

UP Board Class 10 Home Science - 823 (CI) - 2025 Question Paper with Solutions

Time Allowed :3 Hours	Maximum Marks :70	Total questions :35
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General Instructions

Instruction:

- i) All questions are compulsory. Marks allotted to each question are given in the margin.
- ii) In numerical questions, give all the steps of calculation.
- iii) Give relevant answers to the questions.
- iv) Give chemical equations, wherever necessary.

Q1. Why is it necessary to make a monthly budget?

- (A) To maintain balance in income and expenditure
- (B) To meet emergency needs
- (C) For education of children
- (D) For gift

Correct Answer: (A) To maintain balance in income and expenditure

Solution:

Step 1: Understanding a monthly budget.

A monthly budget is a financial plan prepared for one month to estimate income and expenses. It helps the family to use money wisely, avoid waste, and ensure savings.

Step 2: Analyze each option.

- **Option (A):** Correct. The main purpose of a monthly budget is to balance income and expenditure. This ensures that expenses do not exceed income.
- **Option (B):** Meeting emergency needs is important, but this is a secondary benefit, not the main reason for making a monthly budget.
- **Option (C):** Education of children is one part of expenses, not the primary reason for preparing a budget.
- **Option (D):** Giving gifts is not a necessity in budget planning.

Step 3: Conclusion.

Thus, the necessity of making a monthly budget is mainly to maintain balance in income and expenditure, while also allowing savings and emergency planning.

Final Answer:

A monthly budget is necessary to maintain balance between income and expenditure.

Quick Tip

Always remember: Budget = Income – Expenditure. The key aim is balance and control, not just spending or saving.

Q2. Which saving is necessary in daily life?

- (A) Time
- (B) Money
- (C) Labour
- (D) All of these

Correct Answer: (D) All of these

Solution:

Step 1: Understanding saving.

Savings in daily life means conserving resources like time, money, and labour to use them wisely.

Step 2: Analyze options.

- Time → Very important for efficiency.
- Money → Necessary for security and emergencies.
- Labour → Saves energy and increases productivity.

Step 3: Conclusion.

All three are equally important, so the answer is “All of these.”

Final Answer:

Time, money, and labour — all savings are necessary in daily life.

Quick Tip

Daily life management becomes easy if we save all three — time, money, and labour.

Q3. House cleaning is important for –

- (A) Physical health
- (B) Mental health

- (C) Happiness in life
(D) All of these

Correct Answer: (D) All of these

Solution:

Step 1: Role of cleaning.

A clean house prevents disease, reduces stress, and creates comfort.

Step 2: Analyze options.

- Physical health → Cleanliness avoids infections.
- Mental health → Reduces tension and promotes peace.
- Happiness in life → Clean home increases satisfaction.

Step 3: Conclusion.

All three benefits are true, hence “All of these.”

Final Answer:

House cleaning is important for physical health, mental health, and happiness in life.

Quick Tip

“Clean home = Healthy home = Happy home.”

Q4. One litre is equal to –

- (A) 100 millilitre
(B) 1000 millilitre
(C) 10 millilitre
(D) None of these

Correct Answer: (B) 1000 millilitre

Solution:

Step 1: Conversion rule.

1 litre is the standard unit of volume measurement.

Step 2: Apply relation.

$$1 \text{ litre} = 1000 \text{ millilitres}$$

Step 3: Verify options.

- 100 ml → Wrong.
- 1000 ml → Correct.
- 10 ml → Wrong.
- None of these → Wrong.

Final Answer:

$1 \text{ litre} = 1000 \text{ millilitres.}$

Quick Tip

Always remember: $1 \text{ L} = 1000 \text{ ml} = 1000 \text{ cc}$ (cubic centimetres).

Q5. Formula H_2O is of the chemical compound –

- (A) Air
- (B) Water
- (C) Earth
- (D) None of these

Correct Answer: (B) Water

Solution:

Step 1: Understand formula.

H_2O = 2 atoms of hydrogen + 1 atom of oxygen → water molecule.

Step 2: Analyze options.

- Air → Mixture of gases, no fixed formula.
- Water → Correct, symbol is H_2O .

