

इस प्रश्न-पत्र में 43 प्रश्न तथा 9 मुद्रित पृष्ठ हैं।

[illegible]

SET/सेट-

A1

1. _____

2. _____

1. Candidate must write his/her 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 to see that the questions are in sequential order.
3. Making any identification mark in the Answer-Book or writing Roll Number anywhere other than the specified places will lead to disqualification of the candidate.
4. Write your Question Paper Code No. **71/SS/321, Set - A1** on the Answer-Book.
5. (a) The Question Paper is in English/Hindi medium only. However, if you wish, you can answer in any one of the languages listed below :
English, Hindi, Urdu, Punjabi, Bengali, Tamil, Malayalam, Kannada, Telugu, Marathi, Oriya, Gujarati, Konkani, Manipuri, Assamese, Nepali, Kashmiri, Sanskrit and Sindhi.
You are required to indicate the language you have chosen to answer in the box provided in the Answer-Book.
- (b) If you choose to write the answer in the language other than Hindi and English, the responsibility for any errors/mistakes in understanding the question will be yours only.

1. परीक्षार्थी प्रश्न-पत्र के पहले पृष्ठ पर अपना अनुक्रमांक अवश्य लिखें।
2. कृपया प्रश्न-पत्र को जाँच लें कि प्रश्न-पत्र के कुल पृष्ठों तथा प्रश्नों की उतनी ही संख्या है जितनी प्रथम पृष्ठ के सबसे ऊपर छपी है। इस बात की जाँच भी कर लें कि प्रश्न क्रमिक रूप में हैं।
3. उत्तर-पुस्तिका में पहचान-चिह्न बनाने अथवा निर्दिष्ट स्थानों के अतिरिक्त कहीं भी अनुक्रमांक लिखने पर परीक्षार्थी को अयोग्य ठहराया जायेगा।
4. अपनी उत्तर-पुस्तिका पर प्रश्न-पत्र का कोड नं 71/SS/321, सेट - A1 लिखें।
5. (क) प्रश्नपत्र केवल हिंदी/अंग्रेजी माध्यम में है। फिर भी, यदि आप चाहें तो नीचे दी गई किसी एक भाषा में उत्तर दे सकते हैं :
अंग्रेजी, हिंदी, उर्दू, पंजाबी, बाँगला, तमिल, मलयालम, कन्नड़, तेलुगु, मराठी, उड़िया, गुजराती, कोंकणी, मणिपुरी, असमिया, नेपाली, कश्मीरी, संस्कृत और सिंधी।
कृपया उत्तर-पुस्तिका में दिए गए बॉक्स में लिखें कि आप किस भाषा में उत्तर लिख रहे हैं।
(ख) यदि आप हिंदी एवं अंग्रेजी के अतिरिक्त किसी अन्य भाषा में उत्तर लिखते हैं तो प्रश्न को समझने में होने वाली त्रुटियों / गलतियों की जिम्मेदारी केवल आपकी होगी।

HOME SCIENCE (THEORY)

(321)

Time : 3 Hours]

[Maximum Marks : 80

- Notes :**
- (i) This question paper consists of **43** questions in all.
 - (ii) **All** questions are **compulsory**.
 - (iii) Marks are given against each question.
 - (iv) Attempt all questions either from **Optional Module A** (Housekeeping) or **Optional Module B** (Creative Hand Embroidery) in all Sections.
 - (v) **Section - A consists of :**
 - (a) Q. No. **1** to **16** - 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. **17** to **28** - Objective type questions carrying **2** marks each. Attempt these questions as per the instructions given for each question.
 - (vi) **Section - B consists of :**
 - (a) Q. No. **29** to **37** - Very Short questions carrying **2** marks each to be answered in the range of **30** to **50** words.
 - (b) Q. No. **38** to **41** - Short answer type questions carrying **3** marks each to be answered in the range of **50** to **80** words.
 - (c) Q. No. **42** to **43** - Long Answer type questions carrying **5** 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.

NOTE :

- (1) Answers of all questions are to be given in the Answer-Book given to you.
- (2) 15 minutes time has been allotted to read this question paper. The question paper will be distributed at 02.15 p.m. From 02.15 p.m. to 02.30 p.m., the students will read the question paper only and will not write any answer on the answer-book during this period.

