

Home Science Syllabus
Class XII

Theory

Unit 1: Human Development: Life Span Approach(Part II)

1. Growth and Development- Domains and Principles
2. Adolescence
3. Influences on identity formation
4. Specific issues and concerns
5. Adulthood
6. Late Adulthood/ Old Age

Unit 2: Nutrition for self, family and community

7. Food Groups and Selection of Foods
8. Meal Planning
9. Planning meals for the family
10. Modification of diet
11. Diet during illness
12. Therapeutic Modification in Different diseases
13. Food Safety and Quality

Unit 3: Money management and Consumer education

14. Family income and expenditure
15. Savings and investments
16. Consumer protection and education
17. Consumer Protection Amendment Act 2011

Unit 4: Apparel: Designing, Selection and Care

15. Application of Elements of Art and Principles of design in Designing Apparel
19. Selection and purchase of fabrics
20. Factors Influencing the Selection of Clothes
21. Care, Maintenance and Storage of Clothes

Unit 5: Community Development and Extension (II)

22. Water Safety
23. Income Generating Schemes

Unit 6: Career Options after Home Science Education

Practical

Unit 1: human Development

1. Identify the problems of adjustments of adolescence
2. Spend a day with an aged person and observe the needs and problems. Write a report.
3. List and discuss areas of agreement and disagreement of self with mother, siblings, fathers, friends and teachers.

Unit 2: Nutrition for self and family

4. Plan balanced meal for family
5. Plan and modify family meal for an infant
8. Plan and modify family meal for an children, adolescents and elderly
6. Plan and modify family meal for a pregnant woman
7. Plan and modify family meal for a lactating woman
8. Plan and modify family meal for a fever patient
9. Plan and modify family meal for a diarrhoea patient
10. Prepare Oral rehydration solution
11. Conduct tests to detect adulteration in food products

Unit 3: Money management and Consumer education

12. Open savings account in bank
13. Open savings account in post office
14. Withdraw money using withdrawal form and cheque
15. Deposit cheque in bank account
16. Deposit cash in savings account
17. Inspect, evaluate and make a food label

Unit 4: My apparel

18. Make samples of stitches – Basting, Running, Hemming and Interlocking
19. Make samples of basic seams – Plain, French and Run and fell
20. Make a sample of fastners
21. Make a sample of patch work
22. Stitch an apron
24. Remove stains
24. Evaluate readymade garments
25. Prepare soap

Assignment I
UNIT - I
Human Development

Short answer questions

Ques1. Define Adolescence.

Ques2. What is the duration of adolescent growth?

Ques3. What is menarche?

Ques4. Differentiate between

- Early and late maturers
- Pre-adolescence and late adolescence
- Pre operational and concrete operational stage of cognitive development

Ques5. What is duration of adolescence growth?

Ques6. What is growth spurt?

Ques7. Define social groups.

Ques8. What is stress?

Ques9. What are the stages of adolescence given by Hurlock? Define.

Ques10. Describe any three emotional patterns during adolescence.

Ques11. Define stress. What are the reasons of stress during adolescence?

Ques12. Define Social Development.

Ques13. Explain 'mood swings'.

Ques14. Give a brief account of the structure and functioning of peer group.

Ques15. Name two negative qualities that will lead to social rejection.

Ques16. Define population explosion.

Ques17. What do you understand by the term 'male -female ratio'.

Ques18. What is poverty line?

Ques19. List six effects of population explosion.

Ques20. What is population education? List any two aims of population education.

Ques21. Should population education be taught in schools? Justify your answer.

Ques22. Enumerate the problems caused due to our population.

Ques23. Differentiate between -clique and gang.

Ques24. 'Social approval is very important during adolescence.' Justify

Ques25. Define 'Developmental tasks'

Ques26. 'It is not easy for girls to accept feminine role'. Explain

Ques27. Discuss the preparation of adolescents for marriage.

Ques28. 'Adolescence is the preparation time for adulthood' Comment.

Ques29. How does body composition affect the body requirement?

Ques30. Who is more influential for adolescents? Peer or parents? Justify your answer.

Ques31. Is slipping of breakfast advisable?

Ques32. Discuss common problems of nutrition.

Ques33. Write two ways how the curiosity of adolescents regarding sex can be satisfied?

