

Haryana Board Class 12 2026 Home Science Question Paper with Solutions

Time Allowed :2.5 Hours	Maximum Marks :60	Total questions :31
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General Instructions

Read the following instructions very carefully and strictly follow them:

1. The paper is divided into Section A and Section B.
2. Section A includes objective-type questions.
3. All questions in Section A are compulsory.
4. Section B includes short answer, and long answer type questions.
5. Answers must be written legibly within the word limit.
6. Use of unfair means or electronic devices is prohibited.
7. Follow the correct format and instructions for each section.

Section - A

1. How many children are usually in a day care centre?

- (A) 10-20
- (B) 20-30
- (C) 20-40
- (D) 40-50

Correct Answer: (B) 20-30

Solution:

Step 1: Understanding the typical size of a day care centre.

Day care centres usually have a manageable number of children to ensure adequate care and attention for each child. Based on various standards and research, the typical range of

children in a day care centre is between 20 and 30.

Step 2: Conclusion.

Therefore, the correct answer is (B) 20-30.

Final Answer: 20-30.

Quick Tip

In day care centres, the ratio of caregivers to children is important to ensure proper supervision. Usually, 20-30 children is a typical number for effective management.

2. Which structure is most regularly used for India?

- (A) Administrative
- (B) Medical
- (C) Religious
- (D) International

Correct Answer: (A) Administrative

Solution:

Step 1: Understanding the question.

The question asks about the structure most commonly used in India, which typically refers to administrative practices and systems.

Step 2: Evaluation of options.

- **(A) Administrative:** Correct. India uses administrative structures to organize its government and public services.
- **(B) Medical:** Incorrect. While medical structures are crucial, they are not the most commonly used in a general context.
- **(C) Religious:** Incorrect. Religious practices influence many aspects of society but are not the dominant structure.

- **(D) International:** Incorrect. International structures are not as regularly used within India compared to administrative systems.

Step 3: Conclusion.

Thus, the most regularly used structure is administrative.

Final Answer: Administrative.

Quick Tip

In India, administrative structures play a key role in governance and public service management.

3. In which year was Chhatrapati project started?

- (A) 1966
- (B) 1969
- (C) 1970
- (D) 1977

Correct Answer: (C) 1970

Solution:

The Chhatrapati project, which is a major infrastructure project, was initiated in 1970.

Final Answer: 1970.

Quick Tip

To remember important historical project dates, focus on their significance and milestones.

4. 'Beti Bachao Beti Padhao' scheme was launched on

- (A) 20th January, 2015

- (B) 22nd January, 2015
- (C) 26th January, 2015
- (D) 19th January, 2015

Correct Answer: (A) 20th January, 2015

Solution:

Step 1: Understanding the scheme.

The 'Beti Bachao Beti Padhao' (Save the Girl Child, Educate the Girl Child) scheme was launched by the Government of India to promote the welfare of girls and empower them through education.

Step 2: Launch date.

This scheme was officially launched on 20th January 2015 by the Hon'ble Prime Minister of India, Narendra Modi.

Step 3: Conclusion.

Therefore, the scheme was launched on 20th January, 2015.

Final Answer: 20th January, 2015.

Quick Tip

The 'Beti Bachao Beti Padhao' scheme aims to improve the welfare and education of girls in India, with a special focus on changing societal attitudes towards the girl child.

5. Which of the following colour is not in VIBGYOR?

- (A) White
- (B) Red
- (C) Blue
- (D) Green

Correct Answer: (A) White

Solution:

VIBGYOR stands for the seven colours of the rainbow: Violet, Indigo, Blue, Green, Yellow, Orange, and Red. White is not part of this sequence.

Final Answer: White.

Quick Tip

The VIBGYOR sequence includes the primary and secondary colours of the rainbow: Violet, Indigo, Blue, Green, Yellow, Orange, and Red.

Section - B

6. In India the first SOS children's village was started in

Solution:

The first SOS Children's Village in India was established in Bhopal, Madhya Pradesh, in 1991. The SOS Children's Village is part of the international organization called SOS Children's Villages, which was founded by Hermann Gmeiner in 1949 in Austria. The organization's primary mission is to provide a home and family environment for orphaned and abandoned children, who are in need of care, protection, and emotional support.

Step 1: Background of SOS Children's Village.

The SOS Children's Village model is built on the concept of creating a family-like environment, where children live in homes with foster mothers and siblings, instead of in traditional orphanages. Each SOS Children's Village is typically made up of individual family houses, where a trained woman, called an "SOS mother," takes care of a small group of children, providing them with a sense of stability, love, and care. The children in these villages are given a chance to grow up in a nurturing environment and are supported in their education, healthcare, and overall development.

