SAMPLE QUESTION PAPER

Subject : Home Science (216)

Secondary Course

This question paper consists of 18- questions and 10 printed pages

Roll No: _____   CODE

NO:—————————

Day and Date of Examination: ....

Signature of Invigilators: 1. ....

                                              2. ....

General Instructions:

1.   Write your Roll Number on the first page of the question paper.

2.   Please check the question paper to verify that the total pages and total number of questions contained in the question paper are the same as those printed on the top of the first page. Also check that the questions are in sequential order.

3.   Making any identification mark in the answer book or writing the roll number anywhere other than the specified places may lead you to disqualification.

4.   Write your question paper Code No. on the answer book.

5.   All answers must be written in the answer book provided to you.

6.   In case of multiple choice questions , write only the correct answer from the choices given and indicate it in your answer book by writing (A), (B), (C), or (D) as the case may be. DO NOT write the statement or the word chosen by you.

7.   In case of questions where you are required to fill in the blanks , the correct answer should be written in the answer book.

Note: All questions are compulsory

1   Foods that help in meeting energy needs of the body are   1

     a)   fruits and vegetables

     b)   cereals, oils and fats

     c)   meat, poultry and pulses

     d)   milk and milk products

2   While choosing a fabric for school uniform you must make sure that it is.   **1**

     a)   colourfast

     b)   mercerized

     c)   starched

     d)   water proof

3   For a light weight and fine fabric you require   **1**

     a)   single strand yarn

     b)   ply yarn

     c)   cord yarn

     d)   any yarn

4   Among the following the social function of a home is when it helps in   **1**

     a)   raising socioeconomic status

     b)   giving prestige in society

     c)   developing basic family values

     d)   developing a sense of belongingness

5   'Perform activities in a better order', is one of the do's for   **1**

     a)   making a time plan

     b)   saving energy

     c)   saving time

     d)   saving energy and time

6   Cognitive development refers to development of   **1**

a)   brain

b)   heart

c)   cooperation

d)   interaction

7   At one year the average height of the child is   **1**

a)   71 cms

b)   75cms

c)   84 cms

d)   94 cms

8   Average difference of height between boys and girls is   **1**

a)   0.5 cm

b)   1.0 cm

c)   1.5 cm

d)   2 cms

9   You have been performing well in Science. Your parents want you to take Science in senior secondary so that you can opt for medicine and become a doctor. You do not mind taking science but you do not want to become a doctor. You want to take Home Science and make a career in it. What four arguments you will give your parents to convince them that you do not want to become a doctor but want to make your career in Home Science.   **2**

10   Write four ways in which pulses can help to improve our daily meals.   **2**

11   State four reasons for drinking lot of water every day.   **2**

12   About four years back, Simi had planted two mango trees in her backyard. This year there is going to be a bumper crop of mangoes. Simi's neighbors are envious of her good fortune. What will be your one suggestion to Simi for profitably utilizing this crop and also keeping her neighbours happy.   **2**

13   You have decided to celebrate 'community health day' in your area. Choose one important activity and justify your selection.   **2**

14   Ragini wants to buy cotton material for salwar and the shopkeeper shows her both the cheaper material which is scoured and more expensive material which is mercerized. Ragini chooses the mercerized cotton. Justify to her choice.   **2**

15   You have been living for a long time in a house where natural sun light does not enter. Name two problems you can suffer from if you do not take adequate precautions. Mention one necessary action in this regard.   **2**

16 Point out two similarities between water closet and pit latrine **2**

17 How will a time plan for 'peak load' period be different from one made for 'leisure time' period? **2**

18 Give your friend four suggestions to save her energy while working in the kitchen. **2**

19 You are helping first time pregnant women to eat well. Present four arguments to reason out to them that eating right is necessary for them. **2**

20 Tell your sister four characteristics she should expect when she has first look of her new born baby. **2**

21 Lisa is worried that her five year old daughter is making up stories all the time to attract attention. This puts her in awkward situation at times because people think that the child is telling lies. What should Lisa do in such a situation and Why? **2**

22 List two important attributes which can be helpful in developing a positive attitude and write one line to tell how these help. **2**

