CBSE Class 12 Home Science 2016 - Set 69/1

Question Paper

Conducted by the Central Board of Secondary Education (CBSE)

Time Allowed: 3 Hours **Maximum Marks: 70**

General Instructions

(i) This question paper contains 25 questions.
(ii) All questions are compulsory.
(iii) Questions 1–6 carry 1 mark each; answer in one or two lines.
(iv) Questions 7–13 carry 2 marks each; answer in 10–20 words.
(v) Questions 14–15 carry 3 marks each; answer in 20–30 words.
(vi) Questions 16–21 carry 4 marks each; answer in 40 words.
(vii) Questions 22–25 carry 5 marks each; answer in 50–60 words.
(viii) Support your answers with suitable examples wherever required.

Questions

1. Convince a pregnant woman with two reasons to include foods rich in zinc in their daily meals.

2. Give two examples of direct real income.

3. List two reasons of buying electrical items only from a reputed shop.

4. What can be two possible reasons for higher cost of a dress in comparison of similar other dresses?

5. In what two ways have the villagers benefitted from MGNREGA?

6. Name two occupations you can choose after you are trained in the area of Food and Nutrition.

7. Twenty-five-year-old Seema, is a teacher who has recently got married. Give her four suggestions to cope with her new responsibilities at home.

8. Your grandfather has come to stay with you for six months. Suggest four activities for him which can fulfill his recreational needs.

9. Mrs. Verma often gets into trouble with her neighbours because of her anger. For which she is repentant later on. Suggest to her four ways by which she can control her anger.

10. What four points should be kept in mind while planning meals for a nine month old infant?

11. Make a cook aware of four most important rules of personal hygiene while cooking food.

12. While buying Bengal gram which standard mark should you check on its label? In the absence of this mark, state the adulterant which may be found in it and can be recognized with its shape. Mention two health hazards of consuming such an adulterated food item.

13. A family has been served kidney-beans and rice along with dahi bhalla for lunch. Suggest four changes in it to meet four nutritional needs of a lactating mother.

14. Namita is an adolescent girl, who tries to vomit every time after eating her meals. What do you think is the reason for this? If she continues like this, what could be its two possible health hazards? Suggest to her two ways to come out of this condition. Also mention the role of family in dealing with the problem.

15. For purifying her drinking water, Geeta has to buy either reverse osmosis filter or an ordinary electric filter. Help her take a decision by giving her all the necessary information she would require about these filters.

16. Mention four distinct characteristics of sixteen year old girls. What is the impact of mass media on their identity?

17. Mrs. and Mr. Jain live with their fourteen year old son, in a remote area. Discuss how this information would influence the selection of food items for their daily meals. Also present why and what additional information you would require if you want to plan balanced meals for the family.

18. On the basis of which two clinical symptoms does a doctor diagnose that a person is suffering from hypertension? Suggest four dietary changes one can make in the family meals to suit his specific needs. Recommend two precautions one can follow to make meals suitable for such a condition.

19. Your mother is finding it difficult to manage the monthly household expenditure within the monthly allowance she is given. She also knows that this allowance cannot be increased for sometime to come. In your opinion, what can be an alternative solution of this problem? Give atleast eight suggestions.

20. Illustrate the symbol of purity of wool to Radhika. Elaborate fully what she should do in case this symbol is fake? What other steps should she adopt to prevent such incidents in future?

21. Clever use of line, shape, colours and emphasis can help make a fat woman with heavy arms appear slimmer. Explain and validate this with the help of diagrams.

22. Compare any five features of Monthly Income Scheme (MIS) and National Savings Certificate (NSC).

23. Describe five malpractices each of shopkeepers and manufacturers which the consumers have to often face.

24. Mahima plays basketball. Elaborate four important features she should check while selecting the fabric for her sports dress. Also state six instructions she should give to the tailor for satisfactory workmanship of this dress.

25. List two main ingredients which are used for making a detergent. Write in detail how they help to remove dirt from clothes. Comment on cleaning quality of the soap/detergent you are using to wash your clothes at home. In your opinion what is the reason for your satisfaction/dissatisfaction?

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