

Home Science Sample Question Paper 2019

Time: 3 Hours

Max. Marks: 70

Section-A (1 Mark)

1. Write any two cognitive changes in a 16-year-old boy.

Ans: Abstract thinking, systematic thinking, and Personal fable. (any two)

OR

Find any two emotional changes in a 15-year-old girl.

Ans: Anxious, shy, awkward. (any two).

2. Suggest any two food items for an obese lactating mother

Ans: Idli, low-fat milk, fat-free curd, any other.

3. List any two ways of bringing harmony to the dress of a two-year-old child.

Ans: Placements of decorations should be at compatible angles, prints on different parts should align with those on the bodies, Hem of sleeves and hem of bottom should be well aligned, any other. (any two)

4. Mention any two advantages of using an electric water filter at home.

Ans: Safe, cool potable water, saves gas consumption, saves time, any other (any two)

5. Identify any two effects of cool colour on the personality of a person.

Ans: Coolness, restfulness, and excess cool colours may lead to depression, any other (any two)

OR

Judge any two qualities in a bed sheet in relation to its durability.

Ans: Types of yarn (Blended are more durable), Fiber (man-made are stronger), Weave (Woven are sturdier than knitted, any other. (any two)

6. Write any two ways of increasing savings.

Ans: By reducing expenditure, judicious use of possessions, investments, any other. (any two)

Section – B (2 Marks)

7. In what four ways can you modify the diet of an adolescent girl?

Ans:

- (i) Add more nutrients like Protein, Calcium, and Iron

- (ii) Snacks provided should be nutritious.
- (iii) Oily food should be avoided.
- (iv) Overeating or skipping meals should be discouraged (any four)

OR

Suggest a low-cost lunch for an adolescent boy.

Ans: Low-cost lunch for an adolescent boy:

- (i) Seasonal vegetable
- (ii) Moong daal
- (iii) Chapati
- (iv) Chach
- (v) Seasonal salad

8. Write down two positive and two negative impacts of media on the identity of adolescents.

Ans: Positive –

- i. Awareness
- ii. technology savvy

Negative -

- i. Influenced by the body figures of supermodels
- ii. No leisure time activities,
- iii. Anti-social and risky behavior (any two)

9. Write the full form of DWCRA. What should be the annual income of a family benefitted from DWRCA?

Ans: Development of Women and Children in Rural Areas (DWRCA). Rs 11,000/- per month.

10. Your classmate has started bunking classes because of peer pressure. In what four ways can you help your friend?

Ans:

- i. Channelizing his energies by helping him to take part in co-curricular activities.
- ii. By sharing the negative experiences of others with him.
- iii. Encouraging him to say no to his peers who are already bunking classes.
- iv. Counselling sessions with the school counselor. (any four)

OR

“Sex education should be provided in schools”. Justify the statement with the help of two reasons.

Ans:

- i. To spread awareness about safe sex methods.

- ii. Awareness about maintaining reproductive health.
- iii. Awareness about STDs. (any two)

11. List down four ways in which you can contribute to the various programmes of social welfare and community development of the country after receiving Home Science education?

Ans:

- i. Teaching water purification methods in rural areas.
- ii. Giving training to underprivileged women to cook healthy and nutritious meals.
- iii. Teaching women to be economical by managing available resources to fulfil their needs.
- iv. Adult education (any four)

12. How will you identify a good soap? Give two advantages of washing clothes with soap. 2

Ans:

- i. Firm to touch
- ii. Free from resins
- iii. Should give a good lather (any two)

Advantages –

- i. Soaps are cheaper
- ii. Soaps are biodegradable (any two)

13. Explain the method of applying starch to stiffen a cotton saree.

Ans:

- i. Mix the starch paste or powder in water, and mix well.
- ii. No lumps
- iii. Dip the opened, wet article in the solution.
- iv. Squeeze well and dry in the sun.

OR

Write four important points to be considered for storing a heavy zari suit.

- Ans:**
- Wrap in clean white sheets.
 - Interesting tissue paper in between.
 - Air occasionally and refold in the opposite direction.
 - Never place naphthalene balls.

Section – C (3 Marks)

14. Instruct your friend who is going to the hostel on the necessary precautions she should take while laundering her woolen jackets.

- Ans:** i. She should outline the garment on a sheet of paper before washing.

