

Home Science Sample Paper Class 12 2025

Time: 3 hours

Maximum Marks: 70

Section A

1. Which of the following is the guiding principles of ECCE?

- (A) Blend of modern and traditional sources
- (B) Mix of formal and informal interactions**
- (C) Based on only informal interaction
- (D) Use of expensive materials, arts and knowledge

2. The set of methods and techniques used to transform raw ingredients into finished and semi-finished products is-

- (A) Food Science
- (B) Food Processing**
- (C) Food Technology
- (D) Food Manufacturing

3. Which of the following is the main aim of social entrepreneur?

- (A) Changing the pattern of design of a product / commodity
- (B) Achieving large scale benefits through entrepreneurship for a specific group**
- (C) Attempting new technological methods for producing a commodity
- (D) Attaining full employment and self-reliance for women workers

4. Which of the following is a visible biological hazard in food?

- (A) Virus
- (B) Stones
- (C) Protozoa
- (D) Caterpillars**

5. Frozen peas are an example of:

- (A) Functional food
- (B) Formulated food
- (C) Preserved food**
- (D) Minimally processed food

OR

The process of conversion of oil to Vanaspati is called as _____.

- (A)hydrogenation
- (B)fortification
- (C)preservation
- (D)supplementation

6. Which of the following is short term strategy to combat malnutrition?

- (A)Ensuring food security
- (B)Control of micronutrient deficiencies**
- (C)Employment generation schemes
- (D)Prevention of food adulteration

7. If the food gets spoiled during transportation, then it shows a lack of control in which of the food safety management system?

- (A) ISO
- (B) GMP
- (C) GHP**
- (D) GDP

8. Choose the correct pair of craft with its State.

- (A) Shola craft: Maharashtra
- (B) Channapatna dolls: Karnataka**
- (C) Warli painting: Assam
- (D) Bamboo craft: Odisha

9. When the height of the child is less than adequate for age, this is termed as-

- (A) Underweight
- (B) Stunting**
- (C) Wasting
- (D) Obesity

10. Which of the following organization supported in implementation of Red Ribbon Express (RRE) project?

- (A) NYKS**
- (B) SARI
- (C) CRS
- (D) SEWA

11. Match colour harmony given in List I with its description in List II.

List I (Colour Harmony)	List II (Description)
i. Monochromatic harmony	1. Two pairs of complementary
ii. Achromatic harmony	2. Only neutrals
iii. Double Complementary harmony	3. Combination of three colours
iv. Split complementary harmony	4. Single hue

Choose the correct option from the following-

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

12. Match different types of establishments offering hospitality services given in List I with its feature in List II.

List I (Types of establishments offering	List II (Feature) hospitality services)
i. Hotel	1. Only lodging
ii. Motel	2. Lodging, meals and other services
iii. Resort	3. Lodging and parking near the room
iv. Lodge	4. Lodging with range of amenities

Choose the correct option from the following-

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

13. Which of the following career options are advised for DCJ professional?

- (i) Community Media
- (ii) Analyst for testing
- (iii) Research Scholar
- (iv) Quality Control Manager

Choose the correct option from the following-

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

14. Which of the following are features of SOS Children's Home?

- (i) Grow with biological families**
- (ii) Supports till child becomes independent**
- (iii) Family-based long-term care to orphan children**
- (iv) Government social organization which has family approach**

Choose the correct option from the following-

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

OR

Which of the following services are offered by ICDS?

- (i) Non-formal pre-school education**
- (ii) Supplementary feeding**
- (iii) Establishment of youth clubs**
- (iv) Social defense and protection**

Choose the correct option from the following-

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

SECTION B (CASE STUDY- BASED QUESTIONS)

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

The medical nutrition therapist takes into account the food pattern and frequency of intake of different types of food, diagnosis of disease and prescription given by the doctor, the health status and physical condition including ability to eat, chew, swallow, digest and absorb the food eaten, feeling of hunger, physical activity and life style, dietary and other supplements consumed, cultural/ethnic practices and religious beliefs.

In the context of medical nutrition therapy choose the correct pair.

- (A) Antioxidants: Low-sodium salt
- (B) Nutraceuticals: Beta-carotene
- (C) Medical foods: Lactose-free milk**
- (D) Phytochemicals: Amla powder

16. Match type of diets given in List I with the examples in List II.

List I (Types of Diets)	List II(Examples)
i. Mechanical soft diet	1. Buttermilk
ii. Liquid diet	2. Sago kheer
iii. Soft diet	3. Strained soup
iv. Clear liquid diet	4. Pureed apple

Choose the correct option from the following-

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

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

- **ASSERTION (A):** Intravenous feeds are preferred over tube feeds.
- **REASON (R):** In intravenous feeds the patients are nourished with the special solutions that are given through a drip in the 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 labeled as Assertion (A) and Reason (R).

