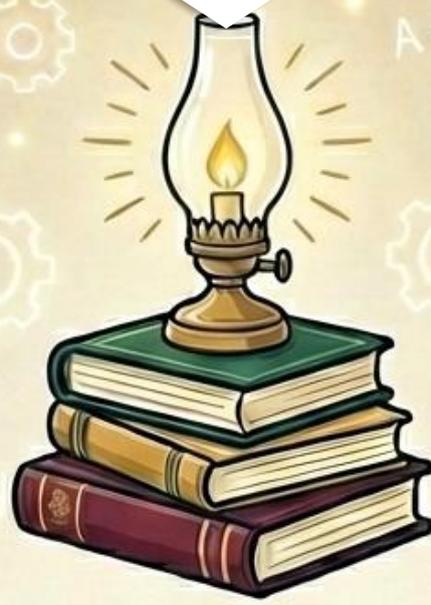




$$A = \frac{m}{(m^2 + c)^2}$$



# NIOS PYQ's SOLUTIONS

$$fa = bc^2$$

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

PREVIOUS YEARS' QUESTIONS & ANSWERS



APRIL-2025

Your Path to Success

## SET-A

**Section-A**

**1. Which of the following does not save floor space?**

- (A) Built-in cupboards                      (B) Mirror on wall  
(C) Bunk beds                                  (D) Almirahs

**Answer -** (D) Almirahs

**2. Which of the following statements highlight the advantages of using solar cooker?**

- (i) It generates employment.  
(ii) It reduces fuel cost.  
(iii) It is totally safe to use.  
(iv) It generates electricity.  
(v) It is very easy to use.

**Choose the correct option :**

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

**Answer -** (D) (ii), (iii), (v)

**3. Which investment schemes do these statements represent?**

- (i) Provides liquidity.  
(ii) Provides safety.



(iii) Regular interest.

**Choose the correct option :**

(A) (i) Units, (ii) Shares, (iii) Debentures

(B) (i) Debentures, (ii) National Savings Certificate, (iii) Savings Account

(C) (i) Post Office Savings A/c, (ii) Life Insurance, (iii) Shares

(D) (i) Savings Bank Account, (ii) Post Office Savings Account, (iii) Unit

**Answer -** (D) (i) Savings Bank Account, (ii) Post Office Savings Account, (iii) Unit

**4. A low fibre diet is suggested for persons suffering from which disease?**

(A) Diarrhoea

(B) Constipation

(C) Fever

(D) Jaundice

**Answer -** (A) Diarrhoea

**5. To assess the nutritional status of a person, you need to know his**

(A) Mental growth

(B) Social growth

(C) Physical growth

(D) Intellectual growth

**Answer -** (C) Physical growth

**6. Acts of violation of law by adolescents is termed as**

(A) alcoholism

(B) child labour

(C) juvenile delinquency

(D) drug addiction

**Answer -** (C) juvenile delinquency

**7. The inability to empathize with others is called**

(A) Ego centrism

(B) Seriation



(C) Reversibility

(D) Conservation

**Answer -** (A) Ego centrisism

**8. Growth monitoring of children is done in which one of the following programmes?**

(A) Integrated Child Development Services

(B) Mid-day Meal Programme

(C) National Nutritional Anaemia Control Programme

(D) National Iodine Deficiency Disorder Control Programme

**Answer -** (A) Integrated Child Development Services

**9. Ram has swollen neck and feels tired. These may be symptoms of which nutritional deficiency disease?**

(A) Anaemia

(B) Goitre

(C) Night blindness

(D) Marasmus

**Answer -** (B) Goitre

**10. Which one of the following stains should be removed with only cold water?**

(A) Coffee stain

(B) Blood stain

(C) Butter stain

(D) Tea stain

**Answer -** (B) Blood stain

**11. In which fabric, fibres are held together by mechanical force, gum or heat?**

(A) Cambric

(B) T-shirt

(C) Namada

(D) Denim

**Answer -** (C) Namada



**12. Which one of these activities needs fine muscular coordination?**

- (A) Jumping hurdles (B) Climbing stairs  
(C) Drawing pictures (D) Running with ball

**Answer -** (C) Drawing pictures

**13. Which age is referred to as 'Puberty'?**

- (A) 11 to 12 years (B) 14 to 15 years  
(C) 9 to 10 years (D) 15 to 16 years

**Answer -** (A) 11 to 12 years

#### OPTIONAL MODULE-A

#### ( Housekeeping )

**14. While doing flower arrangements, the tallest stem of flower should be cut at least \_\_\_\_\_ times the width of vase.**

- (A) two (B) 1½  
(C) four (D) 2½

**Answer -** (B) 1½

**15. Which of these is not an abrasive?**

- (A) Emery paper (B) Wheat bran  
(C) Baking soda (D) Sawdust

**Answer -** (C) Baking soda

**16. Rearrange in correct sequence the repair of an electrical fuse :**

- (i) Put the main switch on.



- (ii) Replace the fuse with new wire.
- (iii) Examine and clean the fuