

CBSE Class 12 2026 Home Science Question Paper with Solutions

Time Allowed :3 Hours

Maximum Marks :70

Total questions :32

General Instructions

Read the following instructions very carefully and strictly follow them:

1. All questions are compulsory.
2. This question paper contains 32 questions.
3. The question paper is divided into three sections – Sections A, B and C.
4. Section A has questions no. 1 to 14 Multiple Choice Questions of 1 mark each.
5. Section B has questions no. 15 to 21 of 2 marks each and questions no. 22 to 25 of 3 marks each.
6. Section C has questions no. 26 to 30 of 4 marks each and questions no. 31 and 32 of 5 marks each.
7. Internal choices are given in some questions.
8. Support your answers with suitable examples wherever required.

Section - A

1. What was the main aim in setting up of SOS Children's Villages?

- (A) To provide preschool education to the children below 6 years.
- (B) To provide family-based, long-term care to orphaned and abandoned children.
- (C) To provide care and protection only to children with special needs.
- (D) To set-up the guidelines for the adoption of children of prisoners.

Correct Answer: (B) To provide family-based, long-term care to orphaned and abandoned children.

Solution:

Step 1: Understanding SOS Children's Villages.

SOS Children's Villages is an international non-governmental organization established to support orphaned, abandoned, and vulnerable children. The organization aims to provide a stable and nurturing family environment where children can grow with love, care, and security.

Step 2: Concept of family-based care.

Unlike traditional orphanages, SOS villages follow a family model. Each group of children lives in a house with an SOS mother who cares for them like a family. This structure helps children develop emotionally, socially, and psychologically in a supportive environment.

Step 3: Comparison with other options.

- **(A) To provide preschool education to the children below 6 years:** Incorrect.
Although education is provided, the main aim is broader and focuses on long-term care.
- **(B) To provide family-based, long-term care to orphaned and abandoned children:** Correct. This is the core objective of SOS Children's Villages.
- **(C) To provide care and protection only to children with special needs:** Incorrect.
The organization supports all vulnerable and orphaned children, not only those with special needs.
- **(D) To set-up the guidelines for the adoption of children of prisoners:** Incorrect.
This is not related to the purpose of SOS Children's Villages.

Step 4: Conclusion.

Thus, the main aim of setting up SOS Children's Villages is to provide family-based, long-term care to orphaned and abandoned children.

Final Answer: To provide family-based, long-term care to orphaned and abandoned children.

Quick Tip

SOS Children's Villages follow a family-like care system where children live together in homes under the supervision of an SOS mother, ensuring emotional and social development.

2. What type of food hazard will occur if food is contaminated with Rotavirus?

- (A) Physical hazard
- (B) Visible biological hazard
- (C) Invisible microbiological hazard
- (D) Chemical hazard

Correct Answer: (C) Invisible microbiological hazard

Solution:

Step 1: Understanding food hazards.

Food hazards are harmful agents that can contaminate food and cause illness. They are generally classified into three major categories: physical hazards, chemical hazards, and biological (microbiological) hazards. Biological hazards include bacteria, viruses, parasites, and fungi.

Step 2: Understanding Rotavirus.

Rotavirus is a virus that causes severe diarrhea and gastrointestinal infection, particularly in infants and young children. Since viruses are microscopic organisms that cannot be seen with the naked eye, contamination by such pathogens falls under microbiological hazards.

Step 3: Comparison with options.

- **(A) Physical hazard:** Incorrect. Physical hazards include foreign objects like glass, metal pieces, or stones in food.
- **(B) Visible biological hazard:** Incorrect. Viruses like rotavirus are not visible to the naked eye.
- **(C) Invisible microbiological hazard:** Correct. Rotavirus is a microorganism and causes an invisible microbiological food hazard.
- **(D) Chemical hazard:** Incorrect. Chemical hazards involve harmful chemicals such as pesticides or cleaning agents.

Step 4: Conclusion.

Therefore, if food is contaminated with rotavirus, it results in an invisible microbiological hazard.

Final Answer: Invisible microbiological hazard.

Quick Tip

Viruses, bacteria, and parasites that contaminate food are classified as microbiological hazards because they are microscopic and cannot be seen without special instruments.

3. Which of the following dress is a suitable example of Accented Neutral Colour Harmony?

- (A) White frock with red belt
- (B) Pink frock with red belt
- (C) Yellow frock with red belt
- (D) Red frock with red belt

Correct Answer: (A) White frock with red belt

Solution:

Step 1: Understanding colour harmony.

Colour harmony refers to the pleasing arrangement of colours used in clothing and design. Designers use different colour combinations to create balance and visual attractiveness in garments. One such colour combination method is called accented neutral colour harmony.

Step 2: Meaning of accented neutral harmony.

In accented neutral harmony, a neutral colour such as white, black, grey, or beige is used as the main colour. A bright colour is then added as an accent to highlight a part of the dress or design. This creates contrast while maintaining balance.

Step 3: Comparison of options.

- **(A) White frock with red belt:** Correct. White is a neutral colour and red acts as the accent colour.
- **(B) Pink frock with red belt:** Incorrect. Both colours are bright and not neutral.

- (C) **Yellow frock with red belt:** Incorrect. Both are strong colours and do not form neutral harmony.
- (D) **Red frock with red belt:** Incorrect. This is a monochromatic colour scheme.

Step 4: Conclusion.

Thus, the correct example of accented neutral colour harmony is a white frock with a red belt.

Final Answer: White frock with red belt.

Quick Tip

Neutral colours like white, black, grey or beige paired with a bright accent colour create accented neutral colour harmony.

4. Under which scheme of the Government of India were Kasturba Gandhi Balika Vidyalayas initiated?

- (A) Integrated Child Development Services
- (B) Article 16(1) of the Constitution of India
- (C) Beti Bachao, Beti Padhao
- (D) Sarva Shiksha Abhiyan (Now Samagra Shiksha)

Correct Answer: (D) Sarva Shiksha Abhiyan (Now Samagra Shiksha)

Solution:

Step 1: Understanding Kasturba Gandhi Balika Vidyalaya.

Kasturba Gandhi Balika Vidyalaya (KGBV) is a scheme introduced by the Government of India to promote education among girls belonging to disadvantaged groups. These schools provide residential facilities mainly for girls from rural and backward areas.

Step 2: Purpose of the scheme.

