

Home Science Sample Question Paper 2017

Time: 3 Hrs

Maximum Marks: 70

Section A (1 Mark)

1. What do you mean by the cephalocaudal principle of development? Give one example.

Ans: According to the cephalocaudal principle of development, development occurs from head to toe. Example: A Child first learns to control his head, then trunk, followed by thighs and feet.

2. Mention any two impacts of media on adolescents.

Ans: Impact of media on adolescents

- 1. Exposure to news and information
- 2. Motivated to participate in popular sports
- 3. Technology savvy
- 4. Enhance knowledge of curriculum subjects
- 5. Impact on behaviour
- 6. Influence of supermodels

3. Why is it important to provide calcium to a nursing mother? Give two reasons.

Ans: a. For secretion of milk

b. Mineral absorption efficiency increases

4. Write two features of DWCRA. 1

Ans: Features of DWCRA

- Improves the socio-economic status of poor women and children from rural areas
- Facilitate access for poor women to employment
- Impart training for skill development to poor women
- Help women to take up income-generating schemes.
- Create assets and enhance the standard of living

5. Point out one benefit and one limitation of investment in shares.

Ans: Benefit:-

- a. Part owner of the company
- b. If the company is making a heavy profit, the investor also gets shares

Drawback:-

- a) no income tax rebate
- b) can have a loss also

6. What is the effect of vertical lines in apparel on the body shape of a person?

- Ans:** a. Vertical lines create an illusion of height
b. Makes a short person look taller

Section B (2 Marks)

7. Adolescents are more vulnerable to substance abuse. Write any four consequences of it.

Ans: Substance Abuse:

- a. Lack of mental and physical coordination
- b. Impaired memory
- c. Reflexes become slow
- d. Hallucinations
- e. Increased blood pressure
- f. Nausea and insomnia

8. Present one difference and one similarity between the General Provident Fund (GPF) and Public Provident Fund (PPF). Specify one common benefit of both.

Ans: Similarity in GPF and PPF (1)

- a. Tax rebate
- b. Both are schemes of the Provident Fund
- c. Both are long-term policies

Difference in GPF and PPF

- a. GPF is compulsory for salaried employees. Any adult can open a PPF account
- b. A certain amount is deducted from the salary every month in the GPF. Deposits can be either in a lump sum or in instalments, in the PPF.

9. What are the four ways by which a student can earn a living after studying Foods and Nutrition?

Ans: Ways to earn as a student:

- a. Dietitian in hospitals, nursing homes, etc.
- b. Health instructor in clubs or Gymnasiums
- c. Quality control manager
- d. Researcher at research organisations
- e. Run cookery classes
- f. Supply food for various occasions
- g. Demonstrator in preservation centres.

10. Name any two items with the ECO Mark and draw the logo of the same.

Ans: Eco marks are found on

- a. Textiles
- b. Cosmetics

- c. Soaps and detergents
- d. Paints
- e. edible and lubricating oils
- f. Packaging material

Eco mark:



11. Prepare a checklist of four points for a cook to maintain personal hygiene in the kitchen while cooking.

Ans: Personal Hygiene:

- a. Should bathe every day
- b. Wear clean, washable clothes and aprons
- c. Hair should be tied
- d. Remove rings and watches
- e. Nails should be cut and unpainted
- f. Wear covered shoes
- g. Dewormed periodically

12. Give any four long-term goals for which a family should save money.

Ans: Long-term goals for which the family should save money

- 1. Education of children
- 2. Marriage of children
- 3. Buying properties
- 4. Old Age Security
- 5. Raising the standard of living

13. Name a suitable chemical that can be used to purify drinking water when you are travelling. Describe the procedure for purifying water in three steps.

Ans: Chlorine.

Three Steps:

- 1. One teaspoon of bleaching powder is added to a glass of water
- 2. Then, two teaspoons of this solution are taken and added to a bucket full of water
- 3. This is then left for 30 minutes

Section C (3 Marks)

14. Give three suggestions with a diagram to your tall and thin brother to choose a suitable design of kurta for him.

Ans: Three suggestions for choosing a kurta

- Kurta with horizontal lines, which gives the illusion of height
- Kurta with bold prints
- Select warm colours and use contrast

15. At your home for dinner- Fried Rice, Dal Palak, and Boondi Raita have been served. Suggest three modifications in the menu for your father, who is suffering from diarrhoea, a to suit his nutritional requirements. Also, explain the reasons for modifications.

Ans:

| | Modification for diarrhoea | Reason |
|--------------|-----------------------------------|----------------------------------------------------------------------|
| Fried Rice | Boiled Rice | Fried food aggravates diarrhoea |
| Dal Palak | Plain Boiled dal | Leafy vegetables should be restricted to avoid mechanical irritation |
| Boondi Raita | Plain curd | Boondi is fired and not easy to digest |

Section D (4 Marks)

16. Peers can exert positive pressure or negative pressure on a teenager. Support this statement with four examples each.