Ques34. Monthly period causes anxiety and worry in girls. Suggest two methods to overcome it.

Ques35. Discuss the importance of sibling.

Long answer questions

Ques1. Discuss the problems of severe dieting. Suggest two ways to get rid of obesity.

Ques2. Discuss the developmental tasks of leadership during adolescence.

Ques3. 'Adolescence is called a period of stress and storm.' justify.

Ques4. Define sex role typing and discuss how is it achieved?

Ques5. How do adolescents achieve emotional development?

Ques6. 'Individual differences are found in girls of same age'. Do you agree? Justify your answer.

Ques7. What are the developmental patterns of early maturer boys and girls?

Ques8 'Economy status of the family has an impact on personality'. Discuss

- Ques9. Compare the relationship of democratic and strict parents and children.
- Ques10. Discuss how an adolescent is affected by the relation with grandparents?
- Ques11. Give a brief account of the primary and secondary characteristics among boys and girls.
- Ques12. What challenges an early maturer encounters?
- Ques13. Recall your own experience of achieving puberty. How did you cope with the situation?
- Ques14. Discuss the cognitive development of adolescents giving suitable examples.
- Ques15. Do adolescents find a conflict between parents and peer values?
- Ques16. Discuss the factors causing stress and storm in the life of an adolescent. Explain any one with a suitable example.
- Ques17. Describe your relationship with your parents.
- Ques18. In what ways have T.V., movies and other mass media influenced:-
- a.) Your outlook on life and society
 - b.) Your own personality and emotional security
- Ques19. What have been the major sources of stress in your life? How has it affected you? Suggest suitable ways to change these stressors into long term wellness for yourself.
- Ques20. Discuss briefly the desirable role of the parents, school teachers, student counseling in solving adolescent problems.
- Ques21. Discuss the various factors influencing the choice of adolescent.
- Ques22. What career have you chosen and why?
- Ques23. Discuss factors responsible for our population.
- Ques24. Discuss the status of women in India. How can it be improved?
- Ques25. Explain the importance of small family norms in relation to population control.
- Ques26. Give a brief account of the consequences of our population in India.
- Ques27. Discuss the importance of population education.
- Ques28. List six effects of population explosion.
- Ques29. "Everyone must make a conscious effort in adopting small family norms" Justify.
- Ques30. "Population management benefits families, industries and the nation." Comment.



Assignment II
NUTRITION FOR SELF AND FAMILY

Short Answer Type Questions

1. State two advantages of meal planning. Write four reasons for planning meals.
2. List four principles of meal planning. How does the family structure affect meal planning.
3. Meal planning is influenced by age and occupation. Support this statement with two examples each.
4. Meal planning is influenced by season and occasion. Support this statement with two examples each.
5. Culture of the family affects its meal planning. Support this statement with four examples each.
6. A child is suffering from prolonged fever and has been advised soft diet by the doctor. Name two dishes you can serve to him.

Long Answer Type Questions

1. Nutritious meal within the family budget can be arranged with the help of meal planning. Explain.
2. We can fulfil the nutritional needs of family by planning meals using the context, elaborate six points.
3. State one way how availability of food items, money and skill of cooking influence planning of meals.
4. Plan a balanced lunch for a labourer. List four factors you would consider in planning this lunch.
5. Plan a balanced tiffin for a school going child. List four factors you would consider in planning this tiffin.
6. Define balanced meal. Explain with a suitable example.

MODIFICATIONS OF FAMILY MEALS

Short Answer Type Questions

1. What is ORS? When do we use it?
2. What is meant by modification of diet?
3. Write two points you will keep in mind while planning meals for a person suffering from fever. Give two reasons for your considerations.
4. What four points would you keep in mind while planning meals for a person having fever/ diarrhoea?
5. What four points would you keep in mind while planning meals for a pregnant woman?
6. Give one reason for increase in energy requirement of a lactating mother and state approximately how much does this need increase?
7. Name two dishes rich in carbohydrates. State two important functions of this nutrient for infants.
8. Name two dishes rich in calcium. State two important functions of this nutrient for school children.

