

Question Paper 2016 Delhi (Set 1)
CBSE Class 12 Home Science

Time allowed : 3 hours / Maximum marks : 70

General Instructions :

- (i) All questions are compulsory.
- (ii) There are total 25 questions.
- (iii) Question nos. 1-6 are of 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 40 words.
- (vii) Question nos. 22-25 are of 5 marks, to be answered in 50-60 words.
- (viii) Support your answer with suitable examples wherever required.

1. Convince pregnant women to include foods rich in zinc with two reasons in their daily meals.

- Ans.** I. Prevents miscarriage
II. Prevents foetal deformation
III. For growth of cells
IV. Good for immunity
V. Helps to Increase weight of foetus (any two)

2. Give two examples of direct real income.

- Ans.** Examples
I. Skills of family members - stitches own clothes/any other
II. Use of community resources - public transport/any other
III. Judicious use of family assets- live in own house/ any other (any two)

3. List two reasons of buying electrical items only from a reputed shop.

- Ans.** I. Will give guarantee
II. Shopkeeper will give bill
III. can file a complaint, if any problem
IV. Reliable/genuine products/ not duplicate

V. any other (any two)

4. What can be the two possible reasons for higher cost of a dress in comparison of similar other dresses.

Ans. I. Out on true bias

II. Material is of good quality

III. Fine/ hand embroidery done on it.

IV. Exclusive design

V. Branded/ designer

VI. Workmanship is of good quality

VII. Any other (any two)

5. In what two ways have the villagers benefitted from MGNREGA?

Ans. I. Provides at least 100 -150 days of guaranteed wage employment in each financial year

II. Will get unemployment allowance

III. Builds infrastructure for village-provide toilets, roads, better water supply

IV. 1/ 3rd reservation for women (any two)

6. Name two occupations you can choose after you are trained in the area of food and Nutrition

Ans. I. Assistant chef

II. Dietician/Nutritionist

III. Hobby classes (cooking and baking etc.)

IV. Catering

V. Any other (any two)

7. Twenty five year old Seema is a teacher who has recently got married. Give her four suggestions to cope with her new responsibilities at home.

Ans. Suggestions

I. Be open to new ideas/ try to understand other's point of view

II. Adjust her habits of sleeping, eating etc.

III. Accept others as they are

IV. Educate self for motherhood

V. Learn time, money and energy management techniques

VI. Learn to manage household chores

VII. Any other (any four)

8. Your grandfather has come to stay with you for six months. Suggest four activities for him which can fulfil his recreational needs.

Ans. I. Indoor games/ outdoor games

II. Become member of a library / club (read newspapers, books and magazines)

III. Watch favorite shows on television

IV. Play music of interest

V. Gardening

VI. Outing-picnic/holiday

VII. Any other (any four)

9. Mrs. Verma often gets into trouble with her neighbors because of her anger for which she is repentant later on. Suggest to her four ways by which she can control her anger.

Ans. I. Move away from the scene

II. Deep breathing/Meditation

III. Divert attention - listen to music/ gardening, any other

IV. Write down thoughts

V. Talk to someone trustworthy

VI. Try to see reason of other persons anger

VII. Counseling

VIII. Any other (any four)

10. What four points should be kept in mind while planning meal for nine month old infant?

Ans. I. Softy easy to swallow food

II. Digestive

III. Rich in protein, iron and calcium/ nutritionally balanced

IV. Smooth consistency

V. According to her/ his tastes

VI. Mild/less spices. (any four)

11. Make a cook aware of four most important rules of personal hygiene while cooking food.

Ans. I. Bathe daily, wash hands with bacterial soap - especially after visit to washroom hand and before cooking

II. Tie/ cover hair

III. Not cook, if suffering from any skin or communicable disease

IV. Unpainted/trimmed nails

V. Do not wear rings

VI. Wear dean clothes and apron

VII. Any other (any four)

12. While buying Bengal gram, which standard mark should you check on its label? In the absence of this mark, state the adulterant which may be found in it and can be recognized with its shape. Mention two health hazards of consuming such an adulterated food item.

Ans. Standard mark - Ag- mark/ FSSM

Adulterant - kesari dal

Health hazards of kesari dal

I. Pain and stiffness of knee and ankle joints

II. Paralysis of lower limbs

III. Crippled/ lathyrism (any two)

13. A family has been served kidney beans and rice along with dahi bhalla for lunch. Suggest four changes in it to meet four nutritional needs of a lactating mother.

Ans.

