

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

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**General Instructions :**

- All questions are compulsory.
  - There are total 25 questions.
  - Question nos. 1-6 are for 1 mark, to be answered in one or two lines.
  - Question nos. 7-13 are of 2 marks, to be answered in 10-20 words.
  - Question nos. 14-15 are of 3 marks, to be answered in 20-30 words.
  - Question nos. 16-21 are of 4 marks, to be answered in 40 words.
  - Question nos. 22-25 are of 5 marks, to be answered in 50-60 words.
  - Support your answer with suitable examples wherever required.
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**Q1 In 2010, what are the changes suggested by ICMR in the daily needs of calories for lactating women when her child is between 0-6 months and between 6-12 months? [1]**

**Ans.** i) 0-6 months -600 calories

ii) 6-12 months – 520 calories

**Q2 List two salient features of MGNREGA. [1]**

**Ans.** i) 100 days per year of guaranteed wage employment

ii) Unemployment allowance

iii) Builds infrastructure like roads, toilets etc.

iv) Run by gram panchayat for rural area

v) It is meant for unskilled labour

vi) Only job card holders are eligible.

vii) 1/3<sup>rd</sup> labour force is women



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viii) No contractors allowed

ix) Any other **(any two)**

**Q3 Your sister is a home science graduate with special interest in Nutrition. Suggest her two employment opportunities which will help her to enhance her skills in the area of her interest. [1]**

**Ans.** i) Work in a bakery shop

ii) Work in a kitchen as an assistant to a chef

iii) Take cookery classes

iv) Supply tiffins

v) Demonstrator on T.V

vi) Any other

**Q4 How will you convince the members of a family to regularly save some portion of their income? [1]**

**Ans.** Need to save:

i) Inflation,

ii) Emergencies/unforeseen expenses,

iii) Provide security,

iv) Meet future goals

v) retirement/old age

vi) Raise standard of living

vii) Any other **(any two)**

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



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**Ans.** i) Economical

ii) Eco friendly

iii) Any other (**any two**)

**Q6 Draw a standard mark which indicates that the wool is pure. [1]**

**Ans NOTE: Marks NOT TO BE DEDUCTED FOR NEATNESS [1]**



**Q7 In what two ways is identity of adolescents influenced by their physical changes? [2]**

**Ans.** i) Feels awkward

ii) Feels conscious

iii) Shy

iv) Over confident

iii) Any other

**Q8 During adolescence, friends often pressurize each other to get involved in anti-social activities. In what four ways an adolescent can be trained to resist this pressure? [2]**

**Ans.** i) Learn to refuse

ii) Keep away from them

iii) Join other group which has positive social values

iv) Take help from elders/share with parents.

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- v) Counsel them about its consequences.
  - vi) Equip them to make decisions about right and wrong behavior.
  - vii) Any other **(Any four)**

**Q9 Present four suggestions to meet the recreational needs of an Eighty year old man. [2]**

- Ans.** i) Indoor and outdoor games- carrom, ludo, chess, etc.
- ii) Give them cell phone to chat with friends
  - iii) Take them to public parks and amusement parks
  - iv) Encourage them to enroll in some hobbies like painting, reading, gardening, etc.
  - v) Put on music/ television shows of their choice.
  - vi) Take them to cinemas, temples etc.
  - vii) Any other **(any four)**

**Q10 Your twenty two year old sister got married right after completing her studies. State any two new responsibilities of this stage. Give her two suggestions which will help her adjust to these changes. [2]**

- Ans.** i) Adjustment with husband
- ii) Adjustment with husband's family
  - iii) Doing household chores
  - iv) Plan pregnancy
  - v) Taking decisions according to family needs
  - vi) Any other **(any two)**

**Suggestions:**



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- i) Accept other people and do not try to change anyone
  - ii) Time, money and energy management
  - iii) Educate herself on pregnancy and childcare.
  - iv) Open to suggestions/Ready to learn new things
  - v) Any other **(any two)**

**Q11 Meals for a patient can be modified from normal meals by changing the consistency and the cooking method. Support this statement with the help of one example each. [2]**

**Ans. i) Consistency-**

- a) Give liquid diet (e.g. dal soup)
- b) Semi solid/ soft diets (e.g. custard, khichri)
- c) Any other **(any one)**

**ii) Cooking method** – steaming/ blanching/ stewing (e.g.- mixed vegetable/idlis)  
(any one)

**NOTE: ½ MARK FOR EACH POINT AND ½ MARK FOR EACH EXAMPLE**

**Q12 Use one example each to show that selection of foods is influenced by individual preferences and religion of the family. [2]**

**Ans. i) Religion:** due to their religion they may abstain from eating certain foods, eg. Jains' do not eat onions and garlic, Muslims eat halal meat and do not eat pork, Hindus do not eat beef/  
any other example

**ii) Individual Preferences:** they may change the form of food, according to likes and dislikes

if person does not like bottle gourd – they may be given kofta or pao bhaji,/ any other example.