The main aim of the scheme is to reduce gender disparity in education and to increase the enrollment of girls in elementary education. Special focus is given to girls from scheduled castes, scheduled tribes, other backward classes, and minority communities.

Step 3: Scheme under which it was started.

The Kasturba Gandhi Balika Vidyalaya scheme was launched in 2004 under the **Sarva Shiksha Abhiyan (SSA)** program, which aimed to provide universal elementary education across India. SSA has now been integrated into the broader **Samagra Shiksha** scheme.

Step 4: Comparison with other options.

- **(A) Integrated Child Development Services:** Focuses on nutrition, health and preschool education for children below six years.
- **(B) Article 16(1) of the Constitution:** Deals with equality of opportunity in public employment.
- **(C) Beti Bachao, Beti Padhao:** A campaign to improve the child sex ratio and promote girls' education.
- **(D) Sarva Shiksha Abhiyan:** Correct. KGBV was launched under this scheme.

Step 5: Conclusion.

Therefore, Kasturba Gandhi Balika Vidyalayas were initiated under Sarva Shiksha Abhiyan.

Final Answer: Sarva Shiksha Abhiyan.

Quick Tip

KGBV schools were started in 2004 to promote girls' education in rural and disadvantaged communities under the Sarva Shiksha Abhiyan.

5. In which of the following Government programme youth club use financial assistance and organise activities like mountaineering, trekking, canoeing, coastal sailing, etc.?

- (A) Scouts and Guides
- (B) Promotion of national Integration
- (C) Promotion of adventure
- (D) National Service Scheme

Correct Answer: (C) Promotion of adventure

Solution:

Step 1: Understanding government youth programmes.

The Government of India runs several youth development programmes to encourage leadership, teamwork, and physical development among young people. Many of these programmes provide financial support to youth clubs to conduct outdoor and adventurous activities.

Step 2: Purpose of the Promotion of Adventure programme.

The **Promotion of Adventure** programme is designed to encourage youth participation in adventurous activities such as mountaineering, trekking, canoeing, river rafting, coastal sailing, and other outdoor sports. Through this programme, youth clubs receive financial assistance to organize such activities that promote courage, discipline, and teamwork.

Step 3: Comparison with other options.

- **(A) Scouts and Guides:** Incorrect. This organization focuses on character building and community service but is not specifically the government programme mentioned in the question.
- **(B) Promotion of national Integration:** Incorrect. This programme promotes unity and cultural exchange rather than adventure activities.
- **(C) Promotion of adventure:** Correct. This programme supports activities such as mountaineering, trekking, canoeing, and sailing.
- **(D) National Service Scheme:** Incorrect. NSS focuses on community service and social development activities.

Step 4: Conclusion.

Therefore, the government programme that provides financial assistance to youth clubs for adventure activities is the Promotion of Adventure programme.

Final Answer: Promotion of adventure.

Quick Tip

The Promotion of Adventure programme encourages youth to participate in outdoor activities like trekking, mountaineering, and sailing to develop confidence and teamwork.

6. Which French term means “the art of dress-making”?

- (A) Prêt-à-porter
- (B) Couture
- (C) Couturière
- (D) Couturier

Correct Answer: (B) Couture

Solution:

Step 1: Understanding French fashion terminology.

Fashion terminology often uses French words because France, especially Paris, has historically been the center of the global fashion industry. Many terms related to garment making and fashion design originate from the French language.

Step 2: Meaning of the word Couture.

The French word **Couture** literally means sewing or dressmaking. In the fashion industry, it refers to the art of designing and creating garments, often with high craftsmanship and detailed tailoring. It is commonly associated with haute couture, which represents high-fashion custom-made clothing.

Step 3: Comparison with other options.

- **(A) Prêt-à-porter:** Incorrect. This term means ready-to-wear clothing produced in standard sizes.
- **(B) Couture:** Correct. It refers to the art of dressmaking.
- **(C) Couturière:** Incorrect. This word refers to a female dressmaker.
- **(D) Couturier:** Incorrect. This refers to a male fashion designer or dressmaker.

Step 4: Conclusion.

Thus, the French term that means the art of dressmaking is Couture.

Final Answer: Couture.

Quick Tip

Couture refers to the art of designing and sewing garments, while prêt-à-porter means ready-to-wear fashion.

7. Why are eggs and dairy products considered high-risk foods?

- (A) They are animal-based foods.
- (B) They are high in protein, which bacteria prefer.
- (C) They can be pasteurized.
- (D) They require very little cooking time.

Correct Answer: (B) They are high in protein, which bacteria prefer.

Solution:

Step 1: Understanding high-risk foods.

High-risk foods are foods that allow bacteria to grow easily and quickly if they are not stored or handled properly. These foods usually contain high amounts of nutrients and moisture that support bacterial growth. Eggs and dairy products fall into this category.

Step 2: Role of protein in bacterial growth.

Eggs and dairy products such as milk, cheese, and cream are rich in proteins and nutrients. Bacteria prefer environments that contain proteins and moisture because these components help them multiply rapidly, especially at warm temperatures.

Step 3: Comparison with the given options.

- **(A) They are animal-based foods:** Incorrect. Being animal-based alone does not make a food high-risk.
- **(B) They are high in protein, which bacteria prefer:** Correct. Protein-rich foods promote bacterial growth.
- **(C) They can be pasteurized:** Incorrect. Pasteurization actually helps reduce microbial contamination.
- **(D) They require very little cooking time:** Incorrect. Cooking time does not define whether a food is high-risk.

Step 4: Conclusion.

Thus, eggs and dairy products are considered high-risk foods because they are rich in protein, which provides a favorable environment for bacterial growth.

Final Answer: They are high in protein, which bacteria prefer.

Quick Tip

Protein-rich foods like eggs, milk, meat, and fish are classified as high-risk foods because bacteria grow easily in them if they are not stored properly.

8. According to the National Youth Policy 2014, which of the following age-groups is defined as Youth in India?

- (A) 18–35 years
- (B) 18–25 years
- (C) 16–30 years
- (D) 15–29 years

Correct Answer: (D) 15–29 years

Solution:

Step 1: Understanding the National Youth Policy.

The National Youth Policy (NYP) 2014 was introduced by the Government of India to empower young people and promote their participation in national development. The policy defines the age group considered as youth for planning and implementing youth-related programmes.

Step 2: Definition of youth according to NYP 2014.

According to the National Youth Policy 2014, individuals between the ages of **15 and 29 years** are classified as youth in India. This age group represents a significant portion of the population and plays a crucial role in the country's development.