- **ASSERTION (A):** High consumption of convenience and processed foods increases the incidence of Hypertension.
- **REASON (R):** It is attributed to the presence of high sodium content.

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 (SHORT ANSWER QUESTIONS)

19. 'Youth should be encouraged to enroll with scouts and guides.' Support this statement with four reasons.

Ans: Four reasons for youth to enroll in scouts and guides-

- 1. Develops the character of boys and girls to make them good citizens by inculcating in them a spirit of loyalty, patriotism
- 2. Develop a sense of thoughtfulness for others
- 3. Promotes balanced physical development
- 4. Encourages mental development
- 5. Inculcates a desire for social service (Any four)

OR

'Youth is the period when the individual is preparing to take on adult roles.' Give four reasons why are youth considered vulnerable.

Ans: Four reasons why youth are considered vulnerable-

- 1. Peer pressure
- 2. Unsupportive family/friends
- 3. Some adolescents may consume alcohol and drugs
- 4. Health issues
- 5. Lack of knowledge about sexual and reproductive health (Any four)

20. 'Eco-friendly practices in hotels are crucial for reducing environmental impact, enhancing sustainability, and attracting environmentally conscious guests, ultimately leading to long-term cost savings and a positive brand image.' Suggest four practices by which a hotel can ensure to be Eco Friendly.

Ans: Four practices by which a hotel can ensure to be Eco Friendly-

- 1. Using 100% organic cotton bed sheets
- 2. Chemical-free laundry cycle and using agents that are non-toxic, water-based, hypoallergenic, and biodegradable
- 3. Cards are put in hotel rooms, urging the reuse of towels
- 4. Promoting the saving of natural resources like water, electricity, and detergent used for laundering
- 5. Use of energy-efficient light bulbs in rooms can help save electricity (Any four)

21. Which four factors determine the texture in textile materials? 2

Ans: Four factors determine the texture in textile materials-

- 1. Fibre content
- 2. Yarn processing and yarn type
- 3. Fabric construction technique
- 4. Fabric finishes

- 5. Surface ornamentation (Any four)

22. State two aspects of care and maintenance of fabrics. 2

Ans: Two aspects of care and maintenance of fabrics-

- 1. Keeping the material free of physical damage and rectifying any damage that may have occurred during its use.
- 2. Retaining or refreshing the appearance in terms of removal of stains and dirt, and retaining the textural and visual characteristics. (Any two)

23. Give four objectives of diet therapy. 2

Ans: Four objectives of diet therapy-

- 1. Formulation of the diet to meet the needs of the patient, taking into consideration her or his food habits
- 2. Modification of the existing diets to ameliorate the disease condition and to keep it under control
- 3. Correction of nutritional deficiencies; if any
- 4. Prevention of short-term and long-term complications in case of chronic diseases
- 5. Education and counselling of the patient regarding the need to adhere to the prescribed diet (Any four)

24. ‘The guest’s decision to stay and repeatedly visit the hotel in future largely depends upon the quality of the services provided by housekeeping department of the hotel.’ Which four services are provided by this department?

Ans: Four services are provided by the housekeeping department-

- 1. Cleaning of public areas and guestrooms
- 2. Supply, upkeep of laundry, and exchange of various linen and uniforms.
- 3. Internal flower arrangement and maintenance of the external landscape or garden.
- 4. Coordination and communication with other departments
- 5. Pest control (Any four)

25. (a) How are Respite Care homes different from Mobile Medicare units in terms of services offered to the elderly?

Ans: (a) Difference between Respite Care homes and Mobile Medicare units-

Respite Care homes	Mobile Medicare units
They are for older persons who live in old age homes but are seriously ill, requiring continuous nursing care and respite.	Provide medical care to the older persons living in rural and isolate,d and backward areas;

OR

(b) List four common problems faced by the elderly population.

Ans: (b) Four common problems faced by the elderly population-

- 1. Deteriorating health / Decreased physiological reserves
- 2. Ageing and weaker defence mechanisms
- 3. Loneliness
- 4. Financially dependent on others
- 5. Lack of family support from own children
- 6. Inability to care for oneself (Any two)

26. Ramesh/Rina has to wear a shirt and trousers, suggest three ways by which he/she can create harmony in it.

Ans: Three ways of creating harmony in a shirt and trousers-

- 1. By texture-Texture and accessories should be in accordance with each other. For perfect harmony, both shirt and pants should be of the same texture. Example-Cotton shirt with cotton trousers.
- 2. By shape-By using the same lines and shapes in a garment, by matching prints, angles of lines and colours to maintain the continuity of the design.
- Example- Collar, cuff, pocket and hem should be of the same shape. 3. By colour-Using any colour scheme/harmony. Example-Colour of both the shirt and pants should blend together
- according to any colour scheme. (Any three)

OR

‘The elements of design are considered while creating a balance in a dress.’ Compare formal balance with informal balance. Give three points.

