

Home Science Solved Paper 2024

SECTION A

1. Beti Bachao Beti Padhao Yojana was started by the Government of India with which of the following objectives ?

- (A) To enrol girls in a bridge course to prepare them for admission to a school
- (B) To promote gender biased selection process
- (C) To ensure survival, protection and education of the girl child**
- (D) To provide employment to all

2. Who does the actual cleaning of guest rooms and bathrooms in a hotel ?

- (A) Bellboy
- (B) Doorman
- (C) Room attendant**
- (D) Floor supervisor

3. Which of the following materials is not suitable for making agitators in washing machines ?

- (A) Plastic
- (B) Aluminium
- (C) Bakelite
- (D) Iron**

4. Use of _____ is important for designing tools, machines and workstations to reduce stress and health problems of the workers at the workplace.

- (A) Entrepreneurship
- (B) Ergonomics**
- (C) Anthropometry
- (D) Physiology

5. What capacity of washing machine would be suitable to handle a large load of clothes for washing in one cycle in a big hotel ?

- (A) 100 kg**
- (B) 5 10 kg
- (C) 20 30 kg
- (D) 15 kg

6. Which of the following is a Food Supplementation Programme ?

- (A) National Nutritional Anaemia Prophylaxis Programme
- (B) National Food for Work Programme
- (C) Annapurna Scheme
- (D) Mid-day Meal Programme**

OR

POSHAN Abhiyaan was launched in March 2018 at which of the following places ?

- (A) Panipat, Haryana
- (B) Jhunjhunu, Rajasthan**
- (C) Kanyakumari, Tamil Nadu
- (D) Mysuru, Karnataka

7. What is the full form of NACO ?

- (A) National Arthritis Control Organisation
- (B) New AIDS Control Organisation
- (C) National AIDS Control Organisation**
- (D) National Alzheimer Community Organisation

8. The Government of India offers preschool education in urban and rural areas through :

- (A) Creches
- (B) Montessori schools
- (C) Day care centres
- (D) Anganwadis**

9. Find the incorrect statement from the following :

- (A) Canning was developed by Nicolas Appert.
- (B) Food fortification is removing of nutrients from the foodstuffs.**
- (C) Lactose-free milk is an example of medical food.
- (D) Temperature range between 5-60 °C is known as danger zone.

10. Select the correct pair.

- (A) Warli Maharashtra**
- (B) Channapatna Dolls Kerala
- (C) Shola Craft Gujarat
- (D) Bamboo Craft Punjab

11. Match List-I with List-II.

List-I List-II

(Ways of market segmentation) (Basis of segmentation)

- | | |
|--------------------------|--|
| i. Demographic | 1. Opinion on specific products or services |
| ii. Psychographic | 2. Regions, climate |
| iii. Geographic | 3. Similar lifestyles, interests |
| iv. Behavioral | 4. Age, population |

Choose the correct option from the following :

- (A) i 1, ii 2, iii 4, iv 3
- (B) i 3, ii 1, iii 4, iv 2
- (C) i 4, ii 3, iii 2, iv 1**
- (D) i 2, ii 1, iii 4, iv 3

12. Match List-I with List-II. 1

List-I

(Related to ECCE)

i. Toddler

ii. Early childhood

iii. Fear of unknown people

iv. Integrated Child

Development Services

(ICDS)

List-II

(Age)

1. 8-12 months

2. Birth 6 years

3. 2-3 years

4. Birth 8 years

Choose the correct option from the following :

(A) i 4, ii 2, iii 1, iv 3

(B) i 1, ii 3, iii 2, iv 4

(C) i 3, ii 1, iii 4, iv 2

(D) i 3, ii 4, iii 1, iv 2

13. With advancement in the food and pharmaceutical industry, which nutritional supplements are being used for nourishing patients ? 1

(i) Nutraceuticals

(ii) Polychlorinated biphenyls

(iii) Phytochemicals

(iv) Food preservatives

Choose the correct option from the following :

(A) (i) and (ii)

(B) (i) and (iii)

(C) (iii) and (iv)

(D) (ii) and (iii)

OR

India is often referred to as the 'Diabetes capital' of the world. Identify two possible causes of a chronic disease such as diabetes.