Long Answer Type Questions

1. Suggest three modifications in the following menu for a person suffering from diarrhoea. Give reasons for your choice- chapati, fried rice, raita, dal fried, tomatoes, cucumber salad.
2. A teenager is having potato cutlets and milk for her breakfast. Suggest three modifications in meal. Give reasons.
3. Keeping the special requirements of an old person in the family tell the person who cooks in your house three ways in which she can modify family meal to suit these needs.
4. Why do adolescent girls need high intake of calories, calcium, protein and iron in their diet? Give two reasons for each.

HYGIENE IN FOOD HANDLING

Short Answer Type Questions

1. Suggest four ways to keep the kitchen clean.
2. State four unhygienic practices adopted by a cook which can lead to illness in a family.
3. List four important instructions you will give, regarding hygienic handling of food, to a person who has come to help you with preparation of food at home.

Long Answer Type Questions

1. Suggest three behaviours you would insist in your cook to ensure that the kitchen is insect free.
2. Giving adequate reasons, explain to your sister four things, she should be doing in order to ensure hygienic handling of food in her kitchen.

FOOD ADULTERATION

Short Answer Type Questions

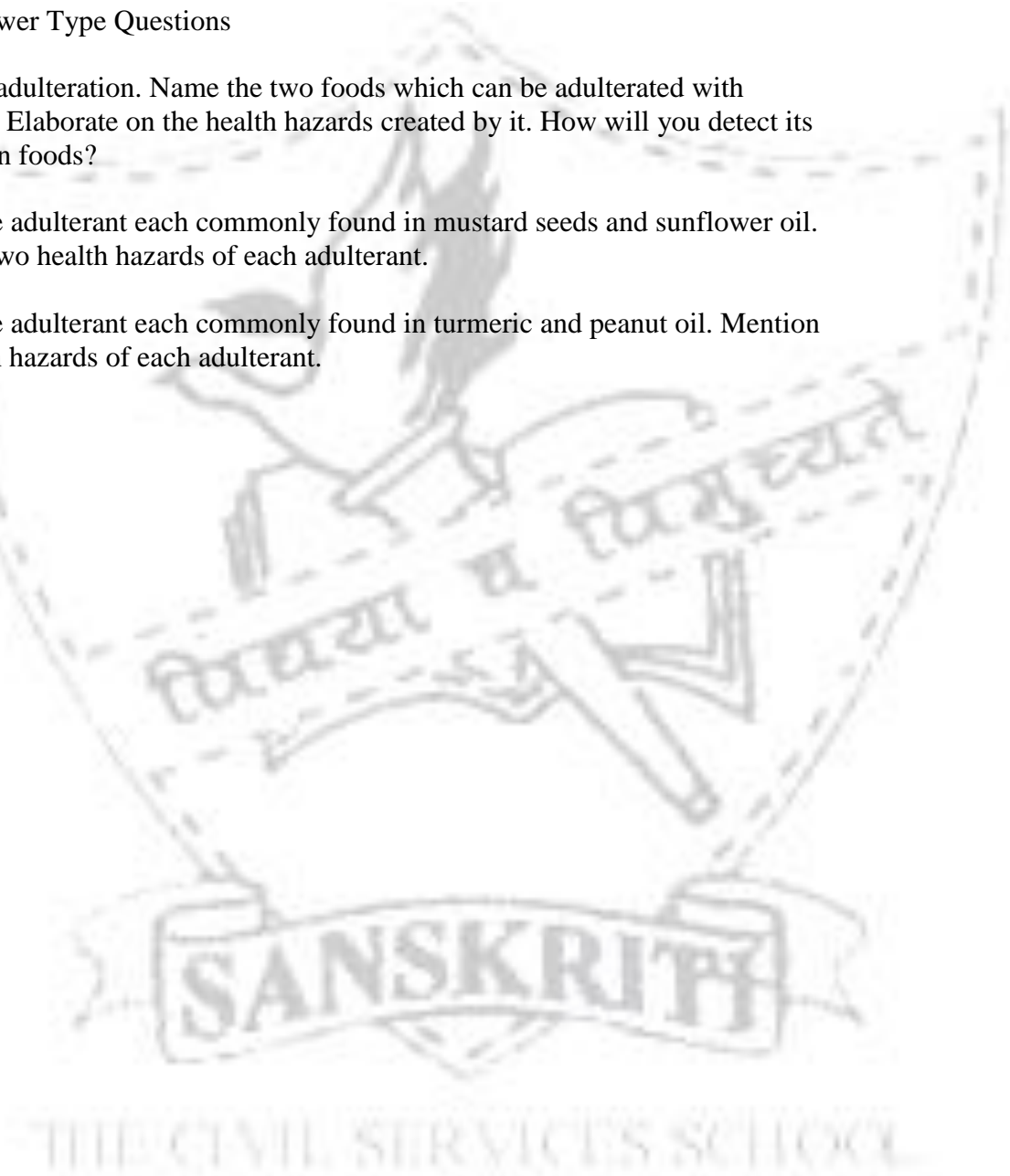
1. Name the food item in which argemone oil is added as adulterant. Write three effects of its adulterant on health.
2. Name two food items in which metanil yellow is added as adulterant. Write three effects of its adulterant on health.
3. Give six suggestions for preventing adulteration.
4. What should you do to avoid the purchase of adulterated spices.
5. Name two adulterants commonly found in milk.
6. Name two adulterants commonly found in jaggery.
7. Name two adulterants commonly found in pulses.
8. List two conditions when mutton is considered adulterated as per PFA