- Earth → No formula.
- None → Wrong.

Final Answer:

The chemical formula H_2O represents water.

Quick Tip

H_2O = Water. Easy way: “H for Hydrogen, O for Oxygen.”

Q6. Which salts remain dissolved in hard water?

- (A) Iron
- (B) Calcium
- (C) Phosphorus
- (D) Potassium

Correct Answer: (B) Calcium

Solution:

Step 1: Define hard water.

Hard water contains dissolved salts that prevent soap from lathering.

Step 2: Identify salts.

The main salts are calcium carbonate, calcium sulphate, and magnesium salts.

Step 3: Check options.

- Iron → Not responsible for hardness.
- Calcium → Correct, causes hardness.
- Phosphorus → Not related.
- Potassium → Not related.

Final Answer:

Calcium salts remain dissolved in hard water.

Quick Tip

Hardness of water is mainly due to **calcium and magnesium salts**.

Q7. Which disease is caused by impure water and food?

- (A) Tuberculosis
- (B) Smallpox
- (C) Cholera
- (D) Tetanus

Correct Answer: (C) Cholera

Solution:

Step 1: Identify source of infection.

Impure water and food often carry germs like bacteria and viruses. Water-borne diseases include cholera, typhoid, and diarrhoea.

Step 2: Analyze options.

- Tuberculosis → Spread through air, not food or water.
- Smallpox → Caused by virus, spread by contact, not water.
- Cholera → Spread by contaminated water and food. Correct.
- Tetanus → Caused by wounds infected with soil bacteria.

Step 3: Conclusion.

The disease directly caused by impure water and food is Cholera.

Final Answer:

Cholera is caused by impure water and food.

Quick Tip

Always link impure water → water-borne diseases like cholera, typhoid, diarrhoea.

Q8. Environmental pollution has adverse effects on –

- (A) Public health
- (B) Personal efficiency
- (C) Economic life
- (D) All of these

Correct Answer: (D) All of these

Solution:

Step 1: Pollution impact.

Pollution affects every part of life — health, work capacity, and economy.

Step 2: Analyze options.

- Public health → Air pollution causes asthma, bronchitis.
- Personal efficiency → Noise and stress reduce work efficiency.
- Economic life → Illness increases healthcare costs.
- All of these → Correct, pollution affects all.

Final Answer:

Pollution adversely affects health, efficiency, and economy — all of these.

Quick Tip

In exams, always mention “Health + Efficiency + Economy” when asked about effects of pollution.

Q9. Which disease is spread by mosquitoes?

- (A) Smallpox
- (B) Tuberculosis
- (C) Malaria
- (D) Typhoid

Correct Answer: (C) Malaria

Solution:

Step 1: Transmission method.

Mosquitoes act as carriers (vectors) of some diseases.

Step 2: Check options.

- Smallpox → Spread by virus, not mosquitoes.
- Tuberculosis → Airborne infection.
- Malaria → Spread by bite of female Anopheles mosquito. Correct.
- Typhoid → Spread by contaminated food and water.

Final Answer:

Malaria is spread by mosquitoes.

Quick Tip

Female Anopheles mosquito spreads malaria; Aedes mosquito spreads dengue.

Q10. Wearing helmet protects –

- (A) Head
- (B) Vehicle
- (C) Both (A) and (B)
- (D) None of these

Correct Answer: (A) Head

Solution:

Step 1: Use of helmet.

A helmet is safety equipment worn while driving two-wheelers to protect the rider.

Step 2: Analyze options.

- Head → Correct, helmets protect the head from injury.
- Vehicle → Wrong, helmet does not protect vehicles.

- Both → Wrong, because vehicle is not protected.
- None → Wrong.

Final Answer:

Wearing helmet protects the head.

Quick Tip

Remember: Helmet saves life by reducing head injury in accidents.

Q11. Which of the following is not included in a sewing kit?

- (A) Sewing machine
- (B) Needle
- (C) Thread
- (D) Measuring tape

Correct Answer: (A) Sewing machine

Solution:

Step 1: Define sewing kit.

A sewing kit is a small collection of essential tools for hand sewing.

Step 2: Typical items.

