

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. State the standard marks you will check before buying salt and turmeric.

OR

1. Mention two foods which may be adulterated with kesari dal.

2. Name any two facilities provided to women workers at the MGNREGA worksite.

3. Name one chemical each you will use to remove tea and lipstick stains from your cotton garments.

4. State two benefits of investing in a NSC.

5. Mention two self-employment opportunities in the field of apparel science.

6. Which two nutrients should be taken by a pregnant woman to ensure healthy development of a fetus ?

OR

6. Which two nutrients are needed for sufficient secretion of mother's milk ?

7. "Meal planning of a family is influenced by the festivals." Support this statement with the help of any four examples.

OR

7. What four points would you keep in mind while planning tiffin for a school-going child ?

8. What four features would you keep in mind while selecting clothes for a sportsperson ?

9. Write four hygienic practices every food vendor should adopt to avoid spreading illness.

10. Suggest four ways to meet the recreational needs of your grandmother.

11. What type of modifications are done in meals, to meet the needs of a patient. Explain with the help of any two examples.

OR

11. Suggest two modifications in the meal of curd and aloo parantha to meet the nutritional needs of an adolescent boy. Also give reasons for your suggestions.

12. Twenty-three year old Ashima has recently got married. Give her four suggestions to build good relationship with her in-laws.

13. Lately Rahul appears to be sad and prefers sitting alone in the classroom. What could be his problem ? In which three ways can his teacher help him ?

OR

13. Arun is often pressurized by his friends to drink alcohol. If you were Arun, in which four ways would you have dealt with them ?

14. How is water made potable by Reverse Osmosis filter method ? What are its benefits and drawbacks ?

15. Write three advantages each of investing in PPF and LIC.

OR

15. Write six advantages of maintaining a record of household expenses.

16. Many adolescent girls suffer from anorexia nervosa. What could be its four possible reasons ? In what four ways can they be helped ?

17. Your brother is living in a hostel. Tell him four reasons to save money. How can he reduce his expenses in four ways ?

OR

17. Give four suggestions each to a family to increase its direct income and money income.

18. Identify any four symptoms that indicate that a family is consuming foods adulterated with argemone. What steps should they take to safeguard themselves from such menace ?

OR

18. Identify any four symptoms that indicate that a family is consuming foods adulterated with metanil yellow. What steps should they take to safeguard themselves from such menace ?

19. Enumerate any six malpractices a chemist may adopt to deceive his customers. What two steps should consumers adopt to protect themselves against such malpractices ?

OR

19. In what eight ways can a vegetable vendor cheat his customers ?

20. Mention four symptoms seen in a patient suffering from diabetes. Suggest four specific dietary changes for such patients.

21. Which four qualities would you check to ensure a comfortable fabric for your skirt. Give four instructions to your tailor for its satisfactory workmanship.

22. It is important for a consumer to check label for standard mark, ingredients, lot number, date of manufacturing and manufacturer's address ? Justify this statement with the help of one reason each.

23. While removing stains from silk sari, it got discoloured. What could be six possible reasons for this ? Which four precautions should be adopted while storing this sari ?

24. Explain the impact of physical changes on the personality of adolescents with the help of any five examples.

25. Suggest four elements of art for the dresses of a short and fat girl. Draw three ways to create rhythm in her dress.

OR

25. Illustrate all five principles of design in a sari and blouse with labels.

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