Kidney beans	Serve more Kidney beans (protein) with less spices /any other add coriander leaves / palak leaves for (vitamin A) /any other Add lemon (vitamin C)/any other
Rice	add carrot (for vit A) and broccoli (for folic add and zinc)/any other
Dahi bhalla	Give more curd (calcium) Add fruits (vitamin c) add nuts for protein/calcium/ calories/any other

Any other relevant suggestions

14. Namita is an adolescent girl who tries to vomit every time after eating her meals. What do you think is the reasons for this? If she continues like this, what could be its two possible health hazards? Suggest ways to come out of this condition? Also mention the role of family in dealing with the problem

Ans. A. Suffer from - Bulimia

B. Health hazards

I. Dehydration

II. Irritation and rupture of gastrointestinal tract

III. Swollen salivary gland

IV. Rectal bleeding

V. Kidney disorders

VI. Any other (any two)

C. Suggestions for her

I. Improve self image / self concept.

II. Exercise

III. Avoid junk food / eat healthy foods (any two)

D. Role of family

I. Provide guidance & counseling

II. Health education

III. Keep close watch on dietary habits (anyone)

15. For purifying her drinking water, Geeta has to buy either reverse osmosis filter or an ordinary electric filter. Help her take a decision by giving her all the necessary information she would require about these filters.

Ans. CHOOSE ANY ONE OPTION WITH COMPLETE JUSTIFICATION Electric filter

I. Has a candle - takes care of suspending particles

II. Carbon particles – takes care of chemical impurities

III. UV Light-Inactivates microorganisms

IV. No wastage of water

V. Easy main tenance

VI. Work well in soft water

- VII. Works on electricity
- VIII. Not able to remove virus, e-coli
- IX. Filter gets changed ever six months
- X. Cheaper than RO (any six)

OR

Reverse osmosis filter

- I. Has sediment filter which removes suspended particles
- II. Two Activated carbon filters removes chemicals and enhance taste
- III. Semi-permeable membrane removes lead, arsenic etc.
- IV. Ultra violet lamp removes all e-coli, virus, etc.
- V. Retains essential elements
- I. Wastage of water
- II. Expensive
- III. filters need to be changed once a year.
- IV. Last for longer time/15years (any six)

16. Mention four distinct characteristics of sixteen year old girl. What is the impact of mass media on their identity?

Ans. Characteristics of 16year old adolescent

- I. Moodiness
- II. Egocentrism
- III. Personal fable
- IV. Imaginary audience
- V. Give more importance to peers
- VI. Any four developmental changes from any domain

Impact of mass and media

- I. More updated and aware
- II. Technology savvy/ have no phobia for technology.
- III. Body image-talk, dress as the celebrities
- IV. Anorexia and Bulimia/ eat junk food
- V. Demand of branded clothes/phones
- VI. Any other (any four)

17. Mrs. and Mr. Jain live with their fourteen year old son in a remote area. Discuss how information would influence the selection of food items for their daily meals. Also present why and what additional information you would require if you want to plan balanced meal for the family.

Ans. A. Food get influenced by

- I. Religion-Vegetarian/Jains will not select onions and garlic.
- II. Age-adolescent need more protein, calcium and Iron
- III. Sex- give more quantity for satiety
- IV. Region- will select foods which are grown locally
- V. Any other (Any four)

B. Any four other factors affecting meal planning

- I. Purchasing power- will buy low cost food if have less money
- II. occupation - need more calories if a heavy worker than a sedentary worker
- III. Climate conditions-select chilled foods like buttermilk in summers and soup in cold climate
- IV. Any other factor (any four)

18. On the basis of which two clinical symptoms does a doctor diagnose that a person is suffering from hypertension? Suggest four dietary changes one can make in the family meals to suit his specific need. Recommend two precautions one can follow to make meals suitable for such a condition.

Ans. Two clinical symptoms

- I. Headaches
- II. Dizziness
- III. Breathlessness/ short ness of breath
- IV. Fatigue
- V. Any other (any two)

Four dietary tips

- I. High fiber
- II. Low salt/sodium free diet
- III. Low fat/ less calorie foods
- IV. Plenty of fluids/water (any four)

Precautions

- I. Low salt/no pickles
- II. no coffee
- III. no preservatives,
- IV. avoid fried foods
- V. avoid too much spicy foods
- VI. any other (any two)

19. Your mother is finding it difficult to manage the monthly household expenditure within the monthly allowance she is given. She also knows that this allowance cannot be increased for some time to come. In your opinion, what can be an alternative solution of this problem? Give at least eight suggestions.