(i) Taking diet prescribed by medical nutrition therapist

(ii) Less physical activity

(iii) Increase in sugar and fat consumption

(iv) Increase in fibre consumption

Choose the correct option from the following :

- (A) (i) and (ii)
- (B) (ii) and (iv)
- (C) (ii) and (iii)**
- (D) (iii) and (iv)

14. The objectives of Swachh Bharat Mission campaign are :

- (i) Prevention of HIV/AIDS**
- (ii) Encouraging deforestation**
- (iii) Elimination of open defecation**
- (iv) Construction of household and community owned toilets**

Choose the correct option from the following :

- (A) (iii) and (iv)**
- (B) (i) and (iii)
- (C) (ii) and (iv)
- (D) (i) and (ii)

SECTION B

(Case Study-Based Questions)

Read the passage carefully and answer the questions no. 15 to 18.

Health and nutrition are intimately interlinked. In some diseases, nutrition plays a major role in its management and treatment, and for some it complements the medical treatment. Nutritional status and support, prior to and after illness, plays an important role in determining prognosis, recovery and even duration of hospitalization. Nutritional assessment is required to obtain information on the patient's nutritional status and nutritional needs. A dietitian can develop a nutrition care plan by analyzing the nutritional requirements in the state of disease and also provide appropriate diet counselling and guidance.

15. Which of the following is an incorrect pair ?

- (A) Soft diet : Semi-solid foods
- (B) Liquid diet : Fluids high in fibre and fats**
- (C) Regular diet : Normal foods, all food groups included
- (D) Mechanical soft diet : Mashed and pureed foods

16. Which of the following statements is correct with respect to Clinical Nutrition and Dietetics?

- (A) It is also called Public Nutrition Therapy.
- (B) It is the specialised area of nutrition which deals with nutrition during illness.**
- (C) It addresses the problems of the community at large.
- (D) It improves the sanitary condition of rural households.

17. Given below are two statements labelled as Assertion (A) and Reason (R).

Assertion (A) : In tube feeding, nutritionally complete feeds are delivered to a patient through a tube.

Reason (R) : Oral feeding means that the patient is nourished with special solutions which are given through a drip in a vein.

Select the most appropriate answer from the options given below :

(A) Both (A) and (R) are true and (R) is the correct explanation of (A).

(B) Both (A) and (R) are true, but (R) is not the correct explanation of (A).

(C) (A) is true, but (R) is false.

(D) (A) is false, but (R) is true.

18. Given below are two statements labelled as Assertion (A) and Reason (R).

Assertion (A) : Fish is high in Omega-3 fatty acids which are essential components of cells.

Reason (R) : They can protect the heart from abnormal heart rhythm.

Select the most appropriate answer from the options given below :

(A) Both (A) and (R) are true and (R) is the correct explanation of (A).

(B) Both (A) and (R) are true, but (R) is not the correct explanation of (A).

(C) (A) is true, but (R) is false.

(D) (A) is false, but (R) is true.

SECTION C

19. Name any four self-employment avenues in the field of food processing that can be taken up as a household or cottage-scale activity.

Ans: Self-employment avenues in the field of food processing that can be taken up as a household or cottage scale activity-

- Dehydrated products / Papad / Wadi
- Murrabba / Candy
- Pickles / Jam / Jelly / Squash
- Roasted and Puffed snacks / Salted peanuts / Khakhra
- Fried snacks / Mathri / Namkeen / Namak Para / Thepla / Chips / Murukku
- Bakery products
- Sweets / Jaggery making
- Drinking water pouches (Any other, Any four)

20. (a) What is meant by CARA? Highlight its one function to meet the needs of vulnerable children.

Ans: CARA is a central agency which helps in legal adoption of children / Its full form is Central Adoption Resource Authority.

Any one

Its function is to -

- Set up guidelines for adoption to safeguard the welfare and rights of children.
- Strengthen adoption rules.
- Facilitate the process of adoption. (Any other, Any one)

OR

(b) What is meant by NSS ? Write its one aim in the development of youth in India.

Ans: NSS is a scheme which involves school and college level students in programmes of social service and national development / Its full form is National Service Scheme. (Any one)

Its aim is to involve students in following activities / programmes-

- 1. construction and repair of roads, school buildings, village ponds, tanks etc.
- 2. environmental and ecological improvement like tree plantation, removal of weeds, digging pits etc.
- 3. hygiene and sanitation, family welfare, childcare, mass immunization
- 4. vocational training in crafts, tailoring, knitting etc.
- 5. organising co-operatives
- 6. implementing various relief and rehabilitation programmes to meet the needs of economically and socially weaker sections of the community (Any other, Any one)

21. How do Indian consumers tend to get swayed by enticing sales promotion gimmicks and fall prey to them ?

Ans: Enticing sales promotion gimmicks-

- 1. Exchange offers
- 2. Bonus
- 3. Lucky draw
- 4. Misleading / Exaggerated advertisement
- 5. Sale and Discount
- 6. Free gifts
- 7. Misleading / Attractive packaging
- 8. Duplicate products / Imitations are sold as original products (Any other, Any two)

22. In a training programme, Jatin has learnt how life skills help to become successful in professional life. Which four core life skills would he now suggest to his team members at his workplace ?

