

रोल नं.

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Roll No.

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परीक्षार्थी कोड को उत्तर-पुस्तिका के मुख-पृष्ठ पर अवश्य लिखें ।

Candidates must write the Code on the title page of the answer-book.

- कृपया जाँच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ 8 हैं ।
- प्रश्न-पत्र में दाहिने हाथ की ओर दिए गए कोड नम्बर को छात्र उत्तर-पुस्तिका के मुख-पृष्ठ पर लिखें ।
- कृपया जाँच कर लें कि इस प्रश्न-पत्र में **25** प्रश्न हैं ।
- कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, प्रश्न का क्रमांक अवश्य लिखें ।
- इस प्रश्न-पत्र को पढ़ने के लिए 15 मिनट का समय दिया गया है । प्रश्न-पत्र का वितरण पूर्वाह्न में 10.15 बजे किया जाएगा । 10.15 बजे से 10.30 बजे तक छात्र केवल प्रश्न-पत्र को पढ़ेंगे और इस अवधि के दौरान वे उत्तर-पुस्तिका पर कोई उत्तर नहीं लिखेंगे ।
- Please check that this question paper contains 8 printed pages.
- Code number given on the right hand side of the question paper should be written on the title page of the answer-book by the candidate.
- Please check that this question paper contains 25 questions.
- **Please write down the Serial Number of the question before attempting it.**
- 15 minute time has been allotted to read this question paper. The question paper will be distributed at 10.15 a.m. From 10.15 a.m. to 10.30 a.m., the students will read the question paper only and will not write any answer on the answer-book during this period.

गृह विज्ञान (सैद्धान्तिक)

HOME SCIENCE (Theory)

निर्धारित समय : 3 घण्टे

अधिकतम अंक : 70

Time allowed : 3 hours

Maximum Marks : 70

सामान्य निर्देश :

- (i) सभी प्रश्न अनिवार्य हैं ।
- (ii) इस प्रश्न-पत्र में कुल 25 प्रश्न हैं ।
- (iii) प्रश्न संख्या 1 – 6 तक 1 अंक के प्रश्न हैं, जिनके उत्तर एक या दो लाइन में दीजिए ।
- (iv) प्रश्न संख्या 7 – 13 तक 2 अंकों के प्रश्न हैं, जिनके उत्तर 10 – 20 शब्दों में दीजिए ।
- (v) प्रश्न संख्या 14 – 15 तक 3 अंकों के प्रश्न हैं, जिनके उत्तर 20 – 30 शब्दों में दीजिए ।
- (vi) प्रश्न संख्या 16 – 21 तक 4 अंकों के प्रश्न हैं, जिनके उत्तर 40 शब्दों में दीजिए ।
- (vii) प्रश्न संख्या 22 – 25 तक 5 अंकों के प्रश्न हैं, जिनके उत्तर 50 – 60 शब्दों में दीजिए ।
- (viii) जहाँ आवश्यक हो उपयुक्त उदाहरणों सहित अपने उत्तरों की पुष्टि कीजिए ।

General Instructions :

- (i) All questions are compulsory.
- (ii) There are total 25 questions.
- (iii) Questions no. 1 – 6 are for 1 mark, to be answered in one or two lines.
- (iv) Questions no. 7 – 13 are of 2 marks, to be answered in 10 – 20 words.
- (v) Questions no. 14 – 15 are of 3 marks, to be answered in 20 – 30 words.
- (vi) Questions no. 16 – 21 are of 4 marks, to be answered in 40 words.
- (vii) Questions no. 22 – 25 are of 5 marks, to be answered in 50 – 60 words.
- (viii) Support your answers with suitable examples wherever required.

खण्ड क
SECTION A

1. किन्हीं दो खाद्य-पदार्थों के नाम बताइए जिन्हें ISI का चिह्न दिया जाता है । 1

अथवा

बूरा चीनी एवं शुद्ध घी में पाई जाने वाली एक-एक संभावित मिलावट बताइए । 1

Name any two food items which are given ISI mark.

OR

Mention one possible adulterant each found in bura sugar and pure ghee.

2. MGNREGA के अंतर्गत की जाने वाली किन्हीं दो गतिविधियों के नाम लिखिए । 1

Write any two activities which are done under MGNREGA.

3. कपड़ों पर से धब्बे छुड़ाने के लिए प्रयुक्त एक चिकनाई अवशोषक एवं एक अम्ल का नाम बताइए । 1

Name one grease absorbent and one acid which are used to remove stains from garments.

4. बैंक के स्थायी अवधि जमा खाते के दो लाभ बताकर अपने भाई को इसमें निवेश करने के लिए प्रेरित करें । 1

Convince your brother to invest in a fixed deposit scheme of a bank by telling him its two benefits.

5. वस्त्र विज्ञान की जानकारी प्राप्त करके अपने पारिवारिक आय की सम्पूर्ति करने के लिए आप दो तरीकों का सुझाव दीजिए । 1

With your knowledge of apparel science, suggest two ways you can supplement your family income.

6. किस पोषक-तत्त्व की कमी के कारण गर्भावस्था में एनीमिया हो सकता है ? गर्भवती महिलाओं के लिए आई.सी.एम.आर. (ICMR) ने कितनी दैनिक मात्रा अनुशंसित की है ? 1

अथवा

माता के दूध के पर्याप्त स्राव के लिए कौन-से पोषक-तत्त्व की आवश्यकता होती है ? उसे प्रतिदिन इसकी कितनी मात्रा का सेवन करना चाहिए ? 1

Which nutrient deficiency may lead to anemia during pregnancy ? How much of this nutrient has been recommended daily for pregnant women by ICMR ?