guidelines.

9. What are the four things you must always remember to safeguard yourself against the menace of adulteration of food items?

Long Answer Type Questions

1. Define adulteration. Name the two foods which can be adulterated with kesari dal. Elaborate on the health hazards created by it. How will you detect its presence in foods?
2. List one adulterant each commonly found in mustard seeds and sunflower oil. Mention two health hazards of each adulterant.
3. List one adulterant each commonly found in turmeric and peanut oil. Mention two health hazards of each adulterant.



Assignment III
MONEY MANAGEMENT AND CONSUMER EDUCATION

FAMILY INCOME AND EXPENDITURE

Short Answer Type Questions

1. Write four ways of supplementing family income.
2. Differentiate between money income and psychic income.
3. Present a format for recording family expenditure for one day.
4. Name two types of real income.
5. Suggest four ways a family can increase its direct income.
6. Write any four factors that influence the income of a family.
7. Family members can increase their inflow of goods and services without use of money. Support this statement with four examples.

Long Answer Type Questions

1. State six drawbacks of not maintaining a record of household expenses.
2. Suggest three different ways of increasing your psychic income.
3. Describe the various components of family income with examples.
4. A family's total income is Rs. 10,000/-. List all points that can possibly influence the expenditure of this family.
5. What is meant by 'total income'? If you were to find out how much money income is being added to your family income, which three sources of family income will you examine?

SAVINGS AND INVESTMENTS

Short Answer Type Questions

1. List four types of bank accounts.
2. Write four advantages of savings.
3. State four advantages of buying life insurance policy.
4. Present one difference and one similarity between general provident fund and public provident fund. Specify one common benefit of each.
5. Mention four areas of investment to be considered for availing tax benefits.
6. State one benefit and one limitation of investing in shares.
7. Mention two advantages of having a fixed deposit account in a bank.
8. Mention two advantages of having a recurring deposit account in a bank.

Long Answer Type Questions

1. Give four suggestions of investment to your sister who wants to save tax.
2. Your father wants to invest his savings to be used later after six years. Suggest two ways of safe investment. Write two other advantages of each.
3. Give six advantages of investing in post office scheme.
4. Your friend wants to invest some money for her higher education. Suggest two ways of investment in which she can get money back after 6 years. Write advantages of each scheme.
5. Your father wants to invest in order to save tax. Name two schemes, which allow this benefit. What are other benefits available from these schemes and what are their drawbacks.

CONSUMER PROTECTION AND EDUCATION

Short Answer Type Questions

1. As a consumer what are your duties if you find a shopkeeper weighing the box along with sweets?
2. While purchasing spices, will you rely more on advertisements or on label? Give two reasons for your choice.
3. What do you understand by ISI? Name two products having this mark.
4. What do you understand by standardized marks?
5. State two characteristics of false advertisement and cite one example of the same.
6. Name two food items which have AGMARK.
7. Name the standardization mark given to coffee and tea leaves.
8. Name the standardization mark given to condensed milk and vinegar.
9. State two ways leaflets help consumers.
10. Write four malpractices adopted by shopkeepers dealing in cloth.
11. Give two functions of a consumer redressal forum.
12. Tell your friend about two points she must keep in mind while purchasing an electric iron. Mention your four responsibilities as a consumer while buying medicines.
13. Name two food items which have FPO. Write the full form of FPO.
14. List two rights and two related responsibilities of a consumer.

