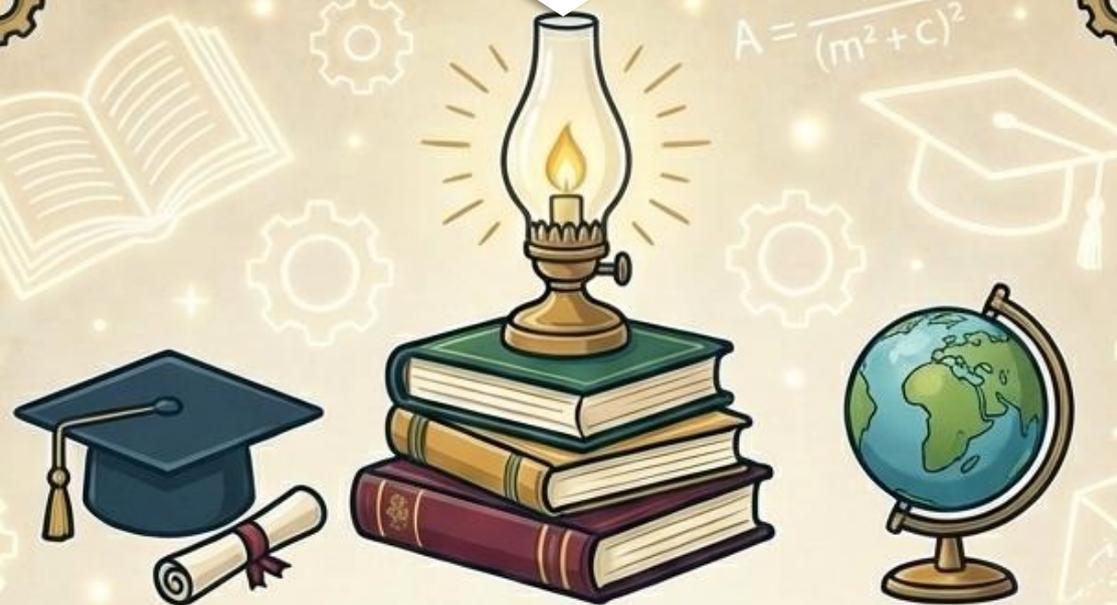




$$A = \frac{m}{(m^2 + c)^2}$$



# NIOS PYQ's SOLUTIONS

$$fa = bc^2$$

$$\sqrt{h-x^2}$$

PREVIOUS YEARS' QUESTIONS & ANSWERS



APRIL-2024

Your Path to Success

## Section-A

**1. Vitamin C of vegetables gets lost when they are:**

- (i) Cut in big pieces
- (ii) Washed after cutting
- (iii) Cut for long before cooking
- (iv) Washed before peeling

**Choose the correct option.**

- (A) (ii) and (iii)
- (B) (ii) and (iv)
- (C) (iii) and (iv)
- (D) (i) and (iv)

**Answer-** (A) (ii) and (iii)

**OR**

**Why should soda not be added for cooking pulses?**

- (i) Vitamin C gets lost
- (ii) Protein gets thick
- (iii) Vitamin B is lost
- (iv) Cooking process slows down

**Choose the correct option.**

- (A) (ii) and (iii)
- (B) (ii) and (iv)
- (C) (iii) and (iv)
- (D) (i) and (iii)



**Answer -** (D) (i) and (iii)

**2. Which one of the following is a lifestyle disease?**

- (A) Diabetes
- (B) Cholera
- (C) Typhoid
- (D) Tetanus

**Answer -** (A) Diabetes

**OR**

**To prevent lifestyle diseases one should not:**

- (A) Do exercise
- (B) Do yoga
- (C) Use staircase
- (D) Eat processed foods

**Answer -** (D) Eat processed foods

**3. For how many months does a foetus remain in the mother's womb?**

- (A) Seven
- (B) Nine
- (C) Ten
- (D) Eight

**Answer-** (B) Nine

**4. It is considered rude, if we talk in the following language :**

- (A) Language not understood by anyone in the group
- (B) Language understood by all



(C) Language funny and humorous

(D) Everyone talks in this language

**Answer-** (A) Language not understood by anyone in the group

**5. Agmark is not given to following food :**

(A) Spices

(B) Eggs

(C) Oil

(D) Biscuits

**Answer-** (D) Biscuits

OR

**Which standard mark will you check while buying gold ornaments?**

(A) ISI MARK

(B) AGMARK

(C) HALL MARK

(D) ECO MARK

**Answer-** (C) HALL MARK

**6. The bananas become black after few days this is because of action of:**

(A) Enzymes

(B) Bacteria

(C) Yeast

(D) Fungus

**Answer-** (A) Enzymes

OR



Which of the following food gets spoilt in a day or two?

- (A) Onions
- (B) Potatoes
- (C) Sugar
- (D) Milk

**Answer-** (D) Milk

7. In which method food is cooked in an enclosed box under constant temperature?

- (A) Roasting
- (B) Grilling
- (C) Baking
- (D) Solar cooking

**Answer-** (C) Baking

OR

Which cooking method is used to prepare pooris?

- (A) Deep frying
- (B) Shallow frying
- (C) Sautéing
- (D) Poaching

**Answer-** (A) Deep frying

8. Severe headache and dry white coated tongue could be symptoms of which disease?

- (A) Influenza
- (B) Malaria
- (C) Typhoid



(D) Tetanus

**Answer-** (C) Typhoid

**9. The doctor diagnosed that the patient was suffering from cholera on the basis of which of these symptoms?**

(i) Cramps in legs

(ii) Rapid pulse

(iii) Watery diarrhoea

(iv) Chest pain

**Choose the best option:**

(A) (i) and (iv)

(B) (ii) and (iii)

(C) (iii) and (iv)

(D) (i) and (iii)

**Answer-** (D) (i) and (iii)

**10. Which of the following statement is correct? AIDS spreads through by:**

(A) By sneezing

(B) Infected needles

(C) By sharing toilet

(D) By shaking hands

**Answer-**(B) Infected needles

**11. Your dress has a brown coloured stain on it. You have rightly identified it as that of:**

(A) Curry

(B) Egg

(C) Tea



(D) Milk

**Answer-** (C) Tea

**12. Which should be the ideal direction of a house?**

(A) North west

(B) South west

(C) East south

(D) North east

**Answer-** (D) North east

**13. Which one of the following statement is incorrect?**

**Budgeting helps to:**

(A) Balance income and expenses.

(B) Manage finances of family.

(C) Prioritise family needs.

(D) Meet all needs of family.

**Answer-** (D) Meet all needs of family.

**14. What is the right age to be a mother?**

(A) Between 16 to 18 years

(B) Between 20 to 35 years

(C) Between 17 to 21 years

(D) Between 18 to 20 years

**Answer-** (B) Between 20 to 35 years

**15. Rohit wants to cook on an iron grid over the fire or between electrically heated bars. Which method is this?**

(A) Sautéing



(B) Roasting

(C) Baking

(D) Grilling

**Answer-** (D) Grilling

**16. Your friends are making posters to make people aware of noise pollution in their neighbourhood. Choose the most suitable resolution for this:**

(A) Get the leaking taps repaired

(B) Play radio at low volume

(C) Dispose garbage safely

(D) Keep vehicle pollution free

**Answer-** (B) Play radio at low volume

**17. What do you understand by 'Personal Fable' in context to adolescents?**

(A) Having sense of right and wrong

(B) Examining various alternatives

(C) Thinking everyone is watching them

(D) Thinking they are unique

**Answer-** (D) Thinking they are unique

**18. The rickshaw puller deliberately took Ganiv through a long route so that he can charge her more. Which value is he lacking?**

(A) Punctuality

(B) Honesty

(C) Regularity

(D) Courtesy

**Answer-** (B) Honesty



**19. Very often you realise the cloth vendor have measured less cloth. Next time you will catch him if he tries to:**

- (i) Stretches cloth while measuring**
- (ii) Uses table to measure the cloth**
- (iii) Uses measuring rod**
- (iv) Sells cheap fabric at actual price**

**Choose the correct option :**

- (A) (i) and (iv)**
- (B) (iii) and (ii)**
- (C) (i) and (ii)**
- (D) (ii) and (iv)**

**Answer-** (A) (i) and (iv)

**OR**

**Milk you bring from dairy appears very thin. To check if the milkman is not adding water in it you will:**

- (i) Pour milk on a plate and tilt it to see if it leaves a trace of milk**
- (ii) Add HCl in milk sample to see if it becomes blue**
- (iii) Put on a blotting paper to check the cream**
- (iv) Keep in tumbler for 10 minutes and check if a ring is formed on the top**

**Choose the correct option:**

- (A) (i) and (iv)**
- (B) (iii) and (ii)**
- (C) (i) and (ii)**
- (D) (ii) and (iv)**

**Answer-** (A) (i) and (iv)



20. Which of the following statements are true or false? (any 4)

(i) White clothes should be soaked overnight.

**Answer-** True

(ii) Only white coloured clothes should be soaked.

**Answer-** False

(iii) Soak very dirty clothes separately.

**Answer-** True

(iv) Too many clothes should not be soaked together.

**Answer-** True

(v) Cotton clothes are starched to give them whiteness.

**Answer-** True

21. (i) Which of the following option best describes the relationship between the Assertion and Reason?

**Assertion :** Expanding stage of family influences their expenditure.

**Reason:** Expenses of a family is more if they have school going children.

**Choose the correct option:**

(A) Both Assertion and Reason are true

(B) Both Assertion and Reason are false

(C) Assertion is correct and Reason is false

(D) Assertion is false and Reason is correct

**Answer-** (A) Both Assertion and Reason are true

(ii) Two types of fatigues are \_\_\_\_ and \_\_\_\_.

**Answer-** Physical , Mental

OR



(i) Which of the following option best describes the relationship between the Assertion and Reason statements given below?

**Assertion :** Families should find exact amount of income that will be available to them for expenditure.

**Reason :** Gross income of a family differs from its take home pay.

**Choose the correct option:**

- (A) Both Assertion and Reason are true
- (B) Both Assertion and Reason are false
- (C) Assertion is correct and Reason is false
- (D) Assertion is false and Reason is correct

**Answer-** (A) Both Assertion and Reason are true

(ii) Name the two types of fatigue experienced by students.

**Answer-** Physical fatigues, Mental fatigues

22. (i) Which of the following option best describes the relationship between the Assertion and Reason statements given below?

**Assertion:** A pregnant woman should not sit in room where someone is smoking.

**Reason:** Smoke from cigarette pass into blood stream of the foetus through placenta and can damage the foetus.

**Choose the correct option:**

- (A) Both Assertion and Reason are true
- (B) Both Assertion and Reason are false
- (C) Assertion is correct and Reason is false
- (D) Assertion is false and Reason is correct

**Answer-** (A) Both Assertion and Reason are true



(ii) During pregnancy the zygote attached itself to the lining of the \_\_\_\_.

**Answer-** Uterus

23. (i) After graduating in the field of Fabric and Apparel science, Gunita wants to find a job. Make her aware of any two institutions where she should put in her application.

**Answer-** Textile mills and Export houses

OR

(ii) Which two self employment opportunities are available to youth in the field of interior decoration?

**Answer-** Self-employment opportunities for youth in the field of interior decoration -

1. Open your own boutique or design furniture.
2. Work as a freelance interior decorator.

24. (i) Which of the following statements are true or false?

(a) Boiled food can be made for palatable by adding lemon or spices.

**Answer-** True

(b) Stewing is done below the boiling point.

**Answer-** True

(c) Lid should be tightly closed while steaming food.

**Answer-** True

(d) Solar cooker does not produce any smoke.

**Answer-** True

OR

(ii) (a) Which are two fastest cooking method?

**Answer-** 1. Pressure cooking, 2. Microwave cooking

(b) Name two drawbacks of using a solar cooker.



**Answer-** 1. It does not work at night. 2. Cooking takes more time.

**25. (i) Match the following Column I with that of Column II.**

**Column I:**

- (I) Blanching,
- (II) Sun drying,
- (III) Freezing,
- (IV) Pasteurisation

**Column II:**

- (a) Raising the Temperature,
- (b) Lowering the Temperature,
- (c) Arrest action of Enzymes,
- (d) Dehydration

**Choose the correct option.**

- (A) (I)-(b), (II)-(d), (III)-(a), (IV)-(c)
- (B) (I)-(a), (II)-(b), (III)-(d), (IV)-(c)
- (C) (I)-(c), (II)-(d), (III)-(b), (IV)-(a)
- (D) (I)-(c), (II)-(d), (III)-(a), (IV)-(b)

**Answer-**(C) (I)-(c), (II)-(d), (III)-(b), (IV)-(a)

**(ii) Two advantages of roasting method.**

**Answer-** Two advantages of roasting method :

1. Food becomes tasty and crispy.
2. Food is digested quickly.

**OR**

**(i) Match the following Column I with that of Column II.**

**Column I (Food item):**

- (I) Dosa,
- (II) Dhokla,
- (III) Sprouted moong dal chaat,
- (IV) Wheat besan laddoo

**Column II (Method of enhancing)**

- (a) Combination
- (b) Combination and Fermentation,
- (c) Fermentation,
- (d) Germination

**Choose the correct option.**



(A) (I)-(b), (II)-(d), (III)-(a), (IV)-(c)

(B) (I)-(a), (II)-(b), (III)-(d), (IV)-(c)

(C) (I)-(c), (II)-(b), (III)-(d), (IV)-(a)

(D) (I)-(c), (II)-(d), (III)-(a), (IV)-(b)

**Answer-** (C) (I)-(c), (II)-(b), (III)-(d), (IV)-(a)

(ii) **Two drawbacks of deep frying method.**

**Answer-** 1. Fat and calories in food increase.

2. Some nutrients may get destroyed at high temperatures.

**26. (i) Match the following Column I and Column II.**

**Column I (Communicable disease):**

(I) Tuberculosis,

(II) Pertussis,

(III) Influenza,

(IV) Hepatitis

**Column II (Incubation period):**

a) 1-3 days,

(b) 4-6 days,

(c) 20-35 days,

(d) 7-12 days

**Choose the correct option.**

(A) (I)-(b), (II)-(d), (III)-(a), (IV)-(c)

(B) (I)-(a), (II)-(b), (III)-(d), (IV)-(c)

(C) (I)-(d), (II)-(c), (III)-(a), (IV)-(b)

(D) (I)-(c), (II)-(d), (III)-(a), (IV)-(b)

**Answer-** (A) (I)-(b), (II)-(d), (III)-(a), (IV)-(c)

(ii) **Fill in the blanks:**

To make ORS at home, mix \_\_\_\_\_ and \_\_\_\_\_ to 1 litre clean drinking water.