Step 2: Impact of SOS Children's Villages in India.

The establishment of the SOS Children's Village in Bhopal marked the beginning of a significant step towards the welfare of orphaned children in India. Since then, SOS Children's Villages has expanded across the country and now has multiple branches in

various states, providing homes and education for thousands of children. These villages not only provide care for children but also focus on the broader well-being of their families, supporting mothers, and contributing to community development.

Step 3: Services Provided by SOS Children's Villages.

In addition to providing children with a safe home, SOS Children's Villages offer comprehensive support, including:

- Education: Children in SOS Children's Villages attend regular schools, with financial support and tutoring available. They also receive vocational training in some cases.
- Healthcare: The children receive regular medical check-ups, emergency care, and treatment for illnesses to ensure their health and well-being.
- Emotional Support: SOS Children's Villages provide counseling and psychological support to help children cope with the trauma of losing their biological family.
- Family Strengthening Programs: The organization also works to strengthen families in need by providing them with resources, support, and education to improve their living conditions.

Step 4: Recognition and Contributions.

The SOS Children's Village model is globally recognized for its effectiveness in offering children the emotional and social development that they would otherwise lack in institutional care settings. The organization has contributed immensely to improving the lives of thousands of orphaned and abandoned children and continues to work towards giving them a brighter future.

The first SOS Children's Village in India set a precedent for child care and welfare, and its success has inspired other similar initiatives in India and worldwide.

Quick Tip

The first SOS Children's Village in India was established in 1991 in Bhopal to provide care and protection to orphaned and abandoned children.

7. What is called to the fashion style that lasts for a short period?

Solution:

Step 1: Define the term.

The fashion style that lasts for a short period is called a **fad**. Fads are trends that emerge quickly, gain popularity, and fade away just as rapidly. They usually do not last long and are typically driven by external influences, like media or celebrities.

Step 2: Examples of fads.

An example of a fad in fashion is the rise of certain accessories like fidget spinners or unique clothing styles that become popular for a brief period and are soon replaced by new trends.

Step 3: Conclusion.

Fads are a common occurrence in the fashion industry, and they tend to be short-lived, often leading to quick shifts in the preferences of consumers.

Quick Tip

Fads are temporary trends in fashion, behavior, or style that are popular for a brief period.

8. The minimum eligibility to get admission in distance courses is

Solution:

The minimum eligibility to get admission in distance education courses typically includes having a high school diploma or equivalent qualification. However, the specific eligibility criteria can vary depending on the type of program and the institution offering the course. For undergraduate programs, students usually need to have completed their secondary education (Class 12 or equivalent), whereas for postgraduate programs, a bachelor's degree from an accredited institution is usually required.

In the case of distance learning, universities may also offer flexibility in their admission requirements, such as considering relevant work experience or other qualifications in place of formal academic credentials. Moreover, some universities may also conduct entrance exams or interviews to assess the candidate's suitability for a specific course.

Example: For instance, in India, some popular distance learning programs such as those offered by the Indira Gandhi National Open University (IGNOU) or other institutions like

the University of Delhi (DU) have specific criteria for each course. These programs often offer a variety of undergraduate and postgraduate degrees, diploma courses, and certification programs. Each program may have its own set of eligibility requirements.

Quick Tip

For distance learning programs, always check the specific eligibility criteria of the course and the institution. Some programs may have additional criteria such as prior work experience or entrance tests.

9. If a mother does not get sufficient quantity of modern caring programs, then a child can suffer from _____ disease after birth.

Solution:

If a mother does not receive sufficient care during pregnancy and post-delivery, the child can suffer from several health issues, most notably malnutrition. Malnutrition in infants can lead to both short-term and long-term health complications, affecting the child's physical, cognitive, and emotional development.

Step 1: Importance of maternal health.

During pregnancy, a mother's nutrition and health directly affect the baby's growth and development. Adequate nutrition is vital to ensure proper fetal development, as deficiencies in essential nutrients such as proteins, vitamins, and minerals can severely affect the baby's development. Inadequate care or insufficient nutritional support during this time can lead to complications such as low birth weight, developmental delays, and an increased risk of disease after birth.

Step 2: Risks of malnutrition.

Malnutrition in the newborn can manifest in various forms: - Physical stunting: A condition where the child is shorter than expected for their age due to insufficient nutrition. - Cognitive impairment: Inadequate nutrition can affect brain development, leading to learning difficulties and lower intelligence. - Weak immune system: Malnourished children often have a weakened immune system, making them more susceptible to infections and diseases.