Long Answer Type Questions

1. Reema wants to file a case in a consumer court against a company. Guide her about filing of complaint. Specify the time period for filing the complaint and for the case to be settled.
2. List four problems faced by consumers regarding prices of products. Mention their two rights in this context

3. List four problems faced by consumers regarding lack of information. Mention their two rights in this context.
4. What is COPRA? Describe any four rights of the consumer according to the Consumer Protection Act, 1986.



Assignment IV
MY APPAREL

CLOTHING AND ITS RELATION TO PERSONALITY

Short Answer Type Questions

1. Mention two important points with adequate reasons for selecting a saree design for your sister who is short in height.
2. Mention two important points with adequate reasons for selecting a design for your friend who is tall and thin.
3. What is the effect of vertical lines in an apparel on the body shape of a person.
4. Explain one effect each of horizontal lines in design and square neckline in clothes on the figure of a person.
5. Explain the effect of warm and cool colours in clothing on personality.
6. Mention two effects of V- shaped neck on body.
7. Write two ways of creating rhythm in a dress.
8. Using each of the four elements of art, suggest a suitable design of a skirt and blouse for a girl who is overweight.

Long Answer Type Questions

1. Explain any three factors which influence the selection of clothes for an individual.
2. Present the importance of balance in design in clothing with the help of two examples.
3. Present the importance of emphasis in design in clothing with the help of two examples.
4. Mention four important points with adequate reasons for selecting a design for your friend working in a corporate office who is tall and thin.

SELECTION OF CLOTHES AND FABRICS

Short Answer Type Questions

1. Give two examples to justify the selection of clothes is influenced by occasion and climate.
2. Give two examples to justify the selection of clothes is influenced by age and occupation.
3. List four characteristics of a fabric that make it suitable for rainy season.
4. Write four points you will keep in mind while selecting a dress for your 3 year old niece.
5. Write four points you will keep in mind while selecting clothes for a six months old child.
6. Give two advantages of using silk for making clothes.
7. Write four qualities you would look for in the fabric for curtains.
8. Mention one characteristic each of wool and cotton that make these fabrics appropriate for winter and summer respectively.

Long Answer Type Question

1. Your brother is going to play hockey this summer. What six features would you look for in the fabric and in the design of clothes, while buying clothes for him?
2. Give six points you would consider while choosing clothes for old persons.
3. Give six points you would consider while choosing clothes for a college going girl. Give reasons for your suggestions.

CHECKING SIZE AND QUALITY IN READYMADE GARMENTS

Short Answer Type Questions

1. Mention two ways to check the drape in a garment.
2. Write four checks to related to workmanship, which you will keep in mind while purchasing a pant.
3. Write four checks to related to workmanship, which you will keep in mind while purchasing salwar kameez.
4. Write two ways in which sizes can be indicated on the label of a readymade frock for a 6 year old.
5. Present a symbol of quality mark you will find on the label of a woolen pullover.
6. To ensure quality, what four features would you check in the placket of a readymade shirt.

Long Answer Type Questions

1. List six points of workmanship which you will keep in mind while buying a good quality skirt.
2. List six points you will keep in mind while purchasing trousers for your brother.

CARE OF CLOTHES

Short Answer Type Questions

1. Give two reasons woollens being attacked by moths during storage.
2. Name the method of washing a silk saree and give one reason for selection of this method.
3. Name the method of washing a pile towel and give one reason for selection of this method.
4. List two advantages of using detergents for washing clothes.
5. State two precautions to be considered while applying blue on clothes.

Long Answer Type Questions

1. Write the method you will use to wash your woolen shawl. Write reasons for your selection. What two points will you keep in mind while drying it?
2. Write points you will keep in mind while storing cotton sarees. Give reasons.
 1. Differentiate between starch and gum.