**Answer-** 6 teaspoons of sugar, 1/2 (half) teaspoon of salt.



**27. (i) Which of the following option best describes the relationship between the Assertion and Reason statements?**

**Assertion:** Sulabh sauchalaya are environment friendly.

**Reason:** Sulabh sauchalaya need only 1.5 to 2 litres water for flushing.

**Choose the correct option.**

- (A) Both Assertion and Reason are true
- (B) Both Assertion and Reason are false
- (C) Assertion is correct and Reason is false
- (D) Assertion is false and Reason is correct

**Answer-** (A) Both Assertion and Reason are true

**(ii) State whether the following statements are true or false?**

(a) Soakage pits should be 1 meter deep and 2 meters wide.

**Answer-** False

(b) Rocky surface is good for foundation but does not absorb water.

**Answer-** True

**28. Which of the two statements indicate children showing disrespect to their elders?**

- (i) Greet everyone
- (ii) Leave home without telling anyone in the house
- (iii) Introduce their friends to other family members
- (iv) Talk in loud voice

**Choose the correct option:**

- (A) (i) and (ii)
- (B) (iii) and (iv)
- (C) (i) and (iii)



(D) (ii) and (iv)

**Answer-** (D) (ii) and (iv)

**29. (i) Match the following Column-I and Column-II:**

**Column-I:**

- (I) Mercerization,
- (II) Parchmentization,
- (III) Calendering,
- (IV) Bleaching

**Column-II:**

- (a) Hot rollers
- (b) Sodium hypochlorite
- (c) Sodium hydroxide
- (d) Mild acid

**Choose the correct option.**

- (A) (I)-(c), (II)-(d), (III)-(a), (IV)-(b)
- (B) (I)-(a), (II)-(b), (III)-(c), (IV)-(d)
- (C) (I)-(b), (II)-(a), (III)-(d), (IV)-(c)
- (D) (I)-(d), (II)-(c), (III)-(b), (IV)-(a)

**Answer-** (A) (I)-(c), (II)-(d), (III)-(a), (IV)-(b)

**(ii) Rearrange the correct sequence of starching clothes.**

- (a) Wring excess water and dry in sun
- (b) Wet the shirt
- (c) Dissolve starch in water
- (d) Dip shirt in starch water and stir

**Choose the correct option.**

- (A) (b), (d), (a), (c)
- (B) (c), (b), (d), (a)
- (C) (c), (d), (b), (a)
- (D) (d), (b), (a), (c)

**Answer-** (B) (c), (b), (d), (a)



**30. (i) Which of the following option best describes the relationship between the Assertion and Reason statements given below?**

**Assertion :** We should clean only one shelf of a cupboard at one time.

**Reason :** Breaking task into small activities can help save energy.

**Choose the correct option:**

- (A) Both Assertion and Reason are true
- (B) Both Assertion and Reason are false
- (C) Assertion is correct and Reason is false
- (D) Assertion is false and Reason is correct

**Answer-** (A) Both Assertion and Reason are true

**(ii) Other than salary, identify any two sources of family income.**

**Answer-** 1. Rent, 2. Interest or bonus

**31. Which of the following statements are true or false? (Any 4)**

**(i) Empowering adolescents with critical thinking skills can reduce the negative impact of media.**

**Answer-** True

**(ii) Actors and models influence youth of their idea of a perfect body shape.**

**Answer-** True

**(iii) Obsessive weight training is good for health.**

**Answer-** False

**(iv) Adolescents should maintain dignity in their relationships.**

**Answer-** True

**(v) Adolescents want to use the same language and clothes as their peers.**

**Answer-** True



## Section-B

**32. Give two advantages of including germinated foods in the meals.**

**Answer-** Two benefits of including sprouted foods in a meal –

1. Sprouting increases the content of vitamin C and B-complex in pulses/grains.
2. It makes the food easily digestible, allowing the body to absorb it efficiently.

OR

**Give two reasons for including combination foods in our meals.**

**Answer-** Two reasons for including mixed food items in a meal-

1. Mixing grains and pulses improves the quality of protein.
2. It enhances the taste and variety of the meal.

**33. Suggest any four ways to conserve nutrients while cooking Carrots and Potatoes.**

**Answer-** Preservation of nutrients while cooking vegetables :

1. Vegetables should be washed before cutting, not after.
2. Peel thinly or cook without peeling.
3. Cut vegetables into large pieces.
4. Keep the vessel covered with a lid while cooking.

OR

**Which four precautions should be taken to save nutrients while cooking green leafy vegetables?**

**Answer-** Preservation of nutrients in green leafy vegetables :

1. Vegetables should be washed thoroughly before cutting.
2. Do not add baking soda while cooking as it destroys vitamins.
3. Do not cook vegetables for too long.
4. Cook in minimal water and use that water.



**34. Identify any four ways people are responsible for causing noise pollution.**

**Answer- Human activities responsible for noise pollution:**

1. Using loudspeakers at high volume during weddings or parties.
2. Unnecessary honking of vehicles on roads.
3. Bursting crackers during festivals.
4. Playing TV or music systems at high volume at home.

**OR**

**What are four possible reasons for increase in polluted air in our cities?**

**Answer- Major causes of air pollution :**

1. Harmful smoke emitted from vehicles.
2. Smoke released from factory and industrial chimneys.
3. Dust flying from construction activities.
4. Burning garbage and plastic in the open.

**35. Write any four precautions you will adopt while washing woollens at home.**

**Answer- Precautions to be taken while washing woolen clothes :**

1. Always use lukewarm or cold water, not hot water.
2. Use a mild liquid detergent made for woolen clothes.
3. Do not scrub or wring the clothes forcefully.
4. Dry the clothes flat in the shade, not by hanging.

**36. List any four household activities that are done every day.**

**Answer- Daily household activities :**

1. Cooking meals for the entire family.
2. Sweeping, mopping, and cleaning the house.
3. Washing utensils and cleaning the kitchen.



4. Making beds and organizing rooms.

OR

**List the four functions of a home.**

**Answer- Major functions of a home :**

1. **Protective function** : A home protects us from heat, rain, and external dangers.
2. **Economic function** : The home is a center of saving and production.
3. **Emotional function** : A home provides love and a sense of belonging to family members.
4. **Religious and social function** : Religious values and social activities take place in the home.

**37. Explain the terms 'Peak load' and 'Dovetailing' with the help of one example each.**

**Answer- Time management in household work :**

1. **Peak load** : The time of the day when many tasks have to be done simultaneously and work pressure is the highest is called peak load. **For example**, morning time, when preparing breakfast, getting children ready for school, and making arrangements to send elders to the office all have to be done together.
2. **Dovetailing** : Doing two or more tasks together or in coordination to save time and energy is called dovetailing. **For example**, cutting vegetables in the kitchen while clothes are being washed in the washing machine.

**38. As an ICDS worker, encourage the pregnant women by telling four reasons to regularly go for medical check up.**

**Answer - Role of an ICDS worker in the care of pregnant women:**

1. To monitor the health of the mother and the unborn child.
2. To ensure tetanus immunization, which protects both the mother and the baby.
3. To ensure intake of iron and folic acid tablets to prevent anemia.
4. To identify any complications during delivery in advance.

OR



**As an Asha worker make the women aware of four signs that would confirm their pregnancy.**

**Answer- Symptoms of pregnancy :**

1. Stoppage of menstruation.
2. Feeling nausea, dizziness, or vomiting in the morning.
3. Change in breast size and feeling of heaviness.
4. Frequent urge to urinate.

**39. What could be four consequences of not practising values in society?**

**Answer- In the absence of values, the structure of society deteriorates :**

1. Crime, violence, and a sense of insecurity will increase in society.
2. Mutual trust and cooperation among people will disappear.
3. Corruption and indiscipline will increase.
4. Family and social relationships will become weak.

**40. Mr. Gupta wants to file a case against a manufacturer. What two documents would he need to submit with his complaint?**

**Answer- Documents to be submitted along with a complaint :**

1. Photocopy of the receipt of the purchased item.
2. Warranty card or guarantee card, if available, or proof of the defective item.

**41. Sonali is not able to meet her monthly expenses in her present income. Suggest her any four ways she can cut down her expenses.**

**Answer- Management of expenses according to income :**

1. Prepare a monthly budget and stop unnecessary expenses (such as eating out).
2. Buy groceries and essential items from sales or wholesale markets.
3. Save electricity and water to reduce utility bills.



4. Do not hire domestic help for tasks such as washing clothes and ironing that can be done by family members.

**42. A part from soap and water, what materials are used for washing tiles, plastic buckets and metal taps in the bathroom?**

**Answer- Cleaning materials other than soap and water :**

1. **Vinegar** : To restore shine to metal taps and remove hard water stains.
2. **Baking soda** : To clean dirt from tiles.
3. **Toilet cleaner** : For stubborn stains.
4. **Nylon scrubber** : For scrubbing buckets and tiles.

**43. How will you prepare orange squash from one litre orange juice?**

**Answer- Method of preparing orange squash :**

1. **Extracting juice** : Extract 1 liter of orange juice and strain it.
2. **Preparing sugar syrup** : Boil about 1.5 kg sugar with 1 liter of water to make sugar syrup and allow it to cool.
3. **Mixing**: Add the juice to the cooled syrup. Mix potassium metabisulphite (KMS) as a preservative and a little citric acid.
4. **Storage** : Fill the prepared squash in clean, dry bottles and seal them.

OR

**Guide your sister regarding the steps to be followed to freeze one kg peas at home.**

**Answer- Method of freezing peas at home :**

1. **Preparation**: Remove the peas from the pods.
2. **Blanching** : Put the peas in boiling water for 2 minutes.
3. **Cooling** : Remove immediately and place them in ice-cold water to stop the cooking process.
4. **Packing** : Drain and dry the peas, pack them in zip-lock bags after removing air, and store them in the freezer.



**44. Which are the three unnecessary household activities that make the home makers tired? Suggest them one alternative each to improve these.**

**Answer- Ways to reduce fatigue in household work:**

1. **Working in an incorrect posture** : Example: Sweeping or mopping while bending.
  - **Correction** : Use a broom or mop with a long handle to reduce strain on the back and waist.
2. **Disorder in the kitchen** : Example: Making repeated trips to search for or bring items.
  - **Correction:** Keep cooking materials like spices and oil organized near the gas stove.
3. **Doing all work alone** : Example: Performing all tasks without any help.
  - **Correction** : Share work with other family members to reduce fatigue and save time.

**45. Make the villagers aware of ill effects of air pollution on their health. Suggest them four ways to control this pollution.**

**Answer- Creating awareness among villagers about air pollution :**

**Harmful effects** : Air pollution causes diseases such as asthma, tuberculosis, lung cancer, eye irritation, and cough.

**Control measures:**

1. Use smokeless stoves or biogas instead of traditional stoves.
2. Do not burn crop residue or waste in fields; instead, convert it into compost.
3. Plant as many trees as possible in and around homes and villages.
4. Reduce the use of old and smoke-emitting vehicles.

**OR**

**Make your friends aware of ill effects of water pollution on their health. Suggest them four ways to control this pollution.**

**Answer- Harmful effects and control measures of water pollution:**

**Harmful effects** : Drinking polluted water causes serious diseases such as cholera, typhoid, jaundice, and dysentery.



**Control measures :**

1. Do not throw garbage or waste into rivers, ponds, or water sources.
2. Do not wash clothes or bathe animals near water sources.
3. Do not allow dirty water from household drains to flow directly into rivers.
4. Always keep drinking water covered and consume it after boiling or filtering.

**46. Suggest any five ways to develop self esteem in adolescents.****Answer- Building positive self-esteem in adolescents :**

1. **Self-Identity** : Recognize your strengths and talents and take pride in them.
2. **Avoid comparison** : Do not compare yourself with others or film stars.
3. **Accept weaknesses** : Accept your shortcomings and make efforts to improve them.
4. **Goal setting** : Set small goals in life and build confidence by achieving them.
5. **Positive relationships** : Maintain good relationships with family and friends, and seek or offer help when needed.

OR

**List any five physical changes that occur during adolescence.****Answer- List of five physical changes during adolescence :**

1. Rapid increase in height and weight.
2. **In Boys** : voice deepening, growth of beard and mustache, and broadening of shoulders.
3. **In Girls** : development of breasts and widening of hips.
4. **Development of Reproductive organs** : increase in size and maturation of genitals.
5. **Hormonal Changes** : onset of menstruation in girls and nocturnal emission in boys.

**47. Garvita spoilt her new woollen sweater when she washed it for the first time. Which five possible mistakes she may have committed?****Answer- Mistakes while washing a woollen sweater:**

1. **Water temperature** : She might have used very hot water to wash the sweater.
2. **Choice of detergent** : She might have used ordinary or harsh detergent (soap) not suitable for wool.
3. **Scrubbing method** : She might have scrubbed or brushed the sweater forcefully to remove dirt.
4. **Wringing** : She might have wrung the sweater tightly with both hands to remove water, causing it to lose shape.
5. **Drying method** : She might have hung the sweater to dry, making it stretch, whereas it should have been dried flat.