Step 3: Long-term effects of malnutrition.

Beyond immediate health concerns, children suffering from malnutrition are at higher risk of chronic diseases later in life, including diabetes, cardiovascular issues, and obesity. In the case of underdeveloped immune systems, children are also more vulnerable to repeated illnesses and infections, leading to a weakened ability to thrive and grow. Furthermore, malnutrition in early childhood can hinder educational achievement and hinder future opportunities for the child.

Step 4: Importance of prenatal care programs.

Modern prenatal care programs offer vital support to expectant mothers, ensuring they receive proper guidance, nutrition, and medical attention throughout their pregnancy. These programs are essential for both the mother's and the baby's health, providing regular check-ups, nutritional support, and education on self-care practices.

By providing the mother with adequate health resources and education, the likelihood of malnutrition and other associated complications in the newborn can be minimized.

Furthermore, postnatal care and nutrition programs for the mother and child continue to ensure that the child's early developmental stages are supported.

Quick Tip

Adequate maternal care, proper nutrition, and prenatal programs are crucial for ensuring the health and well-being of both the mother and the baby. Without proper care, the baby may face long-term developmental and health challenges.

10. When was the SOS Children's Village established?

Solution:

Step 1: Determine the year of establishment.

The SOS Children's Village was established in 1949 by Hermann Gmeiner in Austria to provide family-based care to children who have lost their parents.

Step 2: Conclusion.

Thus, the SOS Children's Village was established in 1949.

Quick Tip

SOS Children's Village is a global humanitarian organization providing family-like care to children in need.

11. Name any two household preservatives.

Solution:

Step 1: List common household preservatives.

Two common household preservatives are: 1. **Salt**: Used to preserve meats, fish, and vegetables by drawing out moisture and inhibiting bacterial growth. 2. **Vinegar**: Used to preserve fruits, vegetables, and pickles due to its acidity which prevents spoilage.

Step 2: Conclusion.

Salt and vinegar are effective household preservatives commonly used in food storage.

Quick Tip

Preservatives like salt and vinegar help in extending the shelf life of food by preventing microbial growth.

12. When was the Codex Alimentarius Commission established?

Solution:

Step 1: Recall the establishment date of the commission.

The Codex Alimentarius Commission was established in 1963 by the Food and Agriculture Organization (FAO) and the World Health Organization (WHO) to develop food standards, guidelines, and codes of practice.

Step 2: Conclusion.

Thus, the Codex Alimentarius Commission was established in 1963.

Quick Tip

The Codex Alimentarius Commission plays a key role in ensuring food safety and quality worldwide.

13. In there is a parking facility near the rooms.

Solution:

Step 1: Fill in the blank.

The correct answer to the statement is: "In the hotel, there is a parking facility near the rooms."

Step 2: Conclusion.

Thus, the statement is completed as: "In the hotel, there is a parking facility near the rooms."

Quick Tip

When filling in blanks, ensure the context of the sentence aligns with the correct answer.

14. The short-lived fashion style is called

Solution:

Step 1: Define the term.

The short-lived fashion style is called **fad**.

Step 2: Conclusion.

Thus, the short-lived fashion style is called a fad.

Quick Tip

Fads are trends that are popular for a very short time before quickly fading from fashion.

15. Through scheme, children are given free meals at school.

Solution:

Step 1: Identify the scheme.

Through the **Mid-Day Meal Scheme**, children are given free meals at school.

Step 2: Conclusion.

Thus, through the Mid-Day Meal Scheme, children are provided with free meals at school.

Quick Tip

The Mid-Day Meal Scheme aims to enhance enrollment and reduce dropout rates in schools by providing free meals to students.

16. Write a short note on Kwashiorkor.

Solution:

Step 1: Define Kwashiorkor.

Kwashiorkor is a severe form of malnutrition caused by a deficiency of protein in the diet. It typically occurs in children who have an inadequate intake of protein-rich foods, especially during periods of rapid growth.

Step 2: Symptoms and causes.

Symptoms include swelling of the belly, growth retardation, skin changes, and irritability. The primary cause of Kwashiorkor is a lack of protein, although other factors like infections can also contribute.

Step 3: Treatment.

Treatment involves providing sufficient protein in the diet, along with vitamins and minerals, to restore the body's normal functions. Hospitalization may be required in severe cases.

Quick Tip

Kwashiorkor can be prevented with a balanced diet rich in proteins, especially during childhood growth periods.

17. Describe the different types of washing machines.

Solution:

Step 1: List the types of washing machines.

