

ISC SEMESTER 1 EXAMINATION
SPECIMEN QUESTION PAPER
HOME SCIENCE
PAPER 1
(THEORY)

Maximum Marks: 70

Time allowed: One and a half hours

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

ALL QUESTIONS ARE COMPULSORY

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

Question 1

[10]

Fill in the blanks by choosing the correct option.

- (a) Retailers include extra charges for providing convenience services such as free home delivery which causes _____.
- (i) Adulteration
 - (ii) Variation in prices
 - (iii) Substandard quality
 - (iv) Defective weight and measures
- (b) Food is _____ to add flavour.
- (i) Seasoned
 - (ii) Whipped
 - (iii) Garnished
 - (iv) Chopped
- (c) _____ gives short-crust pastry a crisp and flaky texture.
- (i) Hydrogenation
 - (ii) Shortening power of fat
 - (iii) Whisking
 - (iv) Creaming

- (d) Soya milk is _____ with normal milk during lactose intolerance.
- (i) Combined
 - (ii) Mixed
 - (iii) Fermented
 - (iv) Substituted
- (e) _____ needs to be filled before withdrawing money from a bank.
- (i) A cheque
 - (ii) A deposit slip
 - (iii) A pay-in-slip
 - (iv) An undertaking
- (f) Baking Soda in cooking destroys the _____ present in the food.
- (i) Protein
 - (ii) Thiamine
 - (iii) Carotene
 - (iv) Carbohydrates
- (g) The nutrient _____ is least sensitive to heat and water.
- (i) Fat
 - (ii) Protein
 - (iii) Ascorbic Acid
 - (iv) Acetic acid
- (h) What is the full form of FPO?
- (i) Food Product Order.
 - (ii) Food Production Organization.
 - (iii) Fruit Product Order.
 - (iv) Financial Producers Organization.
- (i) A label on a food product is:
- (i) A small piece of fabric attached to the product.
 - (ii) A tag on which the MRP is written.
 - (iii) A list giving the complete information about the product.
 - (iv) None of the above.

- (j) A special diet is:
 - (i) A party menu.
 - (ii) A bland diet.
 - (iii) A diet given during illness/disease.
 - (iv) A diet made during festivals.

Question 2

[12]

Correct the underlined word/phrase by choosing the correct option.

- (a) Labels always contain misleading information.
 - (i) False
 - (ii) Correct.
 - (iii) Exaggerated.
 - (iv) Impressive
- (b) The diet of an elderly should include fats and sugars.
 - (i) Poly unsaturated fatty acids
 - (ii) Thick soups.
 - (iii) Coffee and tea.
 - (iv) Fried food
- (c) Sprouting is a chemical method for food enrichment.
 - (i) Biological method
 - (ii) Mechanical method
 - (iii) Food enrichment.
 - (iv) None of the above
- (d) Anorexia Nervosa is a common liver disorder.
 - (i) Life threatening eating disorder
 - (ii) Deficiency disease
 - (iii) Destructive habit
 - (iv) Cognitive behavioural disorder

- (e) Vegetables should be cut in small pieces to minimize loss of nutrients.
- (i) Be cut in big pieces to minimize loss of nutrients.
 - (ii) Not be cut in pieces to minimize loss of nutrients.
 - (iii) Not be cooked to minimize loss of nutrients.
 - (iv) Be grated to minimize loss of nutrients.
- (f) Exposing meat directly to the flames or dry heat is known as braising.
- (i) Baking
 - (ii) Grilling
 - (iii) Stir frying
 - (iv) Roasting
- (g) Broiling ensures that all the spores and germs are killed while cooking.
- (i) Stewing
 - (ii) Boiling
 - (iii) Steaming under pressure
 - (iv) Simmering
- (h) While making dough, gluten is formed when we mix flour and water.
- (i) Blend
 - (ii) Knead
 - (iii) Whip
 - (iv) Sieve
- (i) Inedible outer skin of the fruits and vegetables must be washed before eating.
- (i) Grated
 - (ii) Cleaned
 - (iii) Peeled
 - (iv) Pounded
- (j) A diet rich in carbohydrates should be given to a diabetic person.
- (i) High in protein and fibre diet.
 - (ii) Low in potassium diet.
 - (iii) High in fruits salad.
 - (iv) High with cholesterol food.

