

HOME SCIENCE

21052951

PAPER 1 (THEORY)

Maximum Marks: 70

Time Allotted: Three Hours

Reading Time: Additional Fifteen Minutes

Instructions to Candidates

1. You are allowed an **additional fifteen minutes** for **only** reading the question paper.
2. You must **NOT** start writing during reading time.
3. This question paper has **7 printed pages and one blank page**.
4. There are **twelve** questions in the paper. All questions are compulsory.
5. This paper is divided into **three sections: A, B and C**.
6. **Section A** has **fourteen subparts** which are very short answer questions. Each question carries 1 mark.
7. While attempting **Multiple Choice Questions** in Section A, you are required to **write only ONE option as the answer**.
8. **Section B** has **seven questions** which are short answer questions. Each question carries 4 marks.
9. **Section C** has **four questions** which are long answer questions. Each question carries 7 marks.
10. **Internal choices** have been provided in **two questions in Section B** and in **one question in Section C**.
11. The intended marks for questions are given in brackets [].

Instruction to Supervising Examiner

1. Kindly read **aloud** the Instructions given above to all the candidates present in the examination hall.

SECTION A – 14 MARKS

Question 1

- (i) Aslam is an environmentalist and wants to adopt a renewable ecofriendly cooking technology for his new home. [1]

Which one of the following technologies of cooking should he adopt?

- (a) Microwave
- (b) Solar Cooking
- (c) Induction Cooking
- (d) Liquified Petroleum Gas

- (ii) Samantha went to buy instant noodles from a shop. She noticed a green dot on one packet and a red dot on another. [1]

What do these two colours symbolise?

- (a) Green means cheap; red means expensive
- (b) Green symbolises organic; red indicates processed
- (c) Green indicates vegetarian; red is for non-vegetarian
- (d) Green stands for fresh product; red refers to expired product

- (iii) Choose the correct pair from the following options: [1]

- (a) Neglectful parenting – Active involvement and concern
- (b) Permissive parenting – Strict rules and harsh punishments
- (c) Authoritarian parenting – Flexibility and high responsiveness
- (d) Authoritative parenting – Balanced control and positive reinforcement

- (iv) Sundar, a young entrepreneur, plans to start his own outlet to sell momos. [1]
He wants his food products not only to taste delicious but also be succulent and healthy.

Which one of the following methods should he consider for cooking momos?

- (a) Boiling
- (b) Grilling
- (c) Stewing
- (d) Steaming

- (v) Given below are two statements marked Assertion and Reason. Read the two statements carefully and choose the correct option. [1]

Assertion: A diet plan created for weight loss should avoid soda, fruit juice, sweet lassi and energy drinks.

Reason: Beverages are highly processed and contain a high amount of sugar.

- (a) Both Assertion and Reason are true and Reason is the correct explanation for Assertion.
- (b) Both Assertion and Reason are true but Reason is not the correct explanation for Assertion.
- (c) Assertion is true and Reason is false.
- (d) Both Assertion and Reason are false.

- (vi) Rupam is planning to cook spinach soup and wants to retain the colour of spinach without compromising on its nutritive content. [1]

Which one of the following procedures should she follow?

- (a) Adding salt before cooking
- (b) Cooking spinach without lid
- (c) Mixing alkali like baking soda
- (d) Adding acidic food like lemon

- (vii) Given below are two statements marked Assertion and Reason. Read the two statements carefully and choose the correct option. [1]

Assertion: Adolescents require more protein in their daily diet.

Reason: Accelerated growth during the adolescent years reduce the demand for protein intake.

- (a) Both Assertion and Reason are true and Reason is the correct explanation for Assertion.
- (b) Both Assertion and Reason are true but Reason is not the correct explanation for Assertion.
- (c) Assertion is true and Reason is false.
- (d) Both Assertion and Reason are false.

- (viii) Name the type of embroidery that uses darning stitches and is evident on the fabric created in Punjab. [1]

- (ix) A cook tosses vegetables in a pan rapidly over high heat in minimal oil to preserve their crisp and prevent overcooking. Name the method followed by the cook. [1]

- (x) A programme was initiated by the Indian government to address the nutritional requirements of women and preschool children and improve their wellbeing. Name the government initiative referred to above. [1]

- (xi) Jagpreet ordered a cup of coffee at a local café and found the taste unusually bitter. Which adulterant was possibly added to the coffee to alter its taste? [1]
- (xii) Helen went to purchase a helmet for driving her two-wheeler. She wanted a sturdy piece that would ensure her safety. Which quality mark should Helen check on the helmet before purchasing it? [1]
- (xiii) Why is filtering **not** enough to make water safe for drinking? [1]
- (xiv) Nasim has secured a seat in a college located in another city. The college requires her to pay the fee in advance through a safe, reliable and pre-paid instrument. Suggest a suitable method of payment that Nasim can use. [1]

SECTION B - 28 MARKS

Question 2

- (i) A shop owner makes multiple payments to suppliers every day without any limit on the amount to be withdrawn. [2]
- What type of bank account does he have? Why is this account more appropriate for him than a savings account?
- (ii) During a trade fair, textiles of many states were exhibited and offered on sale. Given below are the descriptions of textiles X and Y that were put on sale. [2]
- Textile X: A woven fabric that has bright colours with geometrical motifs and is made in Patan.
 - Textile Y: A traditional embroidered fabric of Kachchh made with colourful threads and mirror work.

