

**Sample Question Paper**  
**Home Science (216)**

Time: 2 ½ hrs

Maximum Marks: 85

Note:

- i. This question paper consists of 47 questions in all.
- ii. All questions are compulsory
- iii. Marks are given against each question
- iv. Section A consists of
  - a. Q.No. 1 to 19 - Multiple Choice type Questions (MCQs) carrying 1 mark each. Select and write the most appropriate option out of the four options given in each of these questions.
  - b. Q.No. 20 to 31 - Objective type questions. Attempt these questions as per the instructions given for each of the questions
- v. Section B consists of
  - a. Q.No. 32 to 41- Very Short questions carrying 02 marks each to be answered in the range of 30 to 50 words
  - b. Q.No. 42 to 45 - Short Answer type questions carrying 03 marks each to be answered in the range of 50 to 80 words
  - c. Q.No. 46 and 47 - Long Answer type questions carrying 05 marks each to be answered in the range of 80 to 120 words
  - d. Section B offers internal choices for some questions. Attempt only one of the given choices in such questions

| S. No.           | QUESTIONS  | MARKS |
|------------------|--|-------|
| <b>Section A</b> |  |       |
| 1.               | At what temperature should you freeze meat to keep it safe for a long time? Between _____ -<br><br><b>Choose the correct option</b><br>a) 0° C or below<br>b) 10° C – 50° C<br>c) 51° C – 100° C<br>d) 100° C and above                            | 1     |
| 2.               | When black pepper adulterated with papaya seeds is added to water-<br><br><b>Choose the correct option</b><br>a) Black pepper will float on water<br>b) Papaya seeds will settle down<br>c) Papaya seeds will float up<br>d) All will settle down. | 1     |

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| 3. | <p>You're planning a camping trip and need to pack food that will last. The concept of shelf life of food is related to:</p> <p><b>Choose the correct option</b></p> <ul style="list-style-type: none"> <li>a) Freshness of food</li> <li>b) Quality of food</li> <li>c) Decomposition of food</li> <li>d) Time limit for which food can be used</li> </ul>  | 1 |
| 4. | <p>Your sister had put a packet of carrots and cauliflower in the freezer but it got spoilt after three months. What could be possible reasons for this?</p> <ul style="list-style-type: none"> <li>i. She kept thawing and putting it back after use</li> <li>ii. She stored them in a strong polythene bag.</li> <li>iii. She removed the air from the packet, before sealing</li> <li>iv. She stored them in one large packet</li> </ul> <p><b>Choose the correct option</b></p> <ul style="list-style-type: none"> <li>a) i and iii</li> <li>b) ii and iv</li> <li>c) ii and iii</li> <li>d) i and iv</li> </ul> | 1 |
| 5. | <p>The gap of time between the entry of germs in our body and the appearance of symptoms of a disease is known as:–</p> <p><b>Choose the correct option</b></p> <ul style="list-style-type: none"> <li>a) Intubation period</li> <li>b) Incubation period</li> <li>c) Curation period</li> <li>d) Resting period</li> </ul>  | 1 |
| 6. | <p>Last week Shanti ate street food. She now has dry white coated tongue with severe headache. She might be suffering from --</p> <p><b>Choose the correct option</b></p> <ul style="list-style-type: none"> <li>a) Cholera</li> <li>b) Typhoid</li> <li>c) Hepatitis</li> <li>d) Diarrhoea</li> </ul>   | 1 |

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| 7.  | <p>The diet of a family member diagnosed with tuberculosis (TB) should be rich in</p> <p><b>Choose the correct option</b></p> <ul style="list-style-type: none"> <li>a) Iron</li> <li>b) Calcium</li> <li>c) Iodine</li> <li>d) Carbohydrates</li> </ul>   | 1 |
| 8.  | <p>Which of the following does not spread HIV/AIDS infection?</p> <p><b>Choose the correct option</b></p> <ul style="list-style-type: none"> <li>a) Using same toilet seat</li> <li>b) Use of infected needles</li> <li>c) Exchange of infected body fluids</li> <li>d) From infected mother to child</li> </ul>   | 1 |
| 9.  | <p>Your uncle is overweight and does not exercise. If he continues this lifestyle, might suffer from</p> <ul style="list-style-type: none"> <li>(i) Diabetes</li> <li>(ii) Heart disease</li> <li>(iii) Influenza</li> <li>iv) Hepatitis</li> </ul> <p><b>Choose the correct option</b></p> <ul style="list-style-type: none"> <li>a) i and ii</li> <li>b) iii and iv</li> <li>c) ii and iv</li> <li>d) i and iii</li> </ul> | 1 |
| 10. | <p>The white clothes turn yellow when soaked them because they were-</p> <p><b>Choose the correct option</b></p> <ul style="list-style-type: none"> <li>a) soaked for half an hour</li> <li>b) soaked with coloured clothes</li> <li>c) soaked overnight</li> <li>d) soaked tightly with like coloured clothes</li> </ul>  | 1 |
| 11. | <p>What else can you do to save energy while cutting vegetables at the same time?</p> <p><b>Choose the correct option</b></p> <ul style="list-style-type: none"> <li>a) Peel garlic</li> <li>b) Knead dough</li> <li>c) Wash dishes</li> <li>d) Boil eggs</li> </ul>   | 1 |