SECTION - A

Note : Q.No. 1 to 16 are the multiple choice questions of 1 mark each.

1. Suggest a device from the following options to keep cooked food safe for some time. 1
(A) Refrigerator (B) Grameen Sheetal
(C) Ice-box (D) Freezer

2. Which of the following are principles of food preservation ? 1
(i) By killing the micro-organisms
(ii) By keeping food covered
(iii) By stopping the action of enzymes
(iv) By increasing the moisture content
Choose the correct option :
(A) (i) and (ii) (B) (ii) and (iv) (C) (i) and (iii) (D) (iii) and (iv)

3. From the options given below select the condition of health that is influenced by the intake and utilisation of nutrients : 1
(A) Malnutrition (B) Nutritional status
(C) Balanced nutrition (D) Over nutrition

4. Which of the following are benefits of maintaining a record of family income and expenditure ? (Choose any two) 1
(i) It helps in understanding exactly how much is spent and on what.
(ii) It allows spending on whatever we desire.
(iii) It allows for comparison of expenditures across different months.
(iv) It guarantees an increase in monthly income.
(A) (i) and (ii) (B) (ii) and (iv) (C) (i) and (iii) (D) (iii) and (iv)

5. Adolescents often form their own groups with a unique style of talking, dressing and behaving, which can seem strange to adults. What is this phenomenon commonly known as ? 1
(A) Generation Gap (B) Peer Group Culture
(C) Social Rebellion (D) Identity Crisis

6. What is the term used for storing rarely used items in less accessible spaces like high shelves ? 1
(A) Functional Storage (B) Dead Storage
(C) Sequential Storage (D) Built-in Storage

7. By middle childhood, the number of permanent teeth children typically have are : 1
(A) 20 (B) 24 (C) 28 (D) 32

8. Which of the following is a characteristic of a balanced diet ? 1
 (A) Inclusion of both plant and animal foods
 (B) Inclusion of only expensive foods
 (C) Inclusion of any two food groups
 (D) Inclusion of seasonal and non-seasonal foods
9. A 10-year old child is given two glasses of the same size but different shapes – one tall and narrow, the other short and wide – filled with the same amount of juice. The child confidently says both have an equal amount of juice. This shows the child has developed : 1
 (A) Empathy (B) Seriation (C) Conservation (D) Egocentrism
10. A 2-year old child shows symptoms of very loose and wrinkled skin, and a shrunken stomach. Which one of the following diseases do these symptoms indicate ? 1
 (A) Kwashiorkor (B) Marasmus (C) Anaemia (D) Goitre
11. Which of the following fibres becomes weak when wet ? 1
 (A) Cotton (B) Nylon (C) Silk (D) Polyester
12. Which of the following is a common myth about HIV transmission ? 1
 (A) Sharing needles with an infected person
 (B) Transfusion of infected blood
 (C) Kissing or hugging an infected person
 (D) Unprotected sex with an infected partner
13. Which of the following is a key reason for sorting clothes before washing ? 1
 (A) To save time
 (B) To prevent colour bleeding and fabric damage
 (C) To use less detergent
 (D) To make ironing easier

OPTIONAL MODULE - A (Question : 14, 15, 16)
(Housekeeping)

14. In a flushing cistern what is the primary reason for a ball valve not rising with the water level ? 1
 (A) The inlet valve is jammed (B) The ball has corroded or punctured
 (C) The washer needs replacement (D) The water pressure is too low
15. For a beginner making a flower arrangement, what is the primary advantage of using an oasis compared to a pin-holder ? 1
 (A) It is more decorative and colourful
 (B) It is easier to handle and balance flowers in it
 (C) It is cheaper and readily available everywhere
 (D) It does not require water to keep flowers fresh