Assignment V
SAFE DRINKING WATER

Short Answer Type Questions

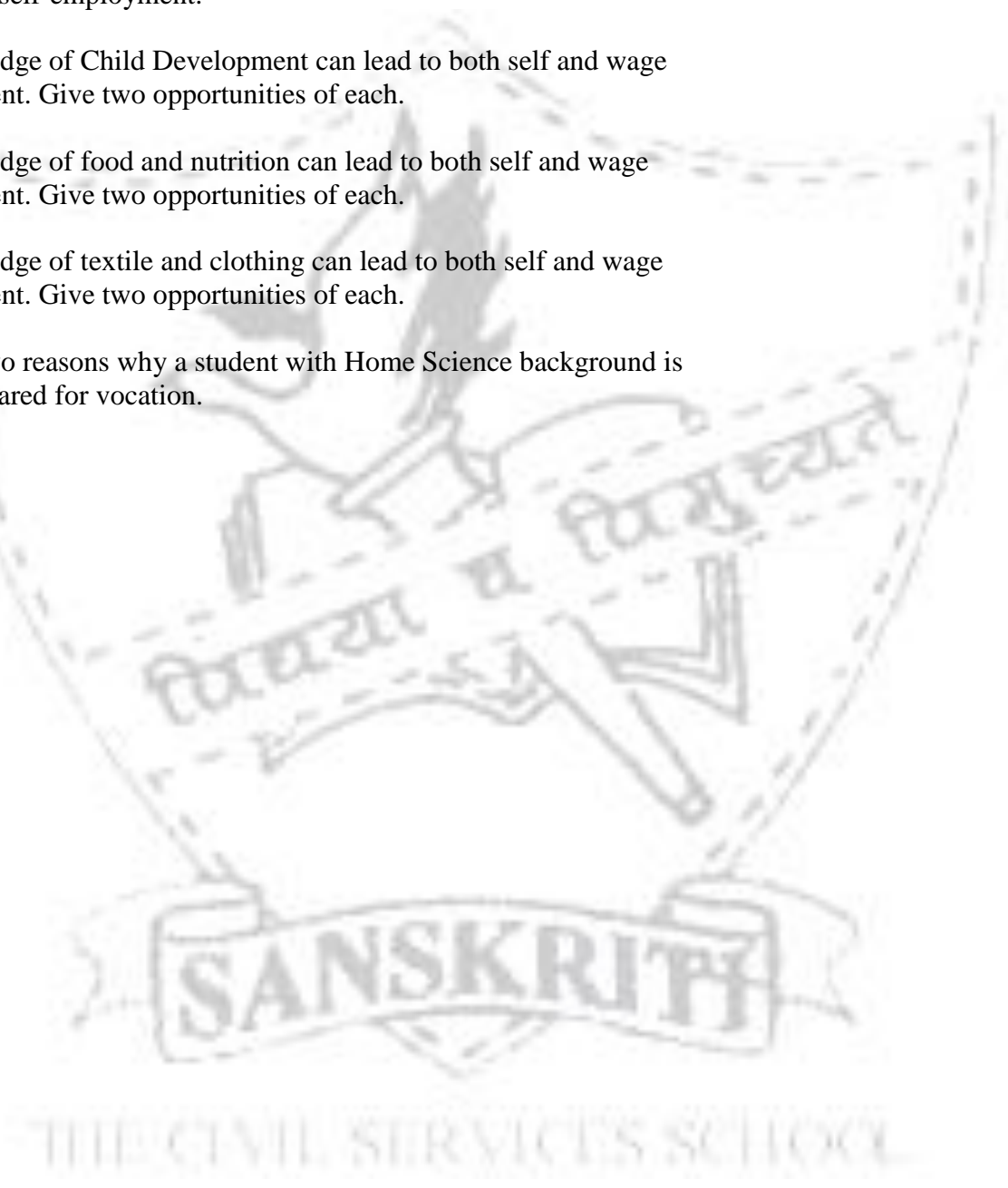
1. Name the chemicals used for purification of drinking water.
2. Name two qualities of 'potable water' besides clear and tasteless.
3. The tap water you are getting is muddy. Write two steps you can take to make it potable.
4. Write four qualities of safe drinking water.
5. Give steps of making river water potable using chlorine tablets.

