

HOME SCIENCE

(Theory)

(321)

Time: 3 Hours]

[Maximum Marks: 80

Note: (i) This question paper consists of two Sections, viz., 'A' and 'B'

(ii) All questions from Section 'A' are to be attempted.

(iii) Section 'B' has got more than one option. Candidates are required to attempt questions from one option only.

SECTION-A

1. Define the term 'Work Ethics'. 1
2. List any two ways of helping children from the socio-economically disadvantage sections of our society. 1
3. Identify the two chemical can be used for removing tea stains from cotton fabrics. 1
4. State any two functions of calcium. 1
5. Name the standardization mark you will look for while buying (a) a jam bottle and (b) a butter packet. 1
6. Suggest any two ways of supplementing family income. 1

7. Mention the two play activities involving gross muscular coordination. 1
8. Name the two fibres that are bad conductors of heat. 1
9. How much kcal is required by a woman who is a sedentary worker? 1
10. Name the two water –soluble vitamins. 1
11. How much energy will you get if you eat food containing 40 gm of protein? 1
12. Mention any two problems you face in the market place as a consumer. 1
13. List any two Secondary Needs of a family. 1
14. If you want to include calcium rich food in your meals, what are the two food items you should consider? 1
15. What is ‘Cephalo Caudal Principle ‘of development? 2
16. How are regenerated fibres made? 2
17. What are the benefits of taking a life Insurance Policy? Name any two. 2
18. Explain the effect of early maturation on girls. 2
19. Give one reason for the following: 2
 - (a) Parachutes are made of nylon fabric
 - (b) Clothes for daily wear should be made of cotton fabric
20. List any two ways by which you can be economical while planning meals for your family. 2
21. Explain the four factors that you will keep in mind while selecting an investment scheme for your family. 2
22. What are the four factors that affect the selection of meat and fish for your family? 2

23. Explain the physical changes that take place in girls during Adolescence. 3
24. What is weaving? Explain the two differences between Weaving and Knitting. 3
25. Suggest six ways of making the work area more attractive. 3
26. What are the six factors that will influence your mind while planning meals for your family? 3
27. Explain the role played by peer group in the socio –emotional development of a 7-year old child. 3
28. What things will you check while buying a readymade frock for your sister? 3
29. List your Rights as a consumer. 4
30. Discuss the signs and symptoms of iodine deficiency in adults and in young children. 4
31. Rakesh is 10-year old, explain the four typical characteristics of his cognitive development. 4
32. Explain any four malpractices of traders that you have encountered while buying textile fabrics. 4

SECTION – B

OPTION-I

(Community Nutrition)

33. Explain the bio-chemical method of assessing nutritional status. 3
34. State the six reasons for imparting nutrition education. 3
35. Models’ are better support materials than ‘Graphics’ for nutrition education Explain. 4

36. At which stage of life, does Cretinism occur? 1
37. Give two example of food items rich in vitamin A. 1
38. Suggest four ways of controlling obesity. 2
39. List four ways by which you can recognize a Marasmic child. 2

OPTION-II

(Home –Based Care for Under-Fives)

33. What should be the minimum area of space for indoor play for each child at la play center? 1
34. Write any two behavior problems observed among young children. 1
35. What are the different ways by which you will make play center-home relations effective? 4
36. List six principles which should be considered while planning programmes for under fives. 3
37. What should be the essential qualifications and characteristics of a play center teacher? 3
38. Mention four criterions (design characteristics) that you will keep in mind while selecting play equipment. 2
39. List any four precautions you will take while selecting outdoor play space. 2

OPTION-III

(Laundry Services)

- 33 Name the insect that attacks cellulosic fabrics. 1
34. Name a grease solvent. 1

35. List four oxidizing bleaches. 2
36. Differentiate between indoor and outdoor drying. 2
37. Mention the six characteristics of Rayon fabrics. 3
38. List any six primary rules of stain removal. 3
39. What points will you keep in mind to manage your laundry unit efficiently? 4