Step 3: Comparison with other options.

- **(A) 18–35 years:** Incorrect. This age group is not defined as youth in NYP 2014.

- **(B) 18–25 years:** Incorrect. This range is narrower than the official definition.
- **(C) 16–30 years:** Incorrect. This does not match the official policy definition.
- **(D) 15–29 years:** Correct. This is the official age range defined as youth under the National Youth Policy 2014.

Step 4: Conclusion.

Therefore, according to the National Youth Policy 2014, youth in India are defined as individuals aged 15 to 29 years.

Final Answer: 15–29 years.

Quick Tip

The National Youth Policy 2014 defines youth in India as individuals between 15 and 29 years of age.

9. Where is the consumer organisation CERC located?

- (A) China
- (B) Ahmedabad
- (C) Delhi
- (D) Australia

Correct Answer: (B) Ahmedabad

Solution:

Step 1: Understanding CERC.

CERC stands for **Consumer Education and Research Centre**. It is a well-known consumer rights organization in India that works to protect the interests of consumers and promote awareness about consumer rights and responsibilities.

Step 2: Location of CERC.

The Consumer Education and Research Centre was established in **Ahmedabad, Gujarat**. It conducts research, publishes reports, organizes awareness programs, and provides guidance to consumers regarding product safety and consumer protection laws.

Step 3: Comparison with the options.

- **(A) China:** Incorrect. CERC is an Indian organization and is not located in China.
- **(B) Ahmedabad:** Correct. The headquarters of CERC is located in Ahmedabad, Gujarat.
- **(C) Delhi:** Incorrect. Many national organizations are located in Delhi, but CERC is based in Ahmedabad.
- **(D) Australia:** Incorrect. This is unrelated to the location of the organization.

Step 4: Conclusion.

Thus, the Consumer Education and Research Centre (CERC) is located in Ahmedabad.

Final Answer: Ahmedabad.

Quick Tip

CERC (Consumer Education and Research Centre) is a major consumer protection organization headquartered in Ahmedabad, Gujarat.

10. Which is the best method of water extraction from clothes in a washing machine?

- (A) Spinning
- (B) Bottom drain
- (C) Combination of bottom drain and spin
- (D) Tumbling

Correct Answer: (A) Spinning

Solution:

Step 1: Understanding water extraction in washing machines.

After washing and rinsing, clothes contain a large amount of water. Washing machines use different mechanisms to remove this excess water before drying. The efficiency of water removal depends on the method used by the machine.

Step 2: Working of the spinning method.

The **spinning** process rotates the drum of the washing machine at a very high speed. Due to centrifugal force, water is pushed out from the clothes through the holes in the drum. This process removes a large amount of water quickly and efficiently.

Step 3: Comparison with other options.

- **(A) Spinning:** Correct. It uses centrifugal force to remove water effectively from clothes.
- **(B) Bottom drain:** Incorrect. Bottom drain only removes water from the washing tub, not directly from the clothes.
- **(C) Combination of bottom drain and spin:** Incorrect. The main effective process of removing water from clothes is spinning itself.
- **(D) Tumbling:** Incorrect. Tumbling mainly helps in washing and mixing clothes, not in extracting water.

Step 4: Conclusion.

Therefore, the most effective method of water extraction from clothes in a washing machine is spinning.

Final Answer: Spinning.

Quick Tip

Spinning removes water from clothes using centrifugal force, which pushes water outward through the drum holes of the washing machine.

11. Human Factors Engineering is also known as _____.

- (A) Anthropometry
- (B) Biomechanics
- (C) Ergonomics
- (D) Entrepreneurship

Correct Answer: (C) Ergonomics

Solution:

Step 1: Understanding Human Factors Engineering.

Human Factors Engineering is the scientific discipline that studies the interaction between humans and the systems, tools, or environments they use. The aim is to design products and workplaces that improve efficiency, safety, and comfort for people.

Step 2: Meaning of Ergonomics.

The term **Ergonomics** refers to the study of designing equipment, workspaces, and systems so that they fit the physical and psychological abilities of humans. It helps reduce fatigue, improve productivity, and prevent injuries in workplaces.

Step 3: Comparison with other options.

- **(A) Anthropometry:** Incorrect. Anthropometry deals with the measurement of human body dimensions.
- **(B) Biomechanics:** Incorrect. Biomechanics studies the mechanical movement of the human body.
- **(C) Ergonomics:** Correct. Human Factors Engineering is another name for ergonomics.
- **(D) Entrepreneurship:** Incorrect. Entrepreneurship refers to business creation and management.

Step 4: Conclusion.

Thus, Human Factors Engineering is also known as Ergonomics.

Final Answer: Ergonomics.

Quick Tip

Ergonomics focuses on designing tools, workplaces, and systems that match human capabilities to improve safety and efficiency.

12. Match List-I with List-II:

List-I (Guest Cycle Stages)		List-II (Activity)	
i.	Arrival	1.	Check-out
ii.	Pre-arrival	2.	Coordination of guest services
iii.	Departure	3.	Check-in
iv.	Occupancy	4.	Quoting rates for the guests

Choose the correct option from the following:

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

Correct Answer: (A) i-3, ii-4, iii-1, iv-2

Solution:

Step 1: Understanding the guest cycle in hotels.

The guest cycle in hotel management describes the stages a guest goes through from the time they plan their visit until they leave the hotel. Each stage has specific activities performed by hotel staff to ensure smooth service and guest satisfaction.

Step 2: Matching the stages with their activities.

- **Arrival:** When the guest reaches the hotel, the registration process takes place. This stage includes **check-in**. Therefore, Arrival → Check-in (3).
- **Pre-arrival:** Before the guest arrives, reservations are made and information such as room availability and **quoting rates to guests** is provided. Therefore, Pre-arrival → Quoting rates for the guests (4).
- **Departure:** When the guest leaves the hotel, billing and **check-out** procedures are completed. Therefore, Departure → Check-out (1).
- **Occupancy:** During the stay, various services are provided such as housekeeping and room service, which require **coordination of guest services**. Therefore, Occupancy → Coordination of guest services (2).

Step 3: Final matching.

Thus, the correct matching becomes:

i – 3, ii – 4, iii – 1, iv – 2.

Step 4: Conclusion.

Hence, the correct option is (A).

Final Answer: i–3, ii–4, iii–1, iv–2.

Quick Tip

The guest cycle includes four main stages: Pre-arrival, Arrival, Occupancy, and Departure. Each stage involves specific hotel operations such as reservations, check-in, guest services, and check-out.

13. Given below are two statements, labelled as Assertion (A) and Reason (R).

Assertion (A): One of the chief objectives of Early Childhood Care and Education (ECCE) is to ensure the holistic development of children to enable them to realise their full potential.

Reason (R): ECCE educators must realise the importance of each child’s individual strengths and cultural context to design appropriate and inclusive activities.

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.

Correct Answer: (A) Both (A) and (R) are true and (R) is the correct explanation of (A).

Solution:

Step 1: Understanding the concept of ECCE.

Early Childhood Care and Education (ECCE) focuses on the overall development of children during their early years. This stage is important because physical, emotional, social, and cognitive development occurs rapidly during early childhood. The main objective of ECCE is to ensure holistic development so that children can reach their full potential.

Step 2: Importance of recognising individual differences.

Children differ in their abilities, cultural backgrounds, interests, and learning styles. ECCE educators must understand these differences and plan activities that respect individual strengths and cultural contexts. This helps create inclusive and supportive learning environments.

Step 3: Relationship between Assertion and Reason.

The assertion states that ECCE aims at holistic development. The reason explains that teachers must consider individual strengths and cultural context while designing learning activities. Such inclusive teaching methods support the holistic development of children. Therefore, the reason correctly explains the assertion.

Step 4: Conclusion.

Hence, both statements are true and the reason correctly explains the assertion.

Final Answer: Both (A) and (R) are true and (R) is the correct explanation of (A).

Quick Tip

ECCE emphasizes holistic development by addressing physical, emotional, social, and cognitive growth while respecting each child's unique abilities and cultural background.

14. Given below are two statements, labelled as Assertion (A) and Reason (R).

Assertion (A): Standardization marks ensure quality and purity of a product.

Reason (R): The fineness and purity of gold jewellery is indicated by Hallmark.

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.

Correct Answer: (A) Both (A) and (R) are true and (R) is the correct explanation of (A).

Solution:

Step 1: Understanding standardization marks.

Standardization marks are symbols or certifications given to products to assure consumers that the product meets specific quality and safety standards. These marks help consumers identify genuine and reliable products in the market.

Step 2: Meaning of Hallmark.

A hallmark is a type of standardization mark used particularly for precious metals such as gold and silver. In India, the Bureau of Indian Standards (BIS) provides hallmark certification, which indicates the fineness and purity of gold jewellery.

Step 3: Relationship between Assertion and Reason.

The assertion states that standardization marks ensure quality and purity of a product. The reason explains that the purity of gold jewellery is identified through hallmark certification. Since hallmarking is an example of a standardization mark, the reason correctly supports and explains the assertion.

Step 4: Conclusion.

Therefore, both the Assertion (A) and Reason (R) are true, and the Reason correctly explains the Assertion.

Final Answer: Both (A) and (R) are true and (R) is the correct explanation of (A).

Quick Tip

Hallmark certification by BIS indicates the purity of gold jewellery and acts as a standardization mark assuring quality to consumers.

Section - B

15(a). A child of which age is called a toddler and how was this term derived?

Solution:

Step 1: Age group of a toddler.

A toddler generally refers to a child between the ages of **1 year to 3 years**. This stage occurs after infancy and before early childhood. During this period, children begin to walk, explore their surroundings, and develop basic motor and language skills.

Step 2: Developmental characteristics.

Children in this age group start walking independently, learning to speak simple words, and becoming more active and curious. They also begin developing social interaction and independence.

Step 3: Origin of the term “toddler”.

The term “**toddler**” is derived from the word “**toddle**”, which means to walk with short, unsteady steps. Since children in this age group are learning to walk and often move in an unstable manner, they are called toddlers.

Step 4: Conclusion.

Thus, a toddler is a child aged approximately **1–3 years**, and the term originates from the child’s characteristic unsteady walking style.

Quick Tip

A toddler is a child aged 1–3 years who has just begun walking and exploring the environment independently.

(b). Which institutional setting provides substitute care for young children? Mention any one facility provided by it.

Solution:

Step 1: Identify the institutional setting.

The institutional setting that provides substitute care for young children is a **crèche or day-care centre**. These centres take care of children when parents or guardians are away at work.

Step 2: Purpose of such institutions.

Day-care centres provide a safe and supervised environment where young children receive care, attention, and opportunities for early learning and social interaction.

Step 3: Facility provided.

One common facility provided by such institutions is **nutritious meals and snacks**. These centres also often provide rest areas, play materials, and basic health care.

Step 4: Conclusion.

Thus, a **crèche or day-care centre** provides substitute care for young children, and one facility it provides is nutritious food along with supervision and early childhood care.

Quick Tip

Crèches and day-care centres support working parents by providing safe care, nutrition, and supervision for young children.

16 (a). Parineeta has completed her internship for her Postgraduate Diploma in Dietetics and is now searching for jobs in hospitals as a dietitian. Suggest two other career options she may consider.

Solution:

Step 1: Understanding the qualification.

Parineeta has completed a Postgraduate Diploma in Dietetics. This qualification allows her to work in various nutrition and health-related fields apart from hospital dietetics.

Step 2: Career option 1.

She may work as a **Community Nutritionist**. In this role, she can work with government or non-government organisations to improve nutrition awareness and health programmes in communities.

Step 3: Career option 2.

She can also work as a **Food and Nutrition Consultant**. In this profession, she may guide individuals or organisations on healthy diet planning, nutrition counselling and lifestyle management.

Step 4: Conclusion.

Thus, apart from hospital dietetics, Parineeta can pursue careers as a community nutritionist or a food and nutrition consultant.

Quick Tip

A degree in dietetics provides career opportunities in hospitals, public health, research, food industry and nutrition consultancy.

16 (b). Sonali is an integral part of the medical team in a district hospital. She assesses the nutritional status of patients admitted there and keeps records. Which two methods would she be using to assess the patients' nutritional status?

Solution:

Step 1: Purpose of nutritional assessment.

Nutritional assessment is used to determine whether a patient is well nourished, undernourished or at risk of nutritional problems.

Step 2: Method 1 – Anthropometric assessment.

Anthropometric measurements such as body weight, height, Body Mass Index (BMI), and mid-upper arm circumference are used to evaluate the patient's nutritional status.

Step 3: Method 2 – Dietary assessment.