23 Fourteen year old Tinku is very fond of toy cars. He has collected quite a few and these are his proud collection. He always takes pride in showing them off to all his family and friends. His 10 year old cousin Bunty has an eye on Tinku's possession and is often tempted to pinch one. He has tried to hide one in his pocket a number of times but always given up at the last minute. If this continues is there any chance of Bunty becoming dishonest? Why? Under the circumstances what needs to be done? **2**

24 Describe three ways of spreading the communicable diseases. **3**

25 Present six ways to prevent your drinking water getting polluted. **3**

26 As a first aider examine the following procedure of providing first aid to a broken bone and put a cross to whatever should not be done. Also justify why it should not be done. **3**

Let the injured person sit comfortably	
Set the bone right	
Tie splints with a bandage	
Apply plaster	
Take him/her to the hospital for treatment	

27 A family of four, two adults and two primary school going children, has shifted from Delhi to a small town. How will this influence their spending plan? Point out three important areas of expenditure which can show a definite positive change and support your answer with adequate reasons. **3**

28 Give one example of each of any three principle of development. **3**

29 Imarti Devi dotes on her son Nandu, who is 10 year old. She shows her love for him by serving him home made pure ghee pranthas, with butter in every meal every day and Nandu enjoys eating them. Mother feels that only this type of food is good for his health and growth.

Nandu has lately put on so much weight that he is finding it difficult to take part in school games. His energy level is low. He becomes breathless and gets tired very soon. School teachers have advised his mother to change his diet but she refuses to listen. She feels that the teachers are only over reacting.

Comments on the problem in the above episode on the basis of what you have learnt about 'balanced diet' and give your four suggestions how his meals should improve. **4**

30 Your sister is spending too much money on commercial preparations from market in order to provide enriched meals to her family. Tell her four good suggestions using which she can enrich the family meals, without spending extra money. Specify the gains in each case. **4**

31 Identify two ways the air can get polluted inside, and four ways it can get polluted outside your house. Suggest precautions. **4**

32 Nita wore her expensive new silk saree to a function for half an hour. She came home and changed the saree, folded it and put it away on a hanger in her cupboard. When winter was over she gave this saree for dry cleaning before she put it away in long term storage till next winter. Comment on her action along with necessary explanation. Can there be an alternate action? How effective this would be and why? **4**

33 Elaborate four ways of applying friction to clothes while washing and the suitability of each to the fabrics to be washed**. 4**

34 Elaborate the role of evaluation in the process of management. **4**

35 Thirteen year old Rashmi is feeling low and sad because her friends have stopped visiting her at home and she is not allowed to visit them in their house. Friends do not like to come to her house because when they visit Rashmi's mother comes and sit in the room and does not leave till friends leave. What could be a more positive way for Rashmi to handle the same situation instead of feeling low and sad? **4**

36 Jessica is looking forward to buy a toaster. She has seen one in a shop next door. It is affordable and nice looking. Her sister Ronica, is not very keen to buy it. She feels that it is not the right piece and they need to do more research about what is available in the market. Justify with two reasons who out of the two is correct and why. **4**

MARKING SCHEME

Secondary Home Science

Max Marks – 85   *Time - 2 ½ hrs*

Note: All questions are compulsory

Q. No	Expected Value Points (For each step)	Distribution of Marks	Total Marks
1	B	1	1
2	A	1	1
3	A	1	1
4	D	1	1
5	B	1	1
6	A	1	1
7	B	1	1
8	B	1	1
9	• Unlike science it will not only prepare me for a job but also for home. • Home science opens up a large arena of job opportunities • It will offer me both, the opportunity to take up a job and also to be an entrepreneur. • My liking is not to be a doctor but to chose a career in Home Science and also use this knowledge at home for a better living	½ × 4 = 2	2
10	Pulses can help to improve our daily meals by the following (Any four) i) Are main source of proteins in vegetarian diet. ii) Good source of vitamin B, calcium and iron.		