Long Answer Type Questions

1. Name any two diseases caused by drinking polluted water. Give two precautions each you would adopt while using alum and chlorine tablets to make this water potable.
2. Give the importance of safe drinking water on good health of individuals.
3. Mrs. Sharma uses a filter to make her water potable. List two drawbacks of using this method and describe the use of chlorine tablets. Give two tips for storing this water.
4. The well water in the village is very muddy. Educate the villagers to make a water filter, using locally available materials.
5. How is boiling method used for making water potable? Give three precautions you will take while storing this water.

THINGS I CAN DO WITH MY HOME SCIENCE TRAINING

1. Suggest four ways in which knowledge of Home Science can be helpful in self-employment.
2. Knowledge of Child Development can lead to both self and wage employment. Give two opportunities of each.
3. Knowledge of food and nutrition can lead to both self and wage employment. Give two opportunities of each.
4. Knowledge of textile and clothing can lead to both self and wage employment. Give two opportunities of each.
5. Give two reasons why a student with Home Science background is more prepared for vocation.



Practice Paper

Time : 3 hours

MM - 70

General Instructions

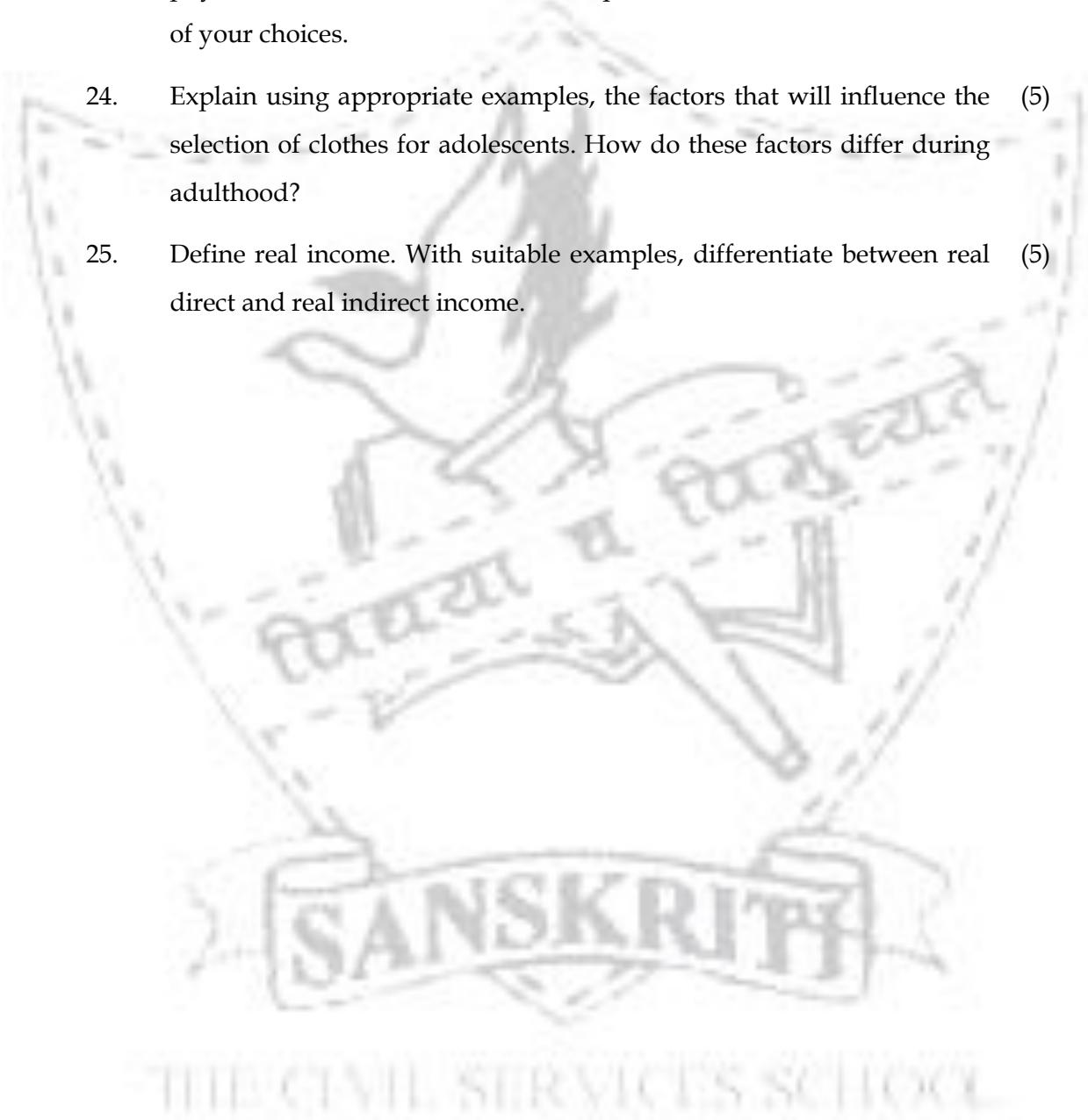
- Read all questions carefully.
- All questions are compulsory.
- Question 1-6 carry 1 mark each. Answer to these questions should be in one or two lines.
- Question 7-13 carry 2 marks each. Answer to these questions should not exceed 10- 20 words.
- Question 14-15 carry 3 marks each. Answer to these questions should not exceed 20- 30 words.
- Question 16- 21 carry 4 marks each. Answer to these questions should not exceed 30- 40 words.
- Question 22- 25 carry 5 marks each. Answer to these questions should not exceed 40- 50 words.
- Support your answers with the help of suitable examples.
- This paper has __3__ printed sides.

