

Class 12 Home Science Sample Question Paper 2023

Time: 3 Hours

Maximum Marks: 70

SECTION A

1. Use of ergonomics in any workplace is NOT important for which of the following?

- a. Optimum work capacity
- b. Increase in errors**
- c. Increase in productivity
- d. Comfortable working conditions

2. Rita has designed a frock for her six-year-old daughter using light and dark pink colour, which indicates _____ aspects of a colour.

- a. Chroma
- b. Value**
- c. Hue
- d. Intensity

3. _____ is a brief 10 – 60 second message between programme, generally in the form of jingles played on radio.

- a. Public Service Announcement**
- b. Public System Announcement
- c. Programme Service Announcement
- d. Personal Service Announcement

4. A good preschool will provide which of the following experience likely to be beneficial for young children?

- a. Rote learning
- b. Teacher-centered approach
- c. Formal teaching
- d. Child-centered approach**

5. The objective of the Equal Remuneration Act is-

- a. Equal wages for the same work**
- b. Different working hours
- c. Equality among men and women in every field
- d. Special facilities for women

6. Identify the craft involved in manufacture of the object in the illustrations.



- a. Coconut
- b. Puppetry
- c. **Bamboo**
- d. Shola

For visually impaired candidate

Name the famous craft of Assam.

- a. Coconut
- b. Puppetry
- c. Bamboo
- d. **Shola**

7. Which stage of the fashion cycle involves manufacturers copying fashion and preparing adaptations of it at many price levels?

- a. Decline in popularity
- b. Increase in popularity
- c. Introduction of a style
- d. **Peak of popularity**

8. Which of the following is NOT a feature of development communication?

- a. Aims at giving information and educating the society
- b. Based on the audience characteristics and their environment
- c. Oriented to socio-economic development and happiness of people
- d. **Seeks to describe the people at work in new projects**

9. Match the following –

- i. National Service Scheme A. Juveniles
- ii. Integrated Child Development Scheme B. Old man
- iii. Mobile Medicare Units C. Youth

iv. Special Homes D. Children

Choose the correct option.

- a. i-B, ii-A, iii-D, iv-C
- b. i-D, ii-A, iii-C, iv-B
- c. i-C, ii-D, iii-B, iv-A**
- d. i-B, ii-C, iii-A, iv-D

10. Match the following –

- i. RRE A. Television
- ii. SEWA B. Print Media
- iii. Project-Village Chhatera C. Campaign
- iv. EDUSAT D. ICT

Choose the correct option.

- a. i-B, ii-A, iii-D, iv-C
- b. i-D, ii-A, iii-C, iv-B
- c. i-C, ii-D, iii-B, iv-A**
- d. i-B, ii-C, iii-A, iv-D

11. Care and maintenance of the fabric depends on-

- i. Fibre content
- ii. Fabric construction
- iii. Tie and Dye technique
- iv. Brand of the fabric

Choose the correct option.

- a. i and ii**
- b. ii and iv
- c. i and iii
- d. iii and iv

12. Which elements of design will you select while designing clothes for your tall sister?

- i. Vertical lines
- ii. Horizontal lines
- iii. Related colours
- iv. Contrasting colours

Choose the correct option.

- a. i and ii
- b. ii and iv**
- c. i and iii
- d. iii and iv

13. As per the NCF (2005), the basic objectives of ECCE are:

- i. Holistic development of the child to enable him/her to realise the potential
- ii. Preparation for school
- iii. Preparation essential skills in ECCE professional
- iv. Providing support services for women and children

Choose the correct option.

- a. i, ii, iii
- b. i, ii, iv**
- c. i, iii, iv
- d. ii, iii, iv

CASE-BASED QUESTIONS

Read the passage carefully and answer question no. 14 to 18

Nutrition is the science of food, nutrients, and other substances as well as their digestion, absorption, and utilization by the body. Optimum nutrition is important for providing immunity and protection from infection, and to promote recovery from a variety of illnesses, as well as managing chronic diseases. Nutrition and health are intimately interlinked. Health problems, illness/disease, and their treatment can affect nutritional status in a variety of ways, such as i) by impairing a person's ability to eat and/or swallow, ii) by interfering with digestion, absorption and metabolism. The specialized area of nutrition which deals with nutritional management during illness is clinical nutrition, more recently called medical nutrition therapy. The professional who delivers this service is referred to as a dietitian/medical nutrition therapist/clinical nutritionist.

14. _____ are non-nutrient constituents present in foods that have physiological or biological activity and influence health.

- a. Nutraceuticals
- b. Medical foods
- c. Phytochemicals**
- d. Functional foods

15. Which of the following are features of optimum nutrition?

- i. Providing protection from disease
- ii. Ensuring abundance of food
- iii. Promoting recovery from illness
- iv. Promoting socio-economic health
- v. Managing chronic disease

Choose the correct option.