Ans: Core life skills –

- 1. Self-awareness
- 2. Empathy
- 3. Communication
- 4. Interpersonal relationships
- 5. Decision making
- 6. Problem solving
- 7. Creative thinking
- 8. Critical thinking
- 9. Coping with emotions
- 10. Coping with stress (any four)

23. As per the National Curriculum Framework (NCF) 2005 Position Paper on Early Childhood Education, mention any two basic objectives of Early Childhood Care and Education (ECCE).

Ans: Basic objectives of Early Childhood Care and Education (ECCE)-

- 1. Holistic development of the child to enable him/her to realise the potential.
- 2. Preparation for school.
- 3. Providing support services for women and children.

24. (a) Provide an example of any one type of colour.

Ans: Classification of colours on the basis of Munsell's Colour wheel-

- 1. Primary colours: Example- Red / Yellow / Blue
- 2. Secondary colours: Example-Orange / Green / Purple (Voilet)
- 3. Tertiary or Intermediate colours: Example-Red-Orange / Yellow-Orange / Yellow-Green / Blue-Green / Blue-Purple / Red-Purple (Any one example of any one type of colour)

OR

(b) Differentiate between Structural and Applied design.

Ans: Structural and Applied design.

Structural Design	Applied Design
1. Refers to the basic cut or silhouette of the garments/apparel.	Refers to the ornamentation of the garments /apparel.
2. Depends on the form, not superimposed ornamentation.	It is superimposed on the basic structure.
3. It takes into account the basic processing of fibre, types of fibres and yarns, variation of weaving, knitting etc.	It includes fabric finishes, dyeing and printing, patchwork, mirror work, embroidery, fancy needlework, lace work, etc.

Any other, Any two differences

25. Various job options are available in the food industry with respect to food safety and quality control. Get information on any four career avenues available in this field from your brother who has completed his Masters in Food Microbiology.

Ans: Career avenues available in food industry with respect to food safety and quality control-

- 1. Food Analysts
- 2. Food Quality Control managers in food industry laboratories
- 3. Food inspectors / Food Testing Professionals at various positions in food testing laboratories in public / private sector / voluntary organisations
- 4. Food Auditors
- 5. Food Microbiologists / Specialist in HACCP / BIS / AGMARK etc.
- 6. Quality Certification Professionals in ISO / BIS / FSSAI etc.
- 7. Teaching and Academics
- 8. Research and Development Professionals
- 9. Scientific Writers
- 10.Content Creators / Bloggers
- 11.Entrepreneurs (Any other, Any four)

26. Consumers must purchase products with standardization marks. Justify this statement by giving two reasons. ISI Mark is the certification mark of which organisation ?

Ans: Standardization marks ensure- (Any two)

- 1. quality of the product
- 2. purity of the product / product is not duplicate
- 3. value for money
- 4. safety / consumer protection
- 5. that product is manufactured as per the guidelines given by certification bodies (Any other)

ISI Mark is the certification mark of - BIS (Bureau of Indian Standards)

27. (a) To an aspiring professional in the field of Development Communication, suggest any three knowledge and skills required to be successful in this field.

Ans: Knowledge and skills required to be successful in the field of Development Communication-

- 1. Cognitive skills / Ability to comprehend an issue
- 2. Creative / Presentation skills / Ability to project the concepts in a creative manner
- 3. Technical skills / Camera techniques / Video production / Content development / Editing skills
- 4. Questioning ability / Ability to look into the finer details of any issue / gather unique and interesting stories
- 5. Ability to work with diverse groups / Understand others' viewpoint
- 6. Language skills (Speaking, Writing, Reading) / Ability to write reports and documents
- 7. Computer skills
- 8. Knowledge of related laws and regulations (Any other, Any three)

OR

(b) Compare print media with television as a method of Development Communication.