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| 12. | <p>Which of the following physical changes is different in adolescent girls and boys?</p> <p><b>Choose the correct option</b></p> <ul style="list-style-type: none"> <li>a) Increase in height</li> <li>b) Facial Hair</li> <li>c) Development of reproductive organs</li> <li>d) Pimples</li> </ul>  | 1 |
| 13. | <p>What should the parents do to boost self-esteem in their children?</p> <ul style="list-style-type: none"> <li>i. Give full freedom to them</li> <li>ii. Spend quality time with them.</li> <li>iii. Encourage them to participate in activities</li> <li>iv. Scold them for their mistakes.</li> </ul> <p><b>Choose the correct option</b></p> <ul style="list-style-type: none"> <li>a) i &amp; iii</li> <li>b) ii &amp; iii</li> <li>c) iii &amp; iv</li> <li>d) i &amp; iv</li> </ul> | 1 |
| 14. | <p>What will you do if your friend pressures you to smoke, but you don't want to?</p> <ul style="list-style-type: none"> <li>i. Boldly say 'No'</li> <li>ii. Try smoking once</li> <li>iii. Change topic and walk away</li> <li>iv. Apologize to him</li> </ul> <p><b>Choose the correct option</b></p> <ul style="list-style-type: none"> <li>a) i &amp; iii</li> <li>b) ii &amp; iii</li> <li>c) iii &amp; iv</li> <li>d) i &amp; iv</li> </ul>   | 1 |
| 15. | <p>The doctors and nurses worked overtime during pandemic. Which two values are seen most prominently in them?</p> <ul style="list-style-type: none"> <li>i. Honesty</li> <li>ii. Punctuality</li> <li>iii. Dedication</li> <li>iv. Empathy</li> </ul> <p><b>Choose the correct option</b></p> <ul style="list-style-type: none"> <li>a) i and ii</li> <li>b) ii &amp; iii</li> <li>c) iii and iv</li> <li>d) i and iv</li> </ul>   | 1 |

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| 16. | <p>Sheela is a very competent worker but lately, she has to keep taking leave to take care of her mother. One of her male colleagues remarked, 'A woman's place is at home' What does this comment reflect? Her colleague lacks of which quality?</p> <p><b>Choose the correct option</b></p> <ul style="list-style-type: none"> <li>a) Empathy</li> <li>b) Cooperation</li> <li>c) Patience</li> <li>d) Appreciation</li> </ul>                  | 1 |
| 17. | <p>Make your sister aware of two ways the vegetable vendor may cheat her</p> <ul style="list-style-type: none"> <li>i. Uses stones instead of weight</li> <li>ii. Bargains prices</li> <li>iii. Soaks vegetables in water</li> <li>iv. Sells at market price</li> </ul> <p><b>Choose the correct option</b></p> <ul style="list-style-type: none"> <li>a) i and iii</li> <li>b) ii and iii</li> <li>c) iii and iv</li> <li>d) i and iv</li> </ul> | 1 |
| 18. | <p>Sita got hurt when the new pressure cooker burst open. Which of her consumer right got violated?</p> <p><b>Choose the correct option</b></p> <ul style="list-style-type: none"> <li>a) Right to Education</li> <li>b) Right to Safety</li> <li>c) Right to Redressal</li> <li>d) Right to Information</li> </ul>   | 1 |
| 19  | <p>How can a one-room house appear spacious?</p> <p><b>Choose the correct option</b></p> <ul style="list-style-type: none"> <li>a) Use light-coloured walls</li> <li>b) Install large mirrors</li> <li>c) Opt for multi-use furniture</li> <li>d) All of the above</li> </ul>   | 1 |
| 20  | <p>Fill in the blanks.</p> <ul style="list-style-type: none"> <li>i. Your mother bought fresh bananas but after a few days, they all turned black. This may be due to _____</li> </ul>  | 2 |