- a. i,ii,iii
- b. i,iii,v**

- c. ii,iii,iv
- d. iii,iv,v

16. Which of the following parameters not considered while taking anthropometric measurements?

- a. Waist circumference
- b. Height
- c. Hemoglobin level**
- d. Weight

17. How can illness influence the nutritional status of an individual? By:

- i. providing alternate therapy
- ii. impairment in a person's ability to eat and swallow
- iii. promoting holistic recovery
- iv. problem with digestion, absorption
- v. interference with proper metabolism

Choose the correct option.

- a. i,ii,iii
- b. i,iii,v
- c. ii,iv,v**
- d. iii,iv,v

18. Which of the following is NOT an objective of diet therapy?

- a. Formulation of the diet to meet the needs of the patient
- b. Modification of the existing diets to ameliorate(rectify) the disease condition
- c. Prevention of short-term and long-term complications in case of chronic diseases
- d. Educating and prescribing medicines to the patients**

SECTION B (SHORT ANSWER QUESTIONS)

19. Your mother is admitted to the hospital for surgery. Her gastrointestinal tract is functioning properly, but she is not able to take food by mouth. Which feeding route should be adopted in this situation? Write any one advantage of the method.

Ans: Feeding Route to be adopted: Tube feeding

Advantage of tube feeding: It is nutritionally adequate.

20. a. Why did France become the center of fashion in the 18th century?

b. State the term used for male and female designers.

Ans: a. France became the center of fashion in the 18th century:

- Due to support from the royal court.
- Development of the silk industry.

b. Male designer- couturier
Female designer- couturiere

21. What do you understand by the term food-based strategy? Enlist any two food-based strategies you may adopt to tackle public nutrition problems.

Ans: Food-based strategies: Food-based strategies are preventive and comprehensive strategies that use food as a tool to overcome nutritional deficiencies.

Strategies to tackle nutritional problems:

- Dietary diversification
- Horticulture interventions (Any other, Any two)

OR

What do you understand by the term Hidden Hunger? Name any two conditions classified under Hidden Hunger.

Ans: Hidden Hunger: Term used to refer to micronutrient deficiency.

Two Conditions:

- 1. Vitamin A deficiency
- 2. Anaemia
- 3. Goiter (Any other, Any two)

22. Your younger brother is very confused regarding which career to choose. Mention four factors he should consider while taking career-related decisions.

Ans: Factors he should consider while taking career-related decisions are-

- 1. One's own aptitude
- 2. Talent
- 3. Personal preferences
- 4. Needs and aspirations (Any other, Any four)

OR

Renu has recently joined new company, but she is finding it difficult to adjust to her colleagues. Suggest her any four essential soft skills she must adopt at her workplace.

Ans: Four essential soft skills she must adopt at her workplace are-

- 1. Communicating clearly
- 2. Thinking critically and creatively
- 3. Learning effectively
- 4. Working cooperatively
- 5. Working productively (Any other, Any Four)

23. During COVID, Seema has done online diploma on Food Product Development. If she wants to start a Food Processing Unit, what four skills may she require to do so?

Ans: Four skills required to start a Food Processing Unit:

- 1. Knowledge of food preparation
- 2. Knowledge of product specifications
- 3. Assessment by sensory methods
- 4. Labelling and packaging of products
- 5. Industrial practices (Any other, Any four)

24. List any four job opportunities for print journalist.

Ans: Four job opportunities for a print journalist

- 1. Interviewing people
- 2. Attending press conferences
- 3. Making phone calls
- 4. Covering stories
- 5. Sending stories to editors (Any other slogan)

OR

Why are language and computer skills necessary for DCJ professional? Give four reasons.

Ans: Importance of Language skills and Computer skills:

- 1. It helps to write technical reports and documents.
- 2. To interact with people.
- 3. Sending e-mails to create a story
- 4. Sharing information with people (Any other, Any four)

25. Enlist any four sections of housekeeping department.

Ans: Sections of the housekeeping department:

- 1. Housekeeping control desk
- 2. Housekeeping management
- 3. Guestroom brigade
- 4. Public area brigade
- 5. Linen and uniform (Any other, Any four)

26. Illustrate any three ways each of creating rhythm in your school uniform.

Ans: Three ways of creating rhythm in a school uniform-

- 1. Repetition of embroidery, laces, buttons, piping, etc., at necklines
- 2. Cordation (Gradation) by increasing or decreasing of sizes of colours, lines, buttons, etc.
- 3. Radiation of gathers in waist, puff sleeves, etc.
- 4. Parallelism occurs when elements lie parallel to each other. For example, knife pleats in skirts. (Any other, Any three)

OR

Illustrate any three ways each of creating emphasis in a kurta/kurti.

