate on the four stages of Guest cycle. OR	2

	Enlist any four functions of housekeeping department.	
25.	"ICT is a powerful tool of development communication and informing people." Support this statement with four reasons.	2
26.	Enumerate any four primary requirements when preparing for a career in the field of care and maintenance of fabrics.	2
27.	Why were children's homes formed? Indicate the need of three kinds of children's homes.	2
28.	You have bought a silk fabric to get a frock stitched for your younger sister. Illustrate three different ways to create "Rhythm" in the frock.	3
29.	<p>Why are elderly vulnerable? Give any two reasons to support your answer. Name any two programmes operating in our country for elderly people. Also tell about two administrative skills required to work with organizations running for elderly people.</p> <p style="text-align: center;">OR</p> <p>Why were Nehru Yuva Kendras established and list any four programmes run under these kendras?</p>	3
30.	<p>You are working in a hi-tech laundry of a hotel.</p> <p>a) What four factors will you keep in mind before choosing the process of washing a fabric?</p> <p>b) You are using a dryer to dry the washed fabric. Explain the two types of circulation system in a dryer.</p> <p style="text-align: center;">OR</p> <p>How are the laundry in hospitals different from a hotel?</p>	4
31.	A food hazard can enter/come into the food at any stage of the food chain, therefore, adequate control throughout the food chain is essential. Explain three ways with two features of each to ensure food safety and quality. Also state two importance of FSSA, 2006.	4
32.	<p>Mr. Anil wants to open up an institution for children.</p> <p>a) Guide him about any four principles given by NCF(2005) to be kept in mind.</p> <p>b) Which four facilities must be included in the institution for children?</p>	4
33.	Elaborate on eight knowledge and skills required by a personnel involved in food product development.	4
34.	Compare two points of differences between tube feeding and intravenous feeding. And also give three each objectives of diet therapy and role of clinical nutritionist.	5
35.	<p>During season sale your brother wants to buy geyser on discounted price. Explain him four each responsibilities and rights of consumer in this context. Also tell him about two features of consumer protection act.</p> <p style="text-align: center;">OR</p> <p>Your friend wants to pursue career in consumer related field. Guide him/her about five each skills and career opportunities of this field.</p>	5

36.	Your sister wants to go in for a career of fashion designer. Explain her the five stages of fashion cycle.	5
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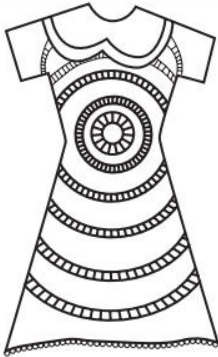

MARKING SCHEME(2020-2021)

CLASS XII HOME SCIENCE(064)

S.NO.	VALUE POINTS	MARKS
1.	d) Phytochemicals OR d)Oxalates	1 OR 1
2.	d)Both b) and c)	1
3.	c)Nicolas Appert	1
4.	b)Lobby Manager OR c)Desk control supervisor	1 OR 1
5.	b)Indian Railways	1
6.	a)A iv ,B i, C ii, D iii	1
7.	a) <i>Heating</i>	1
8.	a) Executive chef	1
9.	Development Communication OR PSA(Public Service Announcement)	1 OR 1
10.	ergon'(work) and 'nomics(natural laws)	1
11.	Shola craft from Odisha OR Warli painting from Maharashtra	$\frac{1}{2}+1/2=1$ OR $\frac{1}{2}+1/2=1$
12.	 Your Assurance of Pure Silk	1
13.	The local group of women should get associated with SEWA as- 1.It achieve employment and self reliance for women workers 2.Support in other related areas like income, food and social security. 3.Any other(any two)	$1/2 \times 2=1$
14.	Two wage employment opportunities after training in ECCE are- 1.Teacher in Nursery schools 2.Caregiver in day care centres and crèches 3.Team members for programmes for young children 4.Any other (any two) OR Two skills an early childhood professional needs to have are- 1.An interest in children and their development 2.Knowledge about the needs and capabilities of young children 3.Capacity and motivation for interacting with children 4.Any other (any two)	$\frac{1}{2}+1/2=1$ OR $\frac{1}{2}+1/2=1$