Q. No	Expected Value Points (For each step)	Distribution of Marks	Total Marks
	iii) When combined with cereals the quality of protein is even better. iv) Add variety to our meals. v) Can be sprouted to provide added vitamins and minerals (Any other)	½ × 4 = 2	2
11	Reasons for drinking adequate water every day (Any Four) i) It is a constituent of all body fluids. ii) It helps to digest food. iii) It takes nutrients to different parts of the body. iv) It helps to maintain body temperature. v) It helps to remove body waste. (Any other)	½ × 4 = 2	2
12	She can make mango chutney/pickle or any other salable product and market it. While doing this she can seek neighbour's help in processing the crop and marketing the product and then share profits with them to keep them happy. Also, she can make saplings of the mango tree and gift these to her neighbours to plant these in their backyard. This will further promote entrepreneurship in the locality. (Any other)	2	2
13	Community health programme is for reminding/informing people that disease can be prevented by practicing cleanliness, taking timely action to prevent/treat disease, eating right, etc. Activity selected can be: garbage disposal, clean drinking water, buying, preparing, storing clean food, maintaining clean surroundings, immunizing children/adults, any other. For example if the activity chosen is proper disposal of garbage then will result in prevention of breeding of fies, rodants, foul smell, etc. (Any other)	1+1= 2	2
14	Scouring is a basic finish for cotton mainly to remove dirt and make it absorbent. Mercerization is a special finish for cotton. It makes the fabric more absorbent, strong, and lustrous. Hence it is more suitable for making garments.	1+1=2	2

Q. No	Expected Value Points (For each step)	Distribution of Marks	Total Marks
15	Problems due to not staying in natural sunlight can be: (Any two) • Tired/stained eyes • Deficiency of vitamin D/ rickets • It can also favour TB (Any other) *Action:* Definitely go out and stay in sunlight daily for some part of the day. Make sure the artificial light is adequate and of right type for healthy vision. (Any other)	½+½+1 = 2	2
16	Similarities between water closet and pit latrine (Any two) • Both have concrete platform around the hole • Both require water for flushing • Both do not leave anything behind to attract files (Any other)	1+1 = 2	2
17	'Peak load' means when each activity listed is important and cannot be postponed and time available to complete them is limited. For example if the child has to leave for school at a particular time then he has to. Before leaving he also has to have a bath, wear washed and ironed uniform, eat breakfast, given packed lunch and carry his school bag which has all necessary stuff in it. 'Leisure time' is really for rest and relaxation hence a little extra or a little less time spent on it will make no difference. Specially, when you are not much tired after day's work	1 × 2= 2	2
18	(Any four) • to cut all extra movements • to combine activities • to follow the right order in completing		

Q. No	Expected Value Points (For each step)	Distribution of Marks	Total Marks
	• to break the task in smaller units		
	• does she know her work?	½×4=2	2
	• to use labour saving devices		
	(Any other)		
19	(Any four)		
	• Eat balanced meals in order to provide all necessary nutrients for self and growing feotus		
	• Eat small but more frequent meals so that you do not over fill yourself and have indigestion.	½×4 = 2	2
	• Eat lots of fruits and vegetables to avoid constipation		
	• Avoid fried food because it is difficult to digest		
	• Avoid too many and strong masals		
	(Any other)		
20	• Wrinkled skin		
	• White cheese like covering	½×4 = 2	2
	• Fine hair on face and body		
	• Umbilical cord at navel		
21	Lisa should not be worried because:		
	• Children at this stage do indulge in make believe play and often imitate adult roles. Generally they out grow the habit.		
	• The behaviour also shows that the child wants parent's attention.	1+1= 2	2
	• Making stories is also showing child's creativity which can be developed in creative writing.		
	Any two		
22	Tolerance: the ability to accept others as they are helps to forgive when they do any wrong.		
	Empathy: is the ability to feel what other person is feeling. It helps us to forgive others.		
	Forgiveness: the ability to forgive others for their follies helps us to have a big heart		