|   | ii. To prevent pickles from getting spoilt, we should never _____.  |          |          |            |   |                          |  |                       |   |   |  |   |
|---|---|----------|----------|------------|---|--------------------------|--|-----------------------|---|---|--|---|
| 21.   | <p>Write True and False against the following statements:</p> <p>i. <b>Statement 1:</b> Addition of spices to pickles allows microorganisms to grow quickly.</p> <p>ii. <b>Statement 2:</b> When making squashes, we make use of an acid and a lot of sugar for preservation.</p> <p>iii. <b>Statement 3:</b> Sterilization increases the activity of enzymes and micro-organisms.</p> <p>iv. <b>Statement 4:</b> Refrigeration reduces the activity of enzymes and microorganisms.</p>   | 2        |          |            |   |                          |  |                       |   |   |  |   |
| 22.   | <p>Match column A items with their descriptions in column B:</p> <table><tr><th>Column A</th><th>Column B</th></tr><tr><td>A. Disease</td><td>i. The stage of HIV infection where the virus has completely destroyed the person's defence system.</td></tr><tr><td>B. Communicable diseases</td><td>ii. A state of discomfort in which the normal functioning of the body is affected.</td></tr><tr><td>C. Lifestyle diseases</td><td>iii. Diseases that can be transmitted from one person to another.</td></tr><tr><td>D. Acquired Immuno Deficiency Syndrome (AIDS)</td><td>iv. Diseases that are a result of faulty eating and living habits.</td></tr></table> <p><b>Choose the correct option</b></p> | Column A | Column B | A. Disease | i. The stage of HIV infection where the virus has completely destroyed the person's defence system. | B. Communicable diseases | ii. A state of discomfort in which the normal functioning of the body is affected. | C. Lifestyle diseases | iii. Diseases that can be transmitted from one person to another. | D. Acquired Immuno Deficiency Syndrome (AIDS) | iv. Diseases that are a result of faulty eating and living habits. | 2 |
| Column A                                      | Column B  |          |          |            |   |                          |  |                       |   |   |  |   |
| A. Disease                                    | i. The stage of HIV infection where the virus has completely destroyed the person's defence system.   |          |          |            |   |                          |  |                       |   |   |  |   |
| B. Communicable diseases                      | ii. A state of discomfort in which the normal functioning of the body is affected.  |          |          |            |   |                          |  |                       |   |   |  |   |
| C. Lifestyle diseases                         | iii. Diseases that can be transmitted from one person to another.   |          |          |            |   |                          |  |                       |   |   |  |   |
| D. Acquired Immuno Deficiency Syndrome (AIDS) | iv. Diseases that are a result of faulty eating and living habits.  |          |          |            |   |                          |  |                       |   |   |  |   |

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|     | a) A ii B iii C i D iv<br>b) A i B ii C iii D iv<br>c) A iii B ii C i D iv<br>d) A ii B iii C iv D i  |   |
| 23. | State True or False<br>i. Scouring is a finish used to clean the fabric<br>ii. Bleaching has no damaging effect on the fabric.<br>iii. Shrinkage control can be done at home also.<br>iv. Organdy is a permanently stiff fabric.  | 2 |
| 24. | You are using decorative dyeing techniques to achieve different designs. Name the decorative dyeing techniques matching with the following descriptions:<br>i. Threads used as a resist material to stop dye from entering selected areas of the fabric<br>_____<br>ii. Wax used as a resist material to prevent dye from colouring certain areas of the fabric_____                                | 2 |
| 25. | State whether the following statements are True or False.<br>i. Time and energy are closely related to each other.<br>ii. Time can be utilized more effectively if time-plan is not made.<br>iii. When we combine two or three activities together it is known as dovetailing.<br>iv. While preparing time-plan there is no need to think about the number of activities to be performed.           | 2 |
| 26. | Sunita is unable to finish her housework and gets exhausted by the end of the day. What two work simplification procedures or strategies can help Sunita manage her housework more efficiently?   | 2 |
| 27. | Identify whether the following statements are True/False<br>i. Children should not be educated about the changes during adolescence as it may distract them.<br>ii. Malini should not play outdoor games during menstruation.<br>iii. Sohail's brother makes him feel guilty by saying that nocturnal emission happens to those who have sexual fantasies.<br>iv. Girls should eat iron-rich foods. | 2 |
| 28. | Sudha is very conscious of her dark complexion. She avoids interacting with people around her. Give four suggestions to Sudha which can help build positive self-esteem.  | 2 |
| 29. | Complete the following statements giving appropriate reasons :-   | 2 |