- ii. Neutral or mild detergent should be used.
- iii. Should use the neading and squeezing method.
- iv. High temperature of water should be avoided.
- v. She should never wring the woolen jacket.
- vi. Should be dried on a flat surface, in shade.
- vii. While ironing, wet muslin cloth should be placed on it.
- viii. Any other (any six)

15. Write any four advantages of saving money. What two factors should your father consider while choosing a long-term scheme?

Ans: Advantages:

- i. Helps in achieving goals.
- ii. Helps meet unforeseen expenses.
- iii. Provide security
- iv. Help in raising the standard of living. (any four)

Factors:

- i. Safety and security
- ii. Accessibility
- iii. Liquidity
- iv. Capacity,
- v. Rate of Interest (any two)

OR

Your uncle wants to invest money in the Public Provident Fund. Guide him to three advantages and three disadvantages of this scheme.

Ans: PPF Advantages:

- i. Deposit qualifies for tax rebate.
- ii. Interest earned is tax-free.
- iii. Loans may be awaited between the 3rd to 6th financial year. (any two)

PPF Disadvantages:

- i. Long-term scheme
- ii. Poor liquidity (Premature withdrawal is from the 7th year)
- iii. Premature closure is allowed only after 5 years (any three)

Section – D (4 Marks)

16. Radhika wants to make a weekly expenditure diary. But she does not know the format of the same. Help her in making the format, and also explain any four advantages of maintaining a record of expenditure.

Ans:

S. No.	Name of Item	Mon day	Tues day	Weds day	Thurs day	Fri day	Satur day	Sun day	Total Expenditure
1.	Middle								
2.	Cereal								
3.	Fruit								
4.	Bread								
5.	Pulses								
6.	Vegeta ble								
7.	Ironing								
	Total								

Advantages of maintaining records are:

- i. To know the amount variable.
- ii. To know the exact expenditure
- iii. Help to the saving.
- iv. Help to cut down unnecessary expenditure
- v. Avoid getting cheated by overcharging

17. Your sister is going to get married, and she wants to buy jewelry and cosmetics for herself. Which two standard marks should she check before buying, and also suggest any three buying tips for each, which she should follow.

Ans: Standard mark on:

Jewelry – Hallmark

Cosmetic – ISI

Buying tips for jewelry:

- Buy from a reputable shop.
- Check the Hallmark.
- Check the weight.
- Check the price carefully.

For Cosmetics:

- See the standard mark
- Check the brand
- Check the expiry date
- Check the composition

OR

Your mother purchased a double-door refrigerator online (internet). She found some problem with the functioning of the refrigerator, Company refused to change it. Explain to her the procedure to file a complaint in the Consumer Court.

Ans: Format/ Procedure to file a complaint in the Consumer Forum:

- i. Complaint to be filed on plain paper within 2 years.

- ii. Stamp paper is not required for the declaration.
- iii. Send notice to the opposite party.
- iv. Fill the prescribed form.
- v. State the facts related to the complaint.
- vi. Specify compensation.
- vii. Attach bills, court fees, and AD and submit to the court as per the compensation.
- viii. The court's final order will be sent.

18. What is the optimum temperature for the growth of bacteria? What six guidelines will you give to your food handler for storing food in the refrigerator?

Ans: The optimum temperature for the growth of bacteria is 5°C to 60 °C.

Tips for the storage of food in the refrigerator are:

- i. Raw and cooked food should be stored separately.
- ii. Wrap the meat and meat products before storing them.
- iii. Cover the food, such as milk, so that it cannot absorb the flavours of other food items.
- iv. Do not overload the refrigerator.
- v. Once frozen food has been thawed, it should never be frozen again.
- vi. Meat, poultry, and other perishable foods should be stored within 2 hours of purchasing.
- vii. Once the can is opened, immediately transfer it to a plastic container.
- viii. Do not open the door of the refrigerator frequently.

19. What do you mean by the term adulteration? Name two adulterants found in spices. What four precautions should one follow while purchasing spices?

Ans: Adulteration: The Addition or removal of harmful or vital substances from food is called Adulteration.

- i. Coriander powder – dirt, sawdust, sand
- ii. Red chili powder – lead chromate
- iii. Black pepper – papaya seeds (Dried)
- iv. Turmeric – Metanil yellow

Precautions to be followed while buying spices:

- i. Buy packed spices.
- ii. Try to buy whole spices.
- iii. If powdered, check the standard mark.
- iv. Buy from a reputable shop.
- v. Take the bill.