Dietary assessment methods such as diet history, 24-hour dietary recall and food frequency questionnaires help evaluate the patient's usual food intake and nutrient consumption.

Step 4: Conclusion.

Therefore, Sonali would commonly use anthropometric assessment and dietary assessment methods to evaluate the nutritional status of patients.

Quick Tip

Common nutritional assessment methods include anthropometric, dietary, clinical and biochemical assessments.

17 (a). What is Public Health Nutrition? How is it different from Clinical Nutrition and Dietetics?

Solution:

Step 1: Meaning of Public Health Nutrition.

Public Health Nutrition is the field of nutrition that focuses on improving the nutritional status and health of the population or community as a whole. It aims to prevent nutritional deficiencies and promote healthy eating habits through programmes, policies and education.

Step 2: Clinical Nutrition and Dietetics.

Clinical Nutrition and Dietetics mainly deals with the dietary management of individuals suffering from diseases. It focuses on diagnosing nutritional problems and planning therapeutic diets for patients in hospitals or clinical settings.

Step 3: Difference between the two fields.

Public Health Nutrition works at the **community or population level**, focusing on prevention and health promotion. Clinical Nutrition and Dietetics works at the **individual level**, focusing on treatment and diet therapy for specific health conditions.

Step 4: Conclusion.

Thus, Public Health Nutrition aims to improve the nutritional status of large groups of people, while Clinical Nutrition and Dietetics focuses on treating individual patients through diet management.

Quick Tip

Public Health Nutrition focuses on prevention at the community level, while Clinical Nutrition focuses on treatment at the individual level.

17 (b). Which term is used to refer to micronutrient deficiency? Name any two important micronutrients whose deficiency is a public health concern.

Solution:

Step 1: Term for micronutrient deficiency.

Micronutrient deficiency is commonly referred to as “**Hidden Hunger**”. It occurs when the body lacks essential vitamins and minerals required for proper growth and health.

Step 2: Importance of micronutrients.

Micronutrients such as vitamins and minerals are required in small quantities but play a vital

role in maintaining health, immunity and normal body functions.

Step 3: Examples of important micronutrients.

Two important micronutrients whose deficiency is a major public health concern are:

(1) **Iron** – Its deficiency leads to anaemia.

(2) **Iodine** – Its deficiency can cause goitre and developmental problems.

Step 4: Conclusion.

Therefore, micronutrient deficiency is called hidden hunger, and deficiencies of iron and iodine are major public health concerns worldwide.

Quick Tip

Hidden hunger occurs when people consume enough calories but lack essential vitamins and minerals.

18. Sarabjit is concerned about the elderly people living in his colony. In the annual meeting with the residents of the colony, what two reasons would he give to convince them that the elderly are a valuable group?

Solution:

Step 1: Experience and wisdom.

Elderly people possess a wealth of life experience and wisdom. Over the years, they have faced various situations and challenges, which helps them provide valuable advice and guidance to younger generations. Their knowledge and insights can help families and communities make better decisions.

Step 2: Cultural and moral guidance.

The elderly play an important role in preserving cultural traditions, values, and moral principles. They pass on customs, stories, and life lessons to younger members of society, helping to maintain social harmony and cultural continuity.

Step 3: Contribution to family and society.

Even in old age, many elderly individuals contribute to society by helping in household responsibilities, taking care of grandchildren, and participating in community activities.

Step 4: Conclusion.

Therefore, the elderly are a valuable group because of their experience, wisdom, and the important role they play in guiding and supporting families and communities.

Quick Tip

Elderly people are valuable because they provide experience, guidance, cultural knowledge, and emotional support to families and communities.

19. Daniel, an ECCE-trained teacher, is teaching counting to Grade 1 students using creative techniques such as rhymes, stories and dancing. Identify two other skills that he could use in his classroom.

Solution:**Step 1: Understanding ECCE teaching methods.**

Early Childhood Care and Education (ECCE) focuses on activity-based and interactive learning methods to make learning enjoyable and effective for young children.

Step 2: Skill 1 – Art and craft activities.

Daniel can use art and craft activities such as drawing, colouring, and making objects with paper or clay. These activities help children understand numbers and concepts visually while also developing creativity and fine motor skills.

Step 3: Skill 2 – Play-based learning.

Play-based learning is another effective skill. Through games such as counting blocks, number puzzles, or interactive group games, children can learn counting while actively participating and enjoying the learning process.

Step 4: Conclusion.

Thus, art and craft activities and play-based learning are two additional skills that Daniel can use to make counting lessons more engaging and effective for Grade 1 students.

Quick Tip

Young children learn best through play, creative activities, and interactive learning methods rather than only traditional teaching.

20. Mention two aspects that affect the care and maintenance of fabrics.

Solution:

Step 1: Understanding fabric care.

Care and maintenance of fabrics refer to the proper methods used to clean, store and handle textiles so that their durability and appearance are maintained. Different fabrics require different methods of care depending on their properties.

Step 2: Aspect 1 – Fibre content.

The type of fibre used in the fabric greatly affects its care. For example, cotton fabrics can usually withstand strong washing, while wool and silk require gentle washing or dry cleaning because they are delicate.

Step 3: Aspect 2 – Fabric construction.

The way the fabric is constructed, such as woven, knitted or non-woven, also affects maintenance. Knitted fabrics may stretch easily, while tightly woven fabrics are usually stronger and more durable.

Step 4: Conclusion.

Thus, fibre content and fabric construction are two important aspects that influence the care and maintenance of fabrics.

Quick Tip

Always check the fibre type and care label before washing or ironing fabrics to avoid damage.

21. Present one similarity and one difference between Print media and Information and Communication Technologies as methods of Development Communication.

Solution:

Step 1: Understanding development communication.

Development communication refers to the use of communication methods to spread awareness, educate people and support social and economic development in society.

Step 2: Similarity between Print Media and ICT.

Both Print Media and Information and Communication Technologies (ICT) are used to spread information, educate the public and create awareness about social issues and development programmes.

Step 3: Difference between Print Media and ICT.

Print Media includes newspapers, magazines and pamphlets that provide information in printed form, while ICT includes digital tools such as the internet, mobile phones, television and computers that allow faster and more interactive communication.

Step 4: Conclusion.

Therefore, both methods are used for communication and awareness, but print media uses printed materials while ICT uses modern digital technologies for communication.

Quick Tip

Development communication uses different media such as print, radio, television and digital technology to spread knowledge and awareness.