Q. No	Expected Value Points (For each step)	Distribution of Marks	Total Marks
	These are important qualities which ultimately help in developing positive attitude.		
	(Any two)	**1+1= 2**	**2**
23	Yes, Bunty can become dishonest. Doing it once gives the child courage to do it again and again. Then it becomes a habit.		
	Hence, it is necessary that the child does not get tempted and is given clear idea that things which belong to others are theirs and if he wants to use them he must ask permission. After using it must be returned with thanks.	**1+1=2**	**2**
24	The communicable diseases are spread through contact, air, food and water.		
	• Very briefly, germs are transferred when we shake hands with the person who is suffering from such a disease. Or when you use things used by him, e.g. his kerchief, toys or other things.		
	• Spread through air means germs from an infected person are thrown in air, for example by coughing / sneezing from where these are caught by a healthy person.	**1×3 = 3**	**3**
	• Water also gets contaminated by storing in dirty utensils, or obtaining from dirty source or by houseflies which sit on dirt and carry germs.		
25	(Any Six)		
	Ensure the following:		
	i) water source is not being polluted by sewage		
	ii) no industrial waste is thrown around the water source		
	iii) animals are not bathing in your water source		
	iv) clothes are not being washed in or around your water source		
	v) water for drinking and cooking is being filled from clean source and in clean bottles/ utensils and stored in clean space.	**½ × 6=3**	**3**
	vi) water is not polluted by dirty hands or utensils while dispensing		

Q. No	Expected Value Points (For each step)	Distribution of Marks	Total Marks
	vii) the tap is situated on a concrete platform which is kept clean all the time viii) any other		

26			

Let the injured person sit comfortably	✓
Set the bone right	
Tie splints with a bandage	✓
Apply plaster	
Take him/her to the hospital for treatment	✓

1½ +1½=3   **3**

Do not try to set the bone or apply plaster. This is doctor's job. Doctor examine to see it is simple or compound fracture and then treats it accordingly. Breaking of a bone is very painful and trying to set it again and again is not comfortable

27 (Any three)

- Cheaper fresh food because you mostly get things which are locally grown. These are definitely less expensive.

- Cheaper transport or one may not need transport at all to reach school or office or both

- Cheaper housing because of small town or 'B' class city.

- Cheaper labour again because of small town,

(Any other)

1×3=3   **3**

28

- Development is a product of maturation and learning. A child will not be able to walk till calf and back muscles are fully matured and take baby load fully and independently.

- Development is co related: all types of developments, eg physical, mental, social, emotional are related to each other. A child who is physically healthy is likely to have superior sociability and emotional stability.

- Development follows a fixed pattern: development of all human beings follows a similar pattern and similar

1×3=3   **3**

Q. No	Expected Value Points (For each step)	Distribution of Marks	Total Marks
	sequence/direction. For example, development is form head to foot and from center to outwards. i.e. spinal cord develops first.		
29	Balanced diet means a meal which includes food items from all five groups:		
	• Cereals		
	• Pluses and legumes		
	• Milk and milk products		
	• Fruits and vegetables		
	• Fats and sugar		
	Only such a food can provide all that our body needs.		
	When Nandu eats lot of butter and pranthas his meal consists of mainly energy. Since he does not exercise, this extra energy gets stored in his body in the form of fat. He is also not fond of eating other things so he does not get other important nutrients that he should have from his daily meals. In other words his health will ultimately suffer. This is what is happening in Nandu's case. He is putting on weight because he is eating too many energy giving foods than his body needs and at the cost of other foods that his body needs.	2+2=4	4
	(Any two)		
	• Nandu should stop eating pranthas and butter all the time and start eating balanced meals. Balanced diet will provide the needed nutrition to his body and will stop providing extra calories which add weight to the body.		
	• Pranthas can be made nutritious by adding greens, pulses and paneer to the dough and served with curds instead of butter. Such a meal will not be very different from what Nandu is used to eating and yet provide him needed nutrition and just the calories his body requires.		
	• He should drink milk and take milk products		
	• Should start exercising and playing on the play field. Exercise will help him to consume calories that he is eating through pranthas.		