There are two main types of washing machines: 1. **Top Load Washing Machine:** In this type, the clothes are loaded from the top. It is more convenient for loading and unloading, but it uses more water and takes longer to wash. 2. **Front Load Washing Machine:** In this type, the clothes are loaded from the front. It is more energy-efficient, uses less water, and provides better cleaning. It is ideal for smaller spaces but may be more expensive.

Step 2: Other variations.

Other variations include: - **Semi-automatic Washing Machine:** Requires manual intervention for washing and draining, suitable for areas with limited water supply. - **Fully automatic Washing Machine:** The washing, rinsing, and spinning processes are fully automated.

Quick Tip

Front load washing machines are energy-efficient and eco-friendly, while top load machines are more traditional and easier to use.

18. What do you understand by Ergonomics?

Solution:

Step 1: Define Ergonomics.

Ergonomics is the science of designing the workplace, products, and systems to fit the people who use them. The goal is to ensure comfort, efficiency, and safety, while reducing strain and injury.

Step 2: Application of Ergonomics.

Ergonomics is applied in designing tools, workspaces, and devices to optimize human well-being and performance. It is used to create user-friendly environments in various fields like office work, manufacturing, healthcare, and transportation.

Step 3: Importance.

Ergonomics helps in improving productivity and reducing the risk of injury or discomfort caused by poor design. It is especially important in modern work environments where people spend long hours using computers and machinery.

Quick Tip

Ergonomics focuses on creating a comfortable and efficient workspace to promote health and productivity.

19. What are the reasons why elderly people are sensitive?

Solution:

Step 1: Define sensitivity in elderly people.

Elderly people are often more sensitive due to several physiological and psychological changes that occur with age.

Step 2: Causes of sensitivity.

The main reasons why elderly people are more sensitive include: 1. **Decreased sensory perception:** Aging leads to reduced sensitivity to touch, taste, smell, and temperature. 2. **Weakened immune system:** Older adults have a less robust immune system, making them more susceptible to infections and illnesses. 3. **Changes in skin:** The skin becomes thinner and more fragile, making it more sensitive to irritation or injury. 4. **Mental and emotional factors:** The elderly may be more sensitive due to loneliness, depression, or anxiety, which are common among older adults.

Step 3: Conclusion.

Sensitivity in elderly people is often a result of aging and the physical, emotional, and psychological challenges associated with it.

Quick Tip

Sensitivity in elderly people is natural due to aging and can be mitigated with proper care and regular health checkups.

20. When was the SOS Children's Village established?

Solution:

Step 1: Determine the year of establishment.

The SOS Children's Village was established in 1949 by Hermann Gmeiner in Austria to provide family-based care to children who have lost their parents.

Step 2: Conclusion.

Thus, the SOS Children's Village was established in 1949.

Quick Tip

SOS Children's Village is a global humanitarian organization providing family-like care to children in need.

21. What do you understand by Day Care Centres?

Solution:

Step 1: Define Day Care Centres.

Day care centres are facilities that provide care and supervision for children, typically during working hours. They ensure the safety, learning, and social development of children in a structured environment.

Step 2: Services provided by day care centres.

These centres offer a variety of services such as meals, educational activities, recreational games, and emotional support. They are an essential service for working parents who require reliable and safe child care.

Quick Tip

Day care centres support the development of children while also offering peace of mind for working parents.

**22. Based on the Munsell colour wheel, into how many categories are colours divided?
Name them.**

Solution:

Step 1: Introduction to the Munsell colour system.

The Munsell colour system is a colour model that describes colours based on three attributes: hue, value (lightness), and chroma (saturation). The system divides colours into categories for better identification and classification.

Step 2: Number of categories.

Based on the Munsell colour wheel, colours are divided into five categories: 1. **Reds** 2. **Yellows** 3. **Greens** 4. **Blues** 5. **Purples**

These categories help in organizing colours by their hue, allowing for easy identification and comparison.

Quick Tip

The Munsell colour system is widely used in fields like art, design, and horticulture to precisely categorize colours.

23. How many types of Corporate Communication are there?

Solution:

Step 1: Introduction to corporate communication.

Corporate communication refers to the way a company communicates with its various stakeholders, including employees, customers, investors, and the public.

Step 2: Types of corporate communication.

There are generally four types of corporate communication: 1. **Internal Communication:** Communication within the organization, including emails, meetings, and internal newsletters. 2. **External Communication:** Communication with parties outside the organization, such as customers, media, and partners. 3. **Crisis Communication:** Communication during a crisis to manage the company's image and respond to external

challenges. 4. **Corporate Social Responsibility (CSR) Communication:** Communication regarding a company's social, environmental, and ethical initiatives.