OR

Which nutrient is needed for sufficient secretion of mother's milk ? How much of this nutrient should be taken daily by her ?

खण्ड ख

SECTION B

7. आहार योजनाओं पर क्षेत्र एवं परिवार की परम्पराओं का प्रभाव पड़ता है। दो-दो उदाहरणों की सहायता से इस कथन का समर्थन कीजिए। 2

अथवा

प्रत्येक परिवार अपने खाद्य-पदार्थों का चयन स्वास्थ्य एवं भोजन संबंधी प्रथाओं के अनुसार करता है। इस कथन की पुष्टि दो-दो उदाहरणों की सहायता से कीजिए। 2

Region and traditions of a family influence their meal plans. Support this statement with the help of two examples each.

OR

Every family selects their foods according to their health and food practices. Support this statement with the help of two examples each.

8. आपके पोशाक के रंगों का चयन किन चार कारकों से प्रभावित होता है ? 2

Which four factors influence the choice of colours of your dress ?

9. अपने स्कूल की कैन्टीन के निरीक्षण के आधार पर आप उसकी कौन-सी चार अस्वच्छ परिस्थितियों को बदलना चाहेंगे ? 2

On the basis of your observation, which four unhygienic conditions would you like to change in your school canteen ?

10. पत्नी के देहान्त के पश्चात्, आपके चाचा वृद्धाश्रम में रहना चाहते हैं। अपनी भौतिक आवश्यकताओं की पूर्ति के लिए उन्हें इसमें किन चार सुविधाओं की जाँच करनी चाहिए ? 2

Your uncle wants to live in an old age home after his wife's death. Which four facilities should he check to fulfil his physical needs ?

11. दोपहर के भोजन में अण्डा टमाटर तरकारी एवं सादा परांठा परोसा गया है। एक ज्वर से पीड़ित व्यक्ति की आवश्यकताओं के लिए इस आहार में कोई दो प्रकार के परिवर्तन सुझाइए। अपने उत्तर की पुष्टि उदाहरणों सहित कीजिए। 2

अथवा

एक किशोरी की पौषणिक आवश्यकताओं की पूर्ति के लिए इडली-सांभर के आहार में दो परिवर्तन सुझाइए। अपने सुझाव के कारण बताइए। 2

Menu for lunch is egg tomato curry with plain parantha. Suggest any two types of modifications in this meal, to suit the requirement of a fever patient. Support your answer with examples.

OR

Suggest two modifications in the meal of idli and sambhar to meet the nutritional needs of an adolescent girl. Give reasons for your suggestions.

12. अट्ठाईस-वर्षीय मोहन अपनी नौकरी से त्याग-पत्र देना चाहता है। उसे नौकरी संबंधित जिम्मेदारियों को निभाने के चार तरीकों का सुझाव दीजिए। 2

Twenty-eight-year old Mohan wants to resign from his job. Suggest four ways he can cope with his job related responsibilities.

13. किशोरों के व्यक्तित्व निर्माण पर परिवार का वातावरण एक महत्वपूर्ण भूमिका निभाता है। किन्हीं दो उदाहरणों के साथ इस कथन की पुष्टि कीजिए। 2

अथवा

सुरेश के दोस्त उस पर नशीले पदार्थ लेने के लिए अक्सर दबाव डालते हैं। यदि आप सुरेश होते, तो आप उनसे किन चार तरह से निपटते ? 2

Family environment plays an important role in shaping the personality of an adolescent. Support this statement with any two examples.

OR

Suresh is often pressurized by his friends to take drugs. If you were Suresh, in which four ways would you have dealt with them ?

खण्ड ग
SECTION C

14. क्लोरीन की गोलियों का उपयोग करते समय एवं इस पेयजल का बर्तन में भण्डारण करते समय कौन-सी तीन-तीन सावधानियाँ बरतनी चाहिए ? 3

What three precautions each should be adopted while using chlorine tablets and storing this potable water in a container ?

15. आपके भाई का अपना कारोबार है । उन्हें दो निवेश योजनाओं का सुझाव दीजिए जिनका ब्याज आयकर मुक्त हो । इन योजनाओं की दो-दो अन्य विशेषताएँ बताइए । 3

अथवा

सेवा-निवृत्ति के पश्चात् आपके पिताजी को दस लाख रुपए मिले । उन्हें डाकखाने की दो निवेश योजनाओं का सुझाव दीजिए जिनमें आयकर छूट की सुविधा हो । इन योजनाओं की दो-दो अन्य विशेषताएँ बताइए । 3

Your brother has his own business. Suggest him two investment schemes which can give tax-free interest. Mention two other features of both these schemes.

OR

Your father got ten lakh rupees on his retirement. Suggest him two post office schemes which can give tax rebate facility. Mention two other features of both these schemes.

खण्ड घ
SECTION D

16. किशोरों में उदासीनता के चार संभव कारण क्या हो सकते हैं ? इनकी मदद करने के चार तरीके सुझाइए । 4

What could be four possible causes of depression in adolescents ? Suggest four ways to help them.

17. उपभोक्ता संरक्षण अधिनियम को उपभोक्ताओं के हित में बनाया गया है । उनको इसकी आठ मुख्य विशेषताएँ बताइए । 4

अथवा

परिवार को अपने मौद्रिक आय तथा वास्तविक आय को बढ़ाने के चार-चार तरीकों का सुझाव दीजिए । 4

Consumer Protection Act has been made in favour of consumers. Tell them about its eight major salient features.

OR

Suggest four ways each a family can increase its money income and real income.