Ans: Three ways of creating emphasis in a kurta/kurti-

- 1. Repetition -To emphasize a colour, repeatedly use it.
- 2. Unusual lines, shapes, or textures like unusual shape of collars, sleeves
- 3. Placement of decorations on necklines, waist, etc. (Any other, Any three)

27. a. Distinguish between the viewpoints of Piaget and Vygotsky in context to ECCE.

b. State any two roles of ECCE professional.

Ans: a. Viewpoint of Piaget and Vygotsky in context to ECCE-

PSYCHOLOGIST	VIEW POINT
PIAGET, developmental psychologist	<ul style="list-style-type: none">• Young children need a supportive environment to explore phenomena in their ways because they have different ways of understanding the world• An institution must realize the importance of the cultural context within which it operates and work with the family.
VYGOTSKY, psychologist and educator	The children need a concerned and caring, knowledgeable adult in early childhood to create an optimal environment for easy, enjoyable, and meaningful learning according to the child's abilities and temperament

b. Two roles of ECCE professional-

- 1. commitment to children, their well-being, and learning.
- 2. Awareness and knowledge about their needs.
- 3. Challenges for providing opportunities for their growth and development.
- 4. Professional training for a career in early childhood programs
- 5. Providing favourable learning conditions. (Any two, Any other)

28. a. Differentiate between Food infection and Food intoxication.

b. Write any two ways by which Salmonella bacteria spread.

Ans: a. Difference between Food infection and Food intoxication.

FOOD INFECTION	FOOD INTOXICATION
It is caused by the ingestion of live pathogenic organisms, which multiply in the body and cause disease.	Ingestion of toxic food.

The incubation period is long	The incubation period is short
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b. Two ways by which Salmonella bacteria spread.

- 1. It spread through cross-contamination (When the same chopping board is used for raw meat/poultry and salad)
- 2. Inadequate cooking (Any other, Any two)

29. Give one role of each of the following-

a. Assistant manager of front office

b. Chef de parties

c. Floor supervisor of housekeeping department

Ans: a. Assistant manager of front office-

- 1. Organizes and supervises the front office in the absence of the front office manager
- 2. Ensures smooth functioning of the front office

b. Chef de parties- Supervision of some sections of the kitchen

c. Floor supervisor of the housekeeping department- Responsible for the cleanliness and maintenance of guest rooms (Any other, Any one role of each)

SECTION C (LONG ANSWER QUESTIONS)

30. Mr. Dharampal has started his own food processing unit for exporting the products. His friend has suggested him to implement HACCP.

a. What is HACCP?

b. Highlight any three importance of HACCP to convince him to adopt it.

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

b. Three important aspects of HACCP

- 1. Preventive approach to ensure food safety
- 2. Helps to detect hazards at any stage of processing or manufacture to ensure a good quality end product, by taking
- appropriate action at the stage where the problem occurs.
- 3. Enables producers, processors, distributors and exporters to utilise resources efficiently (Any other, Any three)

OR

Mrs. Ramvati has started her own bread manufacturing unit. She wants to get her manufacturing unit certified by Government of India.

a. Name the new Food Safety Act implemented in India.

b. Which year was it implemented?

c. Enlist any four functions of the new Food Safety Act.

Ans: a. The new Food safety Act - Food Safety and Standards Act

b. Year -2006

c. Four functions of FSSA

- 1. Framing of regulations to lay down the standards and guidelines for articles of food and the system of enforcing various standards.
- 2. Laying down mechanisms and guidelines for accreditation of certification bodies for certification of food safety management systems for food businesses, and accreditation of laboratories and notification of the accredited laboratories.
- 3. To provide scientific advice and technical support to the Central Government and State Governments for framing the policy and rules related to food safety and nutrition.
- 4. Collect and collate data regarding food consumption, incidence and prevalence of biological risk, contaminants in food, residues of various contaminants in food products, identification of emerging risks, and introduction of a rapid alert system. (Any other, Any four)

31. a. Why are youth vulnerable? Give two reasons.

b. What is National Service scheme?

c. Highlight any two activities taken up under National Service Scheme.

Ans:

- a. Reasons why youth are vulnerable-
 - 1. Biological changes in the body have an impact on the person's sense of well-being and identity.
 - 2. Peer pressure and pressure to excel in an increasingly competitive world
 - 3. When the family/environment is unable to provide positive support to the adolescent
 - 4. Some adolescents may consume alcohol and drugs (also termed substance abuse)
 - 5. Health (Any other, Any two)
- b. National Service scheme- Involve college-level students in programmes of social service and national development
- c. Two activities taken up under the National Service Scheme
 - 1. Construction and repair of roads, school buildings, village ponds, and tanks.
 - 2. related to environmental and ecological improvement, like tree plantation, removal of weeds from lakes, and digging pits. (Any other, Any two)

OR

a. In which year was the first SOS Children's Village setup?

b. Explain three features of SOS Children's Village.