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|------------------|---|---|
|                  | i. Engaging in high-risk behaviours is dangerous because _____<br>ii. Keeping communication channels open with parents is important because _____<br>iii. During adolescence, friends become very important because _____<br>iv. Positive peer pressure should be encouraged because _____                                |   |
| 30.              | True/False:<br><br>a. A tailor who works in a garment factory and gets a salary or wage is self-employed.<br>b. Wage employment means that you are the owner of an enterprise, which you run and finance.   | 2 |
| 31.              | State whether the statements given below are true or false.<br>a. Sunlight acts as a mild disinfectant<br>b. Indoor plants turn yellow when placed in brightly lit rooms.<br>c. People living in dark and dingy rooms are more prone to falling sick.<br>d. Circulation of air removes stale air and brings in fresh air. | 2 |
| <b>Section B</b> |   |   |
| 32               | What are the two ways in which a positive attitude can improve our daily lives?   | 2 |
| 33               | What is the Maximum Retail Price (MRP) and why is it important for consumers?   | 2 |
| 34               | How is fermentation done? What are the two advantages of consuming fermented foods?   | 2 |
| 35               | Write one cooking practice that improves the nutritive value of foods and one that destroys it?   | 2 |
| 36.              | I. Inform your neighbours about the latest garbage disposal technology, mentioning one advantage and one disadvantage.<br><b>OR</b><br>II. List two ways to reduce smoke pollution in your neighbourhood.   | 2 |
| 37.              | I. Which four precautions will you adopt while using chemicals for removing stains from an expensive dress?<br><b>OR</b><br>II. How should clothes be stored to prevent the growth of fungus and bacteria?  | 2 |
| 38.              | I. Your uncle wants to build a house. Which four criteria should he check while selecting a site to ensure comfortable living?<br><b>OR</b>   | 2 |



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|     | II. Which method do you suggest for the disposal of human excreta and waste water and why?   |   |
| 39. | Spending pattern of each family is unique. Analyze any four factors that would influence the spending plan of a family.  | 2 |
| 40. | Mr. Sharma is a teacher. He lives in a rented accommodation with his wife, and two school-going children. Help him make a list of four items or services on which his income will be spent.  | 2 |
| 41. | I. Your grandfather has come to stay with you for a month. Give four suggestions to meet his social and emotional needs<br><b>OR</b><br>II. How can a mother maintain good relationships with her daughter-in-law? Give four suggestions.  | 2 |
| 42. | Write three aspects of a house that help in maintaining hygiene.   | 3 |
| 43. | Write any two differences between deep and shallow frying. Mention one dish made by each method.   | 3 |
| 44. | I. In what six ways can the citizens help in reducing noise pollution?<br><b>OR</b><br>II. What six measures can be adopted in the households and factories to control air pollution?  | 3 |
| 45. | I. Rakesh does not want to burden his parents. He wants to save money for his higher studies. Give him any six suggestions to cut down his expenses.<br><b>OR</b><br>II. You are helping your friend organize his/her money. Write down three important things a good budget should have.                          | 3 |
| 46. | I. Compare benefits of breast feeding and bottle feeding, list five each.<br><b>OR</b><br>II. List any five vaccines recommended for a new born baby under the National Immunization Schedule. State the diseases that they prevent.   | 5 |
| 47. | I. Your brother is heading to a hostel. Provide him with advice on washing both winter and summer clothes, with a list of five precautions for each.<br><b>OR</b><br>II. You need to wash both synthetic and coloured cotton clothes. List five washing methods for each, considering their specific requirements. | 5 |

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### Marking Scheme

| S. No. | QUESTIONS   | Distribution of marks  | MARKS |
|--------|---|------------------------|-------|
| 1.     | a) 0°C or below   | 1                      | 1     |
| 2.     | c) papaya seeds will float up   | 1                      | 1     |
| 3.     | d) time limit for which food can be used  | 1                      | 1     |
| 4.     | d) i and iv   | 1                      | 1     |
| 5.     | b) Incubation period  | 1                      | 1     |
| 6.     | b) Typhoid  | 1                      | 1     |
| 7.     | b) Calcium  | 1                      | 1     |
| 8.     | a) Using same toilet seat   | 1                      | 1     |
| 9.     | a) i and ii   | 1                      | 1     |
| 10.    | b) soaked with coloured clothes   | 1                      | 1     |
| 11.    | d) Boil eggs  | 1                      | 1     |
| 12.    | b) Facial Hair  | 1                      | 1     |
| 13.    | b) ii & iii   | 1                      | 1     |
| 14.    | a) i & iii  | 1                      | 1     |
| 15.    | c) iii & iv   | 1                      | 1     |
| 16.    | a) Empathy  | 1                      | 1     |
| 17.    | a) i & iii  | 1                      | 1     |
| 18.    | b) Right to Safety  | 1                      | 1     |
| 19.    | d) all the above  | 1                      | 1     |
| 20.    | i. Enzyme action<br>ii. use wet spoons  | 1x2                    | 2     |
| 21.    | i. False; ii. True; iii. False; iv. True  | $\frac{1}{2} \times 4$ | 2     |
| 22.    | d) A ii B iii C iv D i  | 2                      | 2     |
| 23.    | i. True, Scouring is washing fabric with soap and chemicals to remove all impurities.<br>ii. False, Bleaching has to be done very carefully. It destroys the colour. Strong bleach can damage the fabric to some extent.<br>iii. True, soaking the fabric overnight and drying it causes shrinkage.<br>iv. True, this is due to a permanent finish called Parchmentisation. | $\frac{1}{2} \times 4$ | 2     |

