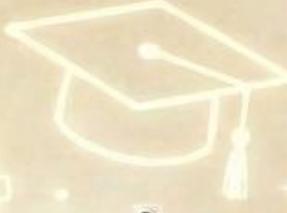
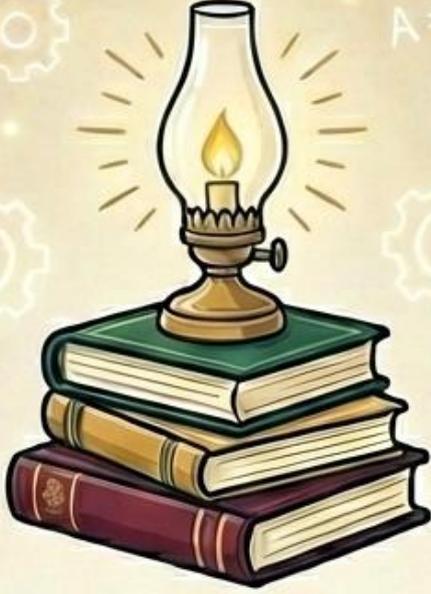


$A = \frac{m}{(m^2 + c)^2}$



NIOS PYQ's SOLUTIONS

$\sqrt{h-x^2}$

$\sqrt{a} = bc^2$

PREVIOUS YEARS' QUESTIONS & ANSWERS



APRIL-2025

Your Path to Success

SECTION-A

SET - A

1. Which of the following is classified as a perishable food ?

Choose the correct option.

(A) Green leafy vegetables

(B) Eggs

(C) Potatoes

(D) Onions

Answer - (A) Green leafy vegetables

2. What is the mode of spread of tetanus ?

Choose the correct option.

(A) Air

(B) Rusted item

(C) Food and water

(D) Mosquito bite

Answer - (B) Rusted item

3. The right age for a woman to give birth to her first child is :

Choose the correct option.

(A) 17 to 19

(B) 20 to 35

(C) 17 to 30

(D) 18 to 20

Answer - (B) 20 to 35

4. Naresh does not clean his house as he thinks it is not his job. Which value does he lack?

Choose the correct option.

(A) Respect

(B) Tolerance



(C) Honesty

(D) Dignity of work

Answer - (D) Dignity of work

5. Which standard mark will you check to ensure buying good quality electrical goods?

Choose the correct option.

(A) Agmark

(B) FPO

(C) ISI mark

(D) Hall mark

Answer - (C) ISI mark

6. Which cooking method is most suitable for making Parathas ?

Choose the correct option.

(A) Steaming

(B) Shallow frying

(C) Grilling

(D) Deep frying

Answer - (B) Shallow frying

7. Why are vegetables dipped in boiling hot water before freezing ?

To Choose the correct option.

(A) Delay action of microorganisms

(B) Make microorganisms active

(C) Kill microorganisms and stop action of enzymes

(D) Make microorganisms inactive

Answer - (C) Kill microorganisms and stop action of enzymes

8. Lifestyle disease can be prevented by eating this :

Choose the correct option.

(A) Processed foods

(B) Whole grains



(C) Refined food

(D) Packaged foods

Answer - (B) Whole grains

9. When infected with typhoid, after how many days will its symptoms show ?

Choose the correct option.

(A) 1-3 days

(B) 1-5 days

(C) 14-21 days

(D) 4-6 days

Answer - (C) 14-21 days

10. While caring for a tuberculosis patient one should :

Choose the correct option.

(A) Give carbohydrate rich diet

(B) Control fever

(C) Give calcium rich diet

(D) Wash all wounds

Answer - (C) Give calcium rich diet

11. Fabrics become wrinkle free when given this finish.

Choose the correct option.

(A) Bleaching

(B) Calendaring

(C) Scouring

(D) Starching

Answer - (B) Calendaring

12. Your home provides you shelter. Which function of home does this depict ?

Choose the correct option.

(A) Economic

(B) Social

(C) Protective

(D) Educative



Answer - (C) Protective

13. Your mother does a number of activities within a fixed time period. This is called :

Choose the correct option.

(A) Dovetailing

(B) Peak load

(C) Fatigue

(D) Leisure period

Answer - (A) Dovetailing

14. To combat morning sickness, pregnant women should eat :

Choose the correct option.

(A) Dry toast

(B) Boiled rice

(C) Cornflakes

(D) Porridge

Answer - (A) Dry toast

15. Nutrients may get lost in a pressure cooker. What could be possible reason for this?

If

Choose the correct option.

(A) Food cooked in it is chopped very fine

(B) Food is cooked for longer duration

(C) Water used is discarded

(D) Very little water is used for cooking

Answer - (B) Food is cooked for longer duration

16. Sudha coughing with severe bouts of cough accompanied by whoop like sound. Identify the disease she may be suffering from.

Choose the correct option.

(A) Influenza

(B) Tuberculosis



(C) Whooping cough

(D) Tetanus

Answer - (C) Whooping cough

17. Adolescents who come under influence of positive peer pressure, are more likely to indulge in :

Choose the correct option.

(A) Thefts

(B) Sports

(C) Smoking

(D) Drinking

Answer - (B) Sports

18. Your sister-in-law does not get along with her in-laws. The possible reason could be she :

Choose the correct option.

(A) Shares responsibilities

(B) Talks to all respectfully

(C) Expresses her negative facial expressions

(D) Informs everyone before making a plan

Answer - (C) Expresses her negative facial expressions

19. There is only one electronics shop in your area. The shopkeeper has only one local brand of heater. In such a case, which right of the consumer is violated?

Choose the correct option.

(A) Right to Information

(B) Right to Safety

(C) Right to Choose

(D) Right to Represent

Answer - (C) Right to Choose



20. State whether the following sentences are true or false :

- (i) Chemical finish is also known as wet finishes.**
- (ii) Permanent finish is given by chemical treatment.**
- (iii) Wool fabrics are cleaned to remove gum.**
- (iv) Scouring finish is done with a mixture of water and soap.**

Answer -

- (i) Chemical finish is also known as wet finishes. **(True)**
- (ii) Permanent finish is given by chemical treatment. **(True)**
- (iii) Wool fabrics are cleaned to remove gum. **(False)**
- (iv) Scouring finish is done with a mixture of water and soap. **(True)**

21. State whether the following statements are true or false :

- (i) Watching a television show is an inflexible activity.**
- (ii) Working in a correct posture helps to save time.**
- (iii) Doing two or more activities at the same time is called dovetailing.**
- (iv) Washing bedsheets by hand is a heavy household activity.**

Answer -

- (i) Watching a television show is an inflexible activity. **(True)**
- (ii) Working in a correct posture helps to save time. **(True)**
- (iii) Doing two or more activities at the same time is called dovetailing. **(True)**
- (iv) Washing bedsheets by hand is a heavy household activity. **(True)**



22. State whether the following statements are true or false :

- (i) One should not scrub the skin of a new born child.
- (ii) On an average a pregnant women should gain 12 kg weight.
- (iii) Women should not have bath for a week, after delivery.
- (iv) BCG vaccine should be given after 6 months of birth.

