

**HOME SCIENCE**  
**(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. Why is it important to wash the fabric with soap and water after stain removal ? 1
2. Name two characteristics of a diet suitable for a patient suffering from hypertension. 1
3. Your friend is uncomfortable in her office clothes. How will you help her to select suitable clothes ? 1
4. Identify two methods of fabric construction other than weaving. 1
5. Which two types of muscles are involved in motor development of a child ? 1
6. State two measures you can take to facilitate the development of socio-economic disadvantaged children in your area. 1
7. Name any two ill effects a child suffers from by working as a child labourer. 1
8. As a teacher, how will you help an adolescent to do well in school ? 1
9. What is peak load time ? 1
10. Explain one difference between renewable and non-renewable energy. 1
11. Explain any two advantages of dry cleaning as compared to wet cleaning. 1
12. What two measures will you take to help a mentally retarded child in your family. 1
13. How will you differentiate between cotton and silk fibres by looking at the residue after the burning test ? 1
14. What is a therapeutic diet ? Mention three points to be kept in mind while preparing such a diet. 2
15. Give four reasons why everyone needs to take a balanced diet. 2
16. State four advantages your mother gains by preserving food at home. 2
17. What is fatigue ? State any three ways of avoiding physiological fatigue. 2

18. Explain the language development during adolescence. 2
19. List any four things that form an essential part of any label. 2
20. Why do some adolescents have suicidal tendencies ? 2
21. What are the precautions one must observe while removing stains from a garment ? 2
22. What are the stages at which dyeing may be done ? 2
23. What are the four ways in which a housewife benefits by using a solar cooker at home ? 2
24. Write six ways you can use to make your work centers attractive. 3
25. Mention three parenting styles and one influence of each on an adolescent. 3
26. Explain the points you will keep in mind while planning a diet for a football player. 3
27. What happens when people are not conscious of ethics at the work place? As a manager, what action will you take in such a situation ? 3
28. What causes global warming ? Explain any two of its ill effects. 3
29. Discuss the four fibre properties that influence the selection of fabrics for different uses. 4
30. Define adolescence. Describe the typical characteristics of adolescents. 4
31. You notice your maid's child looks malnourished. What do you think can be the cause of the malnutrition and what consequences will it have on her health ? 4
32. List four common causes and four ways of preventing juvenile delinquency. 4

**SECTION-B**  
**OPTION-I**  
**(Community Nutrition)**

33. If you have to educate the elders at home about nutrition, which method would you choose ? Why ? 1
34. Which two important measures are taken by the 'National Nutritional Anaemia Control Programme' to prevent anaemia ? 1
35. Explain how you will promote the consumption of iron-rich foods. 2
36. What are the four disadvantages of using the 'food diary' as a means of recording food intake ?

37. State the reasons for imparting nutrition education. 2
38. Suggest three dietary modifications for your friend who is obese. 3
39. What is PEM ? How can it be recognized ? Which two symptoms of Kwashiorkor are different from marasmus ? 3

OPTION – II

**(Home Based Care for Under Fives)**

33. Which two methods of parent involvement can a teacher use to seek help individually from parents ? 1
34. How will you handle a child who refuses to eat at the play center? 1
35. Give two reasons to show that democratic discipline is better for the child than authoritarian discipline. 2
36. If you were asked to select toys for a play center, what educational qualities would you look for ? 2
37. List six causes due to which children may have behaviour problems. 3
38. As an organizer of a play center, explain three ways you will use to deal with a child who shows destructive behaviour from the first day itself. 3
39. Discuss in detail the steps you will take to bring in variety in the programme at a play center. 4

OPTION – III

**(Laundry Services)**

33. Which two things will you ensure while getting a sink installed in your laundry unit ? 1
34. Give one example each of a bleach used on cottons and silks. 1
35. Present one similarity and one difference in the action of soaps and syndets. 2
36. What arrangements will you make for drying clothes indoors if you plan to operate your laundry unit from a flat on the first door ? 2
37. How will you remove the following stains ? 3
- (a) Wine on a white, cotton T-shirt
  - (b) Medicine on a silk sari
  - (c) Red ink on a school dress
38. “Synthetic fabrics are water repellent.” Give three effects of this property on synthetic fabrics. 3

**39.** How will you identify a stains ? What precautions will you take while actually removing a stain ?