15.	b) Hidden Hunger	1						
16.	a) Inadequate dietary intake	1						
17.	b) Stunting	1						
18.	d) Protein deficiency is called as marasmus	1						
19.	b) Intensity	1						
20.	a) Different in lightness and darkness OR a) Intermediate or Tertiary colours	1 OR 1						
21.	c) Value OR c) Tint	1 OR 1						
22.	Four ways by which a teacher can create healthy environment in the class- 1. Paying adequate attention to the individual students needs 2. Building a positive work climate 3. Motivating students 4. Being fair and treating all students equally 5. Any other (any four) OR Four personal attributes which should be possessed by an entrepreneur are- 1. Willingness to work hard 2. Knowledge and skills for planning and implementation 3. Having the courage to take calculated risks 4. Ability and preparedness to handle many tasks simultaneously 5. Any other (any four)	1/2x4=2 OR 1/2x4=2						
23.	<table border="1"> <thead> <tr> <th>STRATEGIES</th><th>ADVANTAGES</th><th>DISADVANTAGES</th></tr> </thead> <tbody> <tr> <td>Diet or food-based strategies</td><td>1. Highly cost effective 2. Wide coverage 3. Any other (any two)</td><td>1. Requires research 2. Does not lead to long-term dietary/behavioural changes 3. Any other (any two)</td></tr> </tbody> </table>	STRATEGIES	ADVANTAGES	DISADVANTAGES	Diet or food-based strategies	1. Highly cost effective 2. Wide coverage 3. Any other (any two)	1. Requires research 2. Does not lead to long-term dietary/behavioural changes 3. Any other (any two)	1+1=2
STRATEGIES	ADVANTAGES	DISADVANTAGES						
Diet or food-based strategies	1. Highly cost effective 2. Wide coverage 3. Any other (any two)	1. Requires research 2. Does not lead to long-term dietary/behavioural changes 3. Any other (any two)						
24.	Four stages of Guest Cycle- 1. <i>Pre-arrival stage</i> - It includes: quoting rates for a guest and reserving a room 2. <i>Arrival Stage</i> - The guest actually arrives and registers or checks-in. 3. <i>Occupancy</i> - This stage consists of providing various services as per the guest's requirements, ensuring security of the guest and coordination of various guest services.	1/2x4=2						

	<p>4. <i>Departure</i> - The guest is ready to leave/move out or “check-out” of the accommodation.</p> <p>OR</p> <p>Functions of Housekeeping Department are-</p> <ol style="list-style-type: none"> 1. Cleaning of public areas and guestrooms 2. Supply, upkeep of laundry and exchange of various linen 3. Internal flower arrangement and maintenance of external landscape or garden. 4. Coordination and communication with other departments such as front office, restaurants, engineering, accounts, etc., through control desk. 5. Pest control 6. Any other (any four) 	<p>OR</p> <p>1/2X4=2</p>
25.	<p>ICT is a powerful tool of development communication and informing people as-</p> <ol style="list-style-type: none"> 1. This is an umbrella term that includes computer hardware and software, digital broadcast and telecommunication technologies. 2. Use of mobile phones has enabled and facilitated the expansion of markets, social business and public services. 3. Mobile phones have provided a wide range of economic services, banking and financial transactions, marketing and distribution, employment and public services. 4. ICT's are economically, socially and socially transformative. 5. Any other (Any four) 	1/2x4=2
26.	<p>Four primary requirements when preparing for a career in the field of care and maintenance of fabrics</p> <ol style="list-style-type: none"> 1. Knowledge of the material in terms of fiber content, yarn and fabric production technique, colour and finishes applied etc. 2. Knowledge of the processes involved. 3. Knowledge of the chemicals and other reagents used in the process and their effect on the fabrics. 4. Working knowledge of the machinery requirement and its functioning. 5. Any other (any four) 	1/2x4=2
27.	<p>Children's homes are formed-by the Government for children from 3-18 years who are in state custody for various reasons.</p> <p>Need of three kinds of children's homes are-</p> <ol style="list-style-type: none"> 1. Observation Homes- children stay temporarily till the completion of an investigation to track down their parents and collect information on their family background 	<p>½+1.5=2</p> <p>½</p> <p>1/2X3=1.5</p>

	<p>2. Special Homes -juveniles (children under 18 years of age) found guilty in terms of violation of law, are placed in custodial care</p> <p>3. Juvenile /Children’s Homes- where children whose families are not traceable, or are unfit/dead or simply unwilling to take the child back stay</p> <p>(Each one explained in 1-2 lines)</p>	
28.	<p>Three ways to create “Rhythm” in the frock are-</p> <p>1. Repetition of embroidery, laces, buttons, piping, colour etc. at the neckline, sleeves and hemline of frock.</p>  <p>2. Radiation where eyes move in an organized way from a central point e.g. gathers in waist, yoke or cuffs etc.</p>  <p>3. Parallelism where elements lie parallel to each other e.g. tucks in a yoke or knife pleats in a skirt.</p> 	1+1+1=3

