

Question Paper Outside Delhi (2014-15)
CBSE Class XII Home Science

General Instructions:

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

Q1 In 2010, what are the changes suggested by ICMR in the daily needs of calories and calcium for pregnant women? [1]

Ans. i) Calories — 350 calories

ii) Calcium – 1200 mg

Q2 List any two benefits of MGNREGA. [1]

Ans. i) 100 days per year of guaranteed wage employment for rural people

ii) Unemployment allowance for rural people

iii) Builds infrastructure for rural people like toilets, roads etc.

iv) Women gets $\frac{1}{3}$ rd reservation for jobs (any two)

Q3 Your sister is a home science graduate with special interest in textiles.

Suggest her two employment opportunities which she can help her to enhance her skills in the areas of her interest. [1]

Ans. Work in a boutique, tailoring house

i. Work in an upholstery shop

ii. Work in a boutique.

iii. Open repair shop

iv. Any other. **(any two)**

Q4 Give two reasons to the members of family for the need to supplement their income. [1]

Ans. Reason for supplementing.

i. Inflation / not able to meet the needs of family

ii. For better standard of living

iii. Increased demands of family

iv. To achieve family goals

v. Any other **(any two)**

Q5 Give two advantages of washing clothes with a detergent. [1]

Ans. i) Breaks the surface tension of water

ii) Does not leave a scum on clothes

iii) Clothes become whiter

iv) Can be used in both soft and hard water.

v) Saves time

vi) Any other **(any two)**

Q6 Draw a standard mark which indicates that the product is environment friendly. [1]



Q7 In what two ways is identity of adolescent boys influenced by their cognitive changes ? [2]

Ans. i) Tendency to take risks

ii) Adolescents can think of many alternatives to their problems

iii) Become Critical

iv) Become Assertive

v) Become Argumentative

vi) More confident

vii) Self conscious

viii) Any other **(any two)**

Q8 Suggest four ways of helping your friend who is suffering from depression. [2]

Ans. i) Counselling

ii) Sensitise the family

iii) Provide support

iv) Keep her occupied constructively

v) Any other. **(any four)**

Q9 Propose a plan to meet the social needs of an Eighty year old man. [2]

Ans. i) Take them to parks for walks

ii) Enrol in some hobbies

iii) Visit relatives of same age or have them come over

iv) Take him to social functions

v) Any other. **(any four)**

Q10 Your mother is forty years old. In your opinion, what are her two new

responsibilities of this stage? How has she adjusted to these changes? [2]

Ans. Responsibilities

- i) Getting children married
- ii) Settling children in their vocation

Taking Care -

- iii) for aged parents
- iv) of own health
- v) of their teenage children
- vi) of finances **(any two)**

Suggestions

- i) Adopt healthy life styles
- ii) Keep full time help for taking care of elderly
- iii) Support and guide children
- iv) Participate in social causes (e.g. teach poor children, etc) **(any two)**

Q11 “Meals for a patient can be modified from normal meals by changing their frequency and the nutrients.” Support this statement with the help of one example each. [2]

Ans. i) Change in frequency: Give small meals at frequent intervals. e.g panjiri to lactating woman in morning and fruits in mid morning / any other example

ii) Nutrients: One nutrient is increased or decreased for example high fibre for constipation and low fibre for diarrhoea / low salt for high blood pressure / any other example.

Q12 Use one example each to show that selection of foods is influenced by their availability and family traditions. [2]

i. Availability:

Food is selected according to seasonal availability for example peas in winters are selected and included in most of the dishes / replace expensive foods with

cheaper alternatives like locally available foods (use curd/ tomato puree instead of tomatoes)/ Any other example

ii. Family traditions:

Families make traditional foods on some occasions like gujiya on holi/ they refrain to eat meats on certain days of the week / Any other example

Q 13 Prepare four rules to ensure hygiene of your kitchen surfaces. [2]

Ans. i) Clean work surfaces with hot water and disinfectant.

ii) Wipe spills immediately.

iii) Walls tiled or painted with washable paints

iv) Washable counters and floors

v) Seal all crevices and cracks **(any four)**

Q 14 Your friend does not eat much food as she thinks she is very fat. What do you think is the problem with her? What are the two consequences if it continues for too long? Present three suggestions to get her out of this problem. [3]

Ans. Reason - Anorexia nervosa

Consequences

i) Irregular menses

ii) Stunted growth

iii) Muscle wasting

iv) Oedema

- v) Bone loss
- vi) Malnourished
- vii) Kidney failure
- viii) Heart shrinks (**any two**)

Three ways to help

- i) Educate them on consequences and misconceptions of anorexia
- ii) Provide counselling to improve self esteem
- iii) Keep a check on their eating habits
- iv) Motivate them to adopt healthy life style
- v) Encourage them to have their meals with the family.
- vi) Any other (**any three**)

Q 15. People of Basra village use alum to make the well water potable. Convince them to use chlorine instead. Also tell them the correct procedure of using chlorine. [3]

Ans. Reason: Chlorine will kill the coliform micro-organisms whereas alum will remove only suspended particles.