Ans: Compare formal balance with informal balance-

Formal Balance	Informal balance
It is symmetrical balance.	It is an asymmetrical balance.
Same on each side of a central vertical line.	Not the same on either side of a central vertical line.
Tends to get monotonous	Does not get monotonous.
It is less expensive.	It can be expensive.
It gives feeling of stability and formality.	It is used to correct figure problems.

27. What is PSA? Why is it considered an effective programme? Provide four reasons to support your answer.

Ans: (a) PSA- Public Service Announcement (PSA) is a brief 10–60 second message between programs, generally in the form of jingles.

(b) Four reasons why PSA is an effective programme-

- 1. Provide information or suggestions for action
- 2. Advertising an idea or a message for the public good
- 3. Repeated broadcasts
- 4. Have catchy slogan(s) (Any four)

28. (a) State two factors that are responsible for the gradual erosion of traditional art.

(b) Why do you think there is an urgent need to revive and sustain this traditional art and craft forms?

(c) List two steps taken by the government to sustain and promote the traditional art and craft.

Ans: (a) Two factors that are responsible for the gradual erosion of traditional art-

- 1. Low sources of income
- 2. Illiteracy
- 3. General socio-economic backwardness
- 4. Slow progress in implementing land reforms
- 5. Inadequate or inefficient finance
- 6. Inadequate marketing services (Any two)

(b) Reason for the need to revive and sustain these traditional art and craft forms-

- 1. For the revival and sustaining of the indigenous knowledge
- 2. For the revival of skills that are fast losing ground

(c) Two steps taken by the government to sustain and promote the traditional art and craft-

- 1. Design innovations
- 2. Preservation and refinement strategies
- 3. Use of eco-friendly raw materials
- 4. Establishment of training facilities
- 5. Conservation of traditional knowledge
- 6. Protection of intellectual property rights (IPR) (Any two)

29. Discuss about three types of hazards along with an example for each.

Ans: Three types of hazards, along with an example for each-

TYPES OF HAZARDS	EXAMPLE
------------------	---------

Physical hazard is any physical material not normally found in food.	Wood, stones, parts of pests, hair, etc.
Chemical hazards are chemicals or deleterious substances that may be intentionally or unintentionally added to foods.	Pesticides, chemical residues, toxic metals, polychlorinated biphenyls, preservatives, food colours, etc.
Biological hazards are living organisms and include microbiological organisms.	Visible- flies, cockroaches, etc. Invisible bacteria, yeast, virus, etc.

OR

Enumerate three roles of Codex Alimentarius Commission (CAC) in enhancing food safety.

Ans: Three roles of Codex Alimentarius Commission (CAC) in enhancing food safety-

- 1. Establishes international standards to protect the health of consumers
- 2. Facilitates food and agricultural trade
- 3. Publishes a document which includes Standards, Codes of Practice, Guidelines, etc. to protect consumers and ensure fair practices in the food Trade (Any three)

SECTION D (LONG ANSWER QUESTIONS)

30. (a) Enumerate four factors which can lead to food deterioration or spoilage.

(b) Mention any four traditional methods by which food is preserved from spoiling after harvesting or slaughtering.

Ans: (a) Four factors which can lead to food deterioration or spoilage-

- 1. Infestation by insects
- 2. Inappropriate temperatures used for processing and/or storage
- 3. Excessive exposure to light and other radiations/oxygen/moisture
- 4. Contaminated by microorganisms
- 5. Degradation by naturally present enzymes (Any four)

(b) Four traditional methods by which food is preserved from spoiling after harvesting or slaughtering-

- 1. Sun drying
- 2. Controlled fermentation
- 3. Salting/Pickling
- 4. Candying
- 5. Roasting
- 6. Smoking
- 7. Using spices as preservatives (Any four)

31. 'The NEP lays a lot of impetus on Early Childhood Care and Education.'

(a) List any two factors which have led to the increase in significance of ECCE in the contemporary times.

(b) State one contribution of each of the following in the field of ECCE-

(i) Piaget

(ii) Vygotsky

(iii) Maria Montessori

Ans: (a) Two factors which have led to the increase in significance of ECCE in contemporary times-

- 1. Breakdown of the traditional joint family, need for substitute care
- 2. Increased number of working mothers
- 3. Early childhood is a critical period for development
- 4. Holistic development of the child to realize his/her potential (Any two)

(b) One contribution of each of the following in the field of ECCE-

- (i) Piaget: To provide a stimulating environment to the child, as the child explores the environment and learns from his/her own experiences.
- (ii) Vygotsky: A kind, caring, and knowledgeable adult is required for the care of children.
- (iii) Maria Montessori: Establishment of pre-schools for young children based on the principles of early childhood education as outlined by the well-known educationist Maria Montessori.