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**Q13 Prepare four rules to ensure that the cook has hygienic habits. [2]**

**Ans.** i) Uses spoon to taste food

ii) Washes hands with soap before handling food

iii) Keeps food covered

iv) Immediately wipes spills

v) Does not handle food if suffer from skin disease/ boils

vi) Observes personal hygiene (Wears clean clothes/ keeps nails trimmed/ covers hair/etc.)

**(any four)**

**Q14 Your friend eats a lot and then vomits it out. What do you think is the problem with her?**

**What are the two consequences if this continues for a long time? Present three suggestions to get her out of the problem. [3]**

**Ans.** Suffering from – Bulimia Nervosa

**Consequences:**

i) Salivary glands get swollen

ii) Ruptures and irritation in gastrointestinal tract

iii) Kidney disorders

iv) Bleeding from rectum

v) Dehydration/ Electrolyte imbalance **(any two)**

**Ways to help:**

i) Educate them on consequences and misconceptions of bulimia

ii) Provide counseling to improve self esteem



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- iii) Keep a check on their eating habits
  - iv) Motivate them to adopt healthy life style.
  - v) Any other **(any three)**

**Q15 People of Basra village use alum to make their water potable. Convince them to use chlorine tablets instead. Tell them about the procedure to use these tablets, two advantages of using the tablets and two precautions while using them. [3]**

**Ans. Method:**

- i) One tablet (4mg) is dissolved in 1 litre of water.
- ii) Leave for 10 minutes before consuming.

**OR**

- i) One tablet in 20 litres of water,
- ii) Leave for 20 minutes before consuming.

**Advantages:**

- i) Kills coliform
- ii) Easy to use
- iii) Quick **(any two)**

**Precautions:**

- i) Keep in dry place
- ii) Should not be expired
- iii) If water is more dirty, use 2 tablets and wait for 20 minutes before using. **(any two)**

**Q16 The water in which you soaked Bengalgram (Channa Dal) turned yellow. You also find that the shape of the dal is not uniform. What in your opinion is the reason for these two observations? Name two more foods you have noticed have the same**



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**problem. What are the health hazards 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) Anemia

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 one kilo peas but when she weighed them at home, they were less than that. In what four ways could the shopkeeper have cheated her? Tell her at least four buying tips which can safeguard her from such frauds in future. [4]**

**Ans. i) Used stones instead of standard weights**





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- ii) Used hollow weights
  - iii) Kept the balance on a slope
  - iv) Hanged iron rings
  - v) Put magnet
  - vi) Sprinkled water / soaked them in water
  - vii) Balance not correct
  - viii) Use of improper hand scale **(any four)**

### **Wise buying tips**

- i) Be alert- watch closely while weighing vegetables
- ii) Refuse to buy if uses stones, insist on using stamped weights.
- iii) Check his balance for magnet, iron rings etc.
- iv) Buy from reputed shops / outlets which give bills
- v) Check the weighing balance for accuracy.
- vi) Any other **(any four)**

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

**Ans. Physiological conditions:**

- i) Too much pressure in the blood flow in the arteries/ blood pressure is more than normal.

### **Clinical Symptoms**

- i) Dizziness
- ii) Frequent headache
- iii) Palpitation



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iv) Uneasiness (**any three**)

**Dietary recommendations**

i) Less salt or sodium free salt

ii) Avoid fried foods

iii) High fiber diet

iv) Plenty of water

v) Avoid processed foods like sauces, papads, chutneys with high salt content.

vi) Any other (**any four**)