OR

**It is very common for clothes to get damaged while removing stains. What five precautions should you adopt while removing stains from expensive garments?**

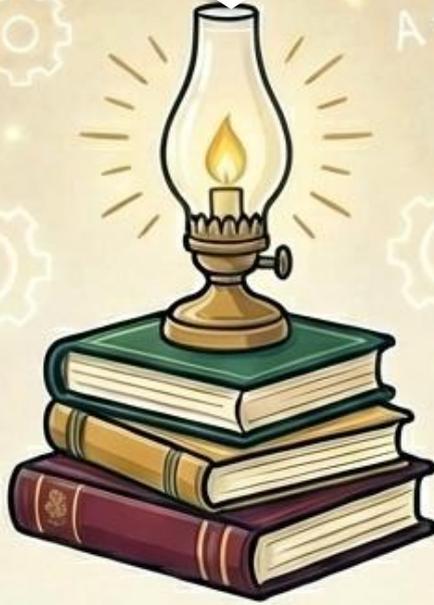
**Answer-** Five precautions to be taken while removing stains:

1. **Immediate action** : Try to remove the stain as soon as it occurs; do not let it dry.
2. **Testing** : Before using any chemical, test it on a hidden corner of the fabric (like the hem) to ensure the color does not fade.
3. **Start gently** : Begin with the mildest method (such as water or soap) before using stronger chemicals.
4. **Do not scrub** : Avoid rubbing the fabric forcefully, as it can damage the fibers.
5. **Thorough washing** : After removing the stain, wash the stained area or the entire garment well to remove all chemicals and prevent damage.





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



# NIOS PYQ's SOLUTIONS

$$\bar{a} = bc^2$$

$$\sqrt{h-x^2}$$

PREVIOUS YEARS' QUESTIONS & ANSWERS



OCTOBER-2024

Your Path to Success

## Section-A

1. Which one of the following methods is used to prepare idlis?

Choose the correct option:

(A) Steaming

(B) Stewing

(C) Baking

(D) Boiling

**Answer** - (A) Steaming

2. What is the major source of water pollution?

Choose the correct option:

(A) Dust

(B) Vehicles

(C) Washing clothes near river

(D) Garbage on road side

**Answer** - (C) Washing clothes near river

3. During pregnancy, the zygote attaches itself to the lining of the -

Choose the correct option:

(A) uterus

(B) cervix

(C) vagina

(D) stomach

**Answer** - (A) uterus

4. What do you understand by tolerance?

Choose the correct option:

(A) to share one's own feelings

(B) to have adaptive behaviour

(C) to accept other peoples' opinion

(D) ideas and beliefs we hold

**Answer** - (C) to accept other peoples' opinion



5. Which of the following standardized marks is given to silver and gold ornaments?

Choose the correct option:

(A) ISI MARKS

(B) ECO MARK

(C) AGMARK

(D) HALL MARK

**Answer --** (D) HALL MARK

6. When food is cooked by stewing method -

Choose the correct option:

(A) Nutrients are lost.

(B) Food cooks faster.

(C) Nutrients are conserved.

(D) Takes longer to cook.

**Answer -** (D) Takes longer to cook

7. Vitamin B gets destroyed when \_\_\_\_\_ is added to food.

Choose the correct option:

(A) Cooking soda

(B) Lemon

(C) Salt

(D) Sugar

**Answer -** (A) Cooking soda

8. Air pollution should be controlled as it can cause -

Choose the correct option:

(A) Asthma

(B) Dysentery

(C) Diarrhea

(D) Typhoid

**Answer -** (A) Asthma





i. dry the dishes

ii. rinse the dishes

iii. soap the dishes

iv. empty the dishes

Choose the correct option:

(A) iv, iii, ii, i

(B) i, ii, iv, iii

(C) ii, i, iv, iii

(D) iii, ii, i, iv

**Answer** - (A) iv, iii, ii, i

14. Which vaccine is not given at the age of 6 weeks, 10 weeks and 14 weeks? 1

Choose the correct option:

(A) polio

(B) measles

(C) diphtheria

(D) hepatitis

**Answer** - (B) measles

15. Microorganisms in food grow rapidly when it -

Choose the correct option:

(A) is kept in refrigerator

(B) is covered with skin

(C) has high sugar and salt content

(D) has high moisture content

**Answer** - (D) has high moisture content

16. Today, Ankita came in contact with a child who has flu (Influenza). If infected, after how many days would she show the symptoms of flu?

Choose the correct option:

(A) 10 to 14 days

(B) 1 to 3 days

(C) 4 to 6 days

(D) 14 to 21 days

**Answer** - (B) 1 to 3 days



**17. Your sister-in-law is pregnant. Why should she get her blood group tested?**

**Choose the correct option:**

- (A) to rule out HIV infection**
- (B) to see if she needs blood transfusion**
- (C) to see if she has developed diabetes**
- (D) to see if she has anaemia**

**Answer -** (B) to see if she needs blood transfusion

**18. Children are making fun of Rahul's dirty hands. What would you have done if you were Rahul?**

**Choose the correct option:**

- (A) tell their parents**
- (B) go away and cry**
- (C) laugh with the friends**
- (D) hit the children**

**Answer -** (A) tell their parents

**19. As an alert consumer, you will know that the milk is adulterated with water if it -**

**Choose the correct option:**

- (A) does not leave a trail if tilted on plate**
- (B) leaves colour in water**
- (C) turns milky in water**
- (D) becomes frothy when poured**

**Answer -** (A) does not leave a trail if tilted on plate

**20. Fill in the blanks:**

**(i) \_\_\_\_\_ is used as a whitening agent for cotton clothes.**



**Answer - Indigo** is used as a whitening agent for cotton fabrics.

**(ii) Lipstick stains are sponged with \_\_\_\_\_ .**

**Answer -** Lipstick stains are sponged with **methyated spirit or kerosene.**

**(iii) \_\_\_\_\_ is the finishing agent used to stiffen silk clothes.**

**Answer - gum arabic** is the finishing agent used to stiffen silk clothes.

**(iv) Coloured clothes should be dried in \_\_\_\_\_ .**

**Answer -** Colored clothes should be dried in **the shade.**

### 21. Fill in the blanks:

**(i) Working constantly for long hours can lead to \_\_\_\_\_.**

**Answer -** Working constantly for long hours can lead to **fatigue and stress.**

**(ii) Doing two activities at the same time is known as \_\_\_\_\_.**

**Answer -** Doing two activities at the same time is called **multitasking.**

**(iii) Doing number of activities within a fixed time period is known as \_\_\_\_\_.**

**Answer -** Doing number of activities within a fixed time period is known as **peak load periods.**

**(iv) Making best use of time and energy is called \_\_\_\_\_.**

**Answer -** Making the best use of time and energy is called **time and energy management.**

### 22. Fill in the blanks:

**(i) A pregnant woman should sit in a no smoke zone as the smoke might pass the thin wall of \_\_\_\_\_ and damage the foetus.**

**Answer -** A pregnant woman should sit in a non-smoking area because smoke from the thin wall of **the placenta** and damage the foetus.



(ii) \_\_\_\_\_ years is the right age for a mother to have a baby.

**Answer - 20-35 years** years is the right age for a mother to have a baby.

(iii) A pregnant woman should have milk as she needs calcium that is required for growth of \_\_\_\_\_.

**Answer -** A pregnant woman should have milk as she needs calcium that is required for growth of **bones**.

(iv) Age gap between two children should be of \_\_\_\_\_ years.

**Answer -** Age gap between two children should be of **a minimum of three** years.

**23. State whether the following statements are true or false:**

(i) You can start working in a crèche after gaining skills in teaching.

**Answer -** True

(ii) You can work as a chef after gaining skills in housekeeping and laundry services.

**Answer -** false

(iii) Small saving agents acquire skills in resource management.

**Answer -** true

(iv) Home science should not be studied by boys.

**Answer -** false

**24. Match the following Column I with Column II :**

**Column I**

**Column II**

(A) Fortification

(i) Soaking dal in water and tying it in wet cloth

(B) Combination

(ii) Keeping kneaded dough overnight to make it rise.

(C) Germination

(iii) Adding vitamin A to milk



(D) Fermentation

(iv) Mixing cereal with milk (kheer)

**Answer -**

**Column I**

**Column II**

(A) Fortification

(iii) Adding vitamin A to milk

(B) Combination

(iv) Mixing cereal with milk (kheer)

(C) Germination

(i) Soaking dal in water and tying it in wet cloth

(D) Fermentation

(ii) Keeping kneaded dough overnight to make it rise.

**25. Identify the cooking method in the following :**

(i) Food cooked in heated closed box.

**Answer -** Cooking in a microwave

(ii) Food cooked in lot of steam under pressure.

**Answer -** Pressure cooking

(iii) food cooked in very less fat in open pan /tava.

**Answer -** Shallow frying

(iv) Food cooked over glowing fire on iron grid.

**Answer -** Grilling on an open fire

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

(A) Lemon should be added in the beginning of cooking.

(B) Leaves of carrots should be discarded.

(C) Turnip should be cut into large pieces to save nutrients.

(D) Cooking soda hastens cooking.

**Answer -**



- (A) Lemon should be added in the beginning of cooking. (True)
- (B) Leaves of carrots should be discarded. (False)
- (C) Turnip should be cut into large pieces to save nutrients. (True)
- (D) Cooking soda hastens cooking. (True)

**27. Give four suggestions for using multipurpose furniture at home.**

**Answer - Four suggestions for using multi-purpose furniture at home:**

- 1) Use multi-purpose furniture, such as a sofa-cum-bed.
- 2) The sofa can be pulled out and converted into a bed for sleeping at night.
- 3) The dining table can also be used for studying.
- 4) Two or more boxes can be combined and used as a seating arrangement. This type of multi-purpose furniture is available in the market.

**28. Which two points should be kept in mind while cleaning the skin of a new born baby?**

**Answer - Two things to keep in mind while cleaning the skin of a newborn:**

- 1) The skin of a newborn usually has wrinkles and is covered with a substance similar to white cream or some fine hair. Clean the body with clean clothes soaked in lukewarm water.
- 2) Do not rub the skin, as these two elements act as a protective layer and naturally disappear over time.

**29. Fill in the blanks:**

(i) Tyrian dye is obtained from source.

**Answer -** Tyrian dye is obtained from **animal** sources.

(ii) The advantage of wash and wear fabric is that it is easy to \_\_\_\_\_ .

**Answer -** The advantage of wash and wear fabric is that it is easy to **maintenance**.



(iii) Silk clothes are ironed at \_\_\_\_\_ temperature.

**Answer -** Silk clothes are ironed at **low to medium** temperature.

(iv) Fabrics given \_\_\_\_\_ finish do not get burnt.

**Answer -** Fabrics given **fire-resistant** finish do not get burnt.

**30. What are the four factors that affect a family's spending plan?**

**Answer - Four factors affecting a family's expenditure plan are as follows:**

**1) Income** – The total income received from all sources in a family helps in deciding how much to spend on various items. The higher the income, the more will be spent on purchasing different items.

**2) Family Size** – The larger the number of family members, the more will be spent on food and clothing. Therefore, the family may not be able to spend much on entertainment and luxuries.

**3) Age of Family Members** – If there are school-going children in the family, more will have to be spent on their education, school uniforms, stationery, etc.

**4) Location of Residence** – In large cities like Delhi and Mumbai, the cost of living, food, housing rent, travel expenses, and school fees are higher compared to smaller cities and villages.

**31. Your sister-in-law doesn't want to breastfeed her child as she thinks it will spoil her figure. Tell her four drawbacks of bottle feeding.**

**Answer - Four disadvantages of bottle feeding children are as follows:**

**1)** Powdered milk may not contain sufficient nutrients. If fresh milk is used, the infant may have difficulty digesting it.

**2)** Bottles must be properly sanitized; otherwise, the infant may fall ill due to infections.



- 3) The bottle-fed milk can be given to the baby by someone other than the mother. Therefore, this prevents a special bond from being established between the mother and the baby.
- 4) The temperature of the milk needs to be adjusted.

## Section-B

**32. Name any four semi-perishable foods.**

**Answer - Names of four semi-perishable food items:**

- 1) Eggs
- 2) Potatoes
- 3) Onions
- 4) Biscuits and cakes.

**OR**

**Name any four non-perishable foods.**

**Answer - Names of four non-perishable food items:**

- 1) Whole grains and pulses
- 2) Dried fruits
- 3) Oilseeds
- 4) Sugar and jaggery.

**33. Why is food preservation important? Give four reasons.**

**Answer - Food Preservation:** "It is the process by which food is protected from spoiling for a short or long period of time. Through this, the color, taste, and nutrients of the food are also preserved as much as possible."

**Four important reasons for food preservation are:**



- 1) Preservation provides a system for surplus production.
- 2) Preservation adds variety to our food.
- 3) Preserved food can be sent to places where it is not grown.
- 4) Food preservation makes transportation and storage easier.

**34. Suggest any four ways to prevent lifestyle diseases.**

**Answer - Four ways to prevent lifestyle-related diseases:**

- 1) One should exercise daily, such as walking, practicing yoga, cycling, etc.
- 2) Use stairs instead of lifts or escalators.
- 3) Eat a balanced diet at the right time.
- 4) Consume whole grains like cereals (wheat flour), sorghum, and millet, and avoid refined foods like maida (refined flour), etc.

**OR**

**Give any four suggestions to care for the sick at home.**

**Answer - Four suggestions for caring for the sick at home:**

- 1) Seek medical advice immediately without waiting for the severity of the illness to increase.
- 2) Follow the doctor's advice and take any prescribed medicine on time.
- 3) Provide the patient with an appropriate and balanced diet as per the doctor's advice.
- 4) Ensure that the patient is getting adequate rest.



**35. What four precautions would you adopt while washing a woollen sweater?****Answer - Precautions to be followed while washing woolen sweaters:**

- 1) Before washing knitted garments, draw their shape on a piece of paper.
- 2) Dissolve a mild alkaline soap/detergent well in lukewarm water.
- 3) For washing, follow the method of gently pressing and squeezing. Thoroughly rinse them.
- 4) To restore the shape of knitted clothes, they should be placed on the paper outline and dried on a flat surface before washing.

**36. Identify any four household activities that are done seasonally by a family.****Answer - Four seasonal household activities carried out by a family:**

- 1) Keeping mattresses, cushions, pillows, rugs, and carpets in the sun to air them.
- 2) Cleaning the rooms thoroughly after removing all the furniture.
- 3) Cleaning the pantry and washing the curtains.
- 4) Cleaning and polishing wooden items and carrying out their repair work.

**37. You sister gets tired doing household chores. Identify any two unnecessary household activities that she can avoid. Suggest her one alternative each.****Answer -** Two unnecessary household activities that can be avoided, along with an alternative for each:**1) Excessive cleaning:**

- **Unnecessary activity:** Cleaning every corner of the house repeatedly, such as wiping the dust off furniture daily or cleaning small items frequently.
- **Alternative:** Complete the cleaning work once a week and clean only the essential areas (like the kitchen, bathroom) daily.