Ans:

Print Media	Television
1. Visual mode of communication	Audio-visual mode of communication
2. Limited for literate people	Suitable for both literate and illiterate people
3. Printed mode	Electronic mode
4. Inexpensive	Expensive
5. Mobile medium	Fixed medium

Any other, Any three differences

28. Commercial laundries are organised in different sections which deal with specific jobs.

(a) Make a list of any four jobs done in various sections for an entrepreneur who wants to set up his own commercial laundry.

(b) What do you understand by system of code tags in a commercial laundry ?

Ans: (a) Jobs done in various sections of a commercial laundry-

- 1. Collection, Inspection and Sorting of articles
- 2. Pretreatments like mending, repairing and stain removal
- 3. Washing
- 4. Water extraction
- 5. Drying
- 6. Drycleaning
- 7. Pressing and Ironing
- 8. Dyeing
- 9. Special finishes like zari polishing, calendering etc.
- 10. Packing
- 11. Distribution (Any other, Any four)

(b) In commercial laundry, system of code tags helps to –

1. keep a record / invoice.
2. identify / match the articles of each customer with the invoice. (Any other, Any one)

29. (a) Food has been preserved using various methods since prehistoric times.

(i) Make a list of four old methods of food preservation, which are still being used today.

(ii) Name any one institute in India offering specialised courses in Food Processing and Technology.

Ans: (i) Old methods of food preservation-

- 1. Sun drying
- 2. Controlled fermentation
- 3. Salting
- 4. Pickling
- 5. Candying
- 6. Roasting
- 7. Smoking
- 8. Baking
- 9. Using spices, oil, sugar etc. as preservatives (Any other, Any four)

(ii) Name any one institute in India offering specialised courses in Food Processing and Technology.

- 1. Central Food Technological Research Institute (CFTRI), Mysore
- 2. National Institute of Food Technology and Entrepreneurship Management (NIFTEM), Sonapat (Any other, Any one)

OR

(b) (i) Discuss briefly the significance of food processing and technology as a discipline.

(ii) By whom are standards for fortification of staple foods like salt, milk, oils laid down in India?

Ans: (i) Significance of food processing and technology-

- 1. Helps in storage and processing of agricultural and horticultural surplus.
- 2. Increased demand for processed products due to changing lifestyles, increasing mobility and globalization.
- 3. Consumers demand foods free from chemicals, pesticides, preservatives etc.
- 4. Helps to increase shelf life of food products.
- 5. Used to convert bulky, perishable foods into more useful, concentrated, palatable foods and potable beverages.
- 6. Reduces preparation time for the cooking.
- 7. Adds value to the resultant food products.
- 8. Fortification of staple food can be done to increase its nutrient content.
- 9. Increased prevalence of lifestyle diseases demands altering the nutrient content of foods.
- 10. Adds to the economic growth of the country.
- 11. Generates employment opportunities. (Any other, Any two)

(ii) FSSAI (Food Safety and Standards Authority of India)

SECTION D

30. HACCP involves identification of food hazards during each stage in the food chain.

(a) Give the full form of HACCP.

(b) Mention three reasons why implementing HACCP in the food industry is important.

Ans: (a) Hazard Analysis Critical Control Point (HACCP)

(b) Implementation of HACCP in food industry is important as it-

- 1. is a cost-effective and preventive approach to ensure food safety.
- 2. enables us to detect hazards at any stage of processing or manufacturing.
- 3. ensures a good quality end product, by taking appropriate action at the stage where the problem occurs.
- 4. enables producers, processors, distributors and exporters to utilise resources efficiently.
- 5. is important for consumer protection and international food trade.
- 6. assures consistently good quality products.
- 7. holds responsibility for safe food with producers and suppliers as per FSSAI, 2006. (Any other, Any three)

31. (a) Shaurya has checked into a hotel. Which department's staff will first greet and welcome him ?

List any other three services provided by this department.

Ans: Department responsible for greeting and welcoming guests - Front Office

Services provided by Front Office Department -

- 1. Organising reservation status of room availability
- 2. Registering guests and allocation of rooms
- 3. Maintaining records of check-in and check-out details
- 4. Porter services
- 5. Issuing room keys to guests
- 6. Passing messages to guests
- 7. Coordinating with other guest services / departments such as transport, room service, housekeeping, restaurant, accounts etc.
- 8. Providing in-house and external information to the guests
- 9. Preparing and settling their bills
- 10. Taking feedback from the guests
- 11. Keeping record of personal information of the guests (Any other, Any three)

OR

(b) The phrase ‘A home away from home’ is often used in the hospitality industry, to denote that guests are provided with comforts and facilities similar to their homes. In this context, mention any four types of establishments who offer hospitality services.