Answer -

- (i) One should not scrub the skin of a new born child. **(True)**
- (ii) On an average a pregnant women should gain 12 kg weight. **(True)**
- (iii) Women should not have bath for a week, after delivery. **(False)**
- (iv) BCG vaccine should be given after 6 months of birth. **(False)**

23. Match the Column-I and Column-II :**Column-I**

- (A) Communication and extension
- (B) Housekeeping
- (C) Interior decorator
- (D) Dress designing

Column-II

- (i) Boutique
- (ii) Media production and management
- (iii) Staff at hotels
- (iv) Furniture designer

Answer -**Column-I**

- (A) Communication and extension →
- (B) Housekeeping →
- (C) Interior decorator →
- (D) Dress designing →

Column-II

- (ii) Media production and management
- (iii) Staff at hotels
- (iv) Furniture designer
- (i) Boutique



24. Match the Column-I and Column-II :

Column-I	Column-II
(i) Grill bars	(A) Pastry
(ii) Oven	(B) Chapatti
(iii) Kadahi	(C) Kababs
(iv) Tava	(D) Pakoras

Answer -

Column-I		Column-II
(i) Grill bars	→	(C) Kababs
(ii) Oven	→	(A) Pastry
(iii) Kadahi	→	(D) Pakoras
(iv) Tava	→	(B) Chapatti

25. State whether the following statements are True or False :

- (i) Pressure cooking kills all bacteria.
- (ii) During steaming, food does not come in direct contact with water.
- (iii) Cooking with solar energy is an environment friendly method.
- (iv) Boiling is not a safe cooking method.

Answer -

- (i) Pressure cooking kills all bacteria. **(True)**
- (ii) During steaming, food does not come in direct contact with water. **(True)**
- (iii) Cooking with solar energy is an environment friendly method. **(True)**
- (iv) Boiling is not a safe cooking method. **(False)**



26. State whether the following statements are True or False :

- (i) Television is a major source of air pollution.**
- (ii) Trees help keep air fresh and pure.**
- (iii) Garbage should not be burnt.**
- (iv) CNG increases pollution.**

Answer -

- (i) Television is a major source of air pollution. **(False)**
- (ii) Trees help keep air fresh and pure. **(True)**
- (iii) Garbage should not be burnt. **(True)**
- (iv) CNG increases pollution. **(False)**

27. State whether the following statements are True or False :

- (i) Removing cobwebs is a daily activity.**
- (ii) Safe disposal of excreta helps to keep our environment healthy.**
- (iii) Cross ventilation is achieved by placing two windows on opposite walls.**
- (iv) Rocky surface is good for foundation of a house as it absorbs water.**

Answer -

- (i) Removing cobwebs is a daily activity. **(False)**
- (ii) Safe disposal of excreta helps to keep our environment healthy. **(True)**
- (iii) Cross ventilation is achieved by placing two windows on opposite walls. **(True)**
- (iv) Rocky surface is good for foundation of a house as it absorbs water. **(False)**



28. Fill in the blanks :

- (i) Children brought up with democratic disciplining style are more _____ .
- (ii) During _____ stage of life cycle, a couple can participate in community services and start pursuing their hobbies.
- (iii) Infants up to two years are actively engaged in _____ games.
- (iv) When a family lives with their children under one roof it is known as _____ family.

Answer –

- (i) Children brought up with democratic disciplining style are more **self-confident**.
- (ii) During **contracting** stage of life cycle, a couple can participate in community services and start pursuing their hobbies.
- (iii) Infants up to two years are actively engaged in **running / jumping** games.
- (iv) When a family lives with their children under one roof it is known as **nuclear** family.

29. Fill in the blanks :

- (i) Shoe polish and lipstick can be identified as it makes the fabric feel _____ .
- (ii) Diluted ammonia is used to remove _____ stains along with cold water.
- (iii) Wool is washed by _____ method of washing.
- (iv) Polyester should be ironed at _____ °C.

Answer -

- (i) Shoe polish and lipstick can be identified as it makes the fabric feel **greasy/smooth**.
- (ii) Diluted ammonia is used to remove **blood, egg, meat** stains along with cold water.



- (iii) Wool is washed by **kneading and squeezing** method of washing.
- (iv) Polyester should be ironed at **150** °C.

30. State whether the following statements are True or False :

- (i) Time schedule should be flexible.
- (ii) Inflexible activities cannot be changed.
- (iii) Reducing time for some activities cannot help in balancing time plan.
- (iv) It is important to correctly estimate time required for each activity.

Answer -

- (i) Time schedule should be flexible. **(True)**
- (ii) Inflexible activities cannot be changed. **(True)**
- (iii) Reducing time for some activities cannot help in balancing time plan. **(False)**
- (iv) It is important to correctly estimate time required for each activity. **(True)**

31. State whether the following statements are True or False :

- (i) Breast milk is the healthiest food as it fulfills all nutritional needs of an infant.
- (ii) Elderly should let go of their responsibilities and slow down their pace of working.
- (iii) Life skills help to improve quality of life.
- (iv) Boys should dry their undergarments in shade.

Answer -

- (i) Breast milk is the healthiest food as it fulfills all nutritional needs of an infant. **(True)**
- (ii) Elderly should let go of their responsibilities and slow down their pace of working. **(False)**



(iii) Life skills help to improve quality of life.

(True)

(iv) Boys should dry their undergarments in shade.

(False)

SECTION-B

32. List the steps of making jam from washed and cut apple.

Answer – Steps to make jam from washed and cut apples :

1. Cook washed and cut apples in water until soft.
2. Strain the pulp and add sugar and citric acid.
3. Cook until it becomes thick.
4. Fill the hot jam into sterilized bottles to preserve.
5. Store it in a cool place.

33. Give four suggestions to conserve nutrients while cooking vegetables.

Answer - Four suggestions to conserve nutrients :

1. Wash vegetables before cutting so minerals and vitamins are not lost.
2. Do not wash food items more than necessary.
3. Peel skin thinly as vitamins and minerals are present just beneath it.
4. Cut vegetables into big pieces just before cooking.
5. If cooking in water, add vegetables to boiling water.

OR



State four reasons nutrients of pulses might get destroyed while cooking.

Answer - Four reasons for loss of nutrients in pulses :

1. Using baking soda while cooking.
2. Cooking in an open vessel causes loss of most nutrients.
3. Boiling for a long time or cooking on high flame.
4. Reheating cooked dal multiple times gradually destroys its nutrients.

34. List any four myths regarding spread of HIV/AIDS.

Answer - Four common myths about the spread of HIV/AIDS :

1. AIDS spreads by shaking hands or hugging.
2. It spreads by using the same toilet or standing close to an infected person.
3. It spreads through sneezing, coughing, or through the air.
4. AIDS spreads by sharing cups, glasses, plates, food, or water with the patient.

OR

Write four causes of increase in lifestyle diseases.

Answer - Four causes for the increase in lifestyle diseases :

1. Excessive consumption of fast food and unbalanced diet increases lifestyle diseases.
2. Lack of exercise and physical labor leads to obesity and other diseases.
3. Stress and mental pressure increase heart and brain-related diseases.
4. Addictions like smoking and alcohol weaken the body's immunity and invite diseases.



35. Briefly explain batik method of resist dyeing.

Answer - Batik is a resist dyeing method where beeswax and paraffin wax are applied as a resist material to protect certain parts of the fabric from dyeing. Color does not penetrate these parts during dyeing, and the design stands out. After dyeing, removing the wax reveals beautiful and attractive patterns on the cloth.



OR

Briefly explain block printing method.

Answer - Just as a stamp is pressed on an ink pad to make an impression on paper, a design is carved onto a wooden block. This block is dipped into a thick color solution and pressed onto the fabric to print the design. This is called "**Block Printing**" or **stamp printing**.



36. What two points each should be considered while making a bathroom and bedroom?

Answer - **Points to be kept in mind while constructing a bathroom :**

1. The floor should be non-slippery and easy to clean.
2. There should be proper arrangement of light and ventilation so that there is no suffocation.