Ans. Alternative Suggestions (either to reduce expenses or supplement in come or use skills, assets, community resources)

- I. Eat at home
- II. Do not buy branded products
- III. Do household chores herself
- IV. Grow vegetables in own kitchen garden/pots
- V. Use community facilities
- VI. Bargain prices
- VII. Manage finances intelligently
- VIII. Use of own skills (stitch clothes etc.)
- IX. Any other (any eight)

20. Illustrate the symbol of purity of wool to Radhika. Elaborate fully what she should do incase this symbol is fake? What other step should she adopt to prevent such incidents in future?

Ans. Draw wool mark (5stripesonall three sides) (MARKS NOT TO BE DEDUCTED FOR NEATNESS)



In case the symbol is fake

- I. Approach the shopkeeper

- II. If do not get appropriate response then approach district forum with full documents & file a complaint along with relevant documents
- III. Affidavit stating complaint is true
- IV. Original bill & registered AD of complaints
- V. Address of self and opposite party
- VI. State the compensation

Other steps

- I. Be alert / Survey market
- II. Take bill and keep carefully
- III. Buy from reputed shop
- IV. Buy reputed brand
- V. Any other (any two)

21. Clever use of line, shape, color and emphasis can help make a fat woman with heavy arms appear slimmer. Explain and validate this with the help of diagrams.

- Ans.** I. Line-draw picture of dress with vertical lines/ A-line
- II. Shape- draw picture of small prints
- III. draw picture of similar colour combination or one colour in the whole garment/use dark color
- IV. Emphasis-draw pictures-shift emphasis towards the hem/neck lines and shift emphasis away from arms/ waist

22. Compare any five features of Monthly Income Scheme (MIS) and National Saving Certificate (NSC)

Ans.

FEATURES	MIS	NSC
Minimum amount to be invested	I. 1500/-	I. 100/-
Length / time period	II. 5 year	II. 5 year/ 10 years
Maximum limit of	III. 4.5 lakh(single)	III. No limit

investment	9 lakh(joint)	
Tax rebate	IV. No	IV. Yes
Premature withdrawl	V. Allowed (with deduction)	V. Not allowed
Interest	VI. 7.6%/8.4% lesser rate of interest	VI. 8.1/8.5(for 5 years) a. / Higher rate of interest
Facility of monthly income	VII. Yes	VII. no

Any five differences

23. Describe five malpractices each of shopkeepers and manufacturers which the consumers often face

Ans. I. Charges more MRP / alter MRP and stick own price

II. Refuse to show pamphlet

III. Sells sub standard brands

IV. Sells adulterated / loose items

V. Try to promote sale of items which are expired or sell items which fetch them higher commission

VI. Use faulty weights and measures

VII. Hoarding and black marketing

VIII. Misleading sales

IX. Any other (any five)

Manufacturers:

I. Packs less quantity than written on label

II. Uses imitated label.

III. Produce inferior / adulterated goods

IV. Inadequate labeling and concealed facts

V. Make products under unhygienic conditions

VI. Uses fake standard mark

VII. Exaggerated advertisement

VIII. Any other (any five)

24. Mahima plays basketball. Elaborate four important features she check while selecting the fabric for her sport dress? Also state six instructions she should give to the tailor for satisfactory workmanship for this dress?

Ans. Fabric should be-

- I. Stretchable
- II. Stain resistant
- III. Wrinkle resistant
- IV. Absorbent
- V. Air permeability
- VI. Good conductivity
- VII. Easy to maintain
- VIII. Strong/Durable (any four)
- IX. Any other

Workmanship

- I. Pocket deep and reinforced
- II. Stitched with matching/ contrasting colored thread.
- III. Waist band has enough loops for belt
- IV. Stress are as reinforced with double thread
- V. Print on different parts of dress are aligned
- VI. Any other (any six)

25. List two main ingredients which are used for making a detergent. Write in detail how they help to remove dirt from clothes. Comment on cleaning quality of the soap/detergent you are using to wash your do the sat home. In your opinion, what is the reason for your satisfaction/dissatisfaction.

Ans. Ingredients of detergents

- I. Long chain hydrocarbon from petroleum
- II. Sulphuric add
- III. Sodium hydroxide
- IV. Surfactants/
- V. Builders/phosphates
- VI. Stabilizers (any two)

How detergents help to remove dirt

- I. Head- hydrophilic tail – hydrophobic form micelles
- II. Break surface tension of water - water becomes fluid
- III. Detergents reach between dirt and doth
- IV. Scrubbing breaks dirt
- V. Surround dirt float on top
- VI. Dirt is carried by tail

Cleaning quality of soaps(dissatisfaction)	Cleaning quality of detergents(satisfaction)
Leave clothes grey	Detergent Is better as it does not combine will Ca & Mgsalt of water and leaves the clothes bright
Not effective in cold water	Readily dissolves in cold and hot water.
	Require less water
	Do not leave deposits