- (k) The quantity and the kind of food cooked for a family depend upon members of the family.
- (i) The income and food budget of the family.
 - (ii) The season.
 - (iii) The age of the family members.
 - (iv) The occupation of the family members.
- (l) A pre-school child needs concentrated sources of energy which are provided by vegetables and fruits.
- (i) Animal fats such as butter and ghee contain.
 - (ii) Lean meat and chicken.
 - (iii) Cereals and pulses.
 - (iv) Pulses and eggs.

Question 3

Answer the following questions by choosing the correct option

[8]

- (a) Customers can avail banking services without having to visit a bank branch:
- (i) A teller
 - (ii) ATM
 - (iii) Cheque
 - (iv) NEFT
- (b) Bank of our country is:
- (i) SBI
 - (ii) HDFC Bank
 - (iii) RBI
 - (iv) Overseas bank
- (c) A payment card that deducts money directly from a consumer's saving account:
- (i) A debit card
 - (ii) A Credit card
 - (iii) A phone card
 - (iv) A pink slip

- (d) An electronic banking outlet that allows customers to complete basic transactions without the aid of a branch representative or teller is:
 - (i) NEFT
 - (ii) Recurring deposit
 - (iii) ATM
 - (iv) Teller

- (e) A teenager suffering from Anorexia Nervosa:
 - (i) Must be referred to a physician.
 - (ii) Needs a strong peer support.
 - (iii) Requires counselling.
 - (iv) Needs to see an Orthopaedic doctor.

- (f) A healthy breakfast contains:
 - (i) One fourth of the day's requirements for all the nutrients.
 - (ii) Half of the day's requirements of protein.
 - (iii) Half of the day's requirements for fruits and vegetables.
 - (iv) Half of the day's requirements for calories.

- (g) Diabetes is a metabolic disorder caused by:
 - (i) Eating too much of sugar.
 - (ii) Old age.
 - (iii) Lack of insulin hormone.
 - (iv) Eating too much of fried food.

- (h) Green colour of the vegetables is brightened when:
 - (i) Tomatoes are blanched and added
 - (ii) Tomatoes are fried and added.
 - (iii) Tomatoes are not added.
 - (iv) Vinegar is added.

Question 4

Choose the correct option.

[10]

- (a) ISI mark can be defined as:
- (i) A standardisation mark used to ensure the quality of industrial product as per set standards.
 - (ii) A trademark set by the Directorate of Marketing and Inspection, a body attached to the ministry of agriculture.
 - (iii) The mark established to control the quality of preserved food items made for fruits and vegetables.
 - (iv) The certification mark set by the BIS for products conforming to a set standard aimed at the least impact to the eco system.
- (b) Gelatinization is:
- (i) A process where starch and water are subjected to dry heat, causing the starch granules to swell.
 - (ii) A process where starch and water are subjected to heat, causing the starch granules to swell.
 - (iii) A process where starch and water are subjected to heat, causing the starch granules to stick.
 - (iv) None of the above.
- (c) Dredge is:
- (i) to lightly coat food in a dry ingredient, such as flour, cornmeal, or breadcrumbs.
 - (ii) to lightly coat food in a liquid, such as milk or egg.
 - (iii) to lightly fry food.
 - (iv) to grate food.
- (d) Recurring account is:
- (i) a type of deposit in which there are fixed installments to be invested in an account at fixed intervals of time for a specific period.
 - (ii) a type of deposit in which money has to be invested in an account at one interval of time.
 - (iii) a type of deposit in which money can be deposited any time.
 - (iv) a type of deposit in which money gives no rate of interest.