It includes needles, threads, scissors, measuring tape, thimble, etc.

Step 3: Check options.

- Sewing machine → Not part of kit, too large. Correct.
- Needle, thread, measuring tape → All are part of sewing kit.

Final Answer:

Sewing machine is not included in a sewing kit.

Quick Tip

A sewing kit = small handy tools, not big machines.

Q12. Benefit(s) of regular washing clothes is/are –

- (A) Clothes stay clean
- (B) Odour of the clothes goes away
- (C) Helps in personal health
- (D) All of these

Correct Answer: (D) All of these

Solution:

Step 1: Purpose of washing clothes.

Regular washing removes dirt, sweat, and germs from clothes.

Step 2: Analyze options.

- Clothes stay clean → Correct. - Odour goes away → Correct, washing removes smell. - Helps in personal health → Correct, prevents infections.

Step 3: Conclusion.

All points are true, so the correct answer is “All of these.”

Final Answer:

Regular washing keeps clothes clean, odour-free, and supports personal health.

Quick Tip

Always mention hygiene, appearance, and health when writing about washing clothes.

Q13. Which one is an ideal kitchen?

- (A) One wall
- (B) Two walls
- (C) L-shaped
- (D) U-shaped

Correct Answer: (C) L-shaped

Solution:

Step 1: Define ideal kitchen.

An ideal kitchen should be comfortable, safe, and efficient for working.

Step 2: Compare layouts.

- One wall → Limited space. - Two walls → Better, but not ideal. - L-shaped → Best design, work triangle (sink, stove, storage) becomes efficient. - U-shaped → Requires larger area.

Step 3: Conclusion.

The most practical and efficient kitchen is L-shaped.

Final Answer:

L-shaped kitchen is considered the ideal kitchen.

Quick Tip

Remember: In exam, mention “Work Triangle = Sink + Stove + Storage.”

Q14. Loss of nutrients is prevented by –

- (A) Roasting
- (B) Boiling in water
- (C) Frying
- (D) Covered steaming

Correct Answer: (D) Covered steaming

Solution:

Step 1: Nutrient loss in cooking.

Nutrients like vitamins and minerals dissolve in water or get destroyed by heat.

Step 2: Analyze methods.

- Roasting → Causes some vitamin loss. - Boiling in water → Dissolves vitamins in water. - Frying → High heat destroys nutrients. - Covered steaming → Preserves nutrients best.

Step 3: Conclusion.

Covered steaming is the best way to prevent nutrient loss.

Final Answer:

Nutrient loss is prevented by covered steaming.

Quick Tip

For healthy cooking, prefer steaming or pressure cooking instead of deep frying.

Q15. Diabetes is caused by excess of which nutrient?

- (A) Protein
- (B) Fat
- (C) Carbohydrate
- (D) Vitamins

Correct Answer: (C) Carbohydrate

Solution:**Step 1: Understand diabetes.**

Diabetes is a metabolic disorder where blood sugar (glucose) rises above normal levels.

Step 2: Role of nutrients.

- Protein → Helps in growth, not responsible. - Fat → Leads to obesity, but not diabetes directly. - Carbohydrate → Main source of glucose; excess intake raises blood sugar.

Correct. - Vitamins → Essential nutrients, but not linked to diabetes.

Step 3: Conclusion.

Excess carbohydrate intake is the major factor behind diabetes.

Final Answer:

Diabetes is caused by excess intake of carbohydrates.

Quick Tip

For diabetic patients → Avoid excess sugar, rice, potatoes, and prefer complex carbs.

Q16. The skeletal system consists of total bones.

- (A) 200
- (B) 216
- (C) 206
- (D) 106

Correct Answer: (C) 206

Solution:

Step 1: Role of skeletal system.

The skeletal system provides support, shape, protection, and helps in movement.

Step 2: Number of bones.

In an adult human body, there are a total of **206 bones**. (At birth, babies have about 300 bones, which later fuse into 206).

Step 3: Conclusion.

Therefore, the correct answer is 206 bones.

Final Answer:

The skeletal system has 206 bones.

Quick Tip

Remember: Infants have 300 bones, adults have 206 after fusion.