18. केसरी दाल की मिलावट वाले खाद्य-पदार्थों के सेवन से स्वास्थ्य पर कौन-से दो कुप्रभाव हो सकते हैं ? ऐसे खतरों से बचने के लिए छः तरीकों का सुझाव दीजिए । 4

अथवा

अपने आहार में एक मिलावट का नाम बताइए जिसके कारण शरीर के खुले भाग पर चकत्ते हो सकते हैं । ऐसे खाद्य-पदार्थों का लगातार सेवन करने से स्वास्थ्य पर कौन-से अन्य चार कुप्रभाव हो सकते हैं ? तीन खाद्य-पदार्थों के नाम बताइए जिनमें यह मिलावट पाई जा सकती है । 4

Write two ill-effects on health of consuming foods adulterated with kesari dal. Suggest six ways to safeguard against such menace.

OR

Identify one adulterant in your food which may be responsible for rashes on the exposed parts of your body. List four other health hazards, if such foods are consumed continuously. Name three foods in which this adulterant may be found.

19. ग्राहकों को धोखा देने के लिए एक सुनार कौन-सी तीन कुरीतियाँ अपना सकता है ? ऐसी धोखाधड़ी से बचने के लिए उपभोक्ता कौन-से तीन कदम उठा सकते हैं ? विश्वसनीय सोना खरीदने के लिए उपभोक्ताओं को कौन-सा मानक चिह्न जाँचना चाहिए, इसका चित्र बनाइए । 4

अथवा

कृषि उत्पादों को दिया गुणवत्ता आश्वासन के चिह्न का चित्र बनाइए । उपभोक्ताओं को सब्जी विक्रेता द्वारा अपनाई गई तीन कुचालों से अवगत कराइए । इस संदर्भ में उनकी तीन जिम्मेदारियाँ क्या हैं ? 4

Enumerate three malpractices a goldsmith can adopt to deceive the customers. What three steps can consumers take to protect themselves from these malpractices ? Also draw the standard mark that consumers should check for buying reliable gold.

OR

Draw a symbol of quality given to agricultural products. Make consumers aware of three malpractices adopted by vegetable vendors. What are their three responsibilities in this context ?

20. आपके भाई की त्वचा पीली पड़ गई है । यह किस रोग के लक्षण हो सकते हैं ? इस रोग के तीन अन्य विशिष्ट लक्षण बताइए जिसमें आपका शक यकीन में बदल जाए । उसके आहार में चार परिवर्तन सुझाइए । 4

Your brother's skin has become pale. Which disease does this symptom indicate ? Mention three more specific symptoms which can help confirm your suspicion. Suggest four dietary changes for his meals.

21. अपने कमीज़ के लिए मज़बूत कपड़ा खरीदते समय आप किन चार विशेषताओं की जाँच करेंगे ? इसकी संतोषजनक कारीगरी के लिए दर्जी को चार निर्देश दीजिए । 4
- Which four qualities would you check to ensure a durable fabric for your shirt ? Give four instructions to your tailor for its satisfactory workmanship.

खण्ड ड

SECTION E

22. उपभोक्ताओं के लिए लेबल एक महत्वपूर्ण सहायक है । इसके छः लाभ एवं चार कमियाँ बताइए । 5
- Label is an important consumer aid. List its six advantages and four drawbacks.
23. विकास के किन्हीं पाँच सिद्धांतों को उदाहरणों की सहायता से समझाइए । 5
- Explain any five principles of development with the help of examples.
24. सूती साड़ी पर से धब्बे छुड़ाते समय उसका रंग उतर गया । इसके छः संभव कारण बताइए । इसको संग्रह करते समय कौन-सी चार सावधानियाँ बरतनी चाहिए ? 5
- While removing stains from a cotton sari it got discoloured. Give six possible reasons for this. Which four precautions should be adopted while storing these ?
25. अल्का एक नाटे कद की महिला के लिए साड़ी ब्लाउज़ का डिज़ाइन बना रही है । इसके लिए, उसे कला के चारों तत्वों का प्रयोग कैसे करना चाहिए ? इस पोशाक में लय लाने के तीन तरीके दर्शाइए । 5

अथवा

- सलवार कमीज़ में डिज़ाइन के पाँचों सिद्धांतों को लेबल सहित दर्शाइए । 5
- Alka is designing a sari blouse for a woman who is short in height. How should she use the four elements of art for her ? Illustrate three ways by which she can create rhythm in this dress.

OR

Illustrate all five principles of design in a salwar kameez, with labels.

Strictly Confidential: (For Internal and Restricted use only)

Senior School Certificate Examination

March 2019

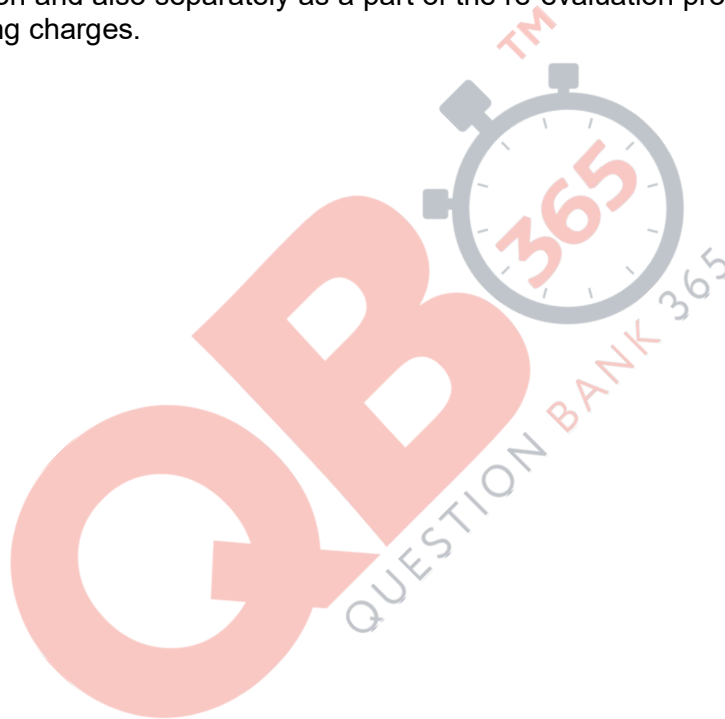
Marking Scheme – HOME SCIENCE (SUBJECT CODE - 064)