One contribution of each

32. (i) ‘The principle of all washing machines is to keep the fabric in movement in the washing solution to carry away the dirt.’

(a) Discuss the three processes involved in the washing equipment of a commercial laundry.

(b) Which of the above process is used in front loading machines?

Ans: (i) (a) Three processes involved in the washing equipment of a commercial laundry-

- 1. Agitation — The agitator has blades that may rotate (movement in one direction) or oscillate (alternate movement in two directions), which cause the creation of a current in the tub, forcing water into the fabric.
- 2. Pulsation — The movement is caused by a vertical pulsator, which has very rapid vertical movements.
- 3. Tumbling — Washing takes place in a horizontally placed cylinder, which is perforated and which revolves in a partially filled tub. With each revolution, the clothes are carried to the top and then dropped into the washing water.

(b) Washing process used in front-loading machines- Tumbling

OR

(ii) ‘The field of Care and Maintenance of Fabrics is a technical field and you want to work in hi- tech laundry.’

(a) Present any three primary requirements you must possess for this.

(b) What qualifications are required for this role?

Ans: (ii) (a) Three primary requirements you must possess for working in a hi-tech laundry-

- 1. Knowledge of the material
- 2. Knowledge of the processes involved
- 3. Knowledge of the chemicals and other reagents used in the process and their effect on the fabric
- 4. Working knowledge of the machinery requirements and its functioning

(b) Qualifications required-

- 1. Short-term programme- Laundry Management courses
- 2. Graduation in Textile Science /Textile Chemistry/ Fabric and Apparel

33. 'The field of public health nutrition is multidisciplinary in nature and is built on the foundations of biological and social sciences.'

(a) Explain this statement by highlighting four knowledge and skills required by the Public Health Nutritionists.

(b) Give four career avenues for Public Health Nutritionists.

Ans: (a) Four knowledge and skills required by the Public Health Nutritionists-

- 1. Nutritional science
- 2. Nutritional needs throughout the life cycle
- 3. Nutritional assessment
- 4. Nutritional care
- 5. Mass media and communication (Any four)

(b) Four career avenues for Public Health Nutritionists-

- 1. Community nutritionist in the PSM departments of hospitals
- 2. Nutrition programmes of the government. e.g., ICDS, Food and Nutrition Board
- 3. In voluntary organisations (regional, national, and international) as nutritionists
- 4. As consultants
- 5. Nutritionists or counselors for schools, industries, etc.
- 6. Teaching and academics
- 7. Research (Any four)

34. (i) 'To interpret consumer demand one should understand target market and consumer motivations.'

What do you mean by target market? Describe four segments of target market.

Ans: (i) Target market- It is defined as a category of consumers one is targeting for selling the product.

Four segments of the target market-

- 1. Demographic Segmentation is based on Population, Age, Sex, Occupation, Education, and Income.

- 2. Geographic Segmentation is based on cities, states, and regions. The climate of various places may vary, and it plays an important role in the choice of merchandise.
- 3. Psychographic Segmentation is based on lifestyle, like social activities, interests, leisure pursuits, needs, and wants
- 4. Behavioural Segmentation is based on opinion on specific products or services.

OR

(ii) After completing class XII, your friend is considering a career in the fashion industry. You've recommended pursuing a career as a fashion merchandiser. Guide your friend who a fashion merchandiser is and describe their four key roles within the fashion industry.

Ans: (ii) Fashion merchandiser-

is a person who facilitates the conversion of inspiration into design and addresses the planning, production, promotion, and distribution of products in the fashion industry, to meet the demands of a consumer

Four roles of fashion merchandiser-

- 1. In manufacturing, a fashion merchandiser 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 that may want to buy large quantities.
- 4. Selling-A fashion merchandiser who works with a designer is responsible for selling fashion items to stores, which then sell to consumers.

35. 'Most consumers are unaware of their rights and responsibilities and do not know the various legislative provisions that have been made to protect them.'

(a) Which law was formed to protect consumers? And when was it implemented?

(b) Give two implications and four features of this law.

Ans: (a) Law formed to protect consumers- Consumer Protection Act (CPA)

It was implemented in 1986.

(b) Two implications of CPA-

- 1. It gives the consumer the right to complain to an authority about his/her grievances and seek speedy redressal.
- 2. Consumer can claim compensation for any loss or injury suffered on account of the negligence of the manufacturer. Any two

Four features of CPA-

- 1. Simple procedure
- 2. Speedy redressal
- 3. Inexpensive redressal
- 4. It applies to all goods and services
- 5. Strict penalties for misleading advertisements (Any four)