Identify the textiles X and Y.

Question 3

Mrs. Kapoor bought a packet of turmeric powder from a local market. On opening the packet, she observed that it was exceptionally bright yellow in colour.

- (i) Name the substance that was added to turmeric to make it appear 'exceptionally bright yellow in colour'. What is the addition of such a substance to food called? [2]
- (ii) Mention *any two* harmful effects of the substance, referred to above, on human health. [2]

Question 4

- (i) Swachh Bharat Abhiyan stresses on behavioural change. [2]

State *any two* desirable changes in people's behaviour to attain the objectives of this programme.

- (ii) Under a government programme, a health camp was held in a village where an Anganwadi worker demonstrated methods of preparing low-cost nutritious meals for pregnant and lactating mothers. She also explained the importance of timely immunisation for infants. [2]

State *any two* services provided under this government programme, apart from the ones mentioned above.

Question 5

- (i) Mandeep is an Accountancy student and has been given a project on comparative analysis of Shares and Debentures. [2]

What *two* differences should Mandeep include in his project?

- (ii) Kajal, a thirty-three year old IT professional, spent all her earnings on a lavish lifestyle. When she fell sick and was hospitalised for treatment, she did not have money to pay the bills and had to borrow from her friends and relatives. [2]

How would have savings helped her in this situation?

Question 6

- (i) Shankar is seventy years old and lives with his family. He has become less active and worries excessively about his health and finances. [4]

How can lifestyle modifications improve Shankar's wellbeing?

OR

- (ii) Rahul, aged forty-seven, has been experiencing health issues and mood swings lately.

Discuss *any two* physical and *any two* psychological changes responsible for Rahul's health condition.

Question 7

- (i) While frying fish, a cook lightly coats the pieces with seasoned flour before placing them in hot oil. [2]

What is this technique called? Why is it important while cooking fish?

- (ii) After a safety inspection, the kitchen staff in a hostel begins to use induction cooktops. [2]

Why does the kitchen staff switch from using gas stoves to induction cooktops?
What is the underlying principle of induction cooking?

Question 8

- (i) Heena bought a hair oil which claimed to increase hair length in just ten days. However, even after using it for a month she found that her hair length had not increased.
- (a) Which consumer problem did Heena face? [1]
- (b) List *any three* responsibilities that a consumer should fulfil to avoid such problems. [3]

OR

- (ii) Consumer education is concerned with teaching people the skills, attitudes and knowledge required for a consumerist society. [4]

Discuss *any four* advantages of consumer education.

SECTION C – 28 MARKS

Question 9

Ayesha, a fifteen year old girl, plays basketball regularly. She has recently attained puberty while most of her friends had matured earlier. She feels conscious about her rapidly changing body.

- (i) Discuss *any three* challenges that late maturers like Ayesha face in social interactions. [3]
- (ii) How does Ayesha's involvement in basketball influence her physical fitness and overall development during adolescence? [4]

Question 10

Suresh is sixty years old. He has recently been diagnosed with Type-2 diabetes. He often eats refined snacks, consumes sugary tea twice a day and rarely exercises. His doctor recommends a controlled carbohydrate diet and lifestyle changes.

- (i) State *two* factors that must be kept in mind while planning a special diet for Suresh. [2]
- (ii) Mention *any four* foods that Suresh should avoid. [2]
- (iii) Prepare a one-day balanced menu for Suresh. [3]

Question 11

Rimjhim is hosting a dinner for her extended family on the occasion of Diwali. While planning the menu, she initially includes 'samosas' but later replaces them with 'idlis'.

- (i) Describe the method used to prepare 'idlis'. [3]
- (ii) With the help of *four* reasons, explain why Rimjhim replaces 'samosas' with 'idlis'. [4]

Question 12

- (i) Explain *any three* characteristics of Banarasi silk sarees that distinguish them from other types of silk sarees. [3]
- (ii) Suggest *any four* storage techniques to preserve a Banarasi sarees for a long period of time. [4]

OR

- (iii) Mention *any three* motifs used in a Dabu textile. [3]
- (iv) Elaborate on the process of making a Dabu textile. [4]