(PAPER CODE – 69) SERIES: BVM

General Instructions: -

1. You are aware that evaluation is the most important process in the actual and correct assessment of the candidates. A small mistake in evaluation may lead to serious problems which may affect the future of the candidates, education system and teaching profession. To avoid mistakes, it is requested that before starting evaluation, you must read and understand the spot evaluation guidelines carefully. **Evaluation is a 10-12 days mission for all of us. Hence, it is necessary that you put in your best efforts in this process.**
2. Evaluation is to be done as per instructions provided in the Marking Scheme. It should not be done according to one's own interpretation or any other consideration. Marking Scheme should be strictly adhered to and religiously followed. **However, while evaluating, answers which are based on latest information or knowledge and/or are innovative, they may be assessed for their correctness otherwise and marks be awarded to them.**
3. The Head-Examiner must go through the first five answer books evaluated by each evaluator on the first day, to ensure that evaluation has been carried out as per the instructions given in the Marking Scheme. The remaining answer books meant for evaluation shall be given only after ensuring that there is no significant variation in the marking of individual evaluators.
4. If a question has parts, please award marks on the right-hand side for each part. Marks awarded for different parts of the question should then be totaled up and written in the left-hand margin and encircled.
5. If a question does not have any parts, marks must be awarded in the left hand margin and encircled.
6. If a student has attempted an extra question, answer of the question deserving more marks should be retained and the other answer scored out.
7. No marks to be deducted for the cumulative effect of an error. It should be penalized only once.
8. A full scale of marks **0-70** has to be used. Please do not hesitate to award full marks if the answer deserves it.
9. Every examiner has to necessarily do evaluation work for full working hours i.e. 8 hours every day and evaluate **25** answer books per day.
10. Ensure that you do not make the following common types of errors committed by the Examiner in the past:-
 - Leaving answer or part thereof unassessed in an answer book.
 - Giving more marks for an answer than assigned to it.
 - Wrong transfer of marks from the inside pages of the answer book to the title page.
 - Wrong question wise totaling on the title page.
 - Wrong totaling of marks of the two columns on the title page.
 - Wrong grand total.
 - Marks in words and figures not tallying.
 - Wrong transfer of marks from the answer book to online award list.
 - Answers marked as correct, but marks not awarded. (Ensure that the right tick mark is correctly and clearly indicated. It should merely be a line. Same is with the X for incorrect answer.)
 - Half or a part of answer marked correct and the rest as wrong, but no marks awarded.

11. While evaluating the answer books if the answer is found to be totally incorrect, it should be marked as (X) and awarded zero (0) Marks.
12. Any unassessed portion, non-carrying over of marks to the title page, or totaling error detected by the candidate shall damage the prestige of all the personnel engaged in the evaluation work as also of the Board. Hence, in order to uphold the prestige of all concerned, it is again reiterated that the instructions be followed meticulously and judiciously.
13. The Examiners should acquaint themselves with the guidelines given in the Guidelines for spot Evaluation before starting the actual evaluation.
14. Every Examiner shall also ensure that all the answers are evaluated, marks carried over to the title page, correctly totaled and written in figures and words.
15. The Board permits candidates to obtain photocopy of the Answer Book on request in an RTI application and also separately as a part of the re-evaluation process on payment of the processing charges.



Marking Scheme - HOME SCIENCE (PAPER CODE - 69) SERIES: BVM

SECTION A

Q1. Name any two food items which are given ISI mark. [1]

Mineral Water/ Milk Powder/ Condensed Milk/ Custard Powder/ Infant Food/ Biscuits/ Any other (Any two) [$\frac{1}{2} \times 2 = 1$]

OR

Mention one possible adulterant each found in bura sugar and pure ghee.

- i) Bura Sugar – Washing Soda/ Chalk Powder (Any one)
- ii) Pure Ghee – Vanaspati Ghee/ Starch (Any one) [$\frac{1}{2} \times 2 = 1$]

Q2. Write any two activities which are done under MGNREGA. [1]

Activities under MGNREGA:

- i) Road construction
- ii) Toilet construction
- iii) Poultry and goat shelter
- iv) Manure/ vermi composting
- v) Re-charging ground water
- vi) Any other (Any two) [$\frac{1}{2} \times 2 = 1$]

Q3. Name one grease absorbant and one acid which are used to remove stains from garments. [1]

Grease Absorbant

- i) Talcum Powder
- ii) Bran
- iii) French Chalk
- iv) Powdered Magnesia
- v) Fullers Earth (Any One)

Acid

- i) Acetic Acid/ Vinegar
- ii) Citric Acid/ Lemon
- iii) Oxalic Acid
- iv) Tartaric Acid / Tomato (Any one) [$\frac{1}{2} \times 2 = 1$]

Q4. Convince your brother to invest in a fixed deposit scheme of a bank by telling him its two benefits. [1]

Benefits of Fixed Deposit

- i) Loan Facility
- ii) Tax Rebate upto 1.5Lakh for 5 years
- iii) High Rate of interest
- iv) Safe (Any two) [$\frac{1}{2} \times 2 = 1$]