**2) Excessive laundry:**

- **Unnecessary activity:** Washing clothes every day, even when they are not very dirty.
- **Alternative:** Laundry can be done two or three times a week, eliminating the need to wash clothes daily and saving time.

OR

**Your mother does not get time to rest from household work. Suggest her any six ways she can save her energy.**

**Answer - Six ways to help your mother save energy:**

- 1) Collaborate on household tasks like cleaning, washing dishes, and cooking, so that the workload is shared.
- 2) Use labor-saving devices such as washing machines and vacuum cleaners, which save both time and energy.
- 3) Take short breaks instead of continuously working. This will allow the body to rest and help in getting back to work with renewed energy.
- 4) Keep necessary items and tools nearby while cooking, so you don't have to keep going back and forth for things.
- 5) Adopt the right posture while doing household chores. For example, when using a broom with a long handle, one can sweep without bending over and can reach a wider area.
- 6) Prioritize tasks and divide them according to the days of the week. For example, one day can be for sweeping and mopping, and another for washing clothes, etc.

**38. Identify any four symptoms of pregnancy that women should be aware of.**

**Answer - Four signs of pregnancy that women should be aware of:**

- 1) The woman's menstrual cycle stops. This is the first sign of pregnancy for most women.



- 2) In the morning, the woman feels nauseous and may experience vomiting. This is generally more common in the morning but some women experience it multiple times throughout the day, especially after eating any type of food.
- 3) In the later stages of pregnancy, the frequency of urination increases.
- 4) The size of the breasts changes, becoming larger and softer. The nipples also enlarge, and the area around the nipples becomes darker and larger.

**39. Crime and corruption are increasing due to lack of values and ethics. What are the other four effects of this on the society?**

**Answer -** Due to the lack of values and ethics, crime and corruption are increasing. Four other impacts on society are as follows:

- 1) **Imbalance** - When ethics are not prioritized in society and the focus is solely on personal gain, it creates an imbalance in both social and personal life. This imbalance leads to outcomes like crime, corruption, and social disintegration.
- 2) **Disorder** - Disorder creates an atmosphere of insecurity in society. People begin to fear one another and trust is diminished.
- 3) **Anarchy** - Anarchy promotes evil, such as corruption, crime, and violence, which weakens the moral fabric of society even further.
- 4) **Economic Imbalance** - When people deviate from ethics, corruption and fraud increase, leading to economic imbalance and inequality.

**40. Lack of information is one of the major problems of consumers. Give any four examples of this.**

**Answer -** Lack of information is one of the major problems faced by consumers. Four examples of this are as follows:



- 1) **Price Variation:** Sometimes, shopkeepers charge more than the printed price on the product. However, shopkeepers cannot charge more than the MRP (Maximum Retail Price).
- 2) **Counterfeit:** Many products have packaging that imitates famous brand packaging. Often, names similar to well-known brands are used to deceive consumers.  
**For example,** a well-known toothpaste brand "Colgate" is imitated by a toothpaste called "College," which has the same color and design on the outer packaging.
- 3) **Misleading Information or Lack of Information:** Most product advertisements are misleading and exaggerated (overstated). The products are not as effective as claimed in the advertisements.
- 4) **Lack of Standardized Products:** The market is flooded with low-quality products. Have you ever wondered why shopkeepers describe these low-quality items as better and are even willing to offer guarantees for them? This is because they receive higher commissions on these low-quality products compared to standardized ones.

**OR**

**In what four ways do packages help consumers?**

**Answer -** Packaging helps consumers in several ways, primarily by providing safety, convenience, information, and enhancing attractiveness.

- 1) **Safety** - Packaging protects the product from damage during transportation, storage, and usage. For example, packaging is used to prevent food from getting contaminated.
- 2) **Convenience** - Packaging makes it easier to carry, use, and store the product. For instance, food items packed in small containers or pouches are easy to carry while traveling.
- 3) **Providing Information** - Packaging contains important information about the product, such as ingredients, usage instructions, and warnings. This information helps consumers choose and use the right product.



**4) Enhancing Attractiveness** - Attractive packaging draws consumers to buy the product. Well-designed packaging strengthens the brand identity and makes the product stand out from competitors.

**41. Mr. Sharma earns Rs. 25,000 per month. He lives in a three bedroom rented accommodation in Delhi. Help him make a format to record his monthly expenditure on transport and household bills.**

**Answer** - We can create a simple and organized format to record Mr. Sharma's monthly expenses, which includes his major expenses (such as rent, transportation, utility bills, etc.). This format will help him keep track of his spending.

| Expense Name                          | Amount<br>(₹) | Comments   |
|---------------------------------------|---------------|--|
| 1. Rent                               | ₹ 12,000      | Rent for a 3-bedroom house                               |
| 2. Electricity Bill                   | ₹ 1,500       | Monthly electricity bill                                 |
| 3. Water Bill                         | ₹ 500         | Monthly water bill                                       |
| 4. Gas Cylinder/Petrol                | ₹ 1,000       | Expenses for household gas or transportation             |
| 5. Transportation (Auto, Cab, Petrol) | ₹ 2,000       | Transportation cost for commuting to office              |
| 6. Mobile Bill                        | ₹ 600         | Mobile service bill                                      |
| 7. Groceries                          | ₹ 4,000       | Expenses for daily food and household items              |
| 8. Entertainment/Outing               | ₹ 1,000       | Expenses for movies, restaurants, or other entertainment |
| 9. Other Expenses                     | ₹ 2,400       | Other expenses (e.g., medical, education, etc.)          |

**Monthly Expense Format:**



**Total Monthly Expense: ₹ 25,000**

By filling out this format, Mr. Sharma will have a clear and detailed picture of his monthly expenses, which will help him create a budget and gain control over his spending. He can use this format every month to identify any changes or unnecessary expenses.

**42. Explain any six advantages of using a septic tank.**

**Answer - Septic Tank:** A septic tank is an alternative for the disposal of human and other waste. This method essentially involves the construction of a concrete tank or pit. Household drainage pipes are connected to these pits.

**Six Benefits of Using a Septic Tank:**

- Helps maintain cleanliness.
- These are cost-effective and easier to construct compared to water closet systems.
- Septic tanks do not pollute the land or groundwater and are free from odor.
- This system requires only 1.5 to 2 liters of water, compared to the 13-14 liters required by traditional flush toilets.
- The waste collected in the pit can be converted into good compost.
- Prevents the breeding of mosquitoes, germs, and flies.

**OR**

**How is a soakage pit made for removal of human excreta?**

**Answer - Septic Tank:** A septic tank is an alternative for the disposal of human and other waste. This method essentially involves the construction of a concrete tank or pit. Household drainage pipes are connected to these pits.

**Six Benefits of Using a Septic Tank:**

- Helps maintain cleanliness.
- These are more cost-effective and easier to construct compared to water closet systems.



- Septic tanks do not pollute the land or groundwater, and are free from odor.
- This system requires only 1.5 to 2 liters of water, compared to the 13-14 liters required by traditional flush toilets.
- The waste collected in the pit can be converted into good compost.
- Prevents the breeding of mosquitoes, germs, and flies.

#### 43. Sequence the steps of preparing apple jam at home.

##### Answer - Method to Make Apple Jam:

**Step 1:** Select good-quality apples and wash them thoroughly.

**Step 2:** Cut them into small pieces, removing the seeds and any hard parts. However, do not peel the apples.

**Step 3:** Cook the apples in water until the pieces become soft (you can cook them in a pressure cooker until one whistle).

**Step 4:** Carefully strain the apple pulp using a sieve.

**Step 5:** While stirring continuously, add sugar and citric acid to the pulp.

**Step 6:** Cook the mixture until it thickens and starts sticking to the plate.

**Step 7:** Pour the hot jam into a wide-mouthed, sterilized bottle and let it cool.

**Step 8:** Store it in a cool place.

#### 44. Identify any two health risks of soil pollution. Give four suggestions to prevent this pollution.

##### Answer - Health Risks Due to Soil Pollution:

- 1) Heart diseases and cancer
- 2) Nervous system-related problems

##### Four Suggestions to Prevent Soil Pollution:

- 1) Proper disposal of household waste should be ensured so that flies, mosquitoes, and cockroaches do not breed. Additionally, use environmentally friendly products.



- 2) Instead of defecating in the open, use clean toilets.
- 3) Limit the use of pesticides and fertilizers.
- 4) Trees and plants prevent soil erosion and reduce pollution, so plant more trees.

**OR**

**What are six possible reasons for the increase in polluted air?**

**Answer - Six Possible Causes of Increased Air Pollution:**

- 1) Burning of domestic fuels (wood, coal, etc.).
- 2) Smoke from fireworks and firecrackers.
- 3) Pollution caused by construction activities and road dust.
- 4) Harmful gases released from petrol and diesel vehicles, which pollute the air.
- 5) Gases emitted from factories and industries contribute to air pollution.
- 6) The use of solvents and spray paints also pollutes the environment.

**45. This month Suchita had to buy medicines for Rs. 2,000 as she got sick.**

**Suggest her three ways each by which she can**

**(i) supplement her income and**

**(ii) reduce her expenses.**

**Answer -**

**(i) Three Ways to Increase Income:**

- 1) Work based on your abilities, knowledge, and skills. For example – tutoring, sewing clothes, making handicraft items, etc.
- 2) Work part-time.
- 3) Work overtime.



**(ii) Three Ways to Reduce Expenses:**

- 1) Purchase fruits and vegetables according to the season.
- 2) Avoid food wastage and reduce the habit of eating out.
- 3) Control expenses on electricity, water, etc.

**46. What are the two positive impacts of media on personality of adolescents?**

**In what three ways can adolescents maintain healthy relationships with their peers.**

**Answer - Two Positive Effects of Media on Teenagers' Personality:**

- 1) Media not only raises awareness on various issues but also involves participation in various programs on television and radio.
- 2) It also provides teenagers with the opportunity to publish their articles in newspapers, magazines, websites, etc.

**Three Ways Teenagers Can Maintain Healthy Relationships with Their Peers:**

- 1) **Open Communication:** Share thoughts and feelings honestly and listen carefully to others.
- 2) **Respect and Cooperation:** Respect each other's opinions and feelings, offer help, and provide support.
- 3) **Resolve Disputes Peacefully:** Resolve any differences or conflicts peacefully and with understanding.

**OR**

**What are two reasons of stress during adolescence? In what three ways can they cope with this emotion?**

**Answer - Two Causes of Stress During Adolescence:**

- 1) Educational Pressure: Pressure to get good grades, succeed in exams, and meet career-related expectations.
- 2) Physical Changes and Concern About Self-Image: Physical changes during adolescence (such as height, weight, and skin problems) can affect self-image and self-confidence.

### Three Alternative Ways to Cope with Stress:

- 1) Creative Activities: Engaging in activities like painting, music, dance, writing, or hobbies helps lighten the mind and provides self-expression.
- 2) Time Management: Balancing study, sports, and entertainment can help reduce stress.
- 3) Healthy Lifestyle: Nutritious food, adequate sleep, and regular exercise reduce both mental and physical stress.

### Five Instructions for Washing Colored Cotton Clothes at Home:

- 1) If a cotton fabric's color is bleeding, do not soak it.
- 2) Use mild or neutral soap to wash colored cotton clothes.
- 3) Use the method of gently scrubbing and squeezing to wash colored cotton clothes.
- 4) Squeeze the clothes well, and in the final rinse, turn the clothes inside out and apply starch.
- 5) Colored cotton clothes should be dried in the shade. If any moisture remains in the clothes, iron them and only store them once they are completely dry.

**47. Give any five instructions to your sister to wash her coloured cotton articles at home.**

### Answer - Instructions for Washing Colored Cotton Clothes at Home:

- 1) If the color of any cotton fabric is bleeding, do not soak it.
- 2) Use mild or neutral soap to wash colored cotton clothes.
- 3) Use the method of gently scrubbing and squeezing to wash colored cotton clothes.
- 4) Squeeze the clothes well, and in the final rinse, turn the clothes inside out and apply starch.



5) Colored cotton clothes should be dried in the shade. If any moisture remains in the clothes, iron them and only store them once they are completely dry.

OR

**You have set up a dyeing unit. Explain to your workers about batik procedure and the four different stages at which different textiles are dyed.**

**Answer - Introduction to the Batik Process:**

Batik is an ancient art that involves creating beautiful and intricate designs on fabric using wax and dyes. In this process, parts of the fabric are covered with wax to protect them from dye, and then dye is applied.

**Four Stages of the Batik Process:**

**1. Designing and Waxing:**

- The desired design is created on the fabric.
- Melted wax is applied to the fabric according to the design.
- This wax protects the areas from dye, creating the pattern.

**2. First Dyeing:**

- The wax-covered fabric is dipped into a light-colored dye.
- The waxed areas remain protected from the dye, while the rest of the fabric absorbs the color.
- After dyeing, the fabric is dried.

**3. Waxing and Overdyeing:**

- To add depth and variety to the design, wax is applied to new areas.
- The fabric is then dipped into a darker dye.
- This process is repeated until all desired colors are achieved.



**4. Wax Removal and Finishing:**

- The wax is removed by boiling the fabric in hot water or ironing it.
- Once the wax is removed, the beautiful and intricate design appears on the fabric.
- The finished fabric is washed, dried, and prepared for use.