OR

Name one adulterant you will find in besan flour and besan burfi, respectively. Write two

health hazards of each, and what four precautions one should take while buying the food item.

Ans: Besan flour – Kesari dal powder.

Besan Burfi – Lead chromate colour

Precautions to be taken:

- i. Buy from a trusted shop.
- ii. Always buy items marked with certified marks.
- iii. Take the bill.
- iv. Be an alert consumer. (any two)

Health hazards:

- i. Kesari dal – Lathyrism, Brain function disorder, any other
- ii. Lead chromate – Lung cancer, Shortness of breath, any other

20. Age influences the selection of clothing”. Explain with two suitable examples. What four points will you keep in mind while buying Salwar Kameez for your grandmother?

Ans: Age influences the selection of clothing example:

- i. For 6-month-old child select – Comfortable, small, prints, and light colour clothes.
- ii. For a school-going child, select dark colour, comfortable, and easy-to-maintain clothes. (any two)

Selection of Salwar Kameez for grandmother:

- i. Salwar Kameez should be of soft material as their skin becomes sensitive to it
- ii. It should be of light colour and small prints.
- iii. The neck should be big.
- iv. Kameez should not be too tight.
- v. Salwar should have elastic for easy wear. (any four)

21. Sixteen-year-old Deesha is not taking an interest in any class activities and remains isolated. What could be the possible reason for it? Write any three causes and three symptoms of this problem.

Ans: Disha is suffering from a Mental Problem, ‘Depression’.

Causes are as follows:

- i. Biological cause
- ii. Hormone imbalance
- iii. Early childhood trauma
- iv. Inherence,

Symptoms:

- i. Feeling sad and crying for no reason.
- ii. Conflicts with friends and parents.
- iii. Lack of confidence
- iv. Lack of sleep.

- v. Slow thinking. (any three)

Section – E (5 Marks)

22. Your father has recently retired from his job. He has started getting angry over small issues frequently. Identify five causes of his anger and suggest five strategies to handle the situation.

Ans: Causes of aggression:

- i. Dissatisfaction because of non-functionality desire.
- ii. Loneliness
- iii. Physical or mental illness
- iv. No more to do
- v. Neglected by family onwards. (any five)

Handling Anger:

- i. Accepting the problem.
- ii. Seeking help from others.
- iii. Do yoga and meditation.
- iv. Engage in social work.
- v. Positive thinkers.
- vi. Express your anger. (any five)

23. Mrs. Sharma is the mother of a six-month-old boy. Suggest three ways she can take care of her diet, along with appropriate reasons. Write down four points she should consider while introducing weaning food to her child.

Ans: Dietary Considerations for Mrs. Sharma:

- i. She should consume frequent small meals.
- ii. She should include more Protein energy and Vitamin C in her diet.
- iii. She should avoid oily and spicy fried foods as they may cause indigestion in the infant.
- iv. She should include fruits and milk in her diet. So that she can get Vitamin C and Calcium in an appropriate amount. (any three)

Points to be considered while introducing weaning to 6-month-old child:

- i. Introduce one food at a time.
- ii. Do not force the child to eat.
- iii. Start with a liquid diet such as dal water, rice water.
- iv. Start with one or two teaspoons.
- v. Gradually change the consistency of food. (any four)

OR

Educate your pregnant cousin who lives in a rural area about the importance of adding proteins and calcium in her diet. How much additional protein and calcium is required by

her? Write two sources of each nutrient.

Ans: Importance of Protein in pregnancy:

- i. For the growth and development of the fetus.
- ii. For the cell development.

Calcium:

- i. For bone formation.
- ii. Teeth formation.
- iii. Growth of fetus.

Requirement of Protein in pregnancy = 78 gm & Calcium – 1200 mg

- Sources of Protein: Pulses & legumes, milk, egg, cheese, and any other
- Source of Calcium: Milk, yoghurt, cheese, almonds, beans, and any other

24. What do you understand by real income? Define its two types and two ways of increasing this income.

Ans: Real Income is the flow of goods and services that is available for a certain period to meet the needs of the family. It is of two types.

Direct Real Income is income that is received by members of the family without using money.

Examples are the use of family assets, the use of community facilities, skills of family members.