- Q5. With your knowledge of apparel science, suggest two ways you can supplement your family income. [1]

Ways to supplement

- i) Screen print/ Block print/ Tie Dye any article
- ii) Embroider suits
- iii) Design motifs
- iv) Open Boutique
- v) Open repair/ alteration unit
- vi) Open tailoring Unit
- vii) Working in a garment industry
- viii) Any other

(Any two)

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

- Q6. Which nutrient deficiency may lead to anaemia during pregnancy? How much of this nutrient has been recommended daily for pregnant women by ICMR? [1]

- i) Iron
- ii) 35mg

OR

- i) Folic Acid
- ii) 500 μ g(micro gram)

(Any one)

[i, ii - $\frac{1}{2} \times 2 = 1$]

OR

Which nutrient is needed for sufficient secretion of mothers milk? How much of this nutrient should be taken daily by her?

- i) Calcium
- ii) 1200 mg

OR

- i) Protein
- ii) 74 gms/ 68 gms

(Any one)

[i, ii - $\frac{1}{2} \times 2 = 1$]

SECTION B

- Q7. Region and traditions of a family influences their meal plans. Support this statement with the help of two examples each. [2]

Region

- i) Coconut/ Sea food included in meals in South India/ Coastal Region
- ii) Rice in Hills
- iii) Any other (Any two)

Traditions

- i) Abstain from non-vegetarian food on certain days
- ii) Many families avoid onion, garlic during navratras
- iii) Eat certain foods on festivals– ghewar on Teej, Gujia on Holi, Cakes on Christmas, Sweets on Diwali, Sewiyan on Eid
- iv) Any other (Any two) [½ ×4=2]

OR

Every family selects their foods according to their health and food practices. Support the statement with the help of two examples each.

Health:

- i) Light, digestible and bland foods are selected for invalids
- ii) Low sodium or less salt is selected for high Blood Pressure patients
- iii) High Fibre foods are selected for constipation
- iv) Any other (Any two)

Family Food Practices:

- i) Families select roasted spices
- ii) Some families select lots of chilies/ spices
- iii) Zero oil/ Super foods are selected by families
- iv) Any other (Any two) [½ ×4=2]

- Q8. Write four factors that influences your choice of colours of your dress? [2]

Factors:

- i) Season — bright colours in winters/ light colours in summers
- i) Occasion — bright in marriage , sobre in mourning
- ii) Time of day — light colours in day time dark colours at night
- iii) Age — pastel colours for infants , bright for toddlers/ any other
- iv) Fashion – example neon colours in fashion
- v) Occupation – Colours worn by Doctors - White/ Lawyers - Black and White
- vi) Figure – Colours selected according to figure/ complexion/ personal choice
- vii) Any other (Any four) [1/2×4=2]

Q9. On the basis of your observation, which four unhygienic conditions would you like to change in your school canteen? [2]

Unhygienic Conditions:

- i) Utensils were being washed in dirty water.
- ii) Food not covered
- iii) Using stale food
- iv) Dirty surroundings/ near an open drain
- v) Presence of pests and rodents
- vi) Food handlers not wearing gloves/ caps/ have long dirty nails
- vii) Dust bins- not covered/ not emptied/ not lined
- viii) Cob webs/ clogged wire mesh/ grime on exhaust fans (Any four) [1/2×4=2]

Q10. Your uncle wants to live in an old age home after his wife's death. Which four facilities should he check to fulfill his physical needs? [2]

Physical Needs:

- i) Private room with attached toilet
- ii) Safety from falls, slippage, etc
- iii) Medical checkups/ first aid/ ambulance facility
- iv) Hygienically prepared balanced meals
- v) Clean surroundings
- vi) Leveled ground for walks
- vii) Building fence for safety
- viii) Any other (Any four) [1/2×4=2]

Q11. Menu for lunch is egg tomato curry with plain parantha. Suggest any two types of modifications in this meal, to suit the requirement of a fever patient. Support your answer with examples [2]

Modifications:

Change in-

- i) **Consistency**----give tomato soup/ any other
- ii) **Methods of cooking** -- roast chapatti instead of frying/ give boiled egg/ any other
- iii) **Food stuff**— avoid egg if allergic/ replace with paneer instead/ any other
- iv) **Nutrient** -- add coriander leaves in curry/or soyabean atta in wheat flour /any other
- v) **Frequency** — give this meal at frequent intervals (Any two) [1×2=2]

OR

Suggest two modifications in the meal of idli and sambhar to meet the nutritional needs of an adolescent girl. Give reasons for your suggestions.

Modifications with reasons:

Modifications in Idli/ Sambhar	Reasons
i. Add grated beetroot/ Green leafy vegetables in idli/ any other	Iron
ii. Add til/ curd/ any other	Calcium
iii. Spinach/ mint – in chutney/ any other	Folic Acid
iv. Add peanuts/ More dal/ Multigrains/ any other	Protein
v. Add drumsticks/ carrots in sambhar/ any other	Vitamin A
vi. Flax seeds/ any other	Zinc
vii. Tomato/ Amla Chutney/ any other	Vitamin C

(Any two with reasons)**[1×2=2]**

Q12. Twenty eight year old Mohan wants to resign from his job. Suggest four ways he can cope with his job related responsibilities. [2]

Ways to cope:

- Update Knowledge/ on the Job Training
- Cooperate and inculcate Team Spirit
- Time and Energy Management
- Be open to suggestions/ Understand others point of view
- Systematic/ Plan Ahead
- Obey rules and regulations
- Adopt positive Attitude
- Any Other

(Any four)**[$\frac{1}{2} \times 4 = 2$]**

Q13. Family environment plays an important role in shaping the personality of an adolescent. Support this statement with any two examples. [2]

Role of Family environment:

- Weak family bonds/ separated/divorced parents--insecure, aggressive , introvert or rebellious, poor body image, delinquent behaviour in adolescents. (Any other)
(Any one)
- Strong family bonds - stable and balanced personality /confident and positive body image
- Any other **(Any one)**

[1×2=2]

OR

Suresh is often pressurized by his friends to take drugs. If you were Suresh, in what four ways would you have dealt with them?