1. Write any two advantages of Development of women and children in Rural Areas (DWCRA) scheme. (1)
2. Priya wants to pursue higher education in Home Science. Suggest her any two career possibilities in the same. (1)
3. Differentiate between savings and investments. (1)
4. How does our occasion influence our selection of clothes? (1)
5. Write the difference between growth and development. (1)
6. What is the Iron requirement (Recommended Dietary Allowance) for a normal and pregnant woman as prescribed by ICMR. (1)
7. Identify and list any four physical changes in adolescent boys. (2)
8. Food Safety and Standard association of India(FSSAI) have declared an entire batch of mango pickle adulterated. List down any four possible reasons for the same. (2)
9. How does family occupation and life style affect the planning of meals? (2)
10. List any four developmental tasks an adolescent requires to adjust (2)

better early adulthood.

11. Write four features of Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA) scheme. (2)
12. Your friend recently discovered an old tea stain on her white cotton shirt. Tell her the steps she should adopt to remove the stain. (2)
13. Mentioning two advantages compare the two investment schemes- (2)
 - a) General Provident Fund
 - b) Contributory Provident Fund
14. 16 year old Tina is Starving herself on a regular basis and does not eat much in the entire day. What do you think she is suffering from? If she continues, what could be the aftereffects? Suggest two ways to help her. (3)
15. During rainy season, almost all children in a child care centre in your locality are suffering from stomach ailments. You have suggested them the use of an electric filter. Write the method and give two reasons for your suggestion. (3)
16. Write four factors influencing your expenditure. (4)
17. Name the adulterants used to adulterate milk and mustard oil. Write any two ill effects of each of these on health? (4)
18. Mention your four rights as a consumer in case you have been cheated into buying a faulty geyser. (4)
19. Suggest an appropriate dress, keeping in mind elements of art and principles of design to suit your friend who is fair, short and stout. (4)
20. Suggest four points of consideration in storing each of these garments: (4)
 - a) silk
 - b) woollens
21. Give four suggestions from the area of textiles and clothing to justify that knowledge of Home Science can lead to **self-employment**. (4)

22. You want to buy a dress for your farewell party. What will be the major (5)
aspects to be checked before buying it? Explain by giving examples.
23. Suman is a jaundice patient. Suggest a meal for her keeping in mind her (5)
physical condition and nutritional requirements. Give reasons for each
of your choices.
24. Explain using appropriate examples, the factors that will influence the (5)
selection of clothes for adolescents. How do these factors differ during
adulthood?
25. Define real income. With suitable examples, differentiate between real (5)
direct and real indirect income.



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]

CBSE SAMPLE PAPERS

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) [½ x4=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) [1/2x4=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) [½ x 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 prorata 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:

- 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)

[$\frac{1}{2} \times 8 = 4 + 1 = 5$]

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]