**Q19 Suggest two ways each family members can increase their money and real income with the use of assets and skills.**

**Ans. Increase money income by using assets**

i) Give a portion of house on rent

ii) Grow vegetables on vacant land (if available) and sell

**Increase money income by using skills**

i) Make articles and sell

ii) Use skills to do a job (tutor, carpenter, tailor)

iii) Any other

**Increase real income by using assets**

i) Grow vegetables in own garden/ kitchen garden

ii) Judicious use of family assets

**Increase real income by using skills**

i) Use of bargaining skills to save money



ii) Use skills to do own work

iii) Any other

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

**Ans.**

FAMILY MEAL	MODIFICATIONS	REASONS
Chana	i. Less spicy and add coriander leaves ii. More quantity of chana	1. Folic acid, Vitamin A, Iron 2. Proteins
Bhature	1. Stuff with grated paneer 2. Knead dough with beetroot/green leafy vegetables	1. Calcium, Vitamin A, Protein 2. Iron
Dahi	Add pineapple pieces	Vitamin C (revised ICMR)
Bhalla	Stuff with raisins/ dates	Iron, Zinc
Mango Pickle	1. Replace mango pickle with amla chutney with less spices.	Vitamin C

**Any other example / suggestions for one nutrient with four reasons**

**Q21 Mr. Sharma wants to file a case in a consumer court against a company for selling faulty products. 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

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- v) Write facts relating to complaint – when, where it arose
  - vi) Attach bills, copy of registered AD sent to opposite party conveying the complainant
  - vii) State the relief sought by complainant
  - viii) Attach an affidavit stating contents to be true and submit in appropriate forum and pay fees.

**Q22 Labels on products and internet both are important consumer aids. List three advantages and two drawbacks each of using both. [4]**

**Ans.** Advantages of labels

- i) List of ingredients present which alerts consumer (for any ingredients he may be allergic to/ is vegetarian)
- ii) Rate and cost effectiveness can be checked
- iii) Standard marks indicate quality – can buy good quality
- iv) Can contact manufacturer for complaint
- v) Can refer to label as and when required
- vi) Check expiry/best before date
- vii) Any other **(any three)**

**Drawbacks**

- i) Blurred / small / not readable
- ii) Do not give complete information
- iii) Imitate popular brands
- iv) Not in local language **(any two)**

**Internet Advantages**

- i) Consumer can use it any Time



- ii) Wide variety of products advertised
- iii) Accessible from home / convenient
- iv) Quick/ no time wasted
- v) Cost effective
- vi) Can compare rates, detailed features
- 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 access 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 LIC and National Saving Certificate (NSC).**

**Ans.**

S. No.	Features	LIC	NSC
1	What is the time period?	May mature after death/ longer period of investment	Mature after 5 years and 10 years / shorter period of investment



2	Maximum limit	Investment limit according to sum insured	No limit of investment
3	Minimum limit	According to policy	Rs. 100
4	Loan	Available	Available
5	Tax rebate	Available	Available
6	Premature withdrawal	Not allowed	Not allowed
7	Interest taxable or / tax free	Interest tax free	Interest Taxable
8	Rate of interest (w.e.f. April 2014)	Low rate of interest	Higher rate of interest
9	When to invest?	Investment / payment to be done periodically (every year/ quarterly)	Investment to be done once in lump sum in the beginning.

**24. Neha has some grease and coffee stains on her cotton dress. Suggest her one suitable chemical each which will help her to remove the stains. Also tell her important precautions she should take while removing these stains. Name one more stain each for which these two chemicals can be used.**

**Ans.** i) Chemical for coffee stains- borax

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

iii) Chemical for grease stain – methylated spirit, or any other organic solvent (petrol / kerosene)

iv) One more stain for which methylated spirit can be used – lipstick/ ball pen (any one)

### **Precautions for removing stains**

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



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- ii) Test the chemical in 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 designed a skirt top with scarf for an adolescent girl. What two features would you consider while selecting its fabric? Suggest four ways each you can ensure emphasis and satisfactory workmanship in this dress.**

**Ans.** i) According to latest fashion

ii) Neutral colour skirt so that she can mix and match

iii) According to her choice

iv) According to body shape

v) According to Personality

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

**To ensure emphasis**

i) Contrasting coloured belt on waist,/ contrasting coloured scarf/ any other

ii) Embroidery around the waist/ neckline/ sleeves/ any other

iii) Applique work on waist to attract attention/ any other

iv) Unusual buttons on shirt/ unique design on skirt/ any other **(any four)**

**Note: The student may also show through clear illustrations.**

**Good workmanship**

i) Allowance at hem and seams



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- ii) Stitched with matching colour thread
  - iii) Thread used is strong
  - iv) Reinforced at underarms.
  - v) Seams interlocked
  - vi) Enough fasteners on plackets of shirt / skirt
  - vii) Any other (**any four**)