## SET-B

**Section-A**

1. Which one of the following methods is used to prepare cakes and bread?

Choose the correct option :

(A) Steaming

(B) Stewing

(C) Baking

(D) Boiling

**Answer -** (C) Baking

2. As an alert consumer, you will know that the milk is adulterated with water if it -

Choose the correct option :

(A) does not leave a trail if tilted on plate

(B) leaves colour in water

(C) turns milky in water

(D) becomes frothy when poured

**Answer -** (A) does not leave a trail if tilted on plate

3. Your sister-in-law is pregnant. Why should she get her blood group tested?

Choose the correct option :

(A) to rule out HIV infection

(B) to see if she needs blood transfusion

(C) to see if she has developed diabetes

(D) to see if she has anaemia



**Answer** - (B) to see if she needs blood transfusion

#### 4. What do you understand by empathy?

Choose the correct option :

- (A) To share own feelings (B) To avoid negative thinking  
(C) Capacity to recognize other people's feelings (D) Ideas and beliefs we hold

**Answer** - (C) Capacity to recognize other people's feelings

#### 5. Which vaccine is not given at the age of 6 weeks, 10 weeks and 14 weeks? 1

Choose the correct option :

- (A) polio (B) measles  
(C) diphtheria (D) hepatitis

**Answer** - (B) measles

#### 6. What is the major source of water pollution?

Choose the correct option :

- (A) Dust (B) Vehicles  
(C) Washing clothes near river (D) Garbage on road side

**Answer** - (C) Washing clothes near river

#### 7. A home protects family members from dacoits. This is identified as function of a home.

Choose the correct option :

- (A) protective (B) economic  
(C) educative (D) social

**Answer** - (A) protective



8. During pregnancy, the zygote attaches itself to the lining of the -

Choose the correct option :

- (A) uterus (B) cervix  
(C) vagina (D) stomach

**Answer -** (A) uterus

9. When cleaning your dishes, how would you sequence the following activities?

i. dry the dishes    ii. rinse the dishes    iii. soap the dishes    iv. empty the dishes

Choose the correct option :

- (A) iv, iii, ii, I (B) i, ii, iv, iii  
(C) ii, i, iv, iii (D) iii, ii, i, iv

**Answer -** (A) iv, iii, ii, I

10. Watery diarrhoea and vomiting might be symptoms of which of the following diseases?

Choose the correct option :

- (A) Jaundice (B) Cholera  
(C) Typhoid (D) Influenza

**Answer -** (B) Cholera

11. Today, Ankita came in contact with a child who has flu (Influenza). If infected, after how many days would she show the symptoms of flu?

Choose the correct option :

- (A) 10 to 14 days (B) 1 to 3 days  
(C) 4 to 6 days (D) 14 to 21 days



**Answer** - (B) 1 to 3 days

**12. Air pollution should be controlled as it can cause –**

**Choose the correct option :**

- (A) Asthma (B) Dysentery  
(C) Diarrhea (D) Typhoid

**Answer** - (A) Asthma

**13. Children are making fun of Rahul's dirty hands. What would you have done if you were Rahul?**

**Choose the correct option :**

- (A) tell their parents (B) go away and cry  
(C) laugh with the friends (D) hit the children

**Answer** - (A) tell their parents

**14. Vitamin B gets destroyed when \_\_\_\_\_ is added to food.**

**Choose the correct option :**

- (A) Cooking soda (B) Lemon  
(C) Salt (D) Sugar

**Answer** - (A) Cooking soda

**15. You saw fine powder in the bottom of bottle containing rice. This may be due to presence of –**

**Choose the correct option :**

- (A) Yeast (B) Enzymes  
(C) Microorganisms (D) Insects



**Answer -** (D) Insects

**16. When food is cooked by stewing method -**

**Choose the correct option :**

(A) Nutrients are lost.

(B) Food cooks faster.

(C) Nutrients are conserved.

(D) Takes longer to cook.

**Answer -** (D) Takes longer to cook.

**17. Diseases that spreads from one person to another is called -**

**Choose the correct option :**

(A) Lifestyle diseases

(B) Non-communicable diseases

(C) Incubation period

(D) Communicable diseases

**Answer -** (D) Communicable diseases

**18. Which of the following standardized marks is given to silver and gold ornaments?**

**Choose the correct option :**

(A) ISI MARKS

(B) ECO MARK

(C) AGMARK

(D) HALL MARK

**Answer -** (D) HALL MARK

**19. Separating the clothes on the basis of type of fabric and colour is called -**

**Choose the correct option :**

(A) shaking

(B) soaking

(C) airing

(D) sorting

**Answer -** (D) sorting



**20. State whether the following statements are true or false:**

**(i) You can start working in a crèche after gaining skills in teaching.**

**Answer - false**

**(ii) You can work as a chef after gaining skills in housekeeping and laundry services.**

**Answer - false**

**(iii) Small saving agents acquire skills in resource management.**

**Answer - true**

**(iv) Home science should not be studied by boys.**

**Answer - false**

**21. Which two points should be kept in mind while cleaning the skin of a newborn baby?**

**Answer - Two things to keep in mind while cleaning the skin of a newborn:**

- 1)** The skin of a newborn usually has wrinkles and is covered with a substance similar to white cream or some fine hair. Clean the body with clean clothes soaked in lukewarm water.
- 2)** Do not rub the skin, as these two elements act as a protective layer and naturally disappear over time.

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

**(A) Lemon should be added in the beginning of cooking.**

**(B) Leaves of carrots should be discarded.**

**(C) Turnip should be cut into large pieces to save nutrients.**

**(D) Cooking soda hastens cooking.**

**Answer -**



- (A) Lemon should be added in the beginning of cooking. (True)
- (B) Leaves of carrots should be discarded. (False)
- (C) Turnip should be cut into large pieces to save nutrients. (True)
- (D) Cooking soda hastens cooking. (True)

### 23. Fill in the blanks:

(i) Tyrian dye is obtained from source.

**Answer** - Tyrian dye is obtained from animal sources.

(ii) The advantage of wash and wear fabric is that it is easy to \_\_\_\_\_ .

**Answer** - The advantage of wash and wear fabric is that it is easy to maintenance.

(iii) Silk clothes are ironed at \_\_\_\_\_ temperature.

**Answer** - Silk clothes are ironed at low to medium temperature.

(iv) Fabrics given \_\_\_\_\_ finish do not get burnt.

**Answer** - Fabrics given fire-resistant finish do not get burnt.

**24. Your sister-in-law doesn't want to breastfeed her child as she thinks it will spoil her figure. Tell her four drawbacks of bottle feeding.**

**Answer** - **Four disadvantages of bottle feeding children are as follows:**

- 1) Powdered milk may not contain sufficient nutrients. If fresh milk is used, the infant may have difficulty digesting it.
- 2) Bottles must be properly sanitized; otherwise, the infant may fall ill due to infections.
- 3) The bottle-fed milk can be given to the baby by someone other than the mother. Therefore, this prevents a special bond from being established between the mother and the baby.
- 4) The temperature of the milk needs to be adjusted.

**25. What are the four factors that affect a family's spending plan?**



**Answer - Four factors affecting a family's expenditure plan are as follows:**

- 1) Income** – The total income received from all sources in a family helps in deciding how much to spend on various items. The higher the income, the more will be spent on purchasing different items.
- 2) Family Size** – The larger the number of family members, the more will be spent on food and clothing. Therefore, the family may not be able to spend much on entertainment and luxuries.
- 3) Age of Family Members** – If there are school-going children in the family, more will have to be spent on their education, school uniforms, stationery, etc.
- 4) Location of Residence** – In large cities like Delhi and Mumbai, the cost of living, food, housing rent, travel expenses, and school fees are higher compared to smaller cities and villages.

**26. Fill in the blanks:**

(i) \_\_\_\_\_ is used as a whitening agent for cotton clothes.

**Answer - Indigo** is used as a whitening agent for cotton fabrics.

(ii) Lipstick stains are sponged with \_\_\_\_\_ .

**Answer -** Lipstick stains are sponged with **methylated spirit or kerosene.**

(iii) \_\_\_\_\_ is the finishing agent used to stiffen silk clothes.

**Answer - gum arabic** is the finishing agent used to stiffen silk clothes.

(iv) Coloured clothes should be dried in \_\_\_\_\_ .

**Answer -** Colored clothes should be dried in **the shade.**

**27. What four features would you consider while making a bathroom for your house?**

**Answer - When constructing a bathroom, consider these four features:**



- 1) The bathroom floor should be non-slippery and easy to clean.
- 2) At least one wall of the bathroom should have proper natural light and ventilation from outside to avoid suffocation and ensure airflow.
- 3) The bathroom should have adequate space for storing items.
- 4) The bathroom should have a good drainage system to ensure proper water flow and prevent the bathroom from remaining wet.

### 28. Fill in the blanks:

(i) Working constantly for long hours can lead to \_\_\_\_\_.

**Answer -** Working constantly for long hours can lead to **fatigue and stress.**

(ii) Doing two activities at the same time is known as \_\_\_\_\_.

**Answer -** Doing two activities at the same time is called **multitasking.**

(iii) Doing number of activities within a fixed time period is known as \_\_\_\_\_.

**Answer -** Doing number of activities within a fixed time period is known as **peak load periods.**

(iv) Making best use of time and energy is called \_\_\_\_\_.

**Answer -** Making the best use of time and energy is called **time and energy management.**

### 29. Match the following Column I with Column II :

#### Column I

#### Column II

- |                   |   |
|-------------------|---|
| (A) Fortification | (i) Soaking dal in water and tying it in wet cloth    |
| (B) Combination   | (ii) Keeping kneaded dough overnight to make it rise. |
| (C) Germination   | (iii) Adding vitamin A to milk                        |
| (D) Fermentation  | (iv) Mixing cereal with milk (kheer)                  |

**Answer -**



**Column I****Column II**

- |                          |   |
|--------------------------|---|
| <b>(A) Fortification</b> | (iii) Adding vitamin A to milk                        |
| <b>(B) Combination</b>   | (iv) Mixing cereal with milk (kheer)                  |
| <b>(C) Germination</b>   | (i) Soaking dal in water and tying it in wet cloth    |
| <b>(D) Fermentation</b>  | (ii) Keeping kneaded dough overnight to make it rise. |

**30. Fill in the blanks:**

**(i) A pregnant woman should sit in a no smoke zone as the smoke might pass the thin wall of \_\_\_\_\_ and damage the foetus.**

**Answer -** A pregnant woman should sit in a non-smoking area because smoke from the thin wall of **the placenta** and damage the foetus.

**(ii) \_\_\_\_\_ years is the right age for a mother to have a baby.**

**Answer -** **20-35 years** years is the right age for a mother to have a baby.

**(iii) A pregnant woman should have milk as she needs calcium that is required for growth of \_\_\_\_\_.**

**Answer -** A pregnant woman should have milk as she needs calcium that is required for growth of **bones**.

**(iv) Age gap between two children should be of \_\_\_\_\_ years.**

**Answer -** Age gap between two children should be of **a minimum of three** years.

**31. Identify the cooking method in the following:**

**(i) Food cooked in heated closed box.**

**Answer -** Cooking in a microwave

**(ii) Food cooked in lot of steam under pressure.**

**Answer -** Pressure cooking



(iii) food cooked in very less fat in open pan /tava.

**Answer** - Shallow frying

(iv) Food cooked over glowing fire on iron grid.

**Answer** - Grilling on an open fire

## Section-B

**32. You sister gets tired doing household chores. Identify any two unnecessary household activities that she can avoid. Suggest her one alternative each.**

**Answer** - Two unnecessary household activities that can be avoided, along with an alternative for each:

### 1) Excessive cleaning:

- **Unnecessary activity:** Cleaning every corner of the house repeatedly, such as wiping the dust off furniture daily or cleaning small items frequently.
- **Alternative:** Complete the cleaning work once a week and clean only the essential areas (like the kitchen, bathroom) daily.

### 2) Excessive laundry :

- **Unnecessary activity:** Washing clothes every day, even when they are not very dirty.
- **Alternative:** Laundry can be done two or three times a week, eliminating the need to wash clothes daily and saving time.

OR

**Your mother does not get time to rest from household work. Suggest her any six ways she can save her energy.**

**Answer** - **Six ways to help your mother save energy :**



- 7) Collaborate on household tasks like cleaning, washing dishes, and cooking, so that the workload is shared.
- 8) Use labor-saving devices such as washing machines and vacuum cleaners, which save both time and energy.
- 9) Take short breaks instead of continuously working. This will allow the body to rest and help in getting back to work with renewed energy.
- 10) Keep necessary items and tools nearby while cooking, so you don't have to keep going back and forth for things.
- 11) Adopt the right posture while doing household chores. For example, when using a broom with a long handle, one can sweep without bending over and can reach a wider area.
- 12) Prioritize tasks and divide them according to the days of the week. For example, one day can be for sweeping and mopping, and another for washing clothes, etc.

**33. Lack of information is one of the major problems of consumers. Give any four examples of this.**

**Answer - Lack of information is one of the major problems faced by consumers. Four examples of this are as follows :**

- 5) **Price Variation:** Sometimes, shopkeepers charge more than the printed price on the product. However, shopkeepers cannot charge more than the MRP (Maximum Retail Price).
- 6) **Counterfeit:** Many products have packaging that imitates famous brand packaging. Often, names similar to well-known brands are used to deceive consumers. **For example,** a well-known toothpaste brand "Colgate" is imitated by a toothpaste called "College," which has the same color and design on the outer packaging.
- 7) **Misleading Information or Lack of Information:** Most product advertisements are misleading and exaggerated (overstated). The products are not as effective as claimed in the advertisements.



**8) Lack of Standardized Products:** The market is flooded with low-quality products. Have you ever wondered why shopkeepers describe these low-quality items as better and are even willing to offer guarantees for them? This is because they receive higher commissions on these low-quality products compared to standardized ones.

OR

**In what four ways do packages help consumers?**

**Answer -** Packaging helps consumers in several ways, primarily by providing safety, convenience, information, and enhancing attractiveness.

**1) Safety -** Packaging protects the product from damage during transportation, storage, and usage. For example, packaging is used to prevent food from getting contaminated.

**2) Convenience -** Packaging makes it easier to carry, use, and store the product. For instance, food items packed in small containers or pouches are easy to carry while traveling.

**3) Providing Information -** Packaging contains important information about the product, such as ingredients, usage instructions, and warnings. This information helps consumers choose and use the right product.

**4) Enhancing Attractiveness -** Attractive packaging draws consumers to buy the product. Well-designed packaging strengthens the brand identity and makes the product stand out from competitors

**34. Name any four semi-perishable foods.**

**Answer -** Names of four semi-perishable food items:

- 5) Eggs
- 6) Potatoes
- 7) Onions
- 8) Biscuits and cakes.



OR

**Name any four non-perishable foods.**

**Answer - Names of four non-perishable food items:**

- 5) Whole grains and pulses
- 6) Dried fruits
- 7) Oilseeds
- 8) Sugar and jaggery.