Ans: Types of establishments who offer hospitality services-

- 1. Hotel / A commercial establishment offering lodging, meals and other services to its guests.
- 2. Motel / Provides services like a hotel and provides parking facility near the room or a room door that opens onto the parking lot.
- 3. Lodge / Offers rented accommodation especially for sleeping and may or may not offer food and other services.
- 4. Resort / Offers a broad range of amenities, sports facilities and leisure activities for ensuring a total vacation experience.
- 5. Furnished apartments / Provides all essential amenities needed by the guests.
- 6. Furnished camps / Provides hospitality to people who go for hiking, undertake adventure sports etc.
- 7. Cruise lines / Operates cruise ships on oceans or rivers and provides all comforts and amenities.
- 8. Guest houses / Smaller establishments that offer private rooms for rent in someone's home or apartment. (Any other, Any four)

32. Anil is designing a bridal lehenga :

(a) How can he create rhythm in it ? Suggest two ways, with examples.

(b) Which colour scheme or colour harmony would he use if he wants to design the lehenga in a single hue ?

(c) Name any one technique that can enhance the texture of the lehenga through surface ornamentation.

Ans: (a) Ways to create rhythm-

- 1. Repetition - of embroidery, lace, piping, colour etc. in the lehenga.
- 2. Gradation / Coordination - by gradual increase or decrease in size of motifs, lines, colours and textures.
- 3. Radiation - where eyes move in an organised way from a central point such as gathers in waist of a lehenga.

- 4. Parallelism - where elements lie parallel to each other such as tucks or pleats in lehenga. Bands of colour also create rhythm in a lehenga. (Any other, Any two)

(b) Monochromatic harmony / scheme

(c) Surface ornamentation technique- Tufting / Flock printing / Embroidery / Mirror work / Beadwork / Lace work / Stone work / Applique work / Stitched effects

33. It is important to recognise the elderly as a human resource and their rich experience should be used for national development.

(a) To ensure a healthy and secure life for the elderly, which initiative was taken by the Government of India in the year 1999 ?

(b) State three reasons why the elderly are considered to be a vulnerable group.

(c) List any three facilities provided in multi-service centres for older persons.

Ans: (a) National Policy for Older Persons

(b) Reasons why the elderly are considered to be a vulnerable group-

- 1. Deteriorating health / Illness / Decreased physiological reserves.
- 2. Ageing and weaker defence mechanisms lead to disabilities such as low vision, deafness, loss of mobility etc.
- 3. Loneliness, isolation and a sense of being a burden on others leads to depression and anxiety.
- 4. Financially dependent on others.
- 5. Lack of family support from own children / Misbehaviour by family members.
- 6. Fragmentation of the traditional family system and change in the traditional value system.
- 7. Inability to care for oneself.

(c) Facilities provided in multi-service centres for older persons-

- 1. Day care (Basic facilities such as nutritious food, safe drinking water etc.)
- 2. Educational opportunities
- 3. Entertainment opportunities
- 4. Healthcare / Medical support
- 5. Companionship
- 6. Counselling services (Any other, Any three)

34. (a) Hitika has joined as a visual merchandise designer in a reputed fashion store which deals with only ready-to-wear clothing lines.

(i) List three job responsibilities which are expected of her to attract more customers.

(ii) Which terms are used in France for the following ?

- (1) Ready-to-wear clothing
- (2) Art of dressmaking

Ans: (i) Job responsibilities of visual merchandise designer-

- 1. Designing window displays
- 2. Arranging store merchandise
- 3. Creating attractive props
- 4. Organising clothing placement
- 5. Styling mannequins
- 6. Spearheading marketing campaigns (Any other, Any three)

(ii) (1) Prêt-à-porter

(2) Couture

OR

(b) Reema is a fashion designer and runs a fashion designing institute.