22. Yasmeen wants to get zari polishing on her old lehenga from a laundry. From which suitable laundry should she get it done? How is this laundry different from a household laundry?

Solution:

Step 1: Identifying the suitable laundry.

Zari work is delicate and requires special cleaning methods. Therefore, Yasmeen should get the zari polishing of her old lehenga done from a **specialised laundry or dry-cleaning laundry**. These laundries use appropriate chemicals and professional techniques to clean delicate fabrics without damaging the zari work.

Step 2: Difference in cleaning method.

In specialised or commercial laundries, modern machines and chemical solvents are used to clean garments. Dry-cleaning helps in cleaning delicate fabrics such as silk, wool and garments with embroidery or zari work.

Step 3: Household laundry method.

Household laundry generally involves washing clothes at home using water, detergents and simple washing methods such as hand washing or using domestic washing machines. It is suitable mainly for regular clothes and not for delicate garments.

Step 4: Conclusion.

Thus, Yasmeen should use a specialised or dry-cleaning laundry for zari polishing. This laundry differs from household laundry because it uses professional equipment, chemicals and specialised processes to clean delicate garments safely.

Quick Tip

Delicate fabrics with embroidery, zari or silk should preferably be cleaned through professional dry-cleaning services to avoid damage.

23 (a). Briefly describe any three consumer rights as laid down under the Consumer Protection Act.

Solution:

Step 1: Understanding consumer rights.

Consumer rights are the rights provided to consumers to protect them from unfair trade practices and to ensure safe and satisfactory products and services. The Consumer Protection Act provides several rights to consumers.

Step 2: Right to Safety.

The right to safety ensures that consumers are protected against goods and services that are hazardous to life and health. Consumers have the right to expect safe products.

Step 3: Right to Information.

This right allows consumers to receive correct and complete information about the quality,

quantity, price and ingredients of products so that they can make informed decisions.

Step 4: Right to Redressal.

The right to redressal provides consumers the opportunity to seek compensation or solutions if they face unfair trade practices, defective goods or poor services.

Step 5: Conclusion.

Thus, the Consumer Protection Act protects consumers through various rights such as the right to safety, right to information and right to redressal.

Quick Tip

The Consumer Protection Act empowers consumers by providing rights such as safety, information, choice, redressal and consumer education.

23. (b) After being trained in the area of consumer education and protection, in which three areas can an individual develop a career?

Solution:

Step 1: Understanding consumer education and protection.

Consumer education and protection focus on creating awareness about consumer rights, responsibilities, and protection from unfair trade practices. Individuals trained in this field can work in various sectors that safeguard consumer interests.

Step 2: Career area 1 – Government agencies.

An individual can work in government organisations such as consumer courts, regulatory authorities, or departments dealing with consumer affairs. These institutions handle complaints, enforce laws, and ensure fair practices in the marketplace.

Step 3: Career area 2 – Consumer organisations/NGOs.

Many non-governmental organisations work to protect consumer rights by spreading awareness, providing guidance, and helping consumers file complaints against unfair practices.

Step 4: Career area 3 – Corporate sector and quality control.

Trained individuals can also work in the corporate sector in areas such as quality control,

product testing, and customer service to ensure that products and services meet safety and quality standards.

Step 5: Conclusion.

Thus, individuals trained in consumer education and protection can develop careers in government agencies, consumer organisations, and the corporate sector related to consumer rights and quality assurance.

Quick Tip

Consumer education professionals help protect consumer rights by promoting awareness, resolving complaints, and ensuring product quality.

24 (a). On the completion of 11 years of the Beti Bachao, Beti Padhao (BBBP) scheme, local leaders in the community are organising a public meeting to raise awareness about its best practices and objectives. Highlight any three key objectives of this scheme that may have contributed to changing mindsets of people.

Solution:

Step 1: Understanding the BBBP scheme.

The Beti Bachao, Beti Padhao (BBBP) scheme was launched by the Government of India to address the declining child sex ratio and to promote the importance of educating and empowering girls in society.

Step 2: Objective 1 – Prevent gender discrimination.

One key objective of the scheme is to prevent gender-biased sex selection and promote the value of the girl child in society. It aims to change negative attitudes towards girls.

Step 3: Objective 2 – Ensure survival and protection of the girl child.

The scheme focuses on improving the health, safety and well-being of girls so that they can grow in a safe and supportive environment.

Step 4: Objective 3 – Promote education of girls.

Another important objective is to encourage education for girls and ensure equal opportunities for learning and development.

Step 5: Conclusion.

Through these objectives, the BBBP scheme works to change societal mindsets and promote equality, dignity and opportunities for girls.

Quick Tip

Beti Bachao Beti Padhao focuses on protecting the girl child, promoting education and eliminating gender discrimination.

24 (b). Traditional handloom weaver, Champa Devi is in distress due to low source of income as their weaving craft is vanishing slowly. Encourage her by informing any three efforts/initiatives by the Government of India to revive their occupation.

Solution:

Step 1: Understanding the problem.

Traditional handloom weaving is an important cultural craft in India, but many weavers face financial difficulties due to low demand and competition from machine-made products.

Step 2: Initiative 1 – National Handloom Development Programme.

The government has launched the National Handloom Development Programme to support handloom weavers by providing financial assistance, training and modern equipment.

Step 3: Initiative 2 – Handloom Marketing Assistance.

This initiative helps weavers promote and sell their products through exhibitions, fairs and online platforms, improving their market access and income.

Step 4: Initiative 3 – Weaver Mudra Scheme.

Under the Weaver Mudra Scheme, weavers can receive loans at low interest rates to improve their weaving activities and develop their businesses.

Step 5: Conclusion.

These initiatives aim to support handloom weavers, increase their income and preserve the traditional weaving heritage of India.

Quick Tip

Government schemes such as financial support, marketing assistance and skill training help revive traditional crafts like handloom weaving.

25. The media club of your school is preparing a Public Service Announcement on Swachh Bharat Abhiyan. As a team member, which three key features of Public Service Announcement will you follow while creating this message?

Solution:

Step 1: Understanding Public Service Announcement (PSA).

A Public Service Announcement is a short message designed to inform and educate people about important social issues and encourage positive behaviour in society.

Step 2: Feature 1 – Clear and simple message.

The message should be clear, simple and easy to understand so that people of all ages can quickly grasp the importance of the Swachh Bharat Abhiyan.

Step 3: Feature 2 – Informative and awareness-oriented.

The PSA should spread awareness about cleanliness, hygiene and the importance of keeping the environment clean.