**35. What four precautions would you adopt while washing silk clothes at home?**

**Answer - When washing silk clothes at home, follow these four precautions:**

- 1) Use a mild soap in lukewarm or cold water and wash gently by applying light pressure and rubbing with soft hands. These clothes should not be soaked.
- 2) Rinse thoroughly to remove all soap.
- 3) Apply Arabic gum and hang the clothes to dry in the shade.
- 4) When the clothes are slightly dry and still a little damp, press them with a mild hot iron, as spraying water on dry silk clothes can cause stains.

**36. Crime and corruption are increasing due to lack of values and ethics. What are the other four effects of this on the society?**

**Answer -** Due to the lack of values and ethics, crime and corruption are increasing. Four other impacts on society are as follows:

- 5) **Imbalance** - When ethics are not prioritized in society and the focus is solely on personal gain, it creates an imbalance in both social and personal life. This imbalance leads to outcomes like crime, corruption, and social disintegration.
- 6) **Disorder** - Disorder creates an atmosphere of insecurity in society. People begin to fear one another and trust is diminished.



7) **Anarchy** - Anarchy promotes evil, such as corruption, crime, and violence, which weakens the moral fabric of society even further.

8) **Economic Imbalance** - When people deviate from ethics, corruption and fraud increase, leading to economic imbalance and inequality.

**37. Mr. Sharma earns Rs. 25,000 per month. He lives in a three bedroom rented accommodation in Delhi. Help him make a format to record his monthly expenditure on transport and household bills.**

**Answer** - We can create a simple and organized format to record Mr. Sharma's monthly expenses, which includes his major expenses (such as rent, transportation, utility bills, etc.). This format will help him keep track of his spending.

**Monthly Expense Format:**

| Expense Name                          | Amount<br>(₹) | Comments   |
|---------------------------------------|---------------|--|
| 1. Rent                               | ₹ 12,000      | Rent for a 3-bedroom house                               |
| 2. Electricity Bill                   | ₹ 1,500       | Monthly electricity bill                                 |
| 3. Water Bill                         | ₹ 500         | Monthly water bill                                       |
| 4. Gas Cylinder/Petrol                | ₹ 1,000       | Expenses for household gas or transportation             |
| 5. Transportation (Auto, Cab, Petrol) | ₹ 2,000       | Transportation cost for commuting to office              |
| 6. Mobile Bill                        | ₹ 600         | Mobile service bill                                      |
| 7. Groceries                          | ₹ 4,000       | Expenses for daily food and household items              |
| 8. Entertainment/Outing               | ₹ 1,000       | Expenses for movies, restaurants, or other entertainment |
| 9. Other Expenses                     | ₹ 2,400       | Other expenses (e.g., medical, education, etc.)          |

**Total Monthly Expense: ₹ 25,000**



By filling out this format, Mr. Sharma will have a clear and detailed picture of his monthly expenses, which will help him create a budget and gain control over his spending. He can use this format every month to identify any changes or unnecessary expenses.

**38. Make your sister-in-law aware of any four factors that would affect her growing embryo in her pregnancy.**

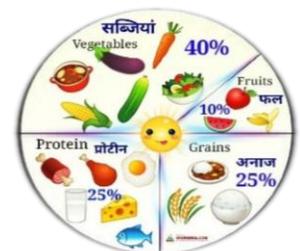
**Answer - Factors affecting the growing fetus during pregnancy:**

- 1) Mother's emotional state: Mental stress, excitement, despair, fear, or sadness can negatively impact fetal development, leading to irritability in the baby after birth.
- 2) Mother's diet: The mother should consume a nutrient-rich diet, including calcium, protein, minerals, and carbohydrates. Lack of proper nutrition can weaken the baby and make it susceptible to infections.
- 3) Medication intake by the mother: Taking any medication during pregnancy without a doctor's advice can be harmful to fetal development. X-rays should also be avoided.
- 4) Substances like drugs, alcohol, and smoking: Consumption of cigarettes, alcohol, and drugs can severely damage the fetus through its blood vessels.

**39. Suggest any four ways to prevent lifestyle diseases.**

**Answer - Four ways to prevent lifestyle-related diseases:**

- 5) One should exercise daily, such as walking, practicing yoga, cycling, etc.
- 6) Use stairs instead of lifts or escalators.
- 7) Eat a balanced diet at the right time.
- 8) Consume whole grains like cereals (wheat flour), sorghum, and millet, and avoid refined foods like maida (refined flour), etc.



OR



**Give any four suggestions to care for the sick at home.**

**Answer - Four suggestions for caring for the sick at home:**

- 5) Seek medical advice immediately without waiting for the severity of the illness to increase.
- 6) Follow the doctor's advice and take any prescribed medicine on time.
- 7) Provide the patient with an appropriate and balanced diet as per the doctor's advice.
- 8) Ensure that the patient is getting adequate rest.



**40. Identify any four household activities that are done seasonally by a family.**

**Answer - Four seasonal household activities carried out by a family:**

- 5) Keeping mattresses, cushions, pillows, rugs, and carpets in the sun to air them.
- 6) Cleaning the rooms thoroughly after removing all the furniture.
- 7) Cleaning the pantry and washing the curtains.
- 8) Cleaning and polishing wooden items and carrying out their repair work.

**41. Why is food preservation important? Give four reasons.**

**Answer - Food Preservation:** "It is the process by which food is protected from spoiling for a short or long period of time. Through this, the color, taste, and nutrients of the food are also preserved as much as possible."



**Four important reasons for food preservation are:**

- 5) Preservation provides a system for surplus production.
- 6) Preservation adds variety to our food.
- 7) Preserved food can be sent to places where it is not grown.
- 8) Food preservation makes transportation and storage easier.



**42. Why are Sulabh Toilets becoming popular? Write six reasons.**

**Answer - The six reasons why Sulabh Toilets are becoming popular are as follows:**

- 1) Cleanliness and hygiene :** Sulabh toilets are regularly cleaned and maintained, ensuring a high standard of hygiene.
- 2) Accessibility and availability :** These toilets are easily available at public places such as bus stands, railway stations, markets, and crowded areas.
- 3) Low cost and affordable charges :** Sulabh toilets can be used for a nominal fee, making them accessible to people from all economic backgrounds.
- 4) Environmental protection :** These toilets help reduce open defecation and prevent the spread of diseases, contributing to environmental health.
- 5) Facilities for women and differently-abled individuals :** Sulabh toilets have special provisions like separate sections, water facilities, and ramps for women and differently-abled persons.
- 6) Employment generation :** The maintenance and cleaning of Sulabh toilets require regular staff, creating ample job opportunities for cleaners, managers, and caretakers.

**OR**

**What six characteristics of a site are examined before constructing a building?**

**Answer - The following six characteristics of a site are examined before constructing a building:**

- 1) Surrounding environment :** The building should be constructed in a place with a clean, green, and developing environment. It should also have access to basic amenities such as roads, electricity, water, schools, and markets.
- 2) Physical characteristics :** While selecting a site, it is important to choose an open area. The house should not be located near heavy traffic, as air and noise pollution from traffic can negatively affect health and other daily activities.



**3) Nature of the soil :** The foundation of the building depends on the nature of the soil, so it must be strong. For a strong foundation, the soil should be solid up to 2 to 5 feet below the surface.

**4) Sanitation requirements :** While selecting a construction site, cleanliness should be a top priority. The site should be free from filth, garbage, and stagnant water to prevent the spread of germs, flies, mosquitoes, and diseases.

**5) Availability of essential services :** The site should be located in a place where essential services such as schools, hospitals, markets, banks, and post offices are nearby. Having these facilities close by saves time and energy and ensures quick assistance in emergencies.

**6) Social environment :** The surrounding environment should be safe, peaceful, and supportive, with good neighbors, community facilities, and a cooperative atmosphere.

#### 43. Sequence the steps of dehydration.

**Answer - Dehydration:** Dehydration refers to removing water or moisture from food items. For example, foods like potato chips, papad, banana chips, and vadi are dehydrated.

#### Steps of dehydration :

**Step 1:** Clean all containers, plates, etc., used for drying and storing the food, and dry them in the sun. The lids of these containers should be airtight.

**Step 2 :** Wash the vegetables and fruits before drying. If necessary, cut them. Remove stems, seeds, and peels. If any part is rotten, discard it.

**Step 3 :** Blanch the vegetables, i.e., place them in boiling water. The blanching time depends on the hardness of the fruit/vegetable. Once they are heated, remove them. The blanching process reduces enzyme activity.

**Step 4 :** Place the vegetables in cold water mixed with salt and potassium metabisulfite (KMS) for 5-10 minutes. This helps prevent the food from turning black. Do not place leafy green vegetables or dark-colored vegetables in this solution, as it bleaches the color.



**Step 5 :** Spread the vegetables on a clean cloth in the sun. Cover them with a thin cloth to protect them from dust and flies.

**Step 6 :** Once the food is completely dry (check by testing its hardness), allow it to cool to room temperature. Then, store it in airtight containers.

**44. This month Suchita had to buy medicines for Rs. 2,000 as she got sick. Suggest her three ways each by which she can**

**(i) supplement her income and**

**(ii) reduce her expenses.**

**Answer -**

**(i) Three Ways to Increase Income:**

- 4) Work based on your abilities, knowledge, and skills. For example – tutoring, sewing clothes, making handicraft items, etc.
- 5) Work part-time.
- 6) Work overtime.

**(ii) Three Ways to Reduce Expenses:**

- 4) Purchase fruits and vegetables according to the season.
- 5) Avoid food wastage and reduce the habit of eating out.
- 6) Control expenses on electricity, water, etc.

**45. Identify any two health risks of soil pollution. Give four suggestions to prevent this pollution.**

**Answer - Health Risks Due to Soil Pollution:**

- 3) Heart diseases and cancer
- 4) Nervous system-related problems

**Four Suggestions to Prevent Soil Pollution:**



- 5) Proper disposal of household waste should be ensured so that flies, mosquitoes, and cockroaches do not breed. Additionally, use environmentally friendly products.
- 6) Instead of defecating in the open, use clean toilets.
- 7) Limit the use of pesticides and fertilizers.
- 8) Trees and plants prevent soil erosion and reduce pollution, so plant more trees.

**OR**

**What are six possible reasons for the increase in polluted air?**

**Answer - Six Possible Causes of Increased Air Pollution:**

- 7) Burning of domestic fuels (wood, coal, etc.).
- 8) Smoke from fireworks and firecrackers.
- 9) Pollution caused by construction activities and road dust.
- 10) Harmful gases released from petrol and diesel vehicles, which pollute the air.
- 11) Gases emitted from factories and industries contribute to air pollution.
- 12) The use of solvents and spray paints also pollutes the environment.

**46. Give any five examples of cognitive characteristics of adolescents.**

**Answer - Here are five examples of cognitive characteristics of adolescents:**

- 1) **Abstract Thinking** : At this stage, adolescents can imagine the impossible. For example, when they hear the saying "a cheetah cannot erase its spots," they understand that it means a person cannot change their inherent nature. Due to this ability, they can write poetry and understand sarcasm.
- 2) **Personal Narratives** : Adolescents consider themselves unique and are not hesitant to take risks. They are motivated to bring about positive change in society, such as helping their peers and family or serving the country. However, they sometimes take risky actions,



like driving at high speeds or riding without a helmet, which can have serious negative consequences.

- 3) **Organized Thinking** : Adolescents can analyze complex problems and make logical decisions. For example, when planning a trip, they evaluate various options.
- 4) **Idealism** : A key characteristic of adolescence is idealism. They have a deep understanding of right and wrong. Idealism leads to the development of positive thinking and proactive behavior. For instance, many young people assist during disasters or in difficult situations.
- 5) **Imaginary Audience** : Adolescents believe that everyone is watching them. For example, if there is a small hole in their T-shirt, they feel that everyone is noticing it. They become more self-conscious about their surroundings.

OR

**What are the two negative impacts of media on personality of adolescents? In what three ways can parents help reduce this effect?**

**Answer - Two negative impacts of media on adolescents' personalities :**

- Adolescents are often highly influenced by celebrities and tend to idolize film stars, professional athletes, and television actors, losing their own sense of identity. As a result, instead of developing their own personalities, they begin to imitate others.
- Artists and models influence young people with their ideal physical appearance. Many girls start controlling their diets, leading to various eating disorders. Similarly, boys, driven by the obsession to build muscles, focus excessively on weight training. They take supplements and medications to increase muscle mass and lifting capacity.

**How parents can reduce the negative effects of media:**

- 1) **Explain the difference between fantasy and reality** : Parents can explain to adolescents that the images portrayed in the media are often far from reality, and they should not blindly follow them.



- 2) **Discuss the consequences of violence and risky behavior** : Adolescents can be taught that the violence and risky actions shown in the media can be dangerous in real life.
- 3) **Develop critical thinking and decision-making skills** : Parents can help adolescents develop the ability to distinguish between right and wrong and make sound decisions, allowing them to assess media messages correctly.

**47. Give any five instructions to your sister to wash her coloured cotton articles at home.**

**Answer - Instructions for Washing Colored Cotton Clothes at Home:**

- 6) If the color of any cotton fabric is bleeding, do not soak it.
- 7) Use mild or neutral soap to wash colored cotton clothes.
- 8) Use the method of gently scrubbing and squeezing to wash colored cotton clothes.
- 9) Squeeze the clothes well, and in the final rinse, turn the clothes inside out and apply starch.
- 10) Colored cotton clothes should be dried in the shade. If any moisture remains in the clothes, iron them and only store them once they are completely dry.

OR

**You have set up a dyeing unit. Explain to your workers about batik procedure and the four different stages at which different textiles are dyed.**

**Answer - Introduction to the Batik Process:**

Batik is an ancient art that involves creating beautiful and intricate designs on fabric using wax and dyes. In this process, parts of the fabric are covered with wax to protect them from dye, and then dye is applied.



**Four Stages of the Batik Process:**

### 5. Designing and Waxing:

- The desired design is created on the fabric.



- Melted wax is applied to the fabric according to the design.
- This wax protects the areas from dye, creating the pattern.