Procedure

- i) Mix 1 teaspoon of bleaching powder in 1 glass of water
- ii) Then put 3 tea spoon of this water from this glass and
- iii) Put in 20 litres of water
- iv) Leave for 30 minutes

Q 16. The water in which you soaked the Bengal gram (chana dal)turned yellow. The shape of the grains was also not uniform. What in your opinion, is the reason for both

these problems? Name two more foods with which you may have the same problem. Mention two health hazards each of consuming such foods. [4]

Ans. i) Yellow colour because of metanil yellow

ii) Shape not uniform because of - Kesari dal

- Other food adulterated with metanil yellow

Besan/ sweet meats- jalebi/ladoo, jaggery, ice candy, faluda **(any one)**

- Other food adulterated with kesari dal:

i) Whole masoor (in whole form)

ii) Arhar dal (in split form)

iii) Besan (in powder form) (any one)

Health hazards of metanil yellow

i) Carcinogenic

ii) Abnormalities of skin, lungs, eyes, bones.

iii) Sterility

iv) Anaemia

v) Mental retardation

vi) Lead accumulation (any two)

Health hazards of Kesari Dal:

i) Pain and stiffness of knee, ankle and joints in males

ii) Paralysis of lower limbs/crippled(/ lathyrism)

Q17. Your sister bought two metres of cloth but when her tailor measured it, it was less than that. Mention four ways the shopkeepers have cheated her. Tell her at least four

buying tips which can safeguard her from such frauds in future. [4]

Ans. Ways shopkeeper can cheat

- i) Used table / hands span/ arms span to measure the cloth
- ii) Used bend/ broken rod
- iii) Stretched the fabric while measuring
- iv) The measuring rod may not be standardized

Wise buying tips

- i) Be alert – watch closely while fabric is being cut
- ii) Refuse to buy if uses table/ hands span/ arms span
- iii) Insist in using a straight measuring rod.
- iv) Take bills
- v) Buy from reputed shops **(any four)**

Q18. What is jaundice? Write its three specific clinical symptoms. Suggest four dietary recommendations for such patients. [4]

Ans. Jaundice

- i) Infection in liver
- ii) Increase in bile pigments above the normal range **(any one)**

Clinical symptoms

- i) Fever
- ii) Abdomen pain
- iii) White tongue
- iv) Dark yellow urine.

- v) Pale skin and eyes
- vi) Chalky stools
- vii) Nausea
- viii) Weakness **(any three)**

Dietary recommendations

- i) Bland diet
- ii) Light and digestible
- iii) Avoid fried/ fat free foods
- iv) Lots of liquids
- v) Diet rich in easily digestible carbohydrates
- vi) Initially low in proteins and fibre
- vii) Any other **(any four)**

Q19. Suggest four ways each for family members to increase their direct and indirect real income . [4]

Ans. Direct real income (without use of money)

- i) Using skills of family members and doing own job- tailor own clothes, sweep/study on own instead of taking tuitions /any other
- ii) Use community facilities like library, parks, government hospitals, etc.
- iii) Bargain prices.
- iv) Use assets judiciously- grow vegetables on vacant land.
- v) Parents teaching own children etc. (any four)

Indirect real income (with use of money)

- i) Buy good quality products(goods) which last for a long time
- ii) Hire a good servant and enjoy his/her services
- iii) Use perks / reimbursements given by company e.g. car, house, telephone bills.
- iv) Barter/exchange home made products with friends
- (exchange jams and pickles) **(any four)**

Q20.A family has been served dahi bhalla, chana bhature and mango pickle for lunch. Suggest four modifications in this meal to suit the nutritional requirements of a lactating woman. Give four reasons for your suggestions. [4]

Ans.