- (e) Smoke point is:
 - (i) Temperature at which fat boils.
 - (ii) Temperature at which fat catches fire.
 - (iii) Temperature at which fat begins to smoke/ fume.
 - (iv) Cooking temperature of fat.
- (f) A food fat is:
 - (i) Eating healthy food.
 - (ii) Eating currently popular food stuff.
 - (iii) Faulty beliefs.
 - (iv) A hamper of food.
- (g) Whipping or beating of food leads to:
 - (i) Improvement in taste.
 - (ii) Incorporation of air into the mixture.
 - (iii) Improvement in the appearance of the cooked food.
 - (iv) Improvement in the colour of the cooked vegetables.
- (h) Soaking is defined as:
 - (i) a process to improve the texture of the cooked items.
 - (ii) a process to soften the seed coat thereby saving time and fuel.
 - (iii) a cooking procedure.
 - (iv) removal of unnecessary insects and weevils.
- (i) Savings is defined as:
 - (i) a help in old age.
 - (ii) a certain proportion of income kept aside regularly.
 - (iii) a method of keeping money for the marriage and education of the children.
 - (iv) a help in buying expensive household items.
- (j) NEFT stands for:
 - (i) National electrical funds transfer.
 - (ii) National electronic funds transfer.
 - (iii) Namely electronic funds transfer.
 - (iv) Namely electrical funds transfer.

Question 5

Choose the right option:

[10]

- (a) Advertisement may mislead consumers due to:
 - (i) Incomplete information
 - (ii) Good sales promotion
 - (iii) Sales Gimmicks
 - (iv) Hoardings
- (b) The Food laws ensure:
 - (i) Good packaging
 - (ii) Quality of the food products
 - (iii) Spoilage
 - (iv) Pilferage
- (c) AG mark is used on:
 - (i) Helmets and LPG cylinders
 - (ii) Eggs and desi ghee
 - (iii) Pickles and chutney
 - (iv) Jute bags and paper
- (d) Dry heat on starch leads to:
 - (i) Dextrinized
 - (ii) Caramelization
 - (iii) Gelatinization
 - (iv) Fortification
- (e) Mixture of beaten egg white and sugar is called:
 - (i) Meringue
 - (ii) Frosting
 - (iii) Curd
 - (iv) Fondant
- (f) Method of food enrichment that improves Vitamin C content in food is:
 - (i) Parboiling

- (ii) Poaching
 - (iii) Fermentation
 - (iv) None of the above
- (g) The method used by an individual to transfer money from one bank account to another is:
- (i) Demand draft
 - (ii) Self-Cheque
 - (iii) Deposit slip
 - (iv) Debit card
- (h) In a Crossed Cheque:
- (i) Cash withdrawal can be done.
 - (ii) No cash withdrawal can be done.
 - (iii) Third party can withdraw cash.
 - (iv) None of the above.
- (i) Cutting off a thin layer of skin of a food item is known as:
- (i) Chopping
 - (ii) Paring
 - (iii) Grating
 - (iv) Blanching
- (j) The products that carry a hallmark are:
- (i) Gold jewellery
 - (ii) Greeting cards
 - (iii) Silk clothes
 - (iv) Plastic goods

Question 6

Complete the given statement by choosing the correct option.

[10]

- (a) Right to information:
- (i) Safeguards against items products, processes and services hazardous to health.

- (ii) Provides information about absent quality, quantity potency, purity, standard and price of goods and services.
 - (iii) Ensures every citizen a right to survive and live with dignity.
 - (iv) Ensures every citizen gets to choose from variety of goods and services available in the market.
- (b) Consumer's responsibility is:
- (i) to choose a product wisely.
 - (ii) to choose on the basis of advertisements.
 - (iii) to select impulsively.
 - (iv) to make quick decisions while purchasing.
- (c) Primary Function of a bank is:
- (i) to transfer funds.
 - (ii) to safely store valuables.
 - (iii) to deal in foreign exchange.
 - (iv) to accept deposits.
- (d) One of the advantages of fermentation is:
- (i) Improvement in texture and taste of food.
 - (ii) An increase in the acid content of the product.
 - (iii) Easy dehusking
 - (iv) Decrease in Vitamin C due to oxidation.
- (e) Combination and Supplementation are:
- (i) Wet methods of cooking.
 - (ii) Preliminary methods of cooking
 - (iii) Methods of improving the nutritive value of food without affecting the cost.
 - (iv) Cheap methods of cooking.
- (f) Over-heating of protein makes food:
- (i) Hard and leathery.
 - (ii) Unacceptable.
 - (iii) Indigestible.