Ways to deal with Peer Pressure

- i) Share with elders
- ii) Say 'No' firmly without feeling guilty
- iii) Maintain distance from such friends
- iv) Make friends aware of its consequences
- v) Approach a counsellor
- vi) Any other

(Any four)

[1×2=2]

SECTION C

Q14. What three precautions for each should be adopted while using chlorine tablets and storing this potable water in a container? [3]

Precautions for using Chlorine tablets:

- i) Use correct proportion of tablet/one tablet (4mg) in 1 litre OR one tablet in 20 litres of water.
- ii) Shake to ensure tablet is dissolved.
- iii) Leave for 10 minutes before consuming.
- iv) In case of very dirty water 2 tablets should be used.
- v) Use fresh/not expired tablets
- vi) Tablets should be dry
- vii) The bottle should be recapped tightly

(Any three)

Store water Safely

- i) Store in clean containers/ keep in clean place.
- ii) Cover purified water
- iii) Use long handled dispenser to take out water.
- iv) Do not dip fingers in water.

(Any three)

[$\frac{1}{2} \times 6 = 3$]

Q15. Your brother has his own business. Suggest him two investment schemes which can give tax free interest. Mention two other features of both these schemes. [3]

Public Provident Fund (PPF)

[$\frac{1}{2}$ Mark]

- i) Loan
- ii) Premature withdrawal
- iii) Tax rebate
- iv) High interest rate
- v) Safe

(Any two)

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

Life Insurance Corporation(LIC)

[$\frac{1}{2}$ Mark]

- i) Loan
- ii) Tax rebate
- iii) Life cover
- iv) Easy Installments
- v) Safe
- vi) Any other

(Any two)

[$\frac{1}{2} \times 2 = 1$]
[1+1+1=3]

OR

Your father got ten lakh rupees on his retirement . Suggest him two post office schemes which can give tax rebate facility. Mention two other features of both these schemes.

National Saving Certificate (NSC)

[$\frac{1}{2}$ Mark]

- i) It is a five years scheme
- ii) Can take loan against it
- iii) No limit of investment
- iv) No liquidity/ no premature withdrawal
- v) Interest taxable
- vi) Safe
- vii) Accessible
- viii) High rate of Interest

(Any two)

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

Senior Citizen Saving Scheme(SCSS)

[$\frac{1}{2}$ Mark]

- i) Time period -- 5 years
- ii) Minimum- 1000 and its multiples
- iii) Max investment limit- 15 lakh
- iv) High rate of interest
- v) Interest paid quarterly
- vi) Interest taxable
- vii) Safe
- viii) Accessible

(Any two)

[$\frac{1}{2} \times 2 = 1$]
[$\frac{1}{2} + \frac{1}{2} + 1 + 1 = 3$]

SECTION D

Q16. What could be four possible causes of depression in adolescents? Suggest four ways to help them. [4]

Causes of Depression:

- i) Broken home /conflicts at home
- ii) Pressure of studies.
- iii) Too high expectations from adults
- iv) Heredity/ biological cause/ hormonal imbalance
- v) Peer pressure/ rejection by peers
- vi) Comparison/ partiality with others
- vii) Identity crisis
- viii) Mental and sexual abuse
- ix) Any other (Any four)

Ways to Cope:

- i) Counsel and guide her
- ii) Provide support
- iii) Keep her occupied constructively
- iv) Sensitize the family
- v) Keep a close watch on them
- vi) Any other (Any four) [½ ×8=4]

Q17. Consumer protection Act has been made in favour of consumers. Tell them about its eight major salient features. [4]

Salient features of Consumer Protection Act:

- i) It includes both goods and services
- ii) It covers all the sectors whether private, public or co-operative
- iii) Three-tier quasi-judicial machinery at three levels - District, State and National
- iv) Rights of consumers have been spelt out.
- v) Nominal fee for filing in the courts.
- vi) Timely redressal/ all cases settled in 3 to 5 months.
- vii) Both compensatory and punitive (punishable)
- viii) Courts to send notice to opposite party within 28 days of complaint/Opposite party to reply within 30 days.
- ix) It is mandatory for both the parties to attend all hearings
- x) Can file online (Any eight) [1/2×8=4]

OR

Suggest four ways each a family can increase its money income and real income.

Ways to increase Money income-

- i) Part time jobs
 - ii) Rent out portion of house
 - iii) Take tuitions
 - iv) Make and sell articles/ income generating activities
 - v) Sound investments/ earn Interest
 - vi) Any other
- (Any four)**

Four ways to increase real income-

- i) Do your own household work
 - ii) Borrow books from library
 - iii) Use community facilities - use local bus to travel instead of using own car
 - iv) Grow vegetables in own kitchen garden
 - v) Exchange goods and services/ barter system
 - vi) Fringe benefits (सहायक लाभ) - reimburse petrol bills etc.
 - vii) Any other
- (Any four)** **[$\frac{1}{2} \times 8 = 4$]**

Q18. Write two ill-effects on health of consuming foods adulterated with kesari dal. Suggest six ways to safeguard against such menace. **[4]**

Ill effects of Kesari Dal

- i) Stiffening and pain of knee and ankle joints
 - ii) Paralysis of limbs/ Lathyrism
- [$\frac{1}{2}$ Mark each]**

Ways to Safeguard

- i) Buy products with standard mark
 - ii) Buy sealed
 - iii) Buy reputed brand,
 - iv) Buy from reputed shops
 - v) File complaint
 - vi) Be alert
- (Any six)** **[1+3=4]**

OR

Identify one adulterant in your food which may be responsible for rashes on the exposed parts of your body. List four other health hazards, if such foods are consumed continuously. Name three foods in which this adulterant may be found.