Family Meal	Modifications	Reasons
Chana	Less Spicy and add Coriander Leaves	Folic Acid
More Quantity of Chana	Proteins, Zinc	
Bhature	Stuff With grated Paneer	Calcium,Protiem
Knead Dough with curd	Vitamins, proteins and calcium	
Dahi	Add Pineapple Pieces Add More Curd	Vitamin C(Revised ICMR) Calcium
Bhalla	Stuff With Cashew Nuts	Zinc
Mango Pickle	Replace pickle with Amla Chutney with Less Spices	Vitamin C
Add Salad (Carrots)	Vitamin A	
Tomatoes	Vitamin C	

Q21. Mr Sharma wants to file a case in a consumer court against a company for its poor services. Guide him on all the aspects of filing the complaint. [4]

Ans. i) Should complain within two years of purchase

ii) Send registered ad to opposite party stating his complaint

iii) Fill in prescribed form - write name and description, address of complainant

iv) Write name and description, address of opposite party/ company

v) Write facts relating to complaint- when, where it arose

vi) Attach bills, copy of registered AD sent to opposite party conveying the complaint

vii) State the relief sought by the complainant

viii) Attach an affidavit stating contents to be true and submit in appropriate forum and pay fees.

Q22. Advertisements shown on television and internet both are important consumer aids.

List three advantages and two drawbacks each of using both. [5]

Ans. Advertisements: Advantages

i) Consumer get information of new product available in market

ii) Know how to use

iii) Know special features

iv) Choose from variety of products

v) Any other **(any three)**

Drawbacks

i) Exaggerated and misleading

- ii) Complete information is not given
- iii) shown very briefly - cannot refer to it whenever needed
- iv) Negative impact on impressionable minds(mindless copying)
- v) Any other **(any two)**

Internet --Advantages

- i) Consumer can use it any time
- ii) Wide variety of products advertised
- iii) Accessible/ convenient from home
- iv) Quick/ no time wasted
- v) Cost effective
- vi) Can compare rates, detailed features of products
- vii) Easy mode of payments
- viii) Can sell, buy from home
- ix) Consumer can maintain records
- x) Consumer can complain to the manufacturer in writing

(any three)

Drawbacks

- i) Frauds – can gain personal information of credit card, address and dupe consumer.
- ii) Exaggerated picture may be shown on the internet
- iii) Cannot touch and feel the product before buying
- iv) Risk of virus, spam while down loading (any two)

Q23. Compare the features of Public Provident Fund (PPF) and Employee Provident Fund (EPF) [5]**Ans.**

S.No.	FEATURES	PPF	PF
1.	Who can invest?	Anyone can invest in it.	Only salaried persons can invest
2.	Length /time period	15 years can be extended in another block of 5 years and so on	earning period
3.	Maximum Limit	1 ½ lakh (per annum w.e.f(1.8.14)	can get deducted more to a limit of basic salary+ DA, etc
4.	Minimum limit	Rs 500 per annum	12 % of basic salary is deducted every month
5.	Loan	Available between 3rd to 6th year	Available any time of earning period
6.	Tax rebate	available	available
7.	Premature withdrawal	Allowed after 7th year once each year 50% of 3rd preceeding year	Not allowed
8.	Interest taxable or tax free	Interest tax free	Interest tax free
9.	Rate of interest (w.e.f 1st April 2014)	8.7%	8.75%
		Option of paying once in a	

10.	When can one deposit?	year or in instalments (not more than 12 in a year)	every month cut from salary
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Any five differences

Q24. Neha has some tea and ball pen ink stains on her cotton dress. Suggest her one suitable chemical each along with six important precautions she should adopt while removing these stains. Name more stains for which these two chemicals can be used.

Ans. i) Chemical used for Tea stains – borax

ii) One more stain for which borax can be used – coffee

iii) **Chemical used for Ball pen – methylated spirit**

iv) One more stain for which methylated spirit can be used: lipstick/grease **(any one)**

Precautions for removing stains

i) Choose the right chemical as per the stain and fabric

ii) Test the chemical in a hidden corner of the fabric.

iii) Use diluted chemical and repeat if necessary.

iv) Work in a circular movement starting from outer towards centre.

v) Neutralize chemical with appropriate reagents.

vi) Rinse all traces of chemicals immediately after removing the stains.

Q25 You have to design a frock for a one year old girl. What two features would you consider while selecting fabric for this frock? Suggest four ways each you can ensure rhythm and satisfactory workmanship in this dress? [5]

Ans. Selection of fabric

- i) Soft, comfortable
- ii) Easy to maintain
- iii) Air permeable
- iv) Good conductivity
- v) Pastel colour (any two)

For Rhythm

- i) Repetition --repeat piping on neckline, hem and cuff/ any other
- ii) Gradation-Embroider flowers of varying sizes/ any other
- iii) Radiation- have puff sleeves/ any other
- iv) Parallelism-Pleats in skirt of frock/ any other
- v) Alteration- Embroider alternate row of flower and lines on upper bodice /any other (any four)

Good workmanship

- i) Allowance at hem and seams
- ii) Stitched with matching coloured, strong thread
- iii) Fasteners at shoulders
- iv) Large neckline/ suitable placket openings
- v) Flat seams / French or Run And Fell seams. (any four)