- (iv) All of the above.
- (g) People suffering from Anorexia Nervosa:
 - (i) Have a fear of weight gain.
 - (ii) Have a distorted view of their body size and shape.
 - (iii) Restrict their food intake by dieting, fasting or exercising excessively.
 - (iv) All of the above.
- (h) Binge eating is:
 - (i) Eating due to boredom.
 - (ii) Likeness for eating fresh fruits.
 - (iii) Likeness for eating dry fruits.
 - (iv) Forced feeding.
- (i) The Right to Information Act was enforced by the Government of India:
 - (i) To promote accountability.
 - (ii) To sell inferior goods.
 - (iii) To charge higher than the permitted price.
 - (iv) To provide guarantee for a product.
- (j) Combination of flour and fat cooked together to thicken soup is called:
 - (i) Caramel
 - (ii) Roux
 - (iii) Starch
 - (iv) Pectins

Question 7

Choose the correct option to answer the following questions.

[5]

- (a) Radha has purchased a bag of rice. Which mark should she look for on her bag?
 - (i) FPO
 - (ii) AG Mark
 - (iii) ISI
 - (iv) BIS hallmark

- (b) Which information should Radha look for on the label of the bag she has purchased?
 - (i) Colour
 - (ii) Advertisement
 - (iii) Direction of use /Storage
 - (iv) Quality of the bag
- (c) How can Radha get to know the price of the rice?
 - (i) Through the name and address of the manufacturer
 - (ii) Through LOT number
 - (iii) Through Maximum retail price (MRP)
 - (iv) Through Warning (if any) given on the bag
- (d) If Radha seeks a redressal, which information will be useful to her?
 - (i) Variety and Quantity
 - (ii) Ingredients
 - (iii) Manufacture's name address/country
 - (iv) MRP
- (e) How does a certification mark on the bag of rice give value for money to Radha?
 - (i) It provides details of colour and preservatives.
 - (ii) It gives one batch number.
 - (iii) It gives quality assurance.
 - (iv) It gives the trademark.

Question 8

Select the correct option to answer the questions given below:

[5]

Mrs Khanna is planning a pre-school birthday party for her son.

- (a) Name the nutrients/minerals to be included in the birthday meal:
 - (i) Calcium, Protein, Vitamin A and C.
 - (ii) Carbohydrate, Fats and Iodine.

- (iii) Fats and Sugars.
 - (iv) Carbohydrate, Zinc and Iodine.
- (b) How should the food be served?
- (i) In a buffet arrangement
 - (ii) To guests at their tables
 - (iii) In packed boxes.
 - (iv) In a display arrangement
- (c) Which type of food should Mrs. Khanna choose for the party?
- (i) Nutritious and small bite sized.
 - (ii) Spicy and fried.
 - (iii) Colourful food with less satiety value.
 - (iv) Fancy looking food with little or no nutrients.
- (d) Which food should be included to provide protein and calcium to the pre-schoolers?
- (i) Milk in the form of paneer, butter, ghee, custard and milkshakes.
 - (ii) Lollipops, popsicles and sugary treats.
 - (iii) Pastas and buns.
 - (iv) Vegetable cutlets and salads.
- (e) Which of the following food types should be avoided in the menu?
- (i) Colourful and appetising food.
 - (ii) Nutritious and healthy food.
 - (iii) Food which may cause allergies.
 - (iv) Food rich in carbohydrate.