Ans: a. Year of the SOS Children's Village set up-- 1964

b. Functioning of the SOS Children's Village-

- 1. Provide family-based, long-term care to children who can no longer grow up with their biological families.
- 2. In each SOS home, there is a 'mother' who looks after 10-15 children.
- 3. This unit lives like a family, and the children experience relationships and love once again, which helps children to recover from traumatic experiences.
- 4. The SOS families live together, forming a supportive 'village' environment. (Any other, Any three)

32. a. What is the difference between consumer forum and footfalls?

b. "Inadequate information given by manufacturer is common problem amongst consumers". Support this statement with two examples.

Ans: a. Difference between consumer forum and footfalls

Consumer forum- A place or an organisation where consumers can seek protection and help them address their problems regarding products and services.

Consumer footfalls- This means the number of customers/consumers who visit any given space, such as a store or a mall. Thus, with increasing consumption in a country, consumer footfall increases.

b. Inadequate information given by the manufacturer, with two examples

- 1. Labels are not factually correct
- 2. Labels are incomplete
- 3. Very often, their print is blurred or too small to read (Any other, Any two)

33. Sonu is planning to set up a commercial laundry in his neighborhood. Elaborate how commercial laundry will differ from home laundry (Write any four features).

Ans: Difference between commercial laundry and home laundry-

COMMERCIAL LAUNDRY	HOUSEHOLD LAUNDRY
Big articles are washed	Mostly, small articles of daily use are washed at home
The quantum of clothes is more(100kg or more)	Quantum of clothes is less(5-10 kg)
Large size of the washing machine	Clothes are washed by hand or washing machines
System of code tags	No need for records

Any other, Any four

34. Describe three basic causes and two underlying causes at household level contributing to undernutrition in our country.

Ans: Three basic causes and two underlying causes at the household level contributing to undernutrition in our country are-

Basic Causes	Causes at the household or family level
1. Quantity and quality of actual resources, e.g., human resources, financial and organisational (existence of services and the way they are operated and controlled).	1. Insufficient access to food 2. Poor water/sanitation, and hygiene
2. Political, cultural, religious, economic, and social systems. This includes the status of women, allocation of funds for programmes to solve the problems, environmental degradation, and biodiversity.	3. Inadequate maternal and child care practices 4. Inadequate education.
3. Potential resources: environment, technology, and people	5. Inadequate health services and insufficient causes of access to health services 6. Inadequate and/or inappropriate knowledge and discrimination against women, the elderly, and the girl child.

Any three. Any two

OR

Explain five ways of diet modification to meet the needs of an individual. Give an example of each.

Ans: Changes (in normal diet) to meet the medical needs of the patient through modified diets

- 1. Change in consistency and/or texture (e.g., fluid and soft diets). Depending on the condition, patients may be advised a liquid, soft, or regular diet
- 2. An increase or decrease in the energy (Calorie) intake –increasing calories for pregnant/lactating/athlete
- 3. Include greater or lesser amounts of one or more nutrients-increased protein in case of surgery
- 4. Frequency-Serving meals during fever/diarrhea/infants
- 5 . Changing the feeding route- Tube feeding/Intravenous feeding (Any other example)

35. Anu is a fashion merchandiser who is working in a fashion house. She is involved with various activities, including the conversion of inspiration into design, using technology to conceptualize and address the planning and distribution of products in the fashion industry.

a. Elaborate any four roles and responsibilities she will have in different phases of fashion merchandising.

b. How is small single-unit store different from chain store?

c. Enumerate any four courses that Anu might have done to have a career in fashion merchandising?

Ans: a. Four roles and responsibilities she will have in different phases of fashion merchandising

- 1. In Manufacturing-Makes significant input on the types of fabrics used to make a piece of clothing.
- 2. Buying -Becomes part of fashion merchandising when a merchandiser buys fashion items to be presented in a store.
- 3. Promoting -The designer's product to stores using creativity, visual merchandising skills, production skills, and fashion shows
- 4. Selling- Responsible for selling fashion items to stores, which then sell to consumers.

b. Small single-unit store different from chain store- Small Single-unit Store is a neighbourhood store. These are owner and family-operated single stores.

Chain stores are retail outlets that share a brand and central management and usually have standardised business methods and practices.

c. Two courses to have a career in fashion merchandising-

Certificate or diploma degree programme	Fashion merchandising can usually be completed in 6 months to 1 year
Bachelors' degrees(4 year programme)	In fashion design or fashion merchandising
Master's programme (2 years)	In fashion merchandising, which combines a certain amount of liberal arts

Any two