Points to be kept in mind while constructing a bedroom :

1. The bedroom should have privacy and should be free from noise.
2. The bedroom should be rectangular so that the bed, furniture, and other items can be arranged properly, and rest is not disturbed.

OR

What is the ideal direction for a kitchen ? What other three aspects are considered while making it?

Answer - The ideal direction for a kitchen is **East or North-East** so that direct sunlight is received in the morning. Three other aspects to consider:

1. Wire mesh doors for hygiene.
2. Proper ventilation and exhaust fan to remove smoke and odors.
3. Adequate lighting and light-colored walls to reflect light.

37. How can you increase your family income from home?

Answer - To increase family income from home, one should utilize free time and available resources correctly. Women can start stitching, weaving, making papad-pickles, or tiffin services. Men can do tuition, repairs, or online work. Family members can also run small industries like handicrafts, dairy business, or gardening together. In this way, extra income makes the family economically strong.

38. Teenagers' ideal body shape is influenced by actors and models. What are the four negative effects of this on their health?

Answer - Influenced by actors and models, teenagers want unrealistic bodies, leading to four negative health effects -

1. Girls start controlling their diet, leading to eating disorders.
2. Excessive exercise causes physical weakness and reduces immunity.
3. Unrealistic expectations lead to mental stress and lack of confidence.
4. Boys consume drugs/steroids to build muscles and increase weight-lifting capacity, which has harmful health effects.



39. Mention any four expected ethics in a nurse.

Answer - Four ethics expected in a nurse :

1. Behaving sensitively with patients.
2. Treating all patients equally and impartially.
3. Keeping the patient's personal and medical information secure.
4. Providing service responsibly and on time.

40. What is the importance of information given on the label of a product?

Answer - Information on a product label helps the consumer make the right decision. It provides details on product identity, manufacturing and expiry date, price, quantity, and ingredients. The label is proof of quality and safety and protects the consumer from fraud. Thus, label information establishes transparency and trust.

41. What are four important steps followed in time planning?

Answer - Four important steps in time planning :

1. Preparing a list of all activities.
2. Grouping flexible and inflexible tasks.
3. Estimating the time required to perform each task.
4. Balancing the plan.

42. Write any six features on the basis of which you will select the site for your new house.

Answer - Six features to consider when selecting a site for a new house :

1. The location should have fresh air and good sunlight.
2. The surrounding environment should be peaceful and pollution-free.



3. There should be proper arrangements for electricity, water, and drainage.
4. Essential facilities like schools, hospitals, and markets should be nearby.
5. Transport facilities should be easy.
6. The land should be safe, strong, and in an area free from floods or other disasters.

OR

Give six suggestions to make your house more comfortable.

Answer - Six suggestions to make the house more comfortable :

1. Maintain cleanliness and keep items in their proper places.
2. Allow fresh air and natural light through windows.
3. Adopt comfortable furniture and light, beautiful decoration.
4. Place small pots or indoor plants; this makes the environment calm, fresh, and attractive.
5. Proper lighting makes the house attractive.
6. An atmosphere of love and cooperation among the family makes the house truly pleasant and comfortable.

43. How are foods combined, fermented and germinated ? State their advantages.

Answer –

Combination : Mixing different food items to prepare a balanced diet, e.g., Khichdi.

Fermentation : Microorganisms swell the food, making it tasty and digestible, e.g., Idli, Dhokla.

Germination : Pulses and grains are soaked in water to sprout, increasing Vitamin C and B-complex.



Advantages :

1. It makes food digestible.
2. Increases nutrient content.

44. Suggest any six ways air can be prevented from getting polluted.**Answer - Six ways to prevent air pollution :**

1. Use biogas as it is a smokeless fuel.
2. Factories should be located away from residential areas.
3. Use lead-free petrol and increase the use of CNG.
4. Do not burn garbage; dispose of it cleanly (sanitary landfill if possible).
5. Roads should be paved so dust does not fly into the atmosphere.
6. Plant trees and care for them so they can keep the air fresh and pure.

OR

Suggest any six ways to prevent noise pollution.**Answer - Six ways to prevent noise pollution :**

1. Play radio and television at low volume.
2. Do not use loudspeakers.
3. Blow vehicle horns only when absolutely necessary.
4. Build factories away from residential areas.
5. Construct airports outside the city.
6. Make people aware of the harmful effects of noise pollution and promote habits to maintain peace.



45. Your sister complains of backache. Give her any six suggestions to save her energy while doing household chores.

Answer - Six suggestions to save energy during household chores :

1. Make a time schedule; do not do too much work at once.
2. Completing tasks with proficiency saves a lot of energy.
3. Work at the correct height and keep objects near the place of use.
4. Use labor-saving electrical appliances, e.g., mixer grinder.
5. Work in the correct posture. Using a long-handled broom allows sweeping without bending and covers more distance.
6. Do tasks in the proper sequence. For example, sweep the floor first, then dust, so dust does not settle on furniture again.

46. Give ten suggestions to adolescents to deal with negative peer pressure.

Answer - Suggestions to deal with negative peer pressure :

1. Be self-confident and make firm decisions by understanding the difference between right and wrong.
2. Avoid getting involved in wrong activities and learn to say 'No'.
3. Keep company with friends who promote good habits.
4. Spend time in sports, music, reading, etc., to stay away from wrong influences.
5. Share problems and pressures openly with parents or elders.
6. Believe in yourself; stick to your identity and value system instead of copying others.
7. Manage time correctly; balance studies and entertainment.
8. Develop mental strength through yoga, meditation, and exercise to avoid stress.



9. Set life goals and focus on achieving them, not on negative pressure.
10. Choose the right path by taking guidance from teachers, counselors, or family.

OR

Make the girls aware of any five myths and facts regarding menstruation.

Answer – Five myths and facts related to menstruation :

Myth	Fact
1) Girls should not do any work during menstruation.	If girls feel fine, they can do normal work and light exercise, which helps relieve cramps and pain.
2) Menstruation is an abnormal condition.	It is a natural process. During this, many girls may feel low energy, backache, stomach ache, or loss of appetite.
3) Medicine should be taken to delay or hasten menstruation.	Do not take medicine to delay or hasten periods; it can be harmful. Take doctor's advice only if necessary.
4) Bathing during menstruation causes cramps.	Daily bathing and hygiene are necessary. Bathing with lukewarm water reduces pain and cramps. Change sanitary napkins every 6 hours. If using cloth, wash with soap and dry in the sun.
5) Women should not enter the kitchen during menstruation.	There is no scientific basis for stopping women from kitchen work, touching pickles, or participating in religious/social events during menstruation.

47. Reena spoiled her white cotton clothes while removing stains from them. What could be five possible reasons for this?

Answer - Five possible reasons for spoiling white cotton clothes while removing stains:

1. Using excessive strong detergent or bleach, affecting the fabric's original shine and fibers.



2. Rubbing or brushing the cloth more than necessary can weaken it.
3. Improper use of hot water in the stain removal process can shrink or yellow the cloth.
4. Drying the cloth immediately in strong sunlight can cause yellow spots.
5. Not following the correct quantity or time limit for the stain removal chemical.

OR

Reena spoiled her white cotton saree while washing it. What could be five possible reasons for this?