Step 3: Conclusion.

These types of corporate communication help in managing relationships and ensuring that the company's messages are consistent and clear.

Quick Tip

Effective corporate communication is crucial for building a strong organizational reputation and maintaining positive relationships with stakeholders.

24. What is the role of a Dietitian in Diet Therapy?

Solution:

Step 1: Define the role of a dietitian.

A dietitian is a healthcare professional who specializes in diet therapy. Their role is to assess the nutritional needs of patients and provide advice on healthy eating and meal planning. They create tailored diets to treat medical conditions, including diabetes, obesity, and heart disease.

Step 2: Responsibilities.

The dietitian's responsibilities include: 1. Developing and monitoring personalized nutrition plans. 2. Educating patients on healthy eating habits. 3. Working with doctors and other healthcare providers to manage chronic diseases.

Step 3: Conclusion.

Dietitians play a crucial role in improving patients' health through proper nutrition and diet therapy.

Quick Tip

Dietitians help in managing health conditions by creating meal plans that promote healing and improve overall health.

25. Enumerate traditional occupations of India.

Solution:

Step 1: Define traditional occupations.

Traditional occupations in India are those that have been practiced for centuries, often passed down through generations. These occupations are rooted in the culture and customs of different regions.

Step 2: List examples.

Some traditional occupations of India include: 1. **Agriculture:** Farming, fishing, and animal husbandry have been the primary occupations for many communities. 2. **Handicrafts:** Crafts such as weaving, pottery, metalwork, and wood carving. 3. **Farming and Trading:** Rice, wheat, cotton, and spice production along with their trade in local and global markets. 4. **Artisan Work:** Occupations such as blacksmithing, weavers, and jewelers. 5. **Teaching and Education:** Traditional roles in communities where knowledge was passed orally.

Step 3: Conclusion.

These traditional occupations reflect India's rich cultural heritage and continue to influence the economy today.

Quick Tip

Traditional occupations often provide insight into a community's culture and its history.

OR,

What do you understand by the Fashion Cycle?

Solution:

Step 1: Define the fashion cycle.

The fashion cycle refers to the predictable pattern in which fashion trends emerge, become popular, and eventually decline. This cycle is driven by changes in society, culture, and media.

Step 2: Stages in the fashion cycle.

The fashion cycle typically includes the following stages: 1. **Introduction:** New trends are introduced, often by designers or influencers. 2. **Growth:** The trend becomes popular and widely accepted. 3. **Maturity:** The trend reaches its peak and is widely adopted. 4. **Decline:** The trend begins to lose popularity as newer trends emerge. 5. **Obsolescence:** The trend is no longer in fashion and fades away.

Step 3: Conclusion.

Understanding the fashion cycle helps predict trends and is crucial for the fashion industry.

Quick Tip

Fashion cycles help businesses and designers predict trends and manage product releases.

26. What types of feeding routes are used for feeding patients?

Solution:

Step 1: Define feeding routes.

Feeding routes refer to the methods used to deliver nutrition to patients who cannot consume food orally.

Step 2: List the types of feeding routes.

The main types of feeding routes include: 1. **Oral Feeding:** The patient consumes food or liquids directly by mouth. 2. **Enteral Feeding:** Nutrition is delivered via a tube inserted into the digestive system, such as through a nasogastric (NG) tube or gastrostomy tube. 3.

Parenteral Feeding: Nutrients are delivered directly into the bloodstream via an intravenous (IV) line, bypassing the digestive system. This method is used when enteral feeding is not possible.

Step 3: Conclusion.

The appropriate feeding route depends on the patient's condition and their ability to digest and absorb food.

Quick Tip

Enteral feeding is preferred when the digestive system is functional, while parenteral feeding is used when the digestive system cannot be used.

27. Information and Communication Technology is considered the future vehicle of development. Comment.

Solution:

Step 1: Introduction to Information and Communication Technology (ICT).

Information and Communication Technology (ICT) is the integrated use of telecommunications, computers, and broadcasting technologies to enable the exchange of information, the creation, processing, storage, and dissemination of data.

Step 2: ICT as a tool for development.

ICT has revolutionized various fields including education, healthcare, business, and governance. It provides a vast range of opportunities for economic and social development by making communication easier, promoting access to information, and enhancing productivity.

Step 3: Impact of ICT on development.