### **6. First Dyeing:**

- The wax-covered fabric is dipped into a light-colored dye.
- The waxed areas remain protected from the dye, while the rest of the fabric absorbs the color.
- After dyeing, the fabric is dried.

### **7. Waxing and Overdyeing:**

- To add depth and variety to the design, wax is applied to new areas.
- The fabric is then dipped into a darker dye.
- This process is repeated until all desired colors are achieved.

### **8. Wax Removal and Finishing:**

- The wax is removed by boiling the fabric in hot water or ironing it.
- Once the wax is removed, the beautiful and intricate design appears on the fabric.

The finished fabric is washed, dried, and prepared for use.



## SET-C

**Section-A**

1. Which of the following cooking methods is used to prepare eggs?

Choose the correct option:

(A) Pressure cooking

(B) Stewing

(C) Baking

(D) Boiling

**Answer -** (D) Boiling

2. Which vaccine is not given at the age of 6 weeks, 10 weeks and 14 weeks?

Choose the correct option:

(A) polio

(B) measles

(C) diphtheria

(D) hepatitis

**Answer -** (B) measles

3. A home protects family members from dacoits. This is identified as function of a home.

Choose the correct option:

(A) protective

(B) economic

(C) educative

(D) social

**Answer -** (A) protective

4. What do you understand by ethics?

Choose the correct option:

(A) To share one's own feelings

(B) Ideas and beliefs we hold

(C) To accept other people's opinion

(D) Our behaviour in difficult situations



**Answer -** (D) Our behaviour in difficult situations

**5. Today, Ankita came in contact with a child who has flu (Influenza). If infected, after how many days would she show the symptoms of flu?**

**Choose the correct option:**

(A) 10 to 14 days

(B) 1 to 3 days

(C) 4 to 6 days

(D) 14 to 21 days

**Answer -** (B) 1 to 3 days

**6. During pregnancy, the zygote attaches itself to the lining of the -**

**Choose the correct option:**

(A) uterus

(B) cervix

(C) vagina

(D) stomach

**Answer -** (A) uterus

**7. Diseases that spreads from one person to another is called -**

**Choose the correct option:**

(A) Lifestyle diseases

(B) Non-communicable diseases

(C) Incubation period

(D) Communicable diseases

**Answer -** (D) Communicable diseases

**8. What is the major source of water pollution?**

**Choose the correct option:**

(A) Dust

(B) Vehicles

(C) Washing clothes near river

(D) Garbage on road side

**Answer -** (C) Washing clothes near river



9. Which of the following standardized marks is given to silver and gold ornaments?

Choose the correct option:

(A) ISI MARKS

(B) ECO MARK

(C) AGMARK

(D) HALL MARK

**Answer** - (D) HALL MARK

10. Alternating chills and perspiration might be symptoms of which of the following diseases?

Choose the correct option:

(A) Whooping cough

(B) Typhoid

(C) Cholera

(D) Malaria

**Answer** - (D) Malaria

11. When food is cooked by stewing method -

Choose the correct option:

(A) Nutrients are lost.

(B) Food cooks faster.

(C) Nutrients are conserved.

(D) Takes longer to cook.

**Answer** - (D) Takes longer to cook.

12. Children are making fun of Rahul's dirty hands. What would you have done if you were Rahul?

Choose the correct option:

(A) tell their parents

(B) go away and cry

(C) laugh with the friends

(D) hit the children

**Answer** - (A) tell their parents



13. Vitamin B gets destroyed when \_\_\_\_\_ is added to food.

Choose the correct option:

(A) Cooking soda

(B) Lemon

(C) Salt

(D) Sugar

**Answer -** (A) Cooking soda

14. Separating the clothes on the basis of type of fabric and colour is called -

Choose the correct option:

(A) shaking

(B) soaking

(C) airing

(D) sorting

**Answer -** (D) sorting

15. The mango you bought developed some black spots after a few days.

This may be due to presence of -

Choose the correct option:

(A) Yeast

(B) Bacteria

(C) Microorganisms

(D) Enzymes

**Answer -** (B) Bacteria

16. As an alert consumer, you will know that the milk is adulterated with water if it -

Choose the correct option:

(A) does not leave a trail if tilted on plate

(B) leaves colour in water

(C) turns milky in water

(D) becomes frothy when poured

**Answer -** (A) does not leave a trail if tilted on plate



17. When cleaning your dishes, how would you sequence the following activities?

i. dry the dishes ii. rinse the dishes iii. soap the dishes iv. empty the dishes

Choose the correct option:

(A) iv, iii, ii, i

(B) i, ii, iv, iii

(C) ii, i, iv, iii

(D) iii, ii, i, iv

**Answer** - (A) iv, iii, ii, i

18. Your sister-in-law is pregnant. Why should she get her blood group tested?

Choose the correct option:

(A) to rule out HIV infection

(B) to see if she needs blood transfusion

(C) to see if she has developed diabetes

(D) to see if she has anaemia

**Answer** - (B) to see if she needs blood transfusion

19. Air pollution should be controlled as it can cause -

Choose the correct option:

(A) Asthma

(B) Dysentery

(C) Diarrhea

(D) Typhoid

**Answer** - (A) Asthma

20. Your sister-in-law doesn't want to breastfeed her child as she thinks it will spoil her figure. Tell her four drawbacks of bottle feeding.

**Answer** - **Four disadvantages of bottle feeding children are as follows:**



- 1) Powdered milk may not contain sufficient nutrients. If fresh milk is used, the infant may have difficulty digesting it.
- 2) Bottles must be properly sanitized; otherwise, the infant may fall ill due to infections.
- 3) The bottle-fed milk can be given to the baby by someone other than the mother. Therefore, this prevents a special bond from being established between the mother and the baby.
- 4) The temperature of the milk needs to be adjusted.

### 21. Fill in the blanks:

(i) Tyrian dye is obtained from source.

**Answer** - Tyrian dye is obtained from **animal** sources.

(ii) The advantage of wash and wear fabric is that it is easy to \_\_\_\_\_ .

**Answer** - The advantage of wash and wear fabric is that it is easy to **maintenance**.

(iii) Silk clothes are ironed at \_\_\_\_\_ temperature.

**Answer** - Silk clothes are ironed at **low to medium** temperature.

(iv) Fabrics given \_\_\_\_\_ finish do not get burnt.

**Answer** - Fabrics given **fire-resistant** finish do not get burnt.

### 22. Identify the cooking method in the following:

(i) Food cooked in heated closed box.

**Answer** - Cooking in a microwave

(ii) Food cooked in lot of steam under pressure.

**Answer** - Pressure cooking

(iii) food cooked in very less fat in open pan /tava.

**Answer** - Shallow frying



(iv) Food cooked over glowing fire on iron grid.

**Answer -** Grilling on an open fire

**23. What are the four factors that affect a family's spending plan?**

**Answer -** Four factors affecting a family's expenditure plan are as follows:

**1) Income** – The total income received from all sources in a family helps in deciding how much to spend on various items. The higher the income, the more will be spent on purchasing different items.



**2) Family Size** – The larger the number of family members, the more will be spent on food and clothing. Therefore, the family may not be able to spend much on entertainment and luxuries.

**3) Age of Family Members** – If there are school-going children in the family, more will have to be spent on their education, school uniforms, stationery, etc.

**4) Location of Residence** – In large cities like Delhi and Mumbai, the cost of living, food, housing rent, travel expenses, and school fees are higher compared to smaller cities and villages.

**24. Fill in the blanks:**

(i) \_\_\_\_\_ is used as a whitening agent for cotton clothes.

**Answer - Indigo** is used as a whitening agent for cotton fabrics.

(ii) Lipstick stains are sponged with \_\_\_\_\_ .

**Answer -** Lipstick stains are sponged with **methylated spirit or kerosene**.

(iii) \_\_\_\_\_ is the finishing agent used to stiffen silk clothes.

**Answer - gum arabic** is the finishing agent used to stiffen silk clothes.



(iv) Coloured clothes should be dried in \_\_\_\_\_ .

**Answer -** Colored clothes should be dried in **the shade.**

**25. Match the following Column I with Column II:**

**Column I**

**Column II**

- |                   |   |
|-------------------|---|
| (A) Fortification | (i) Soaking dal in water and tying it wet cloth       |
| (B) Combination   | (ii) Keeping kneaded dough overnight to make it rise. |
| (C) Germination   | (iii) Adding vitamin A to milk                        |
| (D) Fermentation  | (iv) Mixing cereal with milk (kheer)                  |

**Answer -**

**Column I**

**Column II**

- |                   |   |
|-------------------|---|
| (A) Fortification | (iii) Adding vitamin A to milk                        |
| (B) Combination   | (iv) Mixing cereal with milk (kheer)                  |
| (C) Germination   | (i) Soaking dal in water and tying it in wet cloth    |
| (D) Fermentation  | (ii) Keeping kneaded dough overnight to make it rise. |

**26. Fill in the blanks :**

(i) Working constantly for long hours can lead to \_\_\_\_\_.

**Answer -** Working constantly for long hours can lead to **fatigue and stress.**

(ii) Doing two activities at the same time is known as \_\_\_\_\_.

**Answer -** Doing two activities at the same time is called **multitasking.**

(iii) Doing number of activities within a fixed time period is known as \_\_\_\_\_.

**Answer -** Doing number of activities within a fixed time period is known as **peak load periods.**



(iv) Making best use of time and energy is called \_\_\_\_\_.

**Answer -** Making the best use of time and energy is called **time and energy management**.

**27. Give any four suggestions to carry out household activities smoothly.**

**Answer -** **Some tips for running household activities smoothly at home :**

- 1) Create a timetable for household chores, such as cleaning in the morning and cooking in the evening. This will help in completing tasks in an organized manner.
- 2) Assign tasks to all family members. For example, children can clean their rooms while adults handle their own tasks. This way, everyone can complete their work more easily.
- 3) Keep items in their designated places. This helps in finding things quickly and keeps the house clean.
- 4) Take short breaks between tasks. This will help maintain your energy levels and allow you to work more efficiently.

**28. Fill in the blanks :**

(i) A pregnant woman should sit in a no smoke zone as the smoke might pass the thin wall of \_\_\_\_\_ and damage the foetus.

**Answer -** A pregnant woman should sit in a non-smoking area because smoke from the thin wall of **the placenta** and damage the foetus.

(ii) \_\_\_\_\_ years is the right age for a mother to have a baby.

**Answer -** **20-35 years** years is the right age for a mother to have a baby.

(iii) A pregnant woman should have milk as she needs calcium that is required for growth of \_\_\_\_\_.

**Answer -** A pregnant woman should have milk as she needs calcium that is required for growth of **bones**.



(iv) Age gap between two children should be of \_\_\_\_\_ years.

**Answer** - Age gap between two children should be of **a minimum of three** years.

**29. State whether the following statements are true or false :**

(i) You can start working in a crèche after gaining skills in teaching.

**Answer** - false

(ii) You can work as a chef after gaining skills in housekeeping and laundry services.

**Answer** - false

(iii) Small saving agents acquire skills in resource management.

**Answer** - true

(iv) Home science should not be studied by boys.

**Answer** - true

**30. Which two points should be kept in mind while cleaning the skin of a new born baby?**

**Answer** - **Two things to keep in mind while cleaning the skin of a newborn:**

1) The skin of a newborn usually has wrinkles and is covered with a substance similar to white cream or some fine hair. Clean the body with clean clothes soaked in lukewarm water.

2) Do not rub the skin, as these two elements act as a protective layer and naturally disappear over time.



**31. State whether the following statements are true or false:**

(A) Lemon should be added in the beginning of cooking.

(B) Leaves of carrots should be discarded.

(C) Turnip should be cut into large pieces to save nutrients.



(D) Cooking soda hastens cooking.

**Answer –**

- (A) Lemon should be added in the beginning of cooking. (True)
- (B) Leaves of carrots should be discarded. (False)
- (C) Turnip should be cut into large pieces to save nutrients. (True)
- (D) Cooking soda hastens cooking. (True)

## Section-B

**32. Crime and corruption are increasing due to lack of values and ethics. What are the other four effects of this on the society?**

**Answer -** Due to the lack of values and ethics, crime and corruption are increasing. Four other impacts on society are as follows:

- 1) Imbalance** - When ethics are not prioritized in society and the focus is solely on personal gain, it creates an imbalance in both social and personal life. This imbalance leads to outcomes like crime, corruption, and social disintegration.
- 2) Disorder** - Disorder creates an atmosphere of insecurity in society. People begin to fear one another and trust is diminished.
- 3) Anarchy** - Anarchy promotes evil, such as corruption, crime, and violence, which weakens the moral fabric of society even further.
- 4) Economic Imbalance** - When people deviate from ethics, corruption and fraud increase, leading to economic imbalance and inequality.



**33. Mr. Sharma earns Rs. 25,000 per month. He lives in a three bedroom rented accommodation in Delhi. Help him make a format to record his monthly expenditure on transport and household bills.**

**Answer -** We can create a simple and organized format to record Mr. Sharma's monthly expenses, which includes his major expenses (such as rent, transportation, utility bills, etc.). This format will help him keep track of his spending.

**Monthly Expense Format:**

| Expense Name                          | Amount (₹) | Comments   |
|---------------------------------------|------------|--|
| 1. Rent                               | ₹ 12,000   | Rent for a 3-bedroom house                               |
| 2. Electricity Bill                   | ₹ 1,500    | Monthly electricity bill                                 |
| 3. Water Bill                         | ₹ 500      | Monthly water bill                                       |
| 4. Gas Cylinder/Petrol                | ₹ 1,000    | Expenses for household gas or transportation             |
| 5. Transportation (Auto, Cab, Petrol) | ₹ 2,000    | Transportation cost for commuting to office              |
| 6. Mobile Bill                        | ₹ 600      | Mobile service bill                                      |
| 7. Groceries                          | ₹ 4,000    | Expenses for daily food and household items              |
| 8. Entertainment/Outing               | ₹ 1,000    | Expenses for movies, restaurants, or other entertainment |
| 9. Other Expenses                     | ₹ 2,400    | Other expenses (e.g., medical, education, etc.)          |

**Total Monthly Expense: ₹ 25,000**

By filling out this format, Mr. Sharma will have a clear and detailed picture of his monthly expenses, which will help him create a budget and gain control over his spending. He can use this format every month to identify any changes or unnecessary expenses.