Answer - Five possible reasons Reena spoiled her white cotton saree :

1. Washing the saree with other colored clothes, causing color to bleed onto the saree and dull its whiteness.
2. Using very strong detergent or bleach can weaken the saree fibers.
3. Soaking the saree in water for a long time spoils its texture and shine.
4. Rubbing too hard or brushing while washing loosens the weave of the saree.
5. Drying the saree in strong sunlight for a long time can make it turn yellow or stiff.



SECTION-A

SET B

1. Your sister-in-law does not get along with her in-laws. The possible reason could be she :

Choose the correct option.

- (A) Shares responsibilities
- (B) Talks to all respectfully
- (C) Expresses her negative facial expressions
- (D) Informs everyone before making a plan

Answer - (C) Expresses her negative facial expressions

2. Adolescents who come under influence of positive peer pressure, are more likely to indulge in :

Choose the correct option.

- (A) Thefts
- (B) Sports
- (C) Smoking
- (D) Drinking

Answer - (B) Sports

3. There is only one electronics shop in your area. The shopkeeper has only one local brand of heater. In such a case, which right of the consumer is violated?

Choose the correct option.

- (A) Right to Information
- (B) Right to Safety
- (C) Right to Choose
- (D) Right to Represent



Answer - (C) Right to Choose

4. While caring for a tuberculosis patient one should :

Choose the correct option.

(A) Give carbohydrate rich diet

(B) Control fever

(C) Give calcium rich diet

(D) Wash all wounds

Answer - (C) Give calcium rich diet

5. Which standard mark will you check to ensure buying good quality plastic bottle?

Choose the correct option.

(A) Eco mark

(B) FPO

(C) Hall mark

(D) ISI mark

Answer - (D) ISI mark

**6. Nutrients may get lost in a pressure cooker. What could be possible reason for this?
If**

Choose the correct option.

(A) Food cooked in it is chopped very fine

(B) Food is cooked for longer duration

(C) Water used is discarded

(D) Very little water is used for cooking

Answer - (B) Food is cooked for longer duration

7. Why are vegetables blanched before canning ? To

Choose the correct option.

(A) Delay action of microorganisms

(B) Make microorganisms passive

(C) Kill microorganisms and stop action of enzymes



(D) Make microorganisms active

Answer - (C) Kill microorganisms and stop action of enzymes

8. Your mother does a number of activities within a fixed time period. This is called :

Choose the correct option.

(A) Dovetailing

(B) Peak load

(C) Fatigue

(D) Leisure period

Answer - (A) Dovetailing

9. When infected with flu, after how many days will the symptoms show?

Choose the correct option.

(A) 1-5 days

(B) 14-21 days

(C) 1-3 days

(D) 4-6 days

Answer - (C) 1-3 days

10. Which of the following is classified as a perishable food ?

Choose the correct option.

(A) Green leafy vegetables

(B) Eggs

(C) Potatoes

(D) Onions

Answer - (A) Green leafy vegetables

11. Which cooking method is most suitable for making Parathas ?

Choose the correct option.

(A) Steaming

(B) Shallow frying

(C) Grilling

(D) Deep frying



Answer - (B) Shallow frying

12. Children in your family care for each other. Which function of home does this depict?

Choose the correct option.

(A) Economic

(B) Social

(C) Educative

(D) Protective

Answer - (C) Educative

13. What is the mode of spread of tetanus ?

Choose the correct option.

(A) Air

(B) Rusted item

(C) Food and water

(D) Mosquito bite

Answer - (B) Rusted item

14. Reduced activity during pregnancy can lead to which disease?

Choose the correct option.

(A) Constipation

(B) Diarrhoea

(C) Fever

(D) Dysentery

Answer - (A) Constipation

15. The right age for a woman to give birth to her first child is :

Choose the correct option.

(A) 17 to 19

(B) 20 to 35

(C) 17 to 30

(D) 18 to 20



Answer - (B) 20 to 35

16. Lifestyle disease can be prevented by eating this :

Choose the correct option.

(A) Processed foods

(B) Whole grains

(C) Refined foods

(D) Packaged foods

Answer - (B) Whole grains

17. Naresh does not clean his house as he thinks it is not his job. Which value does he lack?

Choose the correct option.

(A) Respect

(B) Tolerance

(C) Honesty

(D) Dignity of work

Answer - (D) Dignity of work

18. Fabrics become wrinkle free when given this finish.

Choose the correct option.

(A) Bleaching

(B) Calendaring

(C) Scouring

(D) Starching

Answer - (B) Calendaring

19. Sudha coughing with severe bouts of cough accompanied by whoop like sound. Identify the disease she may be suffering from.

Choose the correct option.

(A) Influenza

(B) Tuberculosis



(C) Whooping cough

(D) Tetanus

Answer - (C) Whooping cough

20. State whether the following statements are True or False :

- (i) Removing cobwebs is a daily activity.
- (ii) Safe disposal of excreta helps to keep our environment healthy.
- (iii) Cross ventilation is achieved by placing two windows on opposite walls.
- (iv) Rocky surface is good for foundation of a house as it absorbs water.

Answer -

- (i) Removing cobwebs is a daily activity. **(False)**
- (ii) Safe disposal of excreta helps to keep our environment healthy. **(True)**
- (iii) Cross ventilation is achieved by placing two windows on opposite walls. **(True)**
- (iv) Rocky surface is good for foundation of a house as it absorbs water. **(False)**

21. State whether the following statements are True or False :

- (i) Time plan is an advance plan of what we are going to do in a given time period.
- (ii) Shopping and washing clothes are inflexible activities.
- (iii) Labour saving equipment do not save time.
- (iv) Dusting is a light activity.

Answer –

- (i) Time plan is an advance plan of what we are going to do in a given time period. **(True)**
- (ii) Shopping and washing clothes are inflexible activities. **(False)**
- (iii) Labour saving equipment do not save time. **(False)**



(iv) Dusting is a light activity.

(False)

22. Fill in the blanks :

(i) Children brought up with democratic disciplining style are more _____ .

(ii) During _____ stage of life cycle, a couple can participate in community services and start pursuing their hobbies.

(iii) Infants up to two years are actively engaged in _____ games.

(iv) When a family lives with their children under one roof it is known as _____ family.

Answer –

(i) Children brought up with democratic disciplining style are more **self-confident**.

(ii) During **contracting** stage of life cycle, a couple can participate in community services and start pursuing their hobbies.

(iii) Infants up to two years are actively engaged in **running / jumping** games.

(iv) When a family lives with their children under one roof it is known as **nuclear** family.

23. State whether the following statements are True or False :

(i) Breast milk is the healthiest food as it fulfills all nutritional needs of an infant.

(ii) Elderly should let go of their responsibilities and slow down their pace of working.

(iii) Life skills help to improve quality of life.

(iv) Boys should dry their undergarments in shade.