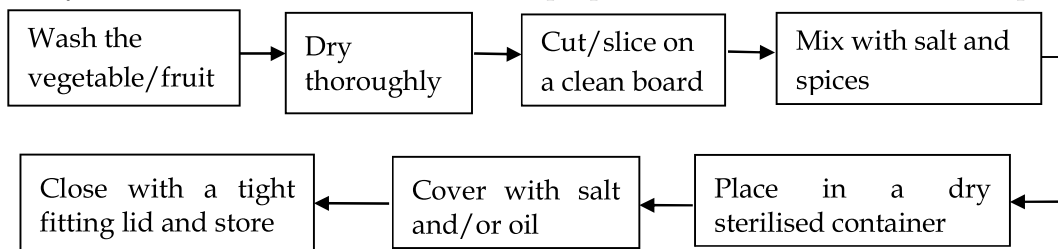
16. What is the primary reason for ensuring regular cleaning of a house ? 1
- (A) To make the house look beautiful
(B) To prevent it from becoming a breeding ground for insects and diseases
(C) To rearrange furniture frequently for a new look
(D) To make it inviting for guests

OPTIONAL MODULE - B (Question : 14, 15, 16)
(Creative Hand Embroidery)

14. Which of the following types of designs is most appropriate for small children's clothes ? 1
- (A) Abstract design (B) Naturalized design
(C) Geometrical design (D) Stylized design
15. Which of the following is a characteristic of colour that refers to its lightness or darkness ? 1
- (A) Hue (B) Value (C) Intensity (D) Texture
16. Which stitch is worked from top to bottom and creates loops on the fabric surface ? 1
- (A) Satin Stitch (B) Cross Stitch
(C) Chain Stitch (D) Herringbone Stitch

Note : Q.No. 17 to 28 are the objective type questions of 2 marks each.

17. Look at the flowchart below showing the steps of a common preservation method. Identify the method and write the TWO main purposes of the oil used in the final step. 2



18. Identify the activities given below as Money Income(MI), Real Income(RI), Need(N) or Desire(D) : 2
- (i) Getting free petrol allowance from company
(ii) Purchasing a new video game
(iii) Interest received from fixed deposit
(iv) Purchasing medicines during illness
19. As a community health worker, you advise a young couple about safe motherhood. Choose two recommendations from the options below and give a reason for each : 2
- (i) Avoid pregnancy before 18 years and after 35 years.
(ii) Plan frequent pregnancies to have more children early.
(iii) Keep a gap of more than two years between two pregnancies.
(iv) Medical check-ups during pregnancy are not essential.
- Recommendation
Reason

20. Read the following paragraph and then answer the question. 2
Priya is always on time for her shift at the hospital. She is always polite and carefully follows all the safety procedures for patients. She never discusses their details with outsiders.
Which four work ethics is Priya following ?
21. Look at these two children and observe their cognitive ability. 2
(i) A four-year-old child is shown two lines of ten coins each. One line is long (coins spread out), the other is short (coins close together). The child says the long line has more coins.
(ii) A ten-year-old child is told: "Sister A is taller than B and B is taller than C. Is A taller or shorter than C ?" The child says, "A is taller than C".
Analyse the cognitive behaviour of each child.
22. Draw a figure to show warp and weft yarns. 2
23. Give one word for the following sets of words : 2
(i) A person who eats too much energy-rich food and becomes obese is suffering from _____.
(ii) The condition where the body lacks one or more essential nutrients is called _____.
24. Write True or False against statements. 2
(i) The sludge left after biogas production is a waste product with no use.
(ii) Using light-coloured walls can reduce the lighting requirement of a room by up to 40%.
(iii) A major advantage of a solar cooker is that it requires constant attention while cooking.
(iv) Driving a tractor in the wrong gear can decrease work efficiency by 50%.
25. In your laundry room, you discover four laundry powders labelled A, B, C and D with their respective functions : 2
 - Powder A : Makes white clothes appear brighter when dried in sunlight.
 - Powder B : Eliminates yellow tints when added just before the final rinse.
 - Powder C : Safely removes stains from both silk and cotton fabrics.
 - Powder D : Gives cotton clothes a crisp, stiff finish and helps them resist dirt.Identify these powders.