Indirect Real Income: Income that is generated by the family members with some medium of exchange, usually money is involved. Examples are:

- i. Goods & services by paying money
- ii. Fringe benefit
- iii. Barter system

Increasing Direct Real Income:

- i. Using skills of family members such as stitching of clothes, gardening, making pickles etc.
- ii. Study at home and not taking tuitions.
- iii. Taking home-made tiffin
- iv. Using carpool & public transport

Increasing Indirect Real Income:

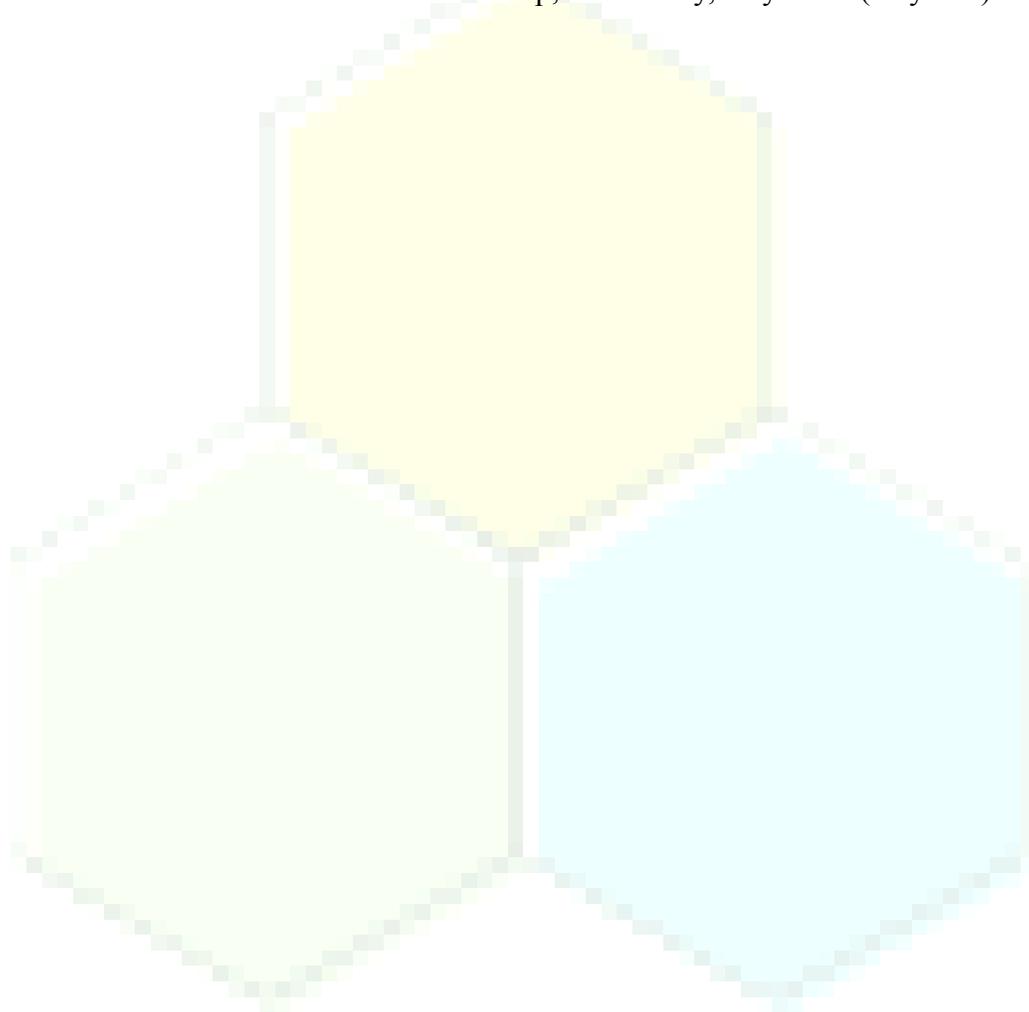
- i. Hire a maid for services.
- ii. Buying labor-saving devices.
- iii. Company's accommodation.
- iv. Reimbursement of bills

25. Write down any two criteria of each to check the quality of Hem, Seam, Placket, Zipper, and Pleats in readymade garments.

Ans:

- Hem – Enough seam allowance, Even width, No puckering, Any other (Any two)
- Seam – Matching thread, Continuous stitches, Interlocking or French seam, (Any two)

- Placket – Deep enough to provide easy wear, Sufficient fasteners, Underlap not visible on the right side, (Any two)
- Zipper – Matching colour, Neat finish, Should run smoothly, Any other (Any two)
- Pleats – Have sufficient material to be deep, Fall evenly, Any other (Any two)



BioSmartNotes