Answer -

(i) Breast milk is the healthiest food as it fulfills all nutritional needs of an infant. **(True)**



- (ii) Elderly should let go of their responsibilities and slow down their pace of working. **(False)**
- (iii) Life skills help to improve quality of life. **(True)**
- (iv) Boys should dry their undergarments in shade. **(False)**

24. State whether the following statements are True or False :

- (i) Television is a major source of air pollution.**
- (ii) Trees help keep air fresh and pure.**
- (iii) Garbage should not be burnt.**
- (iv) CNG increases pollution.**

Answer –

- (i) Television is a major source of air pollution. **(False)**
- (ii) Trees help keep air fresh and pure. **(True)**
- (iii) Garbage should not be burnt. **(True)**
- (iv) CNG increases pollution. **(False)**

25. State whether the following statements are True or False :

- (i) Pressure cooking is a fast method.**
- (ii) Steaming shortens the duration of cooking.**
- (iii) Bhatuvas are made by moist method of cooking.**
- (iv) Cooking helps to keep food longer.**

Answer –

- (i) Pressure cooking is a fast method. **(True)**



- (ii) Steaming shortens the duration of cooking. **(True)**
- (iii) Bhaturas are made by moist method of cooking. **(False)**
- (iv) Cooking helps to keep food longer. **(True)**

26. State whether the following statements are true or false :

- (i) One should not scrub the skin of a new born child.**
- (ii) On an average a pregnant women should gain 12 kg weight.**
- (iii) Women should not have bath for a week, after delivery.**
- (iv) BCG vaccine should be given after 6 months of birth.**

Answer -

- (i) One should not scrub the skin of a new born child. **(True)**
- (ii) On an average a pregnant women should gain 12 kg weight. **(True)**
- (iii) Women should not have bath for a week, after delivery. **(False)**
- (iv) BCG vaccine should be given after 6 months of birth. **(False)**

27. Match the Column-I and Column-II :

Column-I

- (A) Communication and extension**
- (B) Housekeeping**
- (C) Interior decorator**
- (D) Dress designing**

Column-II

- (i) Boutique**
- (ii) Media production and management**
- (iii) Staff at hotels**
- (iv) Furniture designer**

Answer -

Column-I

(A) Communication and extension →

Column-II

(ii) Media production and management



- (B) Housekeeping → (iii) Staff at hotels
- (C) Interior decorator → (iv) Furniture designer
- (D) Dress designing → (i) Boutique

28. Fill in the blanks :

- (i) Shoe polish and lipstick can be identified as it makes the fabric feel _____ .
- (ii) Diluted ammonia is used to remove _____ stains along with cold water.
- (iii) Wool is washed by _____ method of washing.
- (iv) Polyester should be ironed at _____ °C.

Answer -

- (i) Shoe polish and lipstick can be identified as it makes the fabric feel **greasy/smooth**.
- (ii) Diluted ammonia is used to remove **blood, egg, meat** stains along with cold water.
- (iii) Wool is washed by **kneading and squeezing** method of washing.
- (iv) Polyester should be ironed at **150** °C.

29. State whether the following statements are True or False :

- (i) Time schedule should be flexible.
- (ii) Inflexible activities cannot be changed.
- (iii) Reducing time for some activities cannot help in balancing time plan.
- (iv) It is important to correctly estimate time required for each activity.

Answer -

- (i) Time schedule should be flexible. **(True)**
- (ii) Inflexible activities cannot be changed. **(True)**



(iii) Reducing time for some activities cannot help in balancing time plan. **(False)**

(iv) It is important to correctly estimate time required for each activity. **(True)**

30. Match the Column-I and Column-II :

Column-I

(i) Grill bars

(ii) Oven

(iii) Kadahi

(iv) Tava

Column-II

(A) Pastry

(B) Chapatti

(C) Kababs

(D) Pakoras

Answer -

Column-I

(i) Grill bars



(C) Kababs

(ii) Oven



(A) Pastry

(iii) Kadahi



(D) Pakoras

(iv) Tava



(B) Chapatti

31. State whether the following sentences are true or false :

(i) Chemical finish is also known as wet finishes.

(ii) Permanent finish is given by chemical treatment.

(iii) Wool fabrics are cleaned to remove gum.

(iv) Scouring finish is done with a mixture of water and soap.

Answer -

(i) Chemical finish is also known as wet finishes. **(True)**

(ii) Permanent finish is given by chemical treatment. **(True)**



(iii) Wool fabrics are cleaned to remove gum.

(False)

(iv) Scouring finish is done with a mixture of water and soap.

(True)

SECTION-B

32. How can you increase your family income from home?

Answer - To increase family income from home, one should utilize free time and available resources correctly. Women can start stitching, weaving, making papad-pickles, or tiffin services. Men can do tuition, repairs, or online work. Family members can also run small industries like handicrafts, dairy business, or gardening together. In this way, extra income makes the family economically strong.

33. Give four suggestions to conserve nutrients while cooking pulses.

Answer - Four suggestions to conserve nutrients in pulses :

1. Do not use baking soda while cooking pulses.
2. Use tamarind or lemon juice while cooking to help conserve vitamins.
3. Cook pulses in a vessel with a tightly closing lid.
4. Food should not be cooked more than necessary as it destroys most nutrients.

34. List the steps of making jam from washed and cut apple.

Answer - Steps to make jam from washed and cut apples :

1. Cook washed and cut apples in water until soft.
2. Strain the pulp and add sugar and citric acid.
3. Cook until it becomes thick.
4. Fill the hot jam into sterilized bottles to preserve.



5. Store it in a cool place.

35. What are four important steps followed in time planning?

Answer - Four important steps in time planning :

1. Preparing a list of all activities.
2. Grouping flexible and inflexible tasks.
3. Estimating the time required to perform each task.
4. Balancing the plan.

36. Teenagers' ideal body shape is influenced by actors and models. What are the four negative effects of this on their health?

Answer - Influenced by actors and models, teenagers want unrealistic bodies, leading to four negative health effects:

1. Girls start controlling their diet, leading to eating disorders.
2. Excessive exercise causes physical weakness and reduces immunity.
3. Unrealistic expectations lead to mental stress and lack of confidence.
4. Boys consume drugs/steroids to build muscles and increase weight-lifting capacity, which has harmful health effects.

37. What is the importance of information given on the label of a product?

Answer - Information on a product label helps the consumer make the right decision. It provides details on product identity, manufacturing and expiry date, price, quantity, and ingredients. The label is proof of quality and safety and protects the consumer from fraud. Thus, label information establishes transparency and trust.



38. List any four myths regarding spread of HIV/AIDS.

Answer - Four common myths about the spread of HIV/AIDS :

1. AIDS spreads by shaking hands or hugging.
2. It spreads by using the same toilet or standing close to an infected person.
3. It spreads through sneezing, coughing, or through the air.
4. AIDS spreads by sharing cups, glasses, plates, food, or water with the patient.

OR

Write four causes of increase in lifestyle diseases.

Answer - Four causes for the increase in lifestyle diseases :

1. Excessive consumption of fast food and unbalanced diet increases lifestyle diseases.
2. Lack of exercise and physical labor leads to obesity and other diseases.
3. Stress and mental pressure increase heart and brain-related diseases.
4. Addictions like smoking and alcohol weaken the body's immunity and invite diseases.

39. Mention any four ethics expected in a teacher.

Answer - Four ethics expected in a teacher :

1. Honesty and impartiality are expected from a teacher.
2. Guiding students with patience and tolerance.
3. Being dutiful in teaching and imparting knowledge on time for the holistic development of students.
4. A teacher should be sensitive to understand the problems and needs of students.



40. Briefly explain batik method of resist dyeing.

Answer - Batik is a resist dyeing method where beeswax and paraffin wax are applied as a resist material to protect certain parts of the fabric from dyeing. Color does not penetrate these parts during dyeing, and the design stands out. After dyeing, removing the wax reveals beautiful and attractive patterns on the cloth.



OR

Briefly explain block printing method.

Answer - Just as a stamp is pressed on an ink pad to make an impression on paper, a design is carved onto a wooden block. This block is dipped into a thick color solution and pressed onto the fabric to print the design. This is called "**Block Printing**" or **stamp printing**.



41. What two points each should be considered while making a bathroom and bedroom?

Answer - **Points to be kept in mind while constructing a bathroom :**

1. The floor should be non-slippery and easy to clean.
2. There should be proper arrangement of light and ventilation so that there is no suffocation.

Points to be kept in mind while constructing a bedroom :

1. The bedroom should have privacy and should be free from noise.
2. The bedroom should be rectangular so that the bed, furniture, and other items can be arranged properly, and rest is not disturbed.

OR



What is the ideal direction for a kitchen ? What other three aspects are considered while making it?

Answer - The ideal direction for a kitchen is **East or North-East** so that direct sunlight is received in the morning. Three other aspects to consider:

1. Wire mesh doors for hygiene.
2. Proper ventilation and exhaust fan to remove smoke and odors.
3. Adequate lighting and light-colored walls to reflect light.

42. What are the steps of making a soakage pit?

Answer - **Steps to make a soakage pit :**

1. Dig a pit about 2 meters deep and 1 meter wide (length depends on wastewater volume).
2. Fill one-third of the pit with stones, especially large burnt brick pieces.
3. Fill the middle part with small stones and pebbles.
4. Level the top part by adding sand.
5. Cover the entire pit with soil and grass.
6. Connect the house wastewater to the pit via a pipe so water can seep in slowly.

OR

Why are Sulabh shauchalayas getting popular?

Answer - **Reasons for Sulabh Shauchalayas getting popular :**

1. Their construction and maintenance are simple; easily installed in rural and urban areas.
2. They are safe for health and hygiene and stop the spread of diseases.
3. They do not require complex drainage systems.
4. They ensure safety for women and children.



5. Low water consumption and easy maintenance.
6. Increased usage due to government schemes and awareness campaigns.

43. Suggest any six ways air can be prevented from getting polluted.

Answer - Six ways to prevent air pollution :

1. Use biogas as it is a smokeless fuel.
2. Factories should be located away from residential areas.
3. Use lead-free petrol and increase the use of CNG.
4. Do not burn garbage; dispose of it cleanly (sanitary landfill if possible).
5. Roads should be paved so dust does not fly into the atmosphere.
6. Plant trees and care for them so they can keep the air fresh and pure.

OR

Suggest any six ways to prevent noise pollution.

Answer - Six ways to prevent noise pollution :

1. Play radio and television at low volume.
2. Do not use loudspeakers.
3. Blow vehicle horns only when absolutely necessary.
4. Build factories away from residential areas.
5. Construct airports outside the city.
6. Make people aware of the harmful effects of noise pollution and promote habits to maintain peace.



44. Your sister complains of backache. Give her any six suggestions to save her energy while doing household chores.

Answer - Six suggestions to save energy during household chores :

1. Make a time schedule; do not do too much work at once.
2. Completing tasks with proficiency saves a lot of energy.
3. Work at the correct height and keep objects near the place of use.
4. Use labor-saving electrical appliances, e.g., mixer grinder.
5. Work in the correct posture. Using a long-handled broom allows sweeping without bending and covers more distance.
6. Do tasks in the proper sequence. For example, sweep the floor first, then dust, so dust does not settle on furniture again.

45. How are foods combined, fermented and germinated ? State their advantages.

Answer –

Combination : Mixing different food items to prepare a balanced diet, e.g., Khichdi.

Fermentation : Microorganisms swell the food, making it tasty and digestible, e.g., Idli, Dhokla.

Germination : Pulses and grains are soaked in water to sprout, increasing Vitamin C and B-complex.

Advantages :

1. It makes food digestible.
2. Increases nutrient content.

46. Give ten suggestions to adolescents to deal with negative peer pressure.



Answer - Suggestions to deal with negative peer pressure :

1. Be self-confident and make firm decisions by understanding the difference between right and wrong.
2. Avoid getting involved in wrong activities and learn to say 'No'.
3. Keep company with friends who promote good habits.
4. Spend time in sports, music, reading, etc., to stay away from wrong influences.
5. Share problems and pressures openly with parents or elders.
6. Believe in yourself; stick to your identity and value system instead of copying others.
7. Manage time correctly; balance studies and entertainment.
8. Develop mental strength through yoga, meditation, and exercise to avoid stress.
9. Set life goals and focus on achieving them, not on negative pressure.
10. Choose the right path by taking guidance from teachers, counselors, or family.

OR

Make the girls aware of any five myths and facts regarding menstruation.**Answer - Five myths and facts related to menstruation :**

Myth	Fact
1) Girls should not do any work during menstruation.	If girls feel fine, they can do normal work and light exercise, which helps relieve cramps and pain.
2) Menstruation is an abnormal condition.	It is a natural process. During this, many girls may feel low energy, backache, stomach ache, or loss of appetite.



3) Medicine should be taken to delay or hasten menstruation.	Do not take medicine to delay or hasten periods; it can be harmful. Take doctor's advice only if necessary.
4) Bathing during menstruation causes cramps.	Daily bathing and hygiene are necessary. Bathing with lukewarm water reduces pain and cramps. Change sanitary napkins every 6 hours. If using cloth, wash with soap and dry in the sun.
5) Women should not enter the kitchen during menstruation.	There is no scientific basis for stopping women from kitchen work, touching pickles, or participating in religious/social events during menstruation.

47. Ritika spoiled her cotton clothes while removing stains from them. What could be five possible reasons for this?

Answer - Five possible reasons for spoiling cotton clothes while removing stains :

1. Using excessive strong detergent or bleach, affecting the fabric's original shine and fibers.
2. Rubbing or brushing the cloth more than necessary can weaken it.
3. Improper use of hot water in the stain removal process can shrink or yellow the cloth.
4. Drying the cloth immediately in strong sunlight can cause yellow spots.
5. Not following the correct quantity or time limit for the stain removal chemical.

OR

Reena spoilt her silk saree while washing it. What could be five possible reasons for this?

Answer – Five possible reasons Reena spoiled her silk saree :

1. Washing the silk saree with strong detergent like normal clothes instead of light/mild detergent.



2. Soaking the silk saree can spoil it, as silk clothes do not need soaking.
3. Washing silk clothes in hot water, as hot water fades the color and weakens fibers.
4. Rubbing too hard or applying excessive pressure while washing loosens threads and the cloth loses its smoothness.
5. Drying the saree directly in strong sunlight after washing fades the shine and color.

SECTION-A

SET C

1. Your sister-in-law does not get along with her in-laws. The possible reason could be she :

Choose the correct option.

- (A) Shares responsibilities
- (B) Talks to all respectfully
- (C) Expresses her negative facial expressions
- (D) Informs everyone before making a plan

Answer - (C) Expresses her negative facial expressions

2. Adolescents who come under influence of positive peer pressure, are more likely to indulge in :

Choose the correct option.

- (A) Thefts
- (B) Sports
- (C) Smoking
- (D) Drinking

Answer - (B) Sports

3. There is only one electronics shop in your area. The shopkeeper has only one local brand of heater. In such a case, which right of the consumer is violated?

Choose the correct option.

- (A) Right to Information
- (B) Right to Safety
- (C) Right to Choose
- (D) Right to Represent



Answer - (C) Right to Choose

4. While caring for a tuberculosis patient one should :

Choose the correct option.

(A) Give carbohydrate rich diet

(B) Control fever

(C) Give calcium rich diet

(D) Wash all wounds

Answer - (C) Give calcium rich diet

5. Which standard mark will you check to ensure buying good quality wheat flour?

Choose the correct option.

(A) Agmark

(B) FPO

(C) Hall mark

(D) ISI mark

Answer - (A) Agmark

**6. Nutrients may get lost in a pressure cooker. What could be possible reason for this?
If**

Choose the correct option.