Argemone

[½ mark]

Health Hazards:

- i) Blindness
- ii) Enlarged liver
- iii) Respiratory distress
- iv) Heart failure
- v) Oedema (जल जमाव) (Any two)

Food adulterated with argemone:

- i) Mustard oil
- ii) Mustard seeds
- iii) Mustard powder
- iv) Mustard sauce (Any three) $[1/2+2+1/2=4]$

Q19. Enumerate three malpractices a goldsmith can adopt to deceive the customers. What three steps can consumers take to protect themselves from these malpractices? Also draw the standard mark that consumers should check for buying reliable gold. [4]

Malpractices by Goldsmith:

- i) Adulterates with brass/ Iridium/ any other metal
- ii) Tampers with weighing machine / Scale not start at zero
- iii) Iron strings/ wires inside the hollow bangles
- iv) Weighs gem stones at the price of gold
- v) Sells 18 carat gold at price of 24 carat
- vi) Too high making charges (Any three) $[1/2 \times 3 = 1 1/2]$

Steps taken by consumers:

- i) Be alert
- ii) Buy from reputed shops
- iii) Buy only Hallmark jewellery
- iv) File a complaint
- v) Buy from reputed brands
- vi) Take bill (Any three) $[1/2 \times 3 = 1 1/2]$



[1 mark]

$[1 1/2 + 1 1/2 + 1 = 4]$

OR

Draw a symbol of quality given to agricultural products. Make consumers aware of three malpractices adopted by vegetable vendors. What are their three responsibilities in this context?

Symbol



[1 mark]

Malpractices by vegetable vendors:

- i) Used stones or hollow weights
 - ii) Kept the balance on a slope
 - iii) Hung iron rings
 - iv) Put magnet
 - v) Sprinkle water / soak them in water
- (Any three) $[\frac{1}{2} \times 3 = 1\frac{1}{2}]$

Responsibilities of consumers:

- i) Be alert — watch closely while he is weighing vegetables
 - ii) Refuse to buy if uses stones / insist in using stamped weights.
 - iii) Check his balance for magnet, iron rings
 - iv) Buy from reputed shops / outlets
 - v) Report any malpractices
 - vi) Any other
- (Any three) $[\frac{1}{2} \times 3 = 1\frac{1}{2}]$
- $[1 + 1\frac{1}{2} + 1\frac{1}{2} = 4]$

- Q20. Your brother's skin has become pale. Which disease does this symptom indicate? Mention three more specific symptoms which can help confirm your suspicion. Suggest four dietary changes for his meals. [4]

Jaundice

[½ mark]

Symptoms of Jaundice:

- i) Whitish tongue.
- ii) Yellowing of eyes
- iii) White chalky stools
- iv) Dark yellow urine
- v) Excessive fatigue
- vi) Low grade fever
- vii) Loss of appetite
- viii) Nausea and vomiting

(Any three)

[$\frac{1}{2} \times 3 = 1\frac{1}{2}$]

Dietary Changes

- i) Light and digestible meals
- ii) High carbohydrate diet
- iii) Plenty of fluids
- iv) Liquid to soft diets at frequent intervals
- v) Bland food /no spices
- vi) Avoid fried /avoid too much oil
- vii) Avoid processed foods
- viii) Any other

(Any four)

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

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

- Q21. Which four qualities would you check to ensure a durable fabric for your shirt? Give four instructions to your tailor for its satisfactory workmanship [4]

Qualities for Durability

- i) **High thread count** - more strong
- ii) **Origin of fibre**- nylon /manmade strong, silk stronger
- iii) **Weave** - plain/twill strong
- iv) **Yarn**- blends stronger/ cord yarn - stronger than single ply
- v) **Filament** - stronger than staple
- vi) **Finishes** - mercerised strong

(Any four)

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

Workmanship of shirt

- i) Cutting of fabric along the grain
- ii) Stitched with strong colourfast matching thread
- iii) Button and button hole aligned with each other
- iv) Extra buttons
- v) Stitches of hem invisible from right side.
- vi) Interlocked seam/ French/ Run and Fell
- vii) Placket/ neat and finished/ sufficiently overlapped
- viii) Reinforced underarms/ pockets
- ix) Bukram in Collar and Cuff
- x) Collar should be flat on bodice
- xi) Print and pocket/ arm aligned with bodice
- xii) Any other

(Any four)

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

[2+2=4]

SECTION E

Q22. Label is an important consumer aid. List its six advantages and four drawbacks. [5]

Advantages:

- i) Provide information of manufacturing and expiry date.
- ii) Can complain to the address given
- iii) Can check standard mark for quality
- iv) Batch/ Lot number -Can refer to this while complaining
- v) MRP - Prices can be checked
- vi) Can check whether Vegetarian/ non-vegetarian
- vii) Ingredients — can avoid if allergic to any
- viii) Nutritional facts — can check nutrients
- ix) Net weight/ volume can be checked
- x) Precautions/ storage instruction
- xi) Any other

(Any six)

Drawbacks

- i) Blurred print
- ii) Overlapping print
- iii) Printed in local language
- iv) Very fine print
- v) Incomplete information
- vi) Imitation of popular brands
- vii) Any other