Q17. Symptom(s) of bone fracture is/are –

- (A) Severe pain

- (B) Swelling up
- (C) Related organ is powerless
- (D) All of these

Correct Answer: (D) All of these

Solution:

Step 1: Define fracture.

Fracture means breaking or cracking of a bone.

Step 2: Symptoms.

- Severe pain at the site of injury → Correct.
- Swelling of affected area → Correct.
- Loss of power or movement in organ → Correct.

Step 3: Conclusion.

All listed symptoms are true, so the correct answer is “All of these.”

Final Answer:

Severe pain, swelling, and loss of power are symptoms of fracture.

Quick Tip

Fracture symptoms = Pain + Swelling + Loss of function.

Q18. Blood purification occurs –

- (A) In digestive organ
- (B) In lungs
- (C) In heart
- (D) In kidneys

Correct Answer: (D) In kidneys

Solution:

Step 1: Define blood purification.

Blood purification means removal of waste materials like urea, salts, and toxins.

Step 2: Role of organs.

- Digestive organ → Digestion, not blood purification.
- Lungs → Exchange of gases, not waste filtration.
- Heart → Pumps blood, but does not filter it.
- Kidneys → Filter waste from blood to form urine. Correct.

Step 3: Conclusion.

Blood purification occurs in kidneys.

Final Answer:

Kidneys purify blood by filtering wastes.

Quick Tip

Kidneys are called the natural “filters” of our body.

Q19. Poultice is used to –

- (A) Protect cold
- (B) Give wet fomentation
- (C) Give fomentation to boils or pimples
- (D) None of these

Correct Answer: (C) Give fomentation to boils or pimples

Solution:**Step 1: Define poultice.**

A poultice is a soft, moist mass applied to the body to relieve pain or swelling.

Step 2: Uses.

It is generally used for boils, pimples, swellings, or local infections.

Step 3: Check options.

- Protect cold → Incorrect.
- Wet fomentation → Too general.
- Boils/pimples treatment → Correct.
- None → Wrong.

Final Answer:

Poultice is used for fomentation to boils or pimples.

Quick Tip

Poultice = Herbal or medicated paste applied warm for relief.

Q20. Protein is found in –

- (A) Sweets
- (B) Pulses
- (C) Orange
- (D) Potato

Correct Answer: (B) Pulses

Solution:

Step 1: Sources of protein.

Proteins are body-building foods found in pulses, milk, eggs, meat, and nuts.

Step 2: Check options.

- Sweets → Provide carbohydrates, not protein.
- Pulses → Rich source of plant protein. Correct.
- Orange → Provides vitamins.
- Potato → Provides carbohydrates.

Step 3: Conclusion.

The correct answer is pulses.

Final Answer:

Pulses are a rich source of protein.

Quick Tip

Proteins = “Body-building foods.” Pulses are the best vegetarian source.

Q21. If one bottle of water costs Rs. 30, what will be the cost of 15 bottles?

Solution:

Step 1: Identify given values.

Cost of 1 bottle = Rs. 30

Number of bottles = 15

Step 2: Apply formula.

$$\text{Total Cost} = \text{Cost of 1 bottle} \times \text{Number of bottles}$$

Step 3: Calculation.

$$\text{Total Cost} = 30 \times 15 = 450$$

Step 4: Conclusion.

The total cost of 15 bottles is Rs. 450.

Final Answer:

Rs. 450

Quick Tip

Always use multiplication for repeated items: Total cost = Cost per item \times Quantity.

Q22. What are the major sources of water?

Solution:**Step 1: Understand sources of water.**

Water is obtained from both surface and underground natural sources.

Step 2: List major sources.

- Rainwater (primary source)
- Rivers and streams
- Lakes and ponds
- Wells and tube wells
- Groundwater and springs
- Glaciers and ice caps

Step 3: Conclusion.

Thus, natural water sources are rainfall, rivers, lakes, wells, and groundwater.

Final Answer:

Rain, rivers, lakes, wells, groundwater, and glaciers are major sources of water.

Quick Tip

Always classify into surface water (rivers, lakes) and underground water (wells, tube wells).

Q23. What is the advantage of tree plantation?