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| 24. | i) Tie and dye; ii) Batik  | 1+1                    | 2 |
| 25. | i. True<br>ii. False. Time can be utilized effectively only if time schedule is prepared.<br>iii. True<br>iv. False. Considering number of activities to be performed in very important while preparing time schedule.   | $\frac{1}{2} \times 4$ | 2 |
| 26. | (Any two) <ul style="list-style-type: none"> <li>● cutting out extra movements</li> <li>● developing work skills</li> <li>● adopting correct postures</li> <li>● working at proper height</li> <li>● keeping things within reach</li> <li>● use of proper equipments and labour saving devices</li> </ul>  | 1+1                    | 2 |
| 27. | i. False<br>ii. False<br>iii. False<br>iv. True  | $\frac{1}{2} \times 4$ | 2 |
| 28. | (Any 4) <ul style="list-style-type: none"> <li>● Realize that certain physical aspects in you cannot be changed.</li> <li>● Spend time analyzing your strong points and appreciate your strengths</li> <li>● Do not indulge in self-pity</li> <li>● Eat healthy and exercise</li> <li>● Take advice from a trusted friend or a trained counsellor</li> </ul> | $\frac{1}{2} \times 4$ | 2 |
| 29. | i. STD, HIV, behind bars, any other<br>ii. prevents misunderstanding between both parents and children<br>iii. they go through the same phase and understand each other<br>iv. it encourages healthy competition and boosts their ego  | $\frac{1}{2} \times 4$ | 2 |

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| 30. | <ul style="list-style-type: none"> <li>a. False</li> <li>b. False</li> </ul>  | 1x2  | 2 |
| 31. | a. True b. False c. True d. True  | $\frac{1}{2} \times 4$                       | 2 |
| 32  | <ul style="list-style-type: none"> <li>• A positive attitude enables us to approach challenges with optimism, find solutions to problems, and maintain a healthy mindset.</li> <li>• It helps us overcome obstacles and build resilience.</li> </ul> <p>(any 2)</p>   | 1+1  | 2 |
| 33  | <p>MRP is the Maximum Retail Price, which is the highest price at which a shopkeeper can sell a product to consumers. MRP is important for consumers because it ensures that they are not overcharged for products, as shopkeepers are not allowed to charge more than the printed MRP. It also mentions that MRP includes all taxes.</p>                           | 1+1  | 2 |
| 34  | <p>Fermentation – curd or yeast is mixed to foods (maida ) kneaded in a dough and kept covered for few hours until microorganisms begin to grow at a fast rate</p> <p>Advantages: ( any two)</p> <ul style="list-style-type: none"> <li>• Digestible</li> <li>• Spongy and soft</li> <li>• Breaks proteins and carbohydrates and makes it easy to digest</li> </ul> | $1 + \frac{1}{2} + \frac{1}{2}$              | 2 |
| 35  | <ul style="list-style-type: none"> <li>• Cooking practices that enhance the nutritive value of foods include steaming, simmering, and baking, as they help retain the nutrients in the food.</li> <li>• On the other hand, deep-frying and overcooking can destroy the nutritive value of foods by causing nutrient loss or degradation.</li> </ul>                 | 1+1  | 2 |
| 36. | <p>I. Incineration.</p> <p><b>Advantage-</b> It is sterile and safe. Garbage is reduced to a relatively small heap of ash.</p>  | $1 + \frac{1}{2} + \frac{1}{2}$<br>OR<br>1+1 | 2 |

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|     | <p><b>Disadvantage-</b> This is an expensive method as it requires lot of fuel</p> <p>OR</p> <p>II. Ways to reduce smoke pollution</p> <ul style="list-style-type: none"> <li>● using smokeless fuels,</li> <li>● promoting the use of clean energy sources,</li> <li>● ensuring proper maintenance of vehicles to minimize emissions, and</li> <li>● implementing regulations on industrial emissions. (any two)</li> </ul>   |                                     |   |
| 37. | <p>I. (any 4)</p> <ol style="list-style-type: none"> <li>remove when fresh</li> <li>Use suitable chemical</li> <li>test chemical in hidden corner</li> <li>Apply chemical from back</li> <li>Use mild Chemical</li> <li>Rinse the chemicals</li> </ol> <p>OR</p> <p>II. Clothes should be stored only after they are completely dry. Damp clothes should not be stored as they can promote the growth of fungus and bacteria. It is recommended to spread the clothes in fresh air after ironing until they are completely dry before storing them in a cupboard or box.</p> | $\frac{1}{2} \times 4$<br>OR<br>1+1 | 2 |
| 38. | <p>I. (Any four)</p> <ol style="list-style-type: none"> <li>Neighbourhood – developed – has all facilities.</li> <li>Physical features - away from main road/heavy traffic, elevated site.</li> <li>Soil – strong foundation firm soil till 2 to 5 feet below the surface, avoid sandy and gravel type soils, choose rocky foundation.</li> <li>Sanitary requirements – not on land refill, no garbage, firm soil elevated to level of road</li> </ol>   | $\frac{1}{2} \times 4$<br>OR<br>1+1 | 2 |

