

HOME SCIENCE PAPER 1

(THEORY)

Maximum Marks: 70

Time Allowed: Three hours

*(Candidates are allowed **additional 15 minutes** for **only** reading the paper.*

*They must **NOT** start writing during this time).*

*Answer all questions in **Section A**, **Section B** and **Section C**.*

***Section A** consists of **objective / very short answer** questions.*

***Section B** consists of **short answer** questions.*

***Section C** consists of **long answer** questions.*

The intended marks for questions or parts of questions are given in brackets [].

SECTION A - 14 MARKS

Question 1

- (i) The method of cooking fruits and vegetables which preserves nutrients including water soluble nutrients is called: [1]
- (a) Boiling
 - (b) Grilling
 - (c) Roasting
 - (d) Steaming
- (ii) When bread turns golden brown on top with the application of heat, it is an example of: [1]
- (a) Coagulation
 - (b) Dextrinization
 - (c) Gelatinisation
 - (d) Smoke Point

- (iii) Eating large amounts of food rapidly, in secret and until uncomfortably full, despite not being hungry is called: [1]
- (a) Bulimia Nervosa
 - (b) Binge eating disorder
 - (c) Anorexia Nervosa
 - (d) Food fads
- (iv) Biryani is a preparation of rice with enhanced taste, nutrients, colour and palatability. It is an excellent example of _____ food. [1]
- (a) supplementing
 - (b) combining
 - (c) germinating
 - (d) liming
- (v) _____ mark is given to sustainable products. [1]
- (vi) Dabu prints have originated in the state of _____. [1]
- (vii) The primary aim of _____ schemes is to ensure a clean India. [1]
- (viii) Mustard seeds are often adulterated with _____. [1]
- (ix) Radha avoids high intake of salt in her raita and salads. Name the ailment Radha might be suffering from. [1]
- (x) Name the period of adulthood which begins at forty and extends till sixty. [1]
- (xi) Rita is from Lucknow. She wears beautiful dupattas with embroidery. Name the embroidery on her dupatta. [1]
- (xii) Choose the correct pair from the following options: [1]
- (a) Kalamkari – Kashmir
 - (b) Kani – Andhra Pradesh
 - (c) Madhubani – Bihar
 - (d) Patola – Orissa

- (xiii) Choose the correct pair from the following options: [1]
- (a) FPO – Electronics
 - (b) AGMARK – Gram flour and pulses
 - (c) Hall Mark – Diamonds
 - (d) Wool Mark – Hosiery clothes
- (xiv) List *any one* example of a dyed textile. [1]

SECTION B - 28 MARKS

Question 2 [4]

- (i) State *any two* reasons for cooking food.
- (ii) List *any two* principles of cooking.

Question 3 [4]

- (i) Mention *any two* objectives of meal planning.
- (ii) Neetu has recently begun a cabbage soup diet. Define the eating pattern followed by her.

Question 4 [4]

- (i) When an egg is boiled, some changes take place. Enlist *any two* changes.
- (ii) List two criteria to be kept in mind while planning meals for pre-schoolers.

Question 5 [4]

- (i) Mention *any two* disadvantages of online banking.
- (ii) List *any two* features of fixed deposit account in a post office.

Question 6 [4]

State *any four* ways in which an advertisement can mislead the consumers.

OR

Explain *any four* advantages of consumer education.

Question 7 [4]

- (i) State *any two* ways of sensitising children towards taking care of the elderly.
- (ii) Mention *any two* psychological changes that occur during old age.

Question 8 [4]

Explain the technique adopted for making a Kantha shawl.

OR

Briefly describe the motifs and the embroidery on Kashidar purses.

SECTION C – 28 MARKS

Question 9

- (i) **Puberty brings several changes in a young teenager.** With reference to the statement, discuss the role of endocrine system in the development of the adolescent. [4]
- (ii) Enumerate the positive influence of social media on adolescents. [3]

Question 10

Kani weave is an extraordinary expression of art.

- (i) Describe the technique adopted for making a Kani shawl. [4]
- (ii) Name and describe the different varieties of Kani shawls available. [3]

Question 11

- (i) Briefly explain the factors to be kept in mind while planning a meal for the elderly. [4]
- (ii) Briefly explain *any three* reasons for delinquency amongst adolescents. [3]

Question 12

Mr. Das has symptoms like excessive thirst, frequent urination and fatigue.

- (i) Which ailment is Mr. Das likely to be suffering from? [1]
- (ii) Explain *any three* other symptoms which Mr. Das might experience. [3]
- (iii) Mention *any three* dietary modifications in the diet of Mr. Das. [3]

OR

Mr. Mishra is a middle-aged man who is suffering from hypertension.

- (i) Write *any three* considerations for making a therapeutic diet for Mr. Mishra. [3]
- (ii) Suggest a packed lunch for Mr. Mishra. Give suitable reasons for the food suggested. [4]