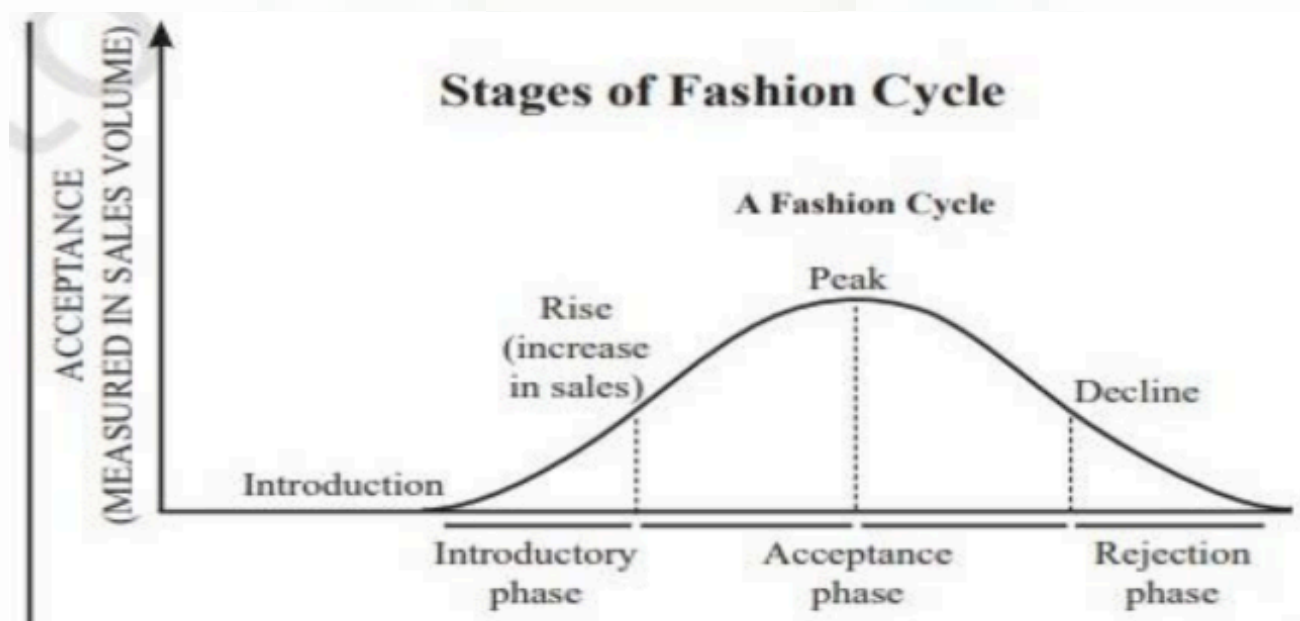
(i) How will she explain the five stages of 'Fashion Cycle' to the new students pursuing this course ?

(ii) Draw a labelled 'Fashion Cycle' graph/diagram to be displayed in her institute.

Ans: (i) Five stages of Fashion Cycle-

- 1. Introduction of a Style: Designers interpret their research and creative ideas into apparel and then offer the new styles to the public.
- 2. Increase in Popularity: As the new fashion is purchased, worn and seen by many people, it may begin to rise in popularity.
- 3. Peak of Popularity: At the height of popularity, manufacturers copy fashion or produce adaptations due to increased demand.
- 4. Decline in Popularity: Eventually so many copies of that style are mass produced that fashion-conscious people get tired of it and begin to look for something new.
- 5. Rejection of a Style or Obsolescence: In this last phase, some consumers have already turned to new looks, thus beginning a new cycle.

(ii) Fashion Cycle graph/ diagram



35. (a) the double burden of malnutrition. Justify this statement by giving two reasons.

(b) Indian health care services help to promote, maintain, monitor or restore the health of people.

Discuss how these health services are provided to people at three different levels.

Ans: (a)

- 1. Coexistence of both undernutrition and overnutrition.
- 2. Undernutrition / Inadequate or faulty diet / Disease or infections / Poverty / Insufficient access to food / Poor maternal and child care practices / Unsafe water / Poor hygiene / Inadequate health services / Inadequate knowledge / Discrimination against women, elderly and girls
- 3. Overnutrition / Sedentary lifestyle / Dependence on faster means of transportation / Decreased outdoor activities/ Less physical work / Changes in dietary patterns due to dependence on fast food, processed food (Any other, Any two)

(b) Health care in India is provided at three levels-

1. Primary Health Care

- It is the first level of contact of the individual, family or community with the health system.
- These services are provided through a network of primary health centres (PHCs) / dispensaries.

2. Secondary Health Care

- More complex health problems are resolved at the second level through district hospitals and community health centres.
- Community health centres function as the first referral level.

3. Tertiary Health Care

- It is the third / highest and specialised level of health care.
- It deals with the more complex health problems that cannot be dealt with at the first two levels.
- Institutions at tertiary level are medical college hospitals, regional hospitals, specialised hospitals and All-India Institutes of Medical Sciences.

Three levels of Health Care with one point each

BioSmartNotes