26. Complete the following table by selecting the appropriate fabric for each end use and giving one reason for your choice : 2

End use	Fabric (Choose from : Cotton, Nylon, Wool, Silk)	Reason for Selection
Summer clothing		
Winter sweater		

27. Mention four investment schemes which offer liquidity. 2

OPTIONAL MODULE - A (Question : 28)
(Housekeeping)

28. Priya is arranging flowers in a vase for her dining table. She has collected fresh flowers, green leaves, and a pin holder. Below are the steps she followed, but two steps are missing. Complete the missing steps to help her create a beautiful flower arrangement : 2
- (i) Fix the pin holder to the container and pour water until it covers the pin holder.
 - (ii) Decide the shape of the flower arrangement (e.g., triangle, oval, etc.).
 - (iii) Missing Step 1 : _____
 - (iv) Cut the stems of flowers at different lengths, with the tallest branch being 1½ times the width of the vase.
 - (v) Missing Step 2 : _____
 - (vi) Fill the gaps with appropriate leaves of different sizes.

OPTIONAL MODULE - B (Question : 28)
(Creative Hand Embroidery)

28. Read the descriptions below : 2
- (i) A filling stitch where the thread is visible only on the face of the fabric, creating floats only on the front side.
 - (ii) A stitch worked between two lines with interlocking diagonal threads, often used for thick seams or connecting areas.
- Identify two stitches which match each of the descriptions.
- (a) Darning Stitch
 - (b) Herringbone Stitch
 - (c) Blanket Stitch
 - (d) Long and Short Stitch

SECTION - B

Note : Q.No. 29 to 43 are the subjective type questions. An internal choice has been provided in some of these questions. You have to attempt only one of the given choices in such questions.

29. (i) What does the word 'ethics' deal with ? 2
- OR**
- (ii) Name any two examples of general ethics.
30. (i) List the five major food groups. 2
- OR**
- (ii) What is therapeutic diet ?
31. Your mother has bought a large quantity of fresh, tender peas from the market. Suggest the correct method to freeze them for future use. 2

32. (i) A community health worker finds several children in a village with night blindness and drying of the white portion of their eyes. Which nutritional deficiency is indicated and what food items should be promoted in this community ? 2

OR

- (ii) A 10-year-old girl frequently complains of tiredness and looks pale. Her teacher notices she gets breathless during physical activities. Name the nutritional deficiency she is most likely suffering from and list two food items that should be included in her diet to address this. 2
33. Your friend spilled fresh curry on her white cotton kurta. Suggest two immediate steps she should take to remove the stain. 2
34. Ramesh wants to dispose of the dry leaves and kitchen waste from his home garden in an eco-friendly way. Which practice should he adopt and what is one benefit of it ? 2
35. Priya is in her second trimester of pregnancy. Identify 2 modifications in the family meal to meet her increased nutritional needs ? 2

OPTIONAL MODULE - A (Question : 36, 37)

(Housekeeping)

36. Why is it recommended to use a damp cloth for mopping instead of a very wet one ? 2
37. Explain why it is important to arrange things in an orderly manner at home. 2

OPTIONAL MODULE - B (Question : 36, 37)

(Creative Hand Embroidery)

36. What is the main purpose of enlarging or reducing a design ? 2
37. Why is it recommended to avoid using a knot at the start of embroidery work ? What is the correct way to begin instead ? 2
38. (i) Explain any two major physical disabilities in children and one problem faced by each. 3

OR

- (ii) Explain how education helps a girl child in becoming a better mother in the future. 2
39. (i) Explain how laces are constructed ? 3
- OR**
- (ii) What are 'courses' and 'wales' ? In which type of fabrics are they used ? 2

40. What will you check in seams and fasteners while purchasing ready-made garments ? 3

OPTIONAL MODULE - A (Question : 41)

(Housekeeping)

41. Explain the steps to clean a coir floor covering, including maintenance and precautions. 3

OPTIONAL MODULE - B (Question : 41)

(Creative Hand Embroidery)

41. What are metallic colours ? Name and briefly describe the two traditional types of metallic wires used in Indian embroidery. 3

42. (i) Explain why adolescents need proper sex education and what role parents can play in providing this education ? 5

OR

- (ii) Describe the typical characteristics of adolescent thinking that distinguish it from childhood thinking.

43. (i) Enumerate the six consumer rights as defined under the Consumer Protection Act. Explain any one in detail. 5

OR

- (ii) List any five common problems faced by consumers in the market. Suggest effective solutions for any two of these problems.

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