

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 lactating woman to eat foods rich in zinc with two reasons.

2. List two sources a family can use to increase its indirect real income.

3. Apart from poor quality, list two other drawbacks of buying electrical items from roadside vendors.

4. List two signs of a good drape in a skirt.

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

6. Name two occupations you can choose after being trained in the area of fabric and apparel science.

7. Twenty five year old Seema has started staying away from her family because of her new job. List two problems which she is likely to face at work. Suggest her two ways to cope with her responsibilities.

8. Your grandfather has come to stay with you for six months. State his four physical needs where he might need your help.

9. Anger is one emotion, that can break relationships. Suggest four steps you can take if you want to avoid this to happen.

10. What four points should be kept in mind while planning meals for an adolescent girl ?

11. Make a cook aware of any such four ways which can ensure there are no cockroaches in the kitchen.

12. While buying turmeric which standard mark should you check on its label ? In the absence of this mark, state the adulterant which may be found in it. Mention two health hazards of consuming such adulterated turmeric.

13. A family has been served chick peas, rice and boondi raita for lunch. How far this meal is adequate for a pregnant woman in her second semester of pregnancy ? Give two suggestions to make this meal adequate for her.

14. Namita is an adolescent girl who suffers from convulsions. Her arms have many needle prick marks. What do you think she is suffering from ? What could be its two possible health hazards if this condition continues for long time ? In what three ways can she be helped to come out of this condition ?

15. For purifying her drinking water, Geeta has been using chlorine tablets. Now she wants to buy a reverse osmosis filter. Compare the advantages and drawbacks of both these methods and state whether her decision is right or not.

16. Mention four distinct characteristics of sixteen year old girls. Explain fully the impact of media on establishing their identity.

17. A family with two adolescent boys, lives in a remote area. Elaborate how the choice of their food gets influenced by their culture, food practices, media and peer group ?

18. On the basis of which two clinical symptoms does a doctor diagnose that a person is suffering from diabetes ? Why is the food cooked for the family not suitable for him ? Suggest two important dietary changes in a meal which can help to meet the needs of this person.

19. Your mother wants to supplement her family income. What are two possibilities available to her for achieving this objective ? Using three examples from each possibility explain how she can achieve her objective.

20. Illustrate the symbol of purity of silk sari to Radhika. Elaborate the course of action to be taken 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 rhythm can help make an extremely thin and tall woman appear shorter. Validate this statement with the help of diagrams.

22. In order to save tax, your father wants to invest in either a bank or a post office. Compare five features each of any two schemes available from each institution so that he can make a wise choice.

23. Write ten common problems faced by consumers.

24. Your mother wants to buy fabric for her clothes to be worn in an office. To ensure easy maintenance, which four features should she check while selecting the fabric ? Also state six instructions she should give to the tailor for satisfactory workmanship of the outfits.

25. List two main ingredients used for making a soap. Explain fully how detergent works in the cleaning of the fabric ? Which four rules will you follow while removing stains from expensive garments ?

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