	4.Any other(any three)	
29.	<p>Elderly are vulnerable because -</p> <ol style="list-style-type: none"> 1.vulnerable to diseases/ poor health conditions 2.Social isolation 3.Financial dependent 4.Sense of burden on others 5.Any other (Any two) <p>Two programmes operating in our country for elderly people are-</p> <ol style="list-style-type: none"> 1.Old age home 2.Respite care homes and continuous care home for elders 3.National old age pension scheme 4.Any other(Any two) <p>Two skills required to work with organizations running for elderly people are-</p> <ol style="list-style-type: none"> 1.People skills 2.Administrative skills 3.Any other(Any two) <p style="text-align: center;">OR</p> <p>Nehru Yuva Kendras were established-</p> <ol style="list-style-type: none"> 1.To provides opportunities to students (who have completed their first degree) to involve themselves in programmes of national development. 2.To enable the non-student youth of the rural areas to contribute to development in the rural areas. 3.Any other(Any two) <p>Four programmes run under these kendras are-</p> <ol style="list-style-type: none"> 1.Non-formal education 2.Social service camps 3.Development of sports 4.Cultural and recreational programmes, 5.Vocational training, 6.Youth leadership training camps 7.Any other (Any four) 	<p>1+1+1=3 1/x2=1</p> <p>1/x2=1</p> <p>1/2x2=1</p> <p>OR 1+2=3 1/2X2=1</p> <p>1/X4=2</p>
30.	<p>a)Four factors need to be kept in mind before choosing the process of washing:</p> <ol style="list-style-type: none"> 1. Fiber contents 2. Type of yarn 3. Fabric construction techniques 4. Finishes used 5. Any other(Any two) <p>b)Two types of circulation systems:</p> <ol style="list-style-type: none"> 1.Air of relatively low temperature is circulated at high velocity: the air present in the room enters a drier from under the front panel, passes 	<p>2+2=4 a)1/2x4=2</p> <p>b)1+1=2</p>

	<p>over the heat source and then through clothes and leaves through an exhaust and therefore the temperature and humidity of the room stays normal.</p> <p>2. Air at high temperature is circulated slowly: In this, after the air enters the drier and passes over the heat source, it is drawn by a small fan through perforations at the top of the drier, then downwards through the clothes and out through the exhaust. Since the movement of the air in this drier is slow, the relative humidity of the exhausted air is high.</p> <p style="text-align: center;">OR</p> <p>In Hospitals-</p> <ol style="list-style-type: none"> 1. The hospital laundry takes care of hygiene, cleanliness and disinfection. 2. Many hospitals have started using disposables where there is a threat of infection, which are then destroyed by burning. 3. Most of the articles in hospitals are of cotton and dyed (in colours specific to the hospital and department) with dyes which have excellent wash-fastness. 4. The daily laundry thus emphasises mainly on cleanliness of cotton materials. 5. Even the ironing and pressing may not be done to perfection. 6. Repair and mending and condemnation of unusable material may or may not form a part of the services required. 7. The quantum of work, especially for bed linen, is much larger for hospitals as compared to hotels. The larger hospitals may have to take care of 1,800-2,000 beds or even more. <p>In Hospitality sector:</p> <ol style="list-style-type: none"> 1. Aesthetics and final finish of the articles are the most important. 2. As compared to hospitals the articles here may be of different fibre contents. 3. Final finishing of laundered goods, i.e., starching, ironing pressing and correct and perfect folding, are emphasised. 4. They also have to care of guests' personal laundry when required. 5. The smaller hotels may have link ups with commercial laundries from outside. 6. The quantum of work, especially for bed linen, is much lesser in hotels. The big hotels may have up to 400-500 rooms. <p>(Any other point, Any four differences)</p>	<p>OR</p> <p>1X4=4</p>
31.	<p>Food safety and quality can be ensured through -</p> <ol style="list-style-type: none"> 1. Good Manufacturing Practices (GMP) <ul style="list-style-type: none"> ❖ ensures that manufacturers produce safe products / help consumers buy safe products. 	<p>3+1=4</p> <p>1/2x2=1</p>