Solution:**Step 1: Role of trees.**

Trees are essential for maintaining ecological balance and human survival.

Step 2: Advantages.

- Purify air by absorbing CO₂ and giving O₂.
- Provide shade, wood, fruits, and medicines.
- Prevent soil erosion and floods.
- Maintain groundwater level and rainfall.

- Support biodiversity by giving shelter to animals and birds.

Step 3: Conclusion.

Tree plantation improves environment, provides resources, and protects human life.

Final Answer:

Tree plantation purifies air, prevents soil erosion, conserves water, and supports life.

Quick Tip

For exams, always write 3–4 points: oxygen, soil protection, rainfall, biodiversity.

Q24. What is called communicable disease?

Solution:

Step 1: Define communicable disease.

A communicable disease is an infectious disease that spreads from one person to another.

Step 2: Modes of transmission.

- By air (e.g., tuberculosis, influenza).
- By water and food (e.g., cholera, typhoid).
- By direct contact (e.g., chickenpox, measles).
- By insect bites (e.g., malaria, dengue).

Step 3: Conclusion.

Thus, communicable diseases spread due to microorganisms like bacteria, viruses, and parasites.

Final Answer:

Diseases that spread from person to person are called communicable diseases.

Quick Tip

Examples: Cholera, Malaria, Tuberculosis, Influenza.

Q25. What are the main steps of washing clothes?

Solution:

Step 1: Understand the process.

Washing clothes is done step-by-step to maintain cleanliness and hygiene.

Step 2: Steps.

1. Soaking the clothes in water.
2. Applying soap or detergent.
3. Rubbing and scrubbing dirt areas.
4. Rinsing thoroughly with clean water.
5. Wringing and drying under sunlight.
6. Ironing if needed.

Step 3: Conclusion.

These steps ensure that clothes are clean, fresh, and germ-free.

Final Answer:

Soaking → Soap → Scrubbing → Rinsing → Drying.
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Quick Tip

Always write steps in order; examiners look for sequence.

Q26. Write two symptoms of sprain.

Solution:

Step 1: Define sprain.

A sprain is an injury to ligaments caused by twisting of a joint.

Step 2: Symptoms.

- Pain at the joint.
- Swelling at the affected area.

(Other symptoms include tenderness, difficulty in movement, and bruising.)

Step 3: Conclusion.

The most common symptoms are pain and swelling.

Final Answer:

Pain and swelling are the two main symptoms of sprain.

Quick Tip

Remember: Sprain = ligament injury → pain + swelling.

Q27. Write the meaning of budget. What are the advantages of making budget?

Solution:

Step 1: Meaning.

A **budget** is a planned statement of *expected income and proposed expenditure* for a fixed period (month/quarter/year) made to use money wisely.

Step 2: Advantages of making a budget (any four).

1. **Balances income and expenditure**—prevents overspending.
2. **Promotes saving** for emergencies and future goals.
3. **Helps to prioritize needs over wants** and cut waste.
4. **Avoids debt** and improves financial discipline.

(Also acceptable: better record-keeping, prepares for irregular/seasonal expenses, reduces stress, enables goal setting.)

Step 3: Conclusion.

A budget guides a family to live within means and achieve financial security.

Final Answer:

Budget = plan of income & spending; benefits: balance, savings, priority setting, and debt-avoidance (a

Quick Tip

Write the “**4S**” of budgeting: *Spend within means, Save, Set priorities, Stay out of debt.*

Q28. Write the causes and treatment of diarrhoea.

Solution:

Step 1: Causes (any four).

- **Infections:** viruses (e.g., rota/norovirus), bacteria (*E. coli*, cholera, shigella), parasites (amoeba, giardia).
- **Contaminated food/water** and poor hygiene.
- **Food intolerance/allergy** (e.g., lactose).
- **Drugs/toxins:** antibiotics, spoiled food.
- **Others:** anxiety, IBS, malabsorption.

Step 2: Treatment/first-aid.