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|     | <p>v. Practical convenience- transport connectivity have all amenities like banks, post office etc within reach.</p> <p>OR</p> <p>II. Method for the disposal of human excreta and waste water-</p> <ul style="list-style-type: none"> <li>• The suggested method for the disposal of human excreta and waste water is through a proper sewage system or septic tank.</li> <li>• This method ensures hygienic and safe disposal, preventing the spread of diseases and contamination of water sources.</li> </ul> |  |   |
| 39. | <p>Any four</p> <ul style="list-style-type: none"> <li>• Income - more income more money spent</li> <li>• Size of family – more members less money spent on luxuries</li> <li>• Age - school going children – more money spent on books, fees, old – more on medical</li> <li>• Place of residence - high rents in big cities</li> <li>• Skills – pay less on services as can do own work</li> </ul>  | $\frac{1}{2} \times 4$                                 | 2 |
| 40. | <p>(Any four)</p> <p>food, housing, clothing, education, transport, medical, expenses, entertainment, and others</p>  | $\frac{1}{2} \times 4$                                 | 2 |
| 41. | <p>I. (any four)</p> <ol style="list-style-type: none"> <li>Spend time</li> <li>Help in doing tasks</li> <li>Moral support</li> <li>Encourage</li> <li>Involve in decision making</li> <li>Respect their views</li> </ol> <p>OR</p> <p>II. Suggestions: (any4)</p> <ul style="list-style-type: none"> <li>• By helping with the household chores,</li> <li>• create a positive environment in the family.</li> <li>• shows support and care,</li> <li>• reduces the workload of the daughter-in-law,</li> </ul>   | $\frac{1}{2} \times 4$<br>OR<br>$\frac{1}{2} \times 4$ | 2 |

|   | <ul style="list-style-type: none"><li>● allows her to feel appreciated and valued in the family.</li></ul>   |             |                |                         |                         |                     |                   |             |        |                     |  |   |                           |         |   |
|---|--|-------------|----------------|-------------------------|-------------------------|---------------------|-------------------|-------------|--------|---------------------|--|---|---------------------------|---------|---|
| 42.                                       | <ul style="list-style-type: none"><li>i. Light: Proper lighting is important to perform various activities in the house. Sunlight kills germs and removes dampness. Insects cannot thrive in light.</li><li>ii. Ventilation: Ventilation helps to circulate fresh air and drives out foul air. It helps to remove smoke, bad smells, moisture and fumes.</li><li>iii. Sanitation: Clean surroundings keep insects and germs away. It ensures there is no dust, cobwebs and all surfaces get disinfected.</li></ul> | 1x3         | 3              |                         |                         |                     |                   |             |        |                     |  |   |                           |         |   |
| 43.                                       | <table border="1"><thead><tr><th>Deep frying</th><th>Shallow frying</th></tr></thead><tbody><tr><td>i. Food immersed in oil</td><td>very little oil used to</td></tr><tr><td>ii. Done in skillet</td><td>Done on pan /tawa</td></tr><tr><td>iii. Faster</td><td>Slower</td></tr><tr><td>Any two differences</td><td></td></tr><tr><td><b>dishes</b> – pakoras, samosa (any one)</td><td>Tikki, parantha (any one)</td></tr></tbody></table>  | Deep frying | Shallow frying | i. Food immersed in oil | very little oil used to | ii. Done in skillet | Done on pan /tawa | iii. Faster | Slower | Any two differences |  | <b>dishes</b> – pakoras, samosa (any one) | Tikki, parantha (any one) | 1+1+½+½ | 3 |
| Deep frying                               | Shallow frying   |             |                |                         |                         |                     |                   |             |        |                     |  |   |                           |         |   |
| i. Food immersed in oil                   | very little oil used to  |             |                |                         |                         |                     |                   |             |        |                     |  |   |                           |         |   |
| ii. Done in skillet                       | Done on pan /tawa  |             |                |                         |                         |                     |                   |             |        |                     |  |   |                           |         |   |
| iii. Faster                               | Slower   |             |                |                         |                         |                     |                   |             |        |                     |  |   |                           |         |   |
| Any two differences                       |  |             |                |                         |                         |                     |                   |             |        |                     |  |   |                           |         |   |
| <b>dishes</b> – pakoras, samosa (any one) | Tikki, parantha (any one)  |             |                |                         |                         |                     |                   |             |        |                     |  |   |                           |         |   |
| 44.                                       | <p>I. (Any six)</p> <ul style="list-style-type: none"><li>i. Do not play loud music</li><li>ii. Play TV at low volume</li><li>iii. Avoid loudspeakers</li><li>iv. Do not blow horn unnecessarily</li><li>v. Talk softly</li><li>vi. Keep phone on vibration mode</li><li>vii. Construction activity (hammering, cutting tiles) may be avoided on weekend</li><li>viii. Build factories away from cities</li><li>ix. Any other</li></ul>  | ½x6         | 3              |                         |                         |                     |                   |             |        |                     |  |   |                           |         |   |