Step 4: Feature 3 – Motivating the public.

The message should motivate people to take action, such as avoiding littering, maintaining cleanliness and participating in community cleaning activities.

Step 5: Conclusion.

Thus, an effective PSA should have a clear message, spread awareness and inspire people to adopt positive social behaviour.

Quick Tip

Public Service Announcements are designed to educate, inform and motivate people about important social causes.

26. The Housekeeping department in a hotel is primarily responsible for providing a healthy environment by ensuring cleanliness and hygiene.

(a) Which two personnel are responsible for cleaning various surfaces and materials in the hotel?

(b) Name any two cleansing agents used by them.

(c) Which two eco-friendly practices would be adopted by the Housekeeping staff for environmental conservation?

Solution:

Step 1: Personnel responsible for cleaning surfaces.

Two personnel mainly responsible for cleaning various surfaces and materials in a hotel are:

1. **Room Attendants** – They clean guest rooms, furniture, floors, and bathroom areas.
2. **Housemen / Public Area Attendants** – They clean public areas such as corridors, lobbies, staircases, and other common spaces.

Step 2: Cleansing agents used.

Two commonly used cleansing agents are:

1. **Detergents** – Used to remove dirt, grease, and stains from surfaces and fabrics.
2. **Disinfectants** – Used to kill germs and bacteria to maintain hygiene.

Step 3: Eco-friendly housekeeping practices.

Two eco-friendly practices adopted by housekeeping staff are:

1. **Using biodegradable cleaning products** that do not harm the environment.
2. **Encouraging reuse of towels and linens** to reduce water, detergent, and energy consumption.

Step 4: Conclusion.

Thus, room attendants and housemen maintain cleanliness using cleansing agents like detergents and disinfectants, while eco-friendly practices help protect the environment.

Quick Tip

Eco-friendly housekeeping reduces environmental impact by saving water, energy, and using biodegradable cleaning agents.

27. An NGO working in a resettlement area wants to combat public nutrition problem by providing a healthy snack to children living there.

(i) Anticipate which strategy will it use to meet the nutritional needs of these children.

(ii) Provide any two advantages and any one disadvantage of using this strategy.

Solution:

Step 1: Identifying the strategy.

The NGO will most likely use the strategy of **Food Supplementation**. This strategy involves providing additional nutritious food to children whose regular diets may not meet their nutritional requirements. Healthy snacks such as fruits, milk, fortified biscuits, or nutritious meals are given to improve their overall nutritional status.

Step 2: Advantages of food supplementation.

1. **Improves nutritional status:** It helps children receive essential nutrients such as proteins, vitamins, and minerals required for proper growth and development.

2. **Prevents malnutrition:** Regular provision of nutritious snacks helps reduce the risk of undernutrition and deficiency diseases among children.

Step 3: Disadvantage of food supplementation.

One disadvantage of this strategy is that it may create **dependency** if children and families rely only on the supplemented food instead of improving their regular dietary practices.

Step 4: Conclusion.

Thus, food supplementation is an effective strategy for improving children's nutrition, although it must be combined with nutrition education for long-term benefits.

Quick Tip

Food supplementation programs are commonly used to improve the nutritional status of vulnerable groups such as children and pregnant women.

27. (b) Some of the states in India, like Andhra Pradesh and Tamil Nadu, continue to face the problem of Iodine Deficiency Disorders (IDD) due to inadequate dietary intake

of iodine by the people.

- (i) **Recognise the hormone whose secretion decreases due to iodine deficiency.**
- (ii) **Mention any three symptoms seen in individuals suffering from IDD.**

Solution:

Step 1: Hormone affected by iodine deficiency.

Iodine is an essential mineral required for the production of the **thyroxine hormone** by the thyroid gland. When iodine intake is inadequate, the secretion of the hormone **thyroxine** decreases. This hormone regulates metabolism, growth, and development in the human body.

Step 2: Understanding Iodine Deficiency Disorders (IDD).

Iodine Deficiency Disorders occur when the body does not receive sufficient iodine from the diet. Since iodine is necessary for proper thyroid functioning, its deficiency affects physical and mental development, especially in children.

Step 3: Symptoms of IDD.

Any three common symptoms seen in individuals suffering from iodine deficiency disorders are:

1. **Goitre** – swelling of the thyroid gland in the neck.
2. **Mental retardation or impaired brain development**, especially in children.
3. **Poor growth and development** or fatigue and weakness.

Step 4: Conclusion.

Thus, iodine deficiency reduces the secretion of the hormone **thyroxine** and may lead to disorders such as goitre, poor growth, and mental impairment.

Quick Tip

Using iodised salt in daily meals is one of the most effective ways to prevent Iodine Deficiency Disorders.

28. In the fashion industry, fashion professionals conceptualise unique designs to meet consumer demands.

- (a) **Discuss any two roles of a fashion merchandiser.**

(b) Outline any two ways of market segmentation.

Solution:

Step 1: Roles of a Fashion Merchandiser.

1. Product Planning and Development:

A fashion merchandiser studies fashion trends and consumer preferences to plan and develop products that meet market demands. They coordinate with designers and manufacturers to ensure that the products are attractive, practical, and suitable for the target market.

2. Coordination and Marketing:

Fashion merchandisers coordinate between different departments such as design, production, and sales. They also help in pricing, promotion, and display of products so that the merchandise reaches the customers effectively and generates profit for the company.

Step 2: Ways of Market Segmentation.

1. Demographic Segmentation:

This method divides the market based on characteristics such as age, gender, income, education, and occupation. For example, fashion products may be designed separately for children, teenagers, and adults.

2. Geographic Segmentation:

In this method, the market is divided according to geographic areas such as region, climate, or country. Fashion brands often design clothing suitable for different climates and cultural preferences in various regions.

Step 3: Conclusion.

Thus, fashion merchandisers play an important role in product planning and coordination, while market segmentation helps fashion companies target specific consumer groups effectively.

Quick Tip

Market segmentation helps fashion brands understand customer needs and design products specifically for different consumer groups.

29. (a) Define phytochemicals.

(b) List any three skills that a professional clinical nutritionist/dietitian must possess.

Solution:

Step 1: Definition of Phytochemicals.

Phytochemicals are naturally occurring chemical compounds found in plants. These substances are not essential nutrients like vitamins or minerals but they play an important role in promoting health and preventing diseases. Phytochemicals are commonly present in fruits, vegetables, grains, and herbs and are known for their antioxidant and protective properties.