Ans: Positive Pressure:

- a. Helps in achieving goals
- b. Motivation and encouragement
- c. Healthy habits

Negative Pressure

- a. May lose individuality
- b. Can lead to stress and anxiety
- c. Can go for delinquent activities
- d. Distraction from studies

17. Write down the expansion of FSSAI. List down any six conditions under which food is considered adulterated under FSSAI.

Ans: a) FSSAI- Food Safety and Standards Authority of India

b) Conditions:

- If food is composed of poisonous or harmful substances
- If food is substituted partly or wholly with a cheap substance
- If it contains any harmful substance
- If it contains unpermitted colours or preservatives
- It contains extraneous matter

- It is insect-infested

18. Prepare a format to record the weekly family's expenditure on food. State two advantages of recording this.

Ans:

| Item | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Weekly amt. |
|--------|-----|-----|-----|-----|-----|-----|-----|-------------|
| Milk | 110 | | | | | | | |
| Fruits | 200 | | | | | | | |
| Veg | 150 | | | | | | | |
| Daily | 460 | | | | | | | |
| Total | | | | | | | | |

Advantages:

- a. Know the exact amount of money available
- b. avoid wasteful expenditure
- c. help avoid being overcharged
- d. Guide for future expenses

19. Your uncle wants to invest some money in a savings scheme. Name any two schemes that could help him. Write two benefits and two drawbacks of these schemes.

Ans: 1. PPF

Benefits:-

- Safe method
- Can take a loan in the 5th year
- Interest is exempt from tax

Drawbacks:

- Duration is long
- Can't invest more than 1,50,000/- per annum
- 2. LIC

Benefits:-

- High rate of interest
- Safe method
- Can take loans

Drawbacks:

- No liquidity
- Long-term policy

20. Give two ways each to create balance and Rhythm in the frock of a 5-year-old girl.

Ans: Balance:

- 1. By using colours
- 2. Pleats
- 3. Buttons
- 4. any other

Rhythm:

- 1. Repetition of colours
- 2. Alteration of pleats
- 3. Radiation in the form of gathers

21. Briefly describe the steps of laundering a woollen sweater at home and list some important precautions while washing the garment.

Ans: Steps of laundering a woollen sweater

- Make a draft on a newspaper
- Select a less alkaline detergent like reetha, eze, etc.
- Use lukewarm water to make the solution
- Use light pressure- kneading and squeezing method.
- Rinse thoroughly
- Squeeze with light pressure with a towel
- Spread the draft made after washing on a flat surface

Precautions

- Do not use hard detergents
- Do not use hot water
- Do not hang on the line to dry
- Iron on the wrong side and spread a damp cotton cloth on it before ironing.

Section E (5 Marks)

22. Name any two lifestyle diseases. Give four dietary management strategies for each of these diseases.

Ans: Lifestyle Diseases

1. Hypertension: Dietary Management

- a. Give a high fibre diet
- b. Give complex carbohydrates
- c. Low-fat dairy products should be given
- d. Low sodium and low calorie diet
- e. Avoid a high intake of fat

2. Diabetes: Dietary Management

- a. Give a high-protein diet
- b. Give a low-carbohydrate diet

- c. Reduce fat intake
- d. Give permitted fruits in moderation
- e. Give liquids

23. Radha wants to buy a silk saree for her wedding. Suggest any four points she should consider while selecting her saree, and also guide her any six ways to store it.

Ans: Selection of Silk Saree

- Should buy from a reputable shop and brand
- Look for a silk mark
- Colour should be bright for the occasion
- Should have the latest design

Storing

- It should be properly aired
- Should be dry cleaned
- Protect from light
- Wrap in clean muslin cloth
- Insert tissue paper between the folds
- f. Keep in dry and insect-proof boxes.

24. Your mother bought 2 kg of potatoes, but when she weighed them at home, they were less than that. Mention four ways through which the shopkeepers generally cheat their customers. Tell her at least six buying tips that can safeguard her from such fraud in the future.

Ans: Ways in which shopkeepers cheat consumers

- a. Use defective weights and measures
- b. Adulteration
- c. Lack of quality products
- d. Price variation
- e. Misleading packing

Tips:

- Become aware of rights and responsibilities
- Choose intelligently
- Demand safe and reliable products at a reasonable price.
- Read labels properly
- Do not buy loose foodstuffs
- Always buy from reputable shops
- Take action when faced with a problem
- Always demand bills

25. Your friend Reeta is very short-tempered. Over very small issues, she starts shouting and throwing things. Explain her six strategies that would help her control her anger. What could be the consequences of this behaviour?

Ans: Strategies to control anger:

- Take a deep breath and count up to ten
- Move away from the scene
- Talk to a trustworthy person
- Write thoughts on a paper and then destroy it
- Count your blessings
- Do yogasanas
- Analyse and understand the cause of the situation

Consequences of anger

- Increased blood pressure
- Low work efficiency
- High pulse rate
- Irritation
- Lack of adjustment

BioSmartNotes