|     |  |  |   |
|-----|--|--|---|
|     | <p>OR</p> <p>II. (Any six)</p> <ol style="list-style-type: none"> <li>Use a smokeless chulha at home. Provide a tall chimney to the chulha to carry the smoke away.</li> <li>Use biogas which is a smokeless fuel.</li> <li>Use a solar cooker at home which uses heat from the sunlight.</li> <li>Factories should have chimney filters. This will help in trapping the poisonous substances in the gases that are let out by the factories.</li> <li>Factories emitting smoke must be located far away from the residential areas.</li> <li>Vehicles must be fitted with special devices to reduce air pollution.</li> <li>Use unleaded petrol and CNG (Compact Natural Gas) for private and public transport.</li> <li>Garbage should not be burnt. It should be disposed of hygienically, preferably through sanitary landfills.</li> <li>Roads must be pucca so that dust does not rise and mix with air.</li> <li>Trees should be planted and cared for, so that these keep the air fresh and pure.</li> <li>Crops should be grown in the fields all the year round so that the soil is not exposed to erosion.</li> </ol> |  |   |
| 45. | <p>I. (any six)</p> <ol style="list-style-type: none"> <li>Eat homemade food</li> <li>Do not waste food</li> <li>Iron and wash own clothes/instead of dhobi</li> <li>Use public transport/cycle/walk if possible</li> <li>Use public library</li> <li>Avoid impulsive buying/do not buy branded clothes, shoes</li> <li>Do not go to cinema hall /watch movies on phone</li> </ol>   | $\frac{1}{2} \times 6$<br>OR<br>$1 \times 3$ | 3 |



|                                      | <p>OR</p> <p>II. <b>Characteristics of a good budget</b> (any 3)</p> <p><b>a. Accurate estimates of income:</b> Find the exact amount of income that will be available to you for expenditure.</p> <p><b>b. Accurate estimates of expenditure:</b> The expenditure estimate should be as accurate as possible. Look up the budget of the previous years or the records of past expenditures and savings.</p> <p><b>c. Reasonably accurate allocation of money:</b> The resources on expenditures side should be reasonably accurate; the family must be able to determine its present needs and wants and anticipate future changes</p> <p><b>d. Flexible:</b> A budget is made flexible by allowing sufficient margin on certain items.</p> |                |                |                             |                                      |          |                               |                   |                     |                    |                             |                                      |         |     |   |
|--------------------------------------|--|----------------|----------------|-----------------------------|--------------------------------------|----------|-------------------------------|-------------------|---------------------|--------------------|-----------------------------|--------------------------------------|---------|-----|---|
| 46.                                  | <p>I. Benefits of breastfeeding and bottle feeding.</p> <table border="1"><thead><tr><th>Breast feeding</th><th>Bottle feeding</th></tr></thead><tbody><tr><td>Adequate nutrients/balanced</td><td>May not be balanced unless fortified</td></tr><tr><td>Hygienic</td><td>Bottles need to be sterilized</td></tr><tr><td>Right temperature</td><td>Need to be adjusted</td></tr><tr><td>Contain antibodies</td><td>Does not contain antibodies</td></tr><tr><td>Special bond between mother and baby</td><td>No bond</td></tr></tbody></table> <p>OR</p> <p>II. Vaccines recommended for a newborn baby under the National Immunization Schedule: (any 5)</p>  | Breast feeding | Bottle feeding | Adequate nutrients/balanced | May not be balanced unless fortified | Hygienic | Bottles need to be sterilized | Right temperature | Need to be adjusted | Contain antibodies | Does not contain antibodies | Special bond between mother and baby | No bond | 1x5 | 5 |
| Breast feeding                       | Bottle feeding   |                |                |                             |                                      |          |                               |                   |                     |                    |                             |                                      |         |     |   |
| Adequate nutrients/balanced          | May not be balanced unless fortified   |                |                |                             |                                      |          |                               |                   |                     |                    |                             |                                      |         |     |   |
| Hygienic                             | Bottles need to be sterilized  |                |                |                             |                                      |          |                               |                   |                     |                    |                             |                                      |         |     |   |
| Right temperature                    | Need to be adjusted  |                |                |                             |                                      |          |                               |                   |                     |                    |                             |                                      |         |     |   |
| Contain antibodies                   | Does not contain antibodies  |                |                |                             |                                      |          |                               |                   |                     |                    |                             |                                      |         |     |   |
| Special bond between mother and baby | No bond  |                |                |                             |                                      |          |                               |                   |                     |                    |                             |                                      |         |     |   |