Step 2: Importance of Phytochemicals.

They help protect the body from chronic diseases such as heart disease, cancer, and diabetes by strengthening the immune system and reducing oxidative stress in the body.

Step 3: Skills required for a Clinical Nutritionist/Dietitian.

Any three important skills that a professional clinical nutritionist or dietitian must possess are:

1. **Communication Skills** – Ability to clearly explain diet plans and nutrition advice to patients.
2. **Analytical Skills** – Ability to assess patients' nutritional status and interpret medical and dietary information.
3. **Counselling Skills** – Ability to motivate and guide patients to adopt healthy dietary habits and lifestyle changes.

Step 4: Conclusion.

Thus, phytochemicals are beneficial plant compounds, and clinical nutritionists require strong communication, analytical, and counselling skills to effectively support patients' nutritional health.

Quick Tip

Phytochemicals are protective plant compounds found in fruits and vegetables that help reduce the risk of many chronic diseases.

30. (a) Frozen peas and canned fruits are preserved foods. Elaborate any other three ways by which processed foods can be classified on the basis of extent and type of processing.

(b) Give any two examples of non-perishable food.

Solution:

Step 1: Classification of processed foods based on extent and type of processing.

1. Minimal Processing:

This involves basic processes such as cleaning, washing, trimming, and packaging to make food convenient and safe for consumption. The nutritional quality of the food remains almost unchanged. Examples include washed fruits, cut vegetables, and packaged salads.

2. Moderately Processed Foods:

These foods undergo additional processing to enhance shelf life, taste, or convenience. Methods such as drying, fermenting, and pasteurisation are commonly used. Examples include cheese, bread, and fruit juices.

3. Highly Processed Foods:

These foods are processed extensively and may contain additives, preservatives, flavouring agents, and colouring substances. They are usually ready-to-eat or ready-to-cook products. Examples include instant noodles, packaged snacks, and soft drinks.

Step 2: Examples of non-perishable foods.

Non-perishable foods are items that can be stored for a long time without spoiling under normal conditions. Two examples are:

1. **Rice**

2. **Pulses (lentils)**

Step 3: Conclusion.

Thus, processed foods can be classified into minimally processed, moderately processed, and highly processed foods based on the extent of processing, while non-perishable foods like rice and pulses can be stored for long periods without spoilage.

Quick Tip

Food processing helps improve shelf life, safety, and convenience of foods, while non-perishable foods can be stored for long durations without refrigeration.

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Quick Tip

Food processing helps improve shelf life, safety, and convenience of foods, while non-perishable foods can be stored for long durations without refrigeration.

31. (a) HACCP ensures food safety by identifying hazards. Give its full form.

(b) Describe four levels of food standards.

Solution:

Step 1: Full form of HACCP.

HACCP stands for **Hazard Analysis and Critical Control Points**. It is a systematic approach used in food safety management to identify, evaluate, and control potential hazards that may occur during food production, processing, and handling. The system focuses on preventing food safety problems rather than detecting them after they occur.

Step 2: Levels of Food Standards.

Food standards are established at different levels to ensure the safety, quality, and uniformity of food products. Four important levels of food standards are:

1. International Level:

These standards are developed by international organisations such as the **Codex Alimentarius Commission (CAC)**. They help regulate food trade between countries and ensure global food safety.

2. National Level:

National food standards are set by governments to regulate food production, processing, and distribution within a country. In India, the **Food Safety and Standards Authority of India (FSSAI)** is responsible for setting and enforcing these standards.

3. Regional Level:

Regional standards are established by groups of neighbouring countries or economic communities to maintain uniform food regulations within a specific region.

4. Local or Industry Level:

At this level, individual industries or organisations develop their own standards and quality control systems to ensure that their products meet safety and quality requirements.

Step 3: Conclusion.

Thus, HACCP is an important food safety system, and food standards are maintained at international, national, regional, and local levels to ensure the quality and safety of food products.

Quick Tip

HACCP focuses on identifying and controlling food safety hazards at critical points during food production and processing.

32. (a) A textile designer uses stencil colour work while designing fabrics. Predict any two aspects of colour which he/she might use in designing and also elaborate the functions of colour.

Solution:

Step 1: Aspects of colour used in design.

A textile designer may use different aspects of colour to create attractive and appealing fabric designs. Two important aspects of colour are:

1. Hue:

Hue refers to the actual colour such as red, blue, yellow, or green. Designers select hues carefully to create visually pleasing patterns and to match current fashion trends.

2. Intensity (or Saturation):

Intensity describes the brightness or dullness of a colour. Bright colours create a lively and energetic look, while dull or muted colours produce a calm and subtle effect in fabric design.

Step 2: Functions of colour in design.

Colour performs several important functions in textile design:

1. **Attracts attention:** Colour makes designs visually appealing and helps attract customers.
2. **Creates mood and expression:** Different colours evoke different emotions such as

warmth, calmness, or excitement.

3. **Enhances aesthetic value:** Proper colour combinations improve the beauty and attractiveness of fabrics.

Step 3: Conclusion.

Thus, aspects such as hue and intensity help designers create effective colour combinations, while colour itself plays an important role in enhancing the visual appeal and emotional impact of textile designs.

Quick Tip

Colour is a powerful design element that influences mood, attractiveness, and the overall appeal of textile products.

32. (b) Principles of design are the rules that govern how design elements are combined in the most appropriate way. Name any four principles of design used to produce an appealing dress and briefly describe any three of them.

Solution:

Step 1: Principles of design.

Four important principles of design used in clothing and fashion design are:

1. Balance
2. Rhythm
3. Emphasis
4. Harmony

Step 2: Description of principles.

1. Balance:

Balance refers to the equal distribution of visual weight in a design. It ensures that a garment looks stable and well-proportioned. Balance may be symmetrical or asymmetrical.

2. Rhythm:

Rhythm creates a sense of movement in design by repeating elements such as lines, colours, or shapes. It guides the viewer's eye smoothly across the design.

3. Emphasis:

Emphasis highlights a particular area or feature of the garment, making it the focal point. This may be achieved using colour contrast, decorative details, or unique patterns.

Step 3: Conclusion.

Thus, principles such as balance, rhythm, emphasis, and harmony help designers combine elements effectively to create attractive and well-designed garments.

Quick Tip

Good fashion design uses principles such as balance, rhythm, emphasis, and harmony to create visually appealing garments.