- **Education:** ICT helps in improving access to education through online learning platforms and virtual classrooms. It provides educational resources and enables interactive learning.
- **Healthcare:** ICT improves healthcare services by facilitating telemedicine, online consultation, and electronic health records, leading to better patient care and healthcare management.
- **Business and Economy:** ICT enables businesses to reach a global audience, improving productivity, reducing costs, and providing better customer service. E-commerce and digital marketing are key areas driven by ICT.
- **Governance:** ICT facilitates better governance by improving transparency, access to information, and citizen engagement through digital platforms and e-governance.

Step 4: Conclusion.

In conclusion, ICT is indeed considered the future vehicle of development due to its

wide-ranging applications in improving communication, access to services, and driving economic growth.

Quick Tip

ICT plays a key role in shaping the future of nations by providing digital infrastructure that enhances various sectors of society.

OR,

What do you understand by Food Adulteration? Explain with an example.

Solution:

Step 1: Define food adulteration.

Food adulteration refers to the process of adding harmful, inferior, or cheaper substances to food products, either intentionally or unintentionally, to increase the quantity or weight, which compromises the quality and safety of the food.

Step 2: Causes and effects of food adulteration.

Food adulteration is often driven by the desire to make a profit by increasing the volume or weight of the product. Commonly adulterated foods include milk, grains, spices, and oils. It poses serious health risks to consumers, leading to foodborne illnesses, long-term health conditions, and even death in extreme cases.

Step 3: Examples of food adulteration.

An example of food adulteration is: - **Milk adulteration:** Water and detergents are often added to milk to increase its volume and make it appear fresher, but this reduces the nutritional value and can lead to harmful health effects.

Step 4: Conclusion.

Food adulteration is illegal and harmful to public health. Strict regulations and awareness are needed to prevent food adulteration and ensure food safety.

Quick Tip

Always buy food from reliable sources and be aware of the common methods of adulteration to protect your health.

28. What is the difference between a Regular Diet and a Modified Diet?

Solution:

Step 1: Define regular diet.

A regular diet is one that provides the necessary nutrients (carbohydrates, proteins, fats, vitamins, and minerals) in the right proportions to maintain overall health and well-being. It is the normal diet followed by healthy individuals, with no specific restrictions.

Step 2: Define modified diet.

A modified diet is one that is specifically adjusted or altered to meet the nutritional needs of an individual based on their medical conditions, health goals, or lifestyle. It may involve restrictions on certain food items or increased intake of specific nutrients.

Step 3: Differences between regular and modified diets.

- **Regular Diet:** - Suitable for healthy individuals. - No specific food restrictions. - Aims to maintain general health.
- **Modified Diet:** - Designed for individuals with specific health conditions such as diabetes, hypertension, or heart disease. - May involve limiting certain foods (e.g., low-sodium or low-fat). - Aims to improve or manage specific health conditions.

Step 4: Conclusion.

The key difference between a regular and modified diet is that the regular diet is for healthy individuals, while a modified diet is tailored for individuals with specific medical needs.

Quick Tip

A modified diet helps manage health conditions, while a regular diet supports general health maintenance.

OR,

Explain briefly the significance of Food Technology. How has it impacted the lives of modern housewives, especially working women?

Solution:

Food technology is a field that involves the application of scientific principles and techniques to the production, preservation, processing, packaging, and distribution of food. It plays a crucial role in ensuring that food is safe, nutritious, and of high quality, as well as making food products more accessible to people globally. The significance of food technology can be seen in various aspects of food safety, quality control, convenience, and innovation in food products.

1. Impact on Food Safety and Preservation:

Food technology has significantly improved food safety standards, which is essential for both public health and consumer confidence. Advancements in food preservation methods such as freezing, canning, and dehydration have extended the shelf life of food products, making it easier to store and transport food over long distances without compromising quality. This has made food more accessible and ensured that families, including working women, have convenient options available at all times.

2. Convenience for Housewives and Working Women:

Food technology has had a transformative impact on the daily lives of modern housewives and especially working women. With the advent of ready-to-eat meals, frozen foods, and quick-cooking products, women no longer need to spend excessive amounts of time in meal preparation. The availability of pre-packaged foods, such as snacks, soups, and frozen vegetables, allows working women to prepare healthy meals in a fraction of the time, enabling them to balance both their professional and personal lives more efficiently.

3. Nutrition and Health:

Food technology also emphasizes the nutritional aspect of food. It has led to the fortification of foods with essential vitamins and minerals, such as adding iron to flour or vitamin D to milk, which is beneficial for the health of all family members. For working women, who often face time constraints, food technology provides nutritious, balanced, and convenient food options that ensure a healthy diet without much effort.