(A) Food cooked in it is chopped very fine

(B) Food is cooked for longer duration

(C) Water used is discarded

(D) Very little water is used for cooking

Answer - (B) Food is cooked for longer duration

7. Why is it important to freeze food ? To

Choose the correct option.

(A) Stop action of enzymes

(B) Kill microorganisms

(C) Delay action of microorganisms



(D) Hasten the action of microorganisms

Answer - (C) Delay action of microorganisms

8. Your mother does a number of activities within a fixed time period. This is called :

Choose the correct option.

(A) Dovetailing

(B) Peak load

(C) Fatigue

(D) Leisure period

Answer - (A) Dovetailing

9. When infected with cholera, after how many days will its symptoms show?

Choose the correct option.

(A) 14-21 days

(B) 1-3 days

(C) 1-5 days

(D) 4-6 days

Answer - (C) 1-5 days

10. Which of the following is classified as a perishable food ?

Choose the correct option.

(A) Green leafy vegetables

(B) Eggs

(C) Potatoes

(D) Onions

Answer - (A) Green leafy vegetables

11. Which cooking method is most suitable for making Parathas ?

Choose the correct option.

(A) Steaming

(B) Shallow frying

(C) Grilling

(D) Deep frying



Answer - (B) Shallow frying

12. Children in your family have been following traditional values and customs. Which function of home does this depict ?

Choose the correct option.

(A) Economic

(B) Educative

(C) Social

(D) Protective

Answer - (C) Social

13. What is the mode of spread of tetanus ?

Choose the correct option.

(A) Air

(B) Rusted item

(C) Food and water

(D) Mosquito bite

Answer - (B) Rusted item

14. A diet rich in iron during pregnancy helps to prevent which disease?

Choose the correct option.

(A) Anaemia

(B) Constipation

(C) Goitre

(D) Night blindness

Answer - (A) Anaemia

15. The right age for a woman to give birth to her first child is :

Choose the correct option.

(A) 17 to 19

(B) 20 to 35

(C) 17 to 30

(D) 18 to 20



Answer - (B) 20 to 35

16. Lifestyle disease can be prevented by eating this :

Choose the correct option.

(A) Processed foods

(B) Whole grains

(C) Refined food

(D) Packaged foods

Answer - (B) Whole grains

17. Naresh does not clean his house as he thinks it is not his job. Which value does he lack?

Choose the correct option.

(A) Respect

(B) Tolerance

(C) Honesty

(D) Dignity of work

Answer - (D) Dignity of work

18. Fabrics become wrinkle free when given this finish.

Choose the correct option.

(A) Bleaching

(B) Calendaring

(C) Scouring

(D) Starching

Answer - (B) Calendaring

19. Sudha coughing with severe bouts of cough accompanied by whoop like sound. Identify the disease she may be suffering from.

Choose the correct option.

(A) Influenza

(B) Tuberculosis



(C) Whooping cough

(D) Tetanus

Answer - (C) Whooping cough

20. Fill in the blanks :

(i) Children brought up with democratic disciplining style are more _____ .

(ii) During _____ stage of life cycle, a couple can participate in community services and start pursuing their hobbies.

(iii) Infants up to two years are actively engaged in _____ games.

(iv) When a family lives with their children under one roof it is known as _____ family.

Answer –

(i) Children brought up with democratic disciplining style are more **self-confident**.

(ii) During **contracting** stage of life cycle, a couple can participate in community services and start pursuing their hobbies.

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(iv) When a family lives with their children under one roof it is known as **nuclear** family.

21. State whether the following statements are True or False :

(i) Going to school is a flexible activity.

(ii) Hemming is a moderate activity.

(iii) Mixy is a labour saving equipment.

(iv) Time plan should be followed strictly

Answer –



- (i) Going to school is a flexible activity. **(False)**
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22. Match the Column-I and Column-II :**Column-I**

- (i) Grill bars
- (ii) Oven
- (iii) Kadahi
- (iv) Tava

Column-II

- (A) Pastry
- (B) Chapatti
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- (D) Pakoras

Answer -**Column-I**

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- (iv) Cooking makes food safe.

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(ii) On an average a pregnant women should gain 12 kg weight.

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30. State whether the following statements are True or False :

(i) Removing cobwebs is a daily activity.

(ii) Safe disposal of excreta helps to keep our environment healthy.

(iii) Cross ventilation is achieved by placing two windows on opposite walls.

(iv) Rocky surface is good for foundation of a house as it absorbs water.

Answer -

(i) Removing cobwebs is a daily activity. **(False)**

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(i) Boutique

(ii) Media production and management

(iii) Staff at hotels

(iv) Furniture designer

Answer -

Column-I

(A) Communication and extension →

(B) Housekeeping →

Column-II

(ii) Media production and management

(iii) Staff at hotels



(C) Interior decorator



(iv) Furniture designer

(D) Dress designing



(i) Boutique

SECTION-B

32. What two points each should be considered while making a bathroom and bedroom?

Answer - Points to be kept in mind while constructing a bathroom :

1. The floor should be non-slippery and easy to clean.
2. There should be proper arrangement of light and ventilation so that there is no suffocation.

Points to be kept in mind while constructing a bedroom :

1. The bedroom should have privacy and should be free from noise.
2. The bedroom should be rectangular so that the bed, furniture, and other items can be arranged properly, and rest is not disturbed.

OR

What is the ideal direction for a kitchen? What other three aspects are considered while making it?

Answer - The ideal direction for a kitchen is **East or North-East** so that direct sunlight is received in the morning. Three other aspects to consider:

1. Wire mesh doors for hygiene.
2. Proper ventilation and exhaust fan to remove smoke and odors.
3. Adequate lighting and light-colored walls to reflect light.

33. Give four suggestions to conserve nutrients while cooking rice.

Answer - Four suggestions to conserve nutrients while cooking rice :



1. Do not soak rice in water for a long time before cooking.
2. Do not rub rice hard repeatedly while washing; wash only slightly.
3. Cook covered on low flame; this preserves nutrients.
4. Use only as much water as absorbed during the cooking process so that extra water does not have to be thrown away.

34. Teenagers' ideal body shape is influenced by actors and models. What are the four negative effects of this on their health?

Answer - Influenced by actors and models, teenagers want unrealistic bodies, leading to four negative health effects:

1. Girls start controlling their diet, leading to eating disorders.
2. Excessive exercise causes physical weakness and reduces immunity.
3. Unrealistic expectations lead to mental stress and lack of confidence.
4. Boys consume drugs/steroids to build muscles and increase weight-lifting capacity, which has harmful health effects.

35. What is the importance of information given on the label of a product?

Answer - Information on a product label helps the consumer make the right decision. It provides details on product identity, manufacturing and expiry date, price, quantity, and ingredients. The label is proof of quality and safety and protects the consumer from fraud. Thus, label information establishes transparency and trust.

36. List the steps of making jam from washed and cut apple.

Answer - **Steps to make jam from washed and cut apples :**

1. Cook washed and cut apples in water until soft.
2. Strain the pulp and add sugar and citric acid.



3. Cook until it becomes thick.
4. Fill the hot jam into sterilized bottles to preserve.
5. Store it in a cool place.

37. Briefly explain batik method of resist dyeing.

Answer - Batik is a resist dyeing method where beeswax and paraffin wax are applied as a resist material to protect certain parts of the fabric from dyeing. Color does not penetrate these parts during dyeing, and the design stands out. After dyeing, removing the wax reveals beautiful and attractive patterns on the cloth.



OR

Briefly explain block printing method.