**34. Lack of information is one of the major problems of consumers. Give any four examples of this.**

**Answer - Lack of information is one of the major problems faced by consumers. Four examples of this are as follows :**

- 1) Price Variation:** Sometimes, shopkeepers charge more than the printed price on the product. However, shopkeepers cannot charge more than the MRP (Maximum Retail Price).
- 2) Counterfeit:** Many products have packaging that imitates famous brand packaging. Often, names similar to well-known brands are used to deceive consumers. **For example**, a well-known toothpaste brand "Colgate" is imitated by a toothpaste called "College," which has the same color and design on the outer packaging.
- 3) Misleading Information or Lack of Information:** Most product advertisements are misleading and exaggerated (overstated). The products are not as effective as claimed in the advertisements.
- 4) Lack of Standardized Products:** The market is flooded with low-quality products. Have you ever wondered why shopkeepers describe these low-quality items as better and are even willing to offer guarantees for them? This is because they receive higher commissions on these low-quality products compared to standardized ones.

**OR**

**In what four ways do packages help consumers?**

**Answer - Packaging helps consumers in several ways, primarily by providing safety, convenience, information, and enhancing attractiveness.**

- 5) Safety** - Packaging protects the product from damage during transportation, storage, and usage. For example, packaging is used to prevent food from getting contaminated.
- 6) Convenience** - Packaging makes it easier to carry, use, and store the product. For instance, food items packed in small containers or pouches are easy to carry while traveling.



**7) Providing Information** - Packaging contains important information about the product, such as ingredients, usage instructions, and warnings. This information helps consumers choose and use the right product.

**Enhancing Attractiveness** - Attractive packaging draws consumers to buy the product. Well-designed packaging strengthens the brand identity and makes the product stand out from competitors

**35. What four instructions would you give for ironing your cotton shirt?**

**Answer - Four instructions for ironing a cotton shirt :**

- 1) Cotton fabrics are best ironed when they are slightly damp.
- 2) If starch has been applied, the shirt should be completely dried before ironing.
- 3) Spray water evenly on the cotton fabric, wrap it tightly, and let it rest for a while.
- 4) Now, open them one by one and iron them with a hot iron. Let them rest for a while in the open before storing them.

**36. Suggest any four ways to prevent lifestyle diseases.**

**Answer - Four ways to prevent lifestyle-related diseases:**

- 1) One should exercise daily, such as walking, practicing yoga, cycling, etc.
- 2) Use stairs instead of lifts or escalators.
- 3) Eat a balanced diet at the right time.
- 4) Consume whole grains like cereals (wheat flour), sorghum, and millet, and avoid refined foods like maida (refined flour), etc.



OR



**Give any four suggestions to care for the sick at home.**

**Answer - Four suggestions for caring for the sick at home:**

- 1) Seek medical advice immediately without waiting for the severity of the illness to increase.
- 2) Follow the doctor's advice and take any prescribed medicine on time.
- 3) Provide the patient with an appropriate and balanced diet as per the doctor's advice.
- 4) Ensure that the patient is getting adequate rest.



**37. Why is food preservation important? Give four reasons.**

**Answer - Food Preservation:** "It is the process by which food is protected from spoiling for a short or long period of time. Through this, the color, taste, and nutrients of the food are also preserved as much as possible."

**Four important reasons for food preservation are:**

- 1) Preservation provides a system for surplus production.
- 2) Preservation adds variety to our food.
- 3) Preserved food can be sent to places where it is not grown.
- 4) Food preservation makes transportation and storage easier.

**38. Educate the women about any four changes they should expect in the first three months of their pregnancy.**

**Answer - Four changes that occur during the first three months of pregnancy:**

- 1) In the first trimester, the fertilized egg divides to form a group of cells that attach to the uterus.
- 2) During this time, the heart and lungs develop, and the circulatory system begins to function.



- 3) The development of reproductive organs takes place, making the gender of the embryo visible.
- 4) The life-supporting systems of the embryo, including the amniotic sac, placenta, and umbilical cord, form to protect and nourish the embryo.

**39. Identify any four household activities that are done seasonally by a family.**

**Answer - Four seasonal household activities carried out by a family:**

- 1) Keeping mattresses, cushions, pillows, rugs, and carpets in the sun to air them.
- 2) Cleaning the rooms thoroughly after removing all the furniture.
- 3) Cleaning the pantry and washing the curtains.
- 4) Cleaning and polishing wooden items and carrying out their repair work.

**40. Name any four semi-perishable foods.**

**Answer - Names of four semi-perishable food items:**

- 1) Eggs
- 2) Potatoes
- 3) Onions
- 4) Biscuits and cakes.



**OR**

**Name any four non-perishable foods.**

**Answer - Names of four non-perishable food items:**

- 1) Whole grains and pulses
- 2) Dried fruits
- 3) Oilseeds
- 4) Sugar and jaggery.



**41. You sister gets tired doing household chores. Identify any two unnecessary household activities that she can avoid. Suggest her one alternative each.**

**Answer -** Two unnecessary household activities that can be avoided, along with an alternative for each:

**1) Excessive cleaning:**

- **Unnecessary activity:** Cleaning every corner of the house repeatedly, such as wiping the dust off furniture daily or cleaning small items frequently.
- **Alternative:** Complete the cleaning work once a week and clean only the essential areas (like the kitchen, bathroom) daily.

**2) Excessive laundry :**

- **Unnecessary activity:** Washing clothes every day, even when they are not very dirty.
- **Alternative:** Laundry can be done two or three times a week, eliminating the need to wash clothes daily and saving time.

**OR**

**Your mother does not get time to rest from household work. Suggest her any six ways she can save her energy.**

**Answer - Six ways to help your mother save energy :**

- 1) Collaborate on household tasks like cleaning, washing dishes, and cooking, so that the workload is shared.
- 2) Use labor-saving devices such as washing machines and vacuum cleaners, which save both time and energy.
- 3) Take short breaks instead of continuously working. This will allow the body to rest and help in getting back to work with renewed energy.
- 4) Keep necessary items and tools nearby while cooking, so you don't have to keep going back and forth for things.



- 5) Adopt the right posture while doing household chores. For example, when using a broom with a long handle, one can sweep without bending over and can reach a wider area.
- 6) Prioritize tasks and divide them according to the days of the week. For example, one day can be for sweeping and mopping, and another for washing clothes, etc.

#### 42. Which six features would you ensure while planning a kitchen in your new house?

**Answer - Six key features of a kitchen :**

- 1) **Natural Light** : The kitchen should receive direct sunlight, as it helps in killing germs.
- 2) **Drainage System** : The kitchen should have proper drainage, and to prevent the entry of flies and mosquitoes, mesh doors should be installed.
- 3) **Lighting System** : There should be adequate lighting both during the day and night.
- 4) **Clean Air** : The kitchen should have access to fresh air and light from the outside through its walls.
- 5) **Exhaust Fan** : An exhaust fan can be installed to remove smoke from the kitchen.
- 6) **Floor Color** : The walls of the kitchen should be painted in light colors to help reflect light.

**OR**

**Write the six steps in sequence when cleaning rooms thoroughly.**

**Answer - Here are the six steps for cleaning rooms properly:**

- 1) **Remove the items first** : Remove all furniture, curtains, mattresses, etc., from the room.
- 2) **Dusting** : Clean the dust from all surfaces, furniture, cupboards, and walls.
- 3) **Floor cleaning** : Clean the floor of the room thoroughly by mopping or vacuuming.
- 4) **Clean the windows and doors** : Clean the windows, doors, and any associated screens or curtains.



5) **Check for cleanliness** : Ensure there is no dirt or dust left in any part of the room. Check carefully.

6) **Mopping** : Finally, mop the floor. The water used for mopping should contain disinfectants like phenyl.

#### 43. Sequence the steps of freezing peas.

**Answer - Here are the steps for freezing (preserving) peas :**

**Step 1:** Take about half a kilogram of fresh, tender, and peeled peas.

**Step 2:** Take a sufficient amount of water in a stainless steel vessel, enough to completely submerge the peas. Add about one teaspoon of salt for every half-liter of water and bring it to a boil.

**Step 3:** Dip the peas into the boiling solution for about two minutes.

**Step 4:** Place the peas on a stainless steel mesh and let them cool for 10-15 minutes.

**Step 5:** Pack the peas into a plastic bag, press out the air, and seal the bag tightly.

**Step 6:** Place the bags of peas into the freezer.

#### 44. This month Suchita had to buy medicines for Rs. 2,000 as she got sick. Suggest her three ways each by which she can

(i) supplement her income and

(ii) reduce her expenses.

**Answer - (i) Three Ways to Increase Income:**

7) Work based on your abilities, knowledge, and skills. For example – tutoring, sewing clothes, making handicraft items, etc.

8) Work part-time.

9) Work overtime.



**(ii) Three Ways to Reduce Expenses:**

- 7) Purchase fruits and vegetables according to the season.
- 8) Avoid food wastage and reduce the habit of eating out.
- 9) Control expenses on electricity, water, etc.

**45. Identify any two health risks of soil pollution. Give four suggestions to prevent this pollution.**

**Answer - Health Risks Due to Soil Pollution:**

- 1) Heart diseases and cancer
- 2) Nervous system-related problems

**Four Suggestions to Prevent Soil Pollution:**

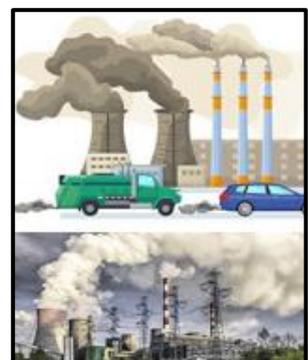
- 1) Proper disposal of household waste should be ensured so that flies, mosquitoes, and cockroaches do not breed. Additionally, use environmentally friendly products.
- 2) Instead of defecating in the open, use clean toilets.
- 3) Limit the use of pesticides and fertilizers.
- 4) Trees and plants prevent soil erosion and reduce pollution, so plant more trees.

**OR**

**What are six possible reasons for the increase in polluted air?**

**Answer - Six Possible Causes of Increased Air Pollution:**

- 1) Burning of domestic fuels (wood, coal, etc.).
- 2) Smoke from fireworks and firecrackers.
- 3) Pollution caused by construction activities and road dust.
- 4) Harmful gases released from petrol and diesel vehicles, which pollute the air.
- 5) Gases emitted from factories and industries contribute to air pollution.



6) The use of solvents and spray paints also pollutes the environment.

**46. Suggest any five ways to develop self esteem in adolescents.**

**Answer - Here are five ways to develop self-esteem in adolescents:**

**1) Positive self-talk :** Adolescents should be encouraged to think and speak positively about themselves. This helps strengthen their self-esteem.

**2) Empowerment :** Adolescents should be given opportunities to recognize and utilize their abilities. This boosts their self-esteem.

**3) Support and encouragement :** Adolescents should receive support and encouragement from their family and teachers. This helps enhance their self-esteem.

**4) Importance of social relationships :** Adolescents should be made to understand the value of healthy social relationships. When they build good relationships with friends and family, their self-esteem improves.

**5) Healthy lifestyle :** Regular exercise, a proper diet, and sufficient sleep strengthen adolescents' physical and mental health. When adolescents feel good about their body and mental state, their self-esteem naturally improves.

**OR**

**Enlist any five myths and facts regarding menstruation during adolescence.**

**Answer - Five myths and facts related to menstruation during adolescence:**

| Myth  | Fact  |
|---|---|
| Girls should not do any work during menstruation. | Girls should continue their daily activities as long as they feel fine. Walking and exercise can provide relief from cramps and pain. |



|  |  |
|--|--|
| Menstruation is an abnormal condition.                       | Menstruation is a natural process, although some girls may feel low on energy during this time. They may also experience cramps, back pain, headaches, stomach aches, or loss of appetite.                           |
| Medicine should be taken to delay or intensify menstruation. | Medicine should not be taken to delay or intensify menstruation as it can be harmful to the body. Consult a doctor if necessary.   |
| Bathing during menstruation causes cramps.                   | Bathing with lukewarm water daily helps relax muscles and reduce pain. Maintaining personal hygiene is important, especially during menstruation. Clean sanitary napkins should be used and changed every six hours. |
| Women should not enter the kitchen during menstruation.      | There is no scientific evidence to suggest that women should avoid the kitchen or activities like touching pickles or participating in social and religious events during menstruation.                              |

**47. Give any five instructions to your sister to wash her coloured cotton articles at home.**

**Answer - Instructions for washing colored cotton clothes at home:**

- 1) If the color of any cotton fabric is bleeding, do not soak it.
- 2) Use a mild or neutral soap to wash colored cotton clothes.



- 3) Use the scrubbing and wringing method to wash colored cotton clothes.
- 4) Squeeze the clothes well and in the final step, turn them inside out and apply starch.
- 5) Colored cotton clothes should be dried in the shade. If some moisture remains, iron the clothes, and only store them once they are completely dry.

OR

**You have set up a dyeing unit. Explain to your workers about batik procedure and the four different stages at which different textiles are dyed.**

**Answer - Introduction to the Batik process :** Batik is an ancient art form where beautiful and intricate designs are created on fabric using wax and dyes. In this process, the parts of the fabric that need to be protected from color are covered with wax, and then dye is applied.



**Four stages of the Batik process :**

**1) Designing and Waxing :**

- The desired design is created on the fabric.
- Hot wax (melted) is used to cover parts of the fabric according to the design.
- The wax protects these areas from the dye, resulting in the pattern emerging.

**2) First Dyeing :**

- The wax-covered fabric is dipped in a light-colored dye.
- The areas covered with wax remain protected from the dye, while the rest of the fabric absorbs the color.
- After dyeing, the fabric is dried.

**3) Additional Waxing and Overdyeing :**

- Wax is applied again to new areas to add depth and variety to the design.
- The fabric is then dipped in a darker dye.



- This process is repeated until all the desired colors are achieved.

#### **4) Wax Removal and Finishing :**

- The wax is removed by boiling the fabric in hot water or ironing it.
- Once the wax is removed, the beautiful and intricate design emerges on the fabric.
- The final fabric is washed, dried, and is ready for use.





# Thank you!



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



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