- 1) **Prevent dehydration:** Give ORS, plenty of safe fluids (boiled water, rice water, coconut water, soups).
- 2) **Diet:** small frequent feeds—soft, easily digestible carbohydrates (khichdi, banana, curd rice); avoid very fatty/spicy foods.
- 3) **Zinc syrup (children)** as advised; **continue feeding/breastfeeding.**
- 4) **Medical care** if high fever, blood in stool, persistent vomiting, severe thirst, sunken eyes, very little urine—**antibiotics only on doctor’s advice.**
- 5) **Hygiene:** handwashing, clean water, safe food.

Step 3: Conclusion.

Key is rapid rehydration + light diet; seek care for warning signs.

Final Answer:

Diarrhoea is mainly from infections/contaminants; treat with ORS & fluids, light diet, zinc for kids, hy

Quick Tip

Remember “**3Fs**”: *Fluids, Food (light), Flags (danger signs → doctor)*.

Q29. What is the utility of sewing kit? Name its components.

Solution:

Step 1: Utility (uses).

A sewing kit is a handy set used for **quick repairs, hemming, attaching buttons/zips**, minor **alterations**, and emergency mending at home/travel.

Step 2: Components (any 6–8).

Needles (assorted sizes); threads (basic colours); fabric scissors + small thread snips; measuring tape; thimble; straight pins & **pin-cushion**; seam ripper; tailor’s chalk/marker; buttons, hooks/eyes, snaps; safety pins; needle threader.

Step 3: Conclusion.

These items make stitching/repairs accurate, safe, and convenient.

Final Answer:

Sewing kit = portable set for repairs/hemming; parts include needles, threads, scissors, tape, thimble, pi

Quick Tip

Exam hack: write **N-T-S-T-P-R-C-B** = Needle, Thread, Scissor, Tape, Pin, Ripper, Chalk, Buttons.

Q30. Describe any two methods of cooking food.

Solution:

Method 1: Boiling

- Food is cooked in water at $\approx 100^\circ\text{C}$.

- Suitable for rice, pulses (after soaking), potatoes, eggs.
- **Pros:** simple, softens food, kills microbes.
- **Care:** use minimal water, avoid over-boiling to reduce vitamin loss; use cooking liquid (stocks) when possible.

Method 2: Steaming

- Food is cooked by **steam** without immersing in water (steamer/pressure cooker/idli stand).
- **Pros: best nutrient retention**, low fat, good texture; ideal for vegetables, idli, dhokla, fish.
- **Care:** keep covered; do not overcook.

(Other correct choices: roasting, baking, frying, sautéing, pressure cooking—any two well-described get full marks.)

Final Answer:

Boiling (in water) and Steaming (in steam) with uses, advantages, and precautions as above.

Quick Tip

Write definition → examples → 1–2 advantages → 1 caution for each method.

Q31. What precautions should be taken while sponging?

Solution:

Step 1: Prepare.

- Use **lukewarm** water (tepid sponging)—not very cold.
- Gather items: basin, towel, sponge/cloth, thermometer, clean clothes; ensure privacy and good room temperature.

Step 2: During sponging.

- Protect bedding with a sheet; undress only the area being sponged.
- Start with face/neck → armpits → chest/back → limbs; wipe gently, avoid vigorous rubbing on fragile skin.
- **Do not chill the patient**—work quickly, keep the rest of the body covered.

- Frequently wring sponge; change water if dirty.
- **Monitor temperature/pulse**; stop if shivering begins.

Step 3: After care.

- Pat dry thoroughly; change wet clothes/linen.
- Offer fluids; recheck temperature; keep patient comfortably warm.
- Avoid alcohol/ice rubs unless ordered by a doctor.

Final Answer:

Use lukewarm water, maintain privacy/warmth, sponge gently area by area, avoid chilling, monitor temp

Quick Tip

Rule of thumb: **Warm room, tepid water, gentle strokes, never chill.** Check temp before & after.

Q32. What is called environmental pollution? Write the reasons of environmental pollution.

Solution:

Step 1: Define Environmental Pollution.

Environmental pollution is the **undesirable change** in the physical, chemical or biological qualities of air, water, soil and the surroundings which **harms living beings** and damages natural resources.

Step 2: Broad classes of causes.

Natural causes: volcanic eruptions, forest fires, dust storms, pollen, earthquakes and floods (local/temporary).