|                 |   |                 |                   |     |    |            |       |     |                                |              |          |     |                         |  |  |
|-----------------|---|-----------------|-------------------|-----|----|------------|-------|-----|--------------------------------|--------------|----------|-----|-------------------------|--|--|
|                 | <table> <tr> <td>Primary Vaccine</td> <td>Disease prevented</td> </tr> <tr> <td>BCG</td> <td>TB</td> </tr> <tr> <td>Oral Polio</td> <td>Polio</td> </tr> <tr> <td>DPT</td> <td>Diphtheria, Pertussis, Tetanus</td> </tr> <tr> <td>Hepatitis B*</td> <td>Jaundice</td> </tr> <tr> <td>MMR</td> <td>Measekes, Mumps, Rubela</td> </tr> </table>   | Primary Vaccine | Disease prevented | BCG | TB | Oral Polio | Polio | DPT | Diphtheria, Pertussis, Tetanus | Hepatitis B* | Jaundice | MMR | Measekes, Mumps, Rubela |  |  |
| Primary Vaccine | Disease prevented   |                 |                   |     |    |            |       |     |                                |              |          |     |                         |  |  |
| BCG             | TB  |                 |                   |     |    |            |       |     |                                |              |          |     |                         |  |  |
| Oral Polio      | Polio   |                 |                   |     |    |            |       |     |                                |              |          |     |                         |  |  |
| DPT             | Diphtheria, Pertussis, Tetanus  |                 |                   |     |    |            |       |     |                                |              |          |     |                         |  |  |
| Hepatitis B*    | Jaundice  |                 |                   |     |    |            |       |     |                                |              |          |     |                         |  |  |
| MMR             | Measekes, Mumps, Rubela   |                 |                   |     |    |            |       |     |                                |              |          |     |                         |  |  |
| 47.             | <p>I.</p> <p><b>Precautions for woollens :</b></p> <ol style="list-style-type: none"> <li>Do not soak</li> <li>Draw Outline before washing</li> <li>Use mild detergent</li> <li>Do not scrub</li> <li>Do not wring</li> <li>Dry flat</li> <li>Use press and lift/ do not slide for ironing( any 5)</li> </ol> <p><b>Precautions for cottons :</b></p> <ol style="list-style-type: none"> <li>Do not soak for too long</li> <li>Soak like coloured clothes</li> <li>Do not put very dirty clothes with clean clothes</li> <li>Mend before washing</li> <li>Dry in shade</li> <li>Iron damp</li> <li>Store when completely dry (any 5)</li> </ol> <p>OR</p> <p>II.</p> <p><b>Laundering of coloured cottons</b></p> <ol style="list-style-type: none"> <li>Do not soak cottons, especially when their colour bleeds.</li> <li>Use mild or neutral soap for washing.</li> <li>Wash using kneading and squeezing method.</li> </ol> | 2½+2½           | 5                 |     |    |            |       |     |                                |              |          |     |                         |  |  |

|  |  |  |  |
|--|--|--|--|
|  | <ul style="list-style-type: none"> <li>iv. Rinse thoroughly and apply starch after turning clothes inside out in the last rinse.</li> <li>v. Dry in shade.</li> <li>vi. Iron clothes after making then evenly damp.</li> <li>vii. Store clothes when completely dry.</li> </ul> <p><b>Laundering of Synthetics</b></p> <ul style="list-style-type: none"> <li>i. Use luke-warm or cold water. Do not use hot water as synthetics will wrinkle very badly.</li> <li>ii. Use any good soap, light pressure and light rubbing while washing.</li> <li>iii. Rinse well in cold water to remove soap completely.</li> <li>iv. To avoid wrinkles, do not squeeze tightly.</li> <li>v. Preferably dry on a hanger. It will help to maintain the original shape.</li> <li>vi. When dry, if necessary, iron with a warm iron and not a hot one</li> <li>vii. Store when completely dry</li> </ul> |  |  |
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