Q. No	Expected Value Points (For each step)	Distribution of Marks	Total Marks
	Children at this age are often crazy about film stars and cricketers. They want to be like Shah Rukh Khan or Ranbir Kapur or like Dhoni or Rahul Dravid. Nandu can be encouraged to develop his body like any of his fond hero by eating right.		
	(Any other)		
30	(Any four)		
	The suggestions are as follows:		
	i) To cover the food with a lid while cooking foods which contain fat soluble vitamins food and maintain the temperature at low level. This will help in preserving fat soluble vitamins.		
	ii) Do not soak vegetables which contain water soluble vitamins and throw away the water. This will prevent the loss of water soluble vitamins.		
	iii) Mix foods to have advantage of more foods than one i.e., mix pulses and cereals, pulses and vegetables, cereals and vegetables and so on.	1×4=4	4
	iv) Germinate cereals and pulses to increase vitamin B and C contents. Use them as raw salads or cooked snacks.		
	v) Some foods can be fermented before preparing the dish. This will help in improving vitamin B contents and digestibility of food.		
	(Any other)		
31	(Any four)		
	Inside the house: Cooking inside closed doors, burning wood or coal inside closed doors.		
	Too many people inside a small room or inadequate ventilation also are reason for air pollution inside the house getting polluted.		
	Also if you are running an industry in your house it will cause air pollution.	½×6+1=4	4
	Outside the house: open drains which have not been cleaned regularly, garbage which is not disposed off and is		

Q. No	Expected Value Points (For each step)	Distribution of Marks	Total Marks
	rotting, burning garbage or garden waste, a factory operating in the vicinity, any other.		
	Suggestions: keep windows and doors open, clean the drains, remove the rotting garbage and do not let any more garbage to collect indiscriminately, do not allow the burning of garden waste, any other.		
32	Heavy silk sarees if dry cleaned frequently lose their sheen and new look. Hence these should be dry cleaned only when required. Aairing and storing it in correct manner is sufficient.		
	Neeta should examine her saree for any stains or dirt and get it dry cleaned if it is dirty or stained because both these, if left in fabric, can damage it.	**1+1½ + 1½+=4**	**4**
	In order to protect the new look of the saree she must get these stains removed and get the saree dry cleaned before long term storage.		
33	The four ways of applying friction to fabrics are:		
	I. By rubbing vigorously, the soiled areas of the fabric with two hands and soapy solution. It is suitable for small areas in large garments.		
	II. By kneading and squeezing the soiled parts in soapy solution. It is suitable for delicate fabrics like silks, lace, wool, etc.	**1 × 4 = 4**	**4**
	III. By beating the item being washed with a stick after applying soap. Suitable for large clothes like sheets, bed covers, etc.		
	IV. By rubbing with a scrubbing brush after applying soap to dirty parts.		
34	Evaluation means examining if the work done is right and if there is a need to change anything that has been done. In other words it helps us to find out if all is right in the job performed or we need to further improve something.		
	This way evaluation is necessary after every stage of management. For example, after you finish planning you would like to know if you have taken into account everything you need to do; you finish organizing your task		

Q. No	Expected Value Points (For each step)	Distribution of Marks	Total Marks
	and you want to be certain that you have not left out anything that needs to be assigned; after implementing you would like to make sure that you have not left out anything important.		
	The advantage of evaluating at every step is that you come to know if there are any loopholes in the process. You can thus check them while there is still time.	1×4=4	4
	Evaluating at the end of the activity means you find out the successes and the failures of your management process.		
35	Feeling sad and low is a situation when a person feels helpless and resigned to his fate.		
	• Rashmi should have confidence in herself especially if she is not doing anything wrong.		
	• Interacting with age mates is natural and desirable.	1×4 = 4	4
	• If she feels that mother does not trust her, she should try and develop trust by talking to her mother about friends and their special characteristics and achievements.		
	• Communication with parents will help develop the faith in each other.		
	Any other arguments / solution		
36	Perhaps the toaster in the next door shop is not a standard one. Remember, electrical item if not produced by a standard company can be dangerous to use. This is because these products are not tested and certified for quality. The items do not carry guaranty for smooth functioning and the shop would not take responsibility for free repair or change if the item stops working.		
	Ronica is right in postponing the purchase. She needs to do research and find out where to get the right stuff. For this she can contact some reputed/standard shops which are known for selling good quality items and provide good after sale service. She can also contact the companies which manufacture the item in question, for information. All this will help in deciding what to buy and from where.	2+2=4	4