(Any four)

[3+2=5]

Q23. Explain any five principles of development with the help of examples. [5]

Principles of Developments:

- i) **Development involves change** – Eg: can see change in pictures (any other)
- ii) **Development is continuous and lifelong** - Eg: Development starts from birth till death (any other)
- iii) **Development proceeds from general to specific and development occurs from simple to complex** - Eg: Every lady's picture is mother's picture. Later he can differentiate between mother and other women (any other)
- iv) **Development is multi directional and follows a fixed pattern which can start either from head to toe** – (i) cephalocaudal (मस्तकाधोमुखी) or (ii) inside to outside (proximodistal - निकट से दूर का विकास). (any other)
- v) **Development occurs in stages for different parts of the body**- Eg: Adult size hands and feet in adolescents (any other)
- vi) **Development is predictable** - Eg: Birth weight doubles in five to six months and triples in one year.
- vii) **Development is due to maturation** - Eg: able to stand up if leg muscles are strong. (any other)
- viii) **All domains of development are correlated** - Eg: if deaf, speech is effected. (any other)
- ix) **There are individual differences in development** - Eg: children of same age have different height and weight. (any other)
- x) **Development is influenced by heredity and environment** - Eg: (i) Heredity – same colour eyes as parents, (ii) Environment – Good Nutrition leads to good health (any other)

(Any five with examples)

[1×5=5]

Q24. While removing stains from a cotton sari it got discoloured. Give six possible reasons for this? Which four precautions should be adopted while storing these? [5]

Reasons for discolouration:

- i) Did not remove when fresh
- ii) Used wrong chemical
- iii) Did not test the chemical in hidden corner of the fabric.
- iv) Used strong chemicals
- v) Chemical may be applied from the front side/ chemical not applied from back
- vi) Worked in a circular movement starting from centre to outside
- vii) Did not neutralize acid reagents with an alkaline or vice-versa
- viii) Did not rinse all traces of chemicals immediately after removing the stains

(Any six)

Precautions for storage of cotton sarees:

- i) Remove starch before storing
- ii) Wash them before storing.
- iii) Dry completely
- iv) Keep them in dry box/ keep away from dampness
- v) Spray boxes with insecticide/ neem leaves/ insect repellent
- vi) Line boxes with newspaper/ change newspaper frequently
- vii) Any other

(Any four)

[3+2=5]

Q25. Alka is designing a sari blouse for a woman who is short in height. How should she use the four elements of art for her? Illustrate three ways by which she can create rhythm in this dress. [5]

Elements of art (कला के तत्व):

- i) **Line**- vertical lines in sari / no border/narrow border
- ii) **Colour** — sari and blouse matching/ same colours
- iii) **Texture**- fine clingy texture
- iv) **Shape and form**- small prints

[½ × 4=2]

Rhythm (लय) :

Note: Draw pictures showing rhythm in following three ways

- i) **Repetition (दोहराना)** - of embroidery, piping, colour etc. at neckline, sleeves and sari border (any other)
- ii) **Gradation (उतार चढ़ाव)** - gradually increasing or decreasing size of motifs, lines, colors. texture in an orderly sequence. (any other)
- iii) **Radiation (विकिरण)**-gathers in blouse, puff sleeves/ necklines etc. (any other)
- iv) **Parallelism(समानता)** - continuous flowing pleats in saree/ pin tucks in blouse (any other)
- v) **Alteration(अदल बदल)** — alternate two designs in pleats one plain one printed (any other)
- vi) **Opposition(विपरीत)** – design on opposite sides of blouse should be continuous.

(Any three)

[1×3=3]

[2+3=5]

OR

Illustrate all five principles of design in a salwar kameez with labels.

(Note : $\frac{1}{2}$ marks for label and $\frac{1}{2}$ for diagram)

1. **Balance(संतुलन)— (Any one)**
 - i) Formal Balance - similar motifs/trimmings /patterns on both sides of the garment, sleeves/ any other
 - ii) Informal Balance - design on one side balanced by motif piping / pocket/ logo on other side/ any other
 - iii) Radial Balance – design radiating from centre or any one point
2. **Rhythm(लय) — (Any one)**
 - i) Repetition of piping/motifs / print/ trimmings on sleeves/neckline/ hem
 - ii) Radiation-puff sleeves in shirt/ patiala salwar/ any other
 - iii) Gradation of colour/ motifs/ any other
 - iv) Parallelism- parallel pin tucks / kalia in kameez/ salwar /any other
 - v) Alteration- alternate prints/line/ any other
 - vi) Opposition – opposite sides/ sleeves in continuity/ any other
3. **Harmony(अनुरूपता)/ Unity(एकता) -- (Any one)**
 - i) Repeat same print on salwar, kameez, dupatta
 - ii) Silk dupatta with silk salwar kameez – same texture
 - iii) Related colour schemes matching colour of salwar and dupatta
 - iv) The print of arm aligned with bodice of kameez
 - v) Same style lines/ cuts umbrella cut on sleeves, shirt, hem, etc.
 - vi) Same hem length aligned with sleeves.
 - vii) Any other
4. **Proportion(अनुपात) (Any one)**
 - i) Size of pocket is proportionate to the size of kameez
 - ii) Size of collar / pocket is proportionate to the border
 - iii) Size of shirt is proportionate to the length of salwar
 - iv) Golden mean/ scale
 - v) Any other
5. **Emphasis(दबाव) (Any one)**
 - i) Embroidery/ patch work on neckline/ hem, etc.
 - ii) Contrasting colour/ piping / pocket etc.
 - iii) Any other

[1×5=5]