Human (man-made) causes: continuous, large-scale activities that contaminate air, water, soil and create noise.

Step 3: Reasons (sources) of environmental pollution.

(A) Air pollution — 1. Smoke and gases from industries/thermal power plants (SO₂, NO_x, CO, particulate matter).

2. Vehicle exhaust due to petrol/diesel burning.
3. Burning of coal, wood, crop-residue and garbage; use of generators.
4. Release of CFCs/other chemicals from refrigerants and aerosols.
5. Deforestation reducing oxygen and dust-trapping capacity of trees.

(B) Water pollution — 1. Discharge of untreated **sewage** and industrial effluents into rivers and lakes.

2. Agricultural runoff carrying **fertilisers and pesticides**.
3. Oil spills and chemical leaks; washing/bathing and religious/solid waste dumping in water bodies.
4. Leaching of landfill waste into groundwater.

(C) Soil/land pollution — 1. Excessive use of chemical fertilisers and pesticides.

2. Non-biodegradable **plastic** and electronic/solid waste.
3. Mining, quarrying and improper waste disposal; acid rain deposition.

(D) Noise pollution — 1. Traffic horns, loudspeakers, fireworks.

2. Construction sites, factories, airports/railways.

Step 4: Conclusion.

Most pollution is due to **uncontrolled human activities**—industrialisation, urbanisation, fuel burning and poor waste management—so prevention demands clean energy, treatment of wastes, plantation and public awareness.

Final Answer:

Environmental pollution = harmful alteration of air, water, soil and surroundings. Main reasons: industr

Quick Tip

Remember the **A–W–S–N** mnemonic: *Air (smoke/exhaust), Water (sewage/chemicals), Soil (plastics/pesticides), Noise (traffic/construction).*

Q32. (OR) What is meant by patient's diet? What things will you keep in mind while giving food to the patient?

Solution:

Step 1: Define patient's diet.

A patient's diet is a **therapeutic, easily digestible and balanced** diet planned according to the disease, age and doctor's advice to maintain nutrition, promote recovery and prevent complications.

Step 2: General principles to keep in mind while feeding a patient.

1. **Doctor's advice first:** follow prescribed diet (e.g., diabetic—low sugar; hypertension—low salt; renal—controlled protein/salt; fever—soft & high fluids).
2. **Digestibility & consistency:** soft/semisolid or liquid as tolerated; avoid very oily, spicy, or gas-forming foods.
3. **Small, frequent meals:** 5–6 light feeds instead of large meals to reduce strain and improve intake.
4. **Adequate fluids:** safe/boiled water, ORS, soups, juices as permitted; prevent dehydration and help medicine action.
5. **Temperature & palatability:** serve lukewarm (neither very hot nor cold); present attractively to improve appetite.
6. **Nutrient focus:** sufficient **energy (carbohydrates)**, **quality proteins** for tissue repair, **vitamins/minerals** (Vit-C, iron, calcium) per condition.
7. **Hygiene & safety:** wash hands, use clean utensils; avoid stale food; ensure food is freshly prepared.
8. **Position & supervision:** seat the patient upright; feed slowly with small spoonfuls; watch for choking, nausea or intolerance.
9. **Restrictions/Allergies:** avoid prohibited items (e.g., sugar for diabetics, high salt for hypertensives, allergens).
10. **Record & response:** note intake, vomiting/diarrhoea, and inform nurse/doctor if problems occur; give medicines as scheduled relative to meals.
11. **Comfort & environment:** calm surroundings, reassuring attitude; maintain privacy and cleanliness of tray/bed.

Step 3: Conclusion.

A good patient's diet is **individualised, clean, light, frequent and balanced**, served safely with close observation.

Final Answer:

Patient's diet = disease-specific, easy to digest, balanced food. While feeding: follow prescription, give

Quick Tip

Use the “**5F–H–R**” check: *Frequent, Fresh, Fluid, Fit-for-disease, Food-safe — plus Hygiene and Record response.*

Q33. What do you understand by home decoration? What things should be kept in mind while decorating the houses?

Solution:

Step 1: Meaning of home decoration.