34.	TUBE FEEDING	INTRAVENOUS FEEDING	2+1.5+1.5=5
	1.Nutritionally complete feeds are delivered through tubes	1.Through a drip in a vein special solutions are given to support body functions.	1+1=2
	2. It is given in cases when the patient's gastrointestinal tract is functioning well	It is given when patient's gastro intestinal tract is not functioning properly.	
	<p>Objectives of diet therapy are-</p> <p>(i) formulation of the diet to meet the needs of the patient taking into consideration her or his food habits</p> <p>(ii) modification of the existing diets to ameliorate the disease condition and to keep it under control</p> <p>(iii) correction of nutritional deficiencies</p> <p>(iv) prevention of short-term and long-term complications in case of chronic diseases</p> <p>Any other(Any three)</p> <p>Role of clinical nutritionist are-</p> <p>1.Provide advice and translate technical information into dietary guidelines</p> <p>2.Plan diets appropriately to meet the nutritional requirements at various stages of the life cycle</p> <p>3.Promote health and well-being of patients admitted to hospital or in outpatient clinics(OPD) as well as in institutional settings.</p> <p>4.Manage food services in a variety of institutional settings such as old age homes, schools, orphanages etc.</p> <p>5.Any other(Any four)</p>		1/2x3=1.5
			1/2x3=1.5
35.	<p>Four responsibilities of consumer are-</p> <p>1.Survey the market before buying</p> <p>2.Should read all information given on label, leaflet etc before purchasing</p> <p>3.Should buy only what is needed</p> <p>4.They should read and understand all terms and conditions , especially the fine print before signing any document.(LIC, credit card)</p> <p>5.Buy goods with only genuine standard marks.</p> <p>6.Should take bill after paying taxes and file</p> <p>7.Any other(Any four)</p> <p>Four rights of consumer are-</p> <p>1.Right to Safety-To demand safe products and be protected against all the harmful products</p> <p>2.Right to Choose-To choose from variety of goods</p> <p>3.Right to Seek Redressal-To seek justice incase of cheating</p>		<p>2+2+1=5</p> <p>1/2x4=2</p> <p>1/2x4=2</p>

	<p>4.Right to be Informed-To demand information regarding products</p> <p>5.Any other(Any four)</p> <p>Two features of consumer protection act are-</p> <ol style="list-style-type: none"> 1.It includes both goods and services. 2.Nominal fees for filing before the courts 3.Timely redressal 4.Any other(Any two) <p style="text-align: center;">OR</p> <p>Skills required for career in consumer field are-</p> <ol style="list-style-type: none"> 1.Knowledge about consumer protection mechanisms and redressal agencies 2.Good communication and interpersonal skills 3.Empathetic and understanding attitude 4.Good listener 5.Creative in developing programmes (advertisements, talks, etc.) 6.Writing skills for developing educational material for consumer education 7.Willingness to help fellow consumers 8.Any other (Any five) <p>Career opportunities are-</p> <ol style="list-style-type: none"> 1. Work in government organizations like <ul style="list-style-type: none"> • (BIS) Bureau of Indian Standards, • Directorate of Marketing and Inspection,(Ag MARK) • Ministry of Consumer Affairs in managerial and technical positions. 2. Work in voluntary consumer organizations(VOICE/CERC) for product testing to create consumer awareness and publishing of magazines. 3. Work in consumer division of corporate houses that deal with consumer complaints and suggestions. 4. Work with market research organization in areas of consumer behavior, product reach, and consumer acceptance of new products, consumer feedback and suggestion 5. Work in National Consumer Helpline for consumer counselling 6.Any other(Any five) 	<p>1/2x2=1</p> <p>OR</p> <p>2.5+2.5=5</p> <p>1/2x5=2.5</p> <p>1/2x5=2.5</p>
36.	<p>Five stages of fashion cycle are-</p> <ol style="list-style-type: none"> 1.Introduction of a style: New styles are offered by the designers to the public. Designs are created by changing the elements such as line, colour, shape, fabric and other details. 2.Increase in popularity: New fashion may begin to rise in popularity as it is purchased, worn and seen by many people. 3.Peak of popularity: When a fashion is at the height of its popularity, it 	1x5=5

	<p>may be in such demands that many manufacturers copy it or produce adaptations of it at different price levels.</p> <p>4. Decline in popularity: Eventually so many copies are mass produced that fashion-conscious people tire of the style and begin to look for something new.</p> <p>5. Rejection of a style or Obsolescence: In the last phase of the fashion cycle, some consumers have already turned to new looks, thus beginning a new cycle.</p>	
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