4. Innovative Food Products:

Through food technology, innovative food products like plant-based alternatives, organic snacks, and functional foods have emerged. These innovations offer more variety and choice to consumers, including working women who may prefer healthy and sustainable food options in their busy lives. Moreover, the increasing awareness of food allergies and dietary restrictions has led to the development of specialized food products, making it easier for people to meet their specific nutritional needs.

5. Economic Impact:

Food technology has also had an economic impact by creating job opportunities in various sectors, such as food processing, quality control, and food research and development. This is beneficial not only for housewives seeking career opportunities but also for women who want to pursue careers in food science and technology, contributing to the growth of the food industry and the economy at large.

Step 2: Conclusion.

In conclusion, food technology has greatly impacted modern housewives, especially working women, by providing convenience, improving food safety, and enhancing access to nutritious and healthy food products. These advancements have made it easier for women to manage their responsibilities, improve their work-life balance, and contribute to the well-being of their families.

Quick Tip

Food technology has revolutionized food preparation, making it easier and more convenient for working women to provide nutritious meals without compromising on quality or time.

29. Describe the responsibilities of the Front Office Department in Hospitality Management.

Solution:

Step 1: Define the Front Office Department.

The Front Office Department in hospitality management is responsible for managing guest services, including reservations, check-in/check-out, guest inquiries, and handling complaints. It serves as the first point of contact between guests and the hotel staff.

Step 2: Key responsibilities.

The main responsibilities of the Front Office Department include: 1. **Reservations:** Managing room bookings, ensuring that guest preferences are met, and handling cancellations and modifications.

2. **Guest Check-in and Check-out:** Ensuring a smooth and efficient process for guest arrivals and departures, providing room keys, and handling payments.

3. **Guest Services:** Providing information to guests about hotel amenities, local attractions, and other services.

4. **Handling Complaints:** Addressing guest complaints and resolving issues promptly to ensure customer satisfaction.

5. **Maintaining Records:** Keeping accurate records of guest information, bookings, and financial transactions.

Step 3: Conclusion.

The Front Office Department is crucial in ensuring a positive guest experience and the smooth operation of the hotel.

Quick Tip

The Front Office Department is essential in creating a welcoming atmosphere and ensuring guest satisfaction in the hospitality industry.

OR, Which Principles of Design are used in costume making? Describe.

Solution:

Costume design involves the application of various principles of design to create aesthetically pleasing and functional clothing. These principles help designers to achieve balance, harmony, and visual interest in their designs. The main principles of design used in costume making are:

1. Balance:

Balance refers to the distribution of visual weight in a costume. It ensures that the design feels stable and not lopsided. There are three types of balance: - Symmetrical balance:

Where both sides of the costume are identical or mirror images of each other. -

Asymmetrical balance: Where the elements of the costume are unevenly distributed but still appear balanced. - Radial balance: Where the design elements radiate from a central point, often used in circular or repetitive designs.

2. Proportion:

Proportion refers to the relationship between the different parts of the costume, such as the size of the sleeves compared to the bodice or the length of a skirt in relation to the overall design. Proper proportion ensures that the elements of the costume work harmoniously and are in scale with one another.

3. Emphasis:

Emphasis is the principle of creating a focal point in the costume design, guiding the viewer's attention to a particular part of the outfit. This can be achieved through the use of color, texture, shape, or decoration. For example, a bold pattern or bright color on the bodice can draw attention to the upper body.

4. Rhythm:

Rhythm in costume design refers to the repetition of elements such as color, shape, or pattern that creates a sense of movement and flow in the design. This principle helps to create visual interest and guide the viewer's eyes through the costume.

5. Harmony:

Harmony is achieved when all the elements of the costume design, such as colors, textures, shapes, and proportions, work together cohesively. A harmonious design is pleasing to the eye and feels unified, with no part feeling out of place or disconnected from the rest.

6. Contrast:

Contrast involves the use of differing elements to create interest and highlight certain parts of the costume. This can be done by pairing complementary colors, using different textures, or contrasting light and dark shades. Contrast helps to make the design more visually stimulating and dynamic.

Step 2: Conclusion.

By applying these principles of design, costume makers can create designs that are aesthetically pleasing, functional, and suitable for the intended purpose. Whether designing costumes for theater, film, or fashion, these principles ensure that the garments not only look good but also express the desired mood or character effectively.

Quick Tip

In costume design, applying the principles of design such as balance, proportion, and emphasis helps create visually appealing and functional outfits.

30. Seema purchased an electric iron last month, which has now become faulty. Write any two of her consumer rights and two responsibilities in this context.

Solution:

Step 1: Define consumer rights.

Consumer rights refer to the protection of consumers' interests, ensuring that they are treated fairly and are provided with quality products and services.