Home decoration means making the house attractive, comfortable, and functional by arranging furniture, using colours, lighting, curtains, wall hangings, and other decorative items. It reflects the taste, culture, and personality of the family.

Step 2: Things to be kept in mind while decorating the house.

1. **Budget:** Always plan decoration within available money.
2. **Space utilisation:** Arrange furniture and items according to the size of the room; avoid overcrowding.
3. **Colour scheme:** Use light colours for small rooms to make them look spacious and dark shades in large rooms for warmth.
4. **Lighting:** Ensure natural light during daytime and proper artificial lights at night.
5. **Ventilation:** Proper air circulation for health and comfort.
6. **Simplicity and neatness:** Avoid unnecessary clutter; keep the home clean and organised.
7. **Cultural and personal touch:** Use wall paintings, photos, handicrafts to reflect family traditions.

Step 3: Conclusion.

A well-decorated house is not only beautiful but also provides comfort, peace, and satisfaction to its residents.

Final Answer:

Home decoration means arranging and designing the home attractively. While decorating, keep in mind

Quick Tip

For exams: Always define decoration first, then list 5–6 practical points such as budget, colour, lighting, space, and ventilation.

Q33. (OR) Why is it necessary to measure before cutting cloth? What precautions should be taken while taking measurement?

Solution:**Step 1: Necessity of measuring before cutting cloth.**

1. To avoid wastage of cloth.
2. To ensure proper fitting of the garment.
3. To cut cloth according to design and pattern.
4. To save time, money, and effort.
5. To prevent errors which cannot be corrected after cutting.

Step 2: Precautions while taking measurement.

1. Use a soft measuring tape and check that it is not stretched or loose.
2. Take measurements over well-fitted garments, not loose clothing.
3. Note measurements carefully in a notebook.
4. Ensure the person stands straight and relaxed.
5. Take measurements twice for accuracy.
6. Tape should neither be too tight nor too loose.

Step 3: Conclusion.

Accurate measurement before cutting cloth ensures good fitting, avoids wastage, and gives a neat final garment.

Final Answer:

Measuring before cutting cloth is necessary for saving material and ensuring proper fit. Precautions: use

Quick Tip

Remember: “Measure twice, cut once” — accuracy in measurement saves cloth and ensures perfect fitting.

Q34. What do you mean by fomentation? How many types of it are there? Describe any one method.

Solution:

Step 1: Meaning of fomentation.

Fomentation is the process of applying either hot or cold materials (like cloth, bags, pads, or compresses) on a body part to relieve pain, reduce swelling, improve circulation, or give comfort. It is a type of local therapy used in home nursing and first aid.

Step 2: Types of fomentation.

1. **Hot fomentation:** Application of heat to the affected part using hot water bags, steamed cloth, or infrared lamps. Used for stiffness, muscle pain, boils, and joint problems.
2. **Cold fomentation:** Application of cold materials such as ice bags, cold water cloths, or ice packs. Used to reduce swelling, bleeding, fever, and headache.

Step 3: Describe one method (Hot Fomentation).

1. **Articles required:** Hot water bag, towel, cover, and hot water.
2. **Preparation:** Fill hot water bag 2/3rd with warm water (not boiling). Expel air and close tightly. Wrap with a towel to avoid direct contact with skin.
3. **Procedure:** - Place the wrapped hot water bag gently on the affected area.
- Keep it for 10–15 minutes. Remove if the patient feels excessive burning.
- Observe the skin for redness or blisters.
4. **Aftercare:** Remove the bag, wipe the skin, and keep the patient comfortable. Empty the water bag and store it safely.
5. **Precautions:** Do not use boiling water. Always test the bag on the back of your hand before applying. Never keep it for too long on delicate skin.

Step 4: Conclusion.

Thus, fomentation is an important home remedy and nursing technique. It can be given in two types — hot and cold. Hot fomentation is useful for muscle pain and cold fomentation is used for swelling and injuries.

Final Answer:

Fomentation means applying hot or cold materials for relief. It is of two types — hot and cold. Hot fom

Quick Tip

Remember: Hot fomentation \Rightarrow pain relief and relaxation. Cold fomentation \Rightarrow swelling and fever control. Always check water temperature before use.