Answer - Just as a stamp is pressed on an ink pad to make an impression on paper, a design is carved onto a wooden block. This block is dipped into a thick color solution and pressed onto the fabric to print the design. This is called "**Block Printing**" or **stamp printing**.



38. What are four important steps followed in time planning?

Answer - **Four important steps in time planning :**

1. Preparing a list of all activities.
2. Grouping flexible and inflexible tasks.
3. Estimating the time required to perform each task.
4. Balancing the plan.



39. Mention any four expected values at a workplace.

Answer - Four expected values at a workplace :

1. Working with honesty and loyalty towards the organization.
2. Following punctuality, regularity, and discipline.
3. Courtesy and politeness with colleagues.
4. Completing tasks efficiently and being proactive in doing new tasks.

40. List any four myths regarding spread of HIV/AIDS.

Answer - Four common myths about the spread of HIV/AIDS :

1. AIDS spreads by shaking hands or hugging.
2. It spreads by using the same toilet or standing close to an infected person.
3. It spreads through sneezing, coughing, or through the air.
4. AIDS spreads by sharing cups, glasses, plates, food, or water with the patient.

OR

Write four causes of increase in lifestyle diseases.

Answer - Four causes for the increase in lifestyle diseases :

1. Excessive consumption of fast food and unbalanced diet increases lifestyle diseases.
2. Lack of exercise and physical labor leads to obesity and other diseases.
3. Stress and mental pressure increase heart and brain-related diseases.
4. Addictions like smoking and alcohol weaken the body's immunity and invite diseases.



41. How can you increase your family income from home?

Answer - To increase family income from home, one should utilize free time and available resources correctly. Women can start stitching, weaving, making papad-pickles, or tiffin services. Men can do tuition, repairs, or online work. Family members can also run small industries like handicrafts, dairy business, or gardening together. In this way, extra income makes the family economically strong.

42. Briefly explain any three important aspects for maintaining hygiene for healthy living.

Answer - Three important aspects for maintaining hygiene for healthy living :

- 1. Light :** Natural sunlight keeps the house bright, airy, and germ-free. Artificial light should also be balanced and eye-friendly.
- 2. Ventilation :** There should be a flow of clean air through doors, windows, and ventilation so that smoke, bad odor, and moisture can escape.
- 3. Cleanliness :** Regular cleaning of the house and surroundings, waste disposal, and proper arrangement of sanitation prevent diseases.

OR

What three features each are needed while selecting a bedroom and bathroom?

Answer - Features needed while selecting Bedroom and Bathroom :

Bedroom :

1. Privacy and freedom from noise.
2. An attached bathroom or toilet.
3. Rectangular shape for proper furniture arrangement.

Bathroom :

1. Non-slippery and easy-to-clean floor.
2. Proper light and ventilation to prevent suffocation.
3. Proper drainage system.

43. Your sister complains of backache. Give her any six suggestions to save her energy while doing household chores.

Answer - Six suggestions to save energy during household chores :

1. Make a time schedule; do not do too much work at once.
2. Completing tasks with proficiency saves a lot of energy.
3. Work at the correct height and keep objects near the place of use.
4. Use labor-saving electrical appliances, e.g., mixer grinder.
5. Work in the correct posture. Using a long-handled broom allows sweeping without bending and covers more distance.
6. Do tasks in the proper sequence. For example, sweep the floor first, then dust, so dust does not settle on furniture again.

44. How are foods combined, fermented and germinated ? State their advantages.

Answer –

Combination : Mixing different food items to prepare a balanced diet, e.g., Khichdi.

Fermentation : Microorganisms swell the food, making it tasty and digestible, e.g., Idli, Dhokla.

Germination : Pulses and grains are soaked in water to sprout, increasing Vitamin C and B-complex.

Advantages :



1. It makes food digestible.
2. Increases nutrient content.

45. Suggest any six ways air can be prevented from getting polluted.

Answer - Six ways to prevent air pollution :

1. Use biogas as it is a smokeless fuel.
2. Factories should be located away from residential areas.
3. Use lead-free petrol and increase the use of CNG.
4. Do not burn garbage; dispose of it cleanly (sanitary landfill if possible).
5. Roads should be paved so dust does not fly into the atmosphere.
6. Plant trees and care for them so they can keep the air fresh and pure.

OR

Suggest any six ways to prevent noise pollution.

Answer - Six ways to prevent noise pollution :

1. Play radio and television at low volume.
2. Do not use loudspeakers.
3. Blow vehicle horns only when absolutely necessary.
4. Build factories away from residential areas.
5. Construct airports outside the city.
6. Make people aware of the harmful effects of noise pollution and promote habits to maintain peace.



46. Give ten suggestions to adolescents to deal with negative peer pressure.

Answer - Suggestions to deal with negative peer pressure :

1. Be self-confident and make firm decisions by understanding the difference between right and wrong.
2. Avoid getting involved in wrong activities and learn to say 'No'.
3. Keep company with friends who promote good habits.
4. Spend time in sports, music, reading, etc., to stay away from wrong influences.
5. Share problems and pressures openly with parents or elders.
6. Believe in yourself; stick to your identity and value system instead of copying others.
7. Manage time correctly; balance studies and entertainment.
8. Develop mental strength through yoga, meditation, and exercise to avoid stress.
9. Set life goals and focus on achieving them, not on negative pressure.
10. Choose the right path by taking guidance from teachers, counselors, or family.

OR

Make the girls aware of any five myths and facts regarding menstruation.

Answer - Five myths and facts related to menstruation :

Myth	Fact
1) Girls should not do any work during menstruation.	If girls feel fine, they can do normal work and light exercise, which helps relieve cramps and pain.
2) Menstruation is an abnormal condition.	It is a natural process. During this, many girls may feel low energy, backache, stomach ache, or loss of appetite.
3) Medicine should be taken to delay or hasten menstruation.	Do not take medicine to delay or hasten periods; it can be harmful. Take doctor's advice only if necessary.



4) Bathing during menstruation causes cramps.	Daily bathing and hygiene are necessary. Bathing with lukewarm water reduces pain and cramps. Change sanitary napkins every 6 hours. If using cloth, wash with soap and dry in the sun.
5) Women should not enter the kitchen during menstruation.	There is no scientific basis for stopping women from kitchen work, touching pickles, or participating in religious/social events during menstruation.

47. Reshma ruined her woollen sweater while removing stains from it. What could be five possible reasons each for this?

Answer - Five possible reasons for spoiling a woolen sweater while removing stains :

1. Washing the sweater in very hot water, causing the wool fibers to shrink and lose elasticity.
2. Using strong detergent or alkaline substance, which destroys the softness and shine of the wool.
3. Rubbing or brushing too hard while removing stains can break fibers, causing tangling or pilling.
4. Drying the sweater in the sun for too long can fade its color and harden the texture.
5. Machine washing or high-speed washing can ruin the soft structure of wool.

OR

Ritika spoilt her silk clothes while washing them. What could be five possible reasons for this?

Answer - Five possible reasons Ritika spoiled her silk clothes :

1. Washing silk clothes with strong detergent like normal clothes instead of light/mild detergent.
2. Soaking silk clothes can spoil them, as silk clothes do not need soaking.



3. Washing silk clothes in hot water, as hot water fades the color and weakens fibers.
4. Rubbing too hard or applying excessive pressure while washing loosens threads and the cloth loses its smoothness.
5. Drying the clothes directly in strong sunlight after washing fades the shine and color.



Thank you!



We hope you found this material helpful. We wish you the very best for your examination.



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