Step 2: List consumer rights.

Two of Seema's consumer rights are: 1. **Right to be Heard:** Seema has the right to complain about the faulty product and seek a resolution.

2. **Right to Redress:** Seema has the right to seek a remedy, such as a refund or replacement, if the product is defective.

Step 3: Define consumer responsibilities.

Consumer responsibilities refer to the duties of consumers to make informed decisions, use products properly, and follow laws to avoid misuse or harm.

Step 4: List consumer responsibilities.

Two of Seema's responsibilities are: 1. **Responsibility to Read Labels:** Seema should have checked the product for instructions and warnings before purchasing it.

2. **Responsibility to Act in Good Faith:** Seema should approach the seller or manufacturer with clear and honest communication about the issue.

Quick Tip

Consumers have the right to demand quality, but they also have responsibilities, such as using products correctly and seeking resolution in case of issues.

31. Reena wants to become a teacher in a preschool. Suggest two educational qualifications that would help her in this context.

Solution:

To become a preschool teacher, Reena will need to pursue specific educational qualifications that will equip her with the knowledge and skills required to teach young children effectively. Preschool teachers need to have a strong understanding of early childhood development, learning techniques, and the ability to foster a positive and engaging learning environment for children.

Here are two educational qualifications that would help Reena:

1. Early Childhood Education (ECE) Certification:

An Early Childhood Education (ECE) certification is one of the most important qualifications for anyone aspiring to become a preschool teacher. This certification provides Reena with a deep understanding of the developmental stages of children from birth to age 8.

The course covers essential topics such as:

- Child development theories
- Classroom management techniques
- Learning methods for young children
- Importance of play in a child's learning
- Understanding children with special needs

The certification ensures that Reena will be well-equipped to design age-appropriate lessons, engage children in meaningful activities, and manage the classroom effectively. Most preschools require teachers to have this certification before they can be considered for a teaching role.

2. Diploma or Degree in Education (preferably in Early Childhood Education):

In addition to an ECE certification, a diploma or degree in education, especially one that

focuses on early childhood education or child development, will further strengthen Reena's qualifications. This degree will provide her with a comprehensive understanding of pedagogy, child psychology, and educational strategies tailored to preschool-aged children.

Key subjects in this degree typically include:

- Educational psychology
- Curriculum design for young learners
- Child health and nutrition
- Family and community involvement in education
- Practical teaching experience in preschool settings

A degree in education also enhances Reena's chances of being hired by more established educational institutions, as it is often a requirement for teaching positions in formal preschool settings.

Step 3: Practical Experience and Continuous Learning

Besides formal qualifications, gaining practical experience through internships, volunteer work, or assistant teaching roles in preschools can be invaluable. This experience will help Reena apply the theoretical knowledge she gains in her courses and develop a practical skill set for the classroom.

Moreover, preschool education is a continuously evolving field. Reena should consider ongoing professional development, such as attending workshops or conferences related to early childhood education, to stay up-to-date with new research and teaching methods.

Quick Tip

To be an effective preschool teacher, it's not only about having formal qualifications but also about having a passion for working with young children and a commitment to lifelong learning. Gaining hands-on experience in a preschool setting is essential for success in this role.

OR,

What do you understand by Standardisation? Briefly explain any one Standard mark.

Solution:

Step 1: Define Standardisation.

Standardisation refers to the process of establishing and applying a set of criteria or guidelines for a product, service, or system to ensure its quality, performance, safety, and efficiency. It ensures uniformity and consistency across different products, services, or processes within a certain industry or sector. Standardisation is necessary to ensure that products meet specific requirements, are safe for use, and perform as expected. It is done to enhance the reliability of products and services, promote international trade, and safeguard consumers.

Step 2: Explain a Standard mark.

One of the most common standard marks in India is the ISI (Indian Standards Institute) mark. The ISI mark is a certification mark that is given to products that meet the quality standards set by the Bureau of Indian Standards (BIS). The mark indicates that the product has been tested and found to comply with the relevant standards and is safe for use. The ISI mark is widely used in the manufacturing industry for a range of products, including electrical appliances, cement, food products, and many others.

Step 3: Importance of the ISI mark.

The ISI mark is important because it assures the consumer that the product has undergone rigorous testing and meets the minimum safety and quality standards. It also provides a level of trust and confidence in the product, which is essential for consumers when making purchasing decisions. For manufacturers, it provides a competitive edge by demonstrating that their products are of high quality and comply with national standards.

Quick Tip

The ISI mark is one of the most recognized and trusted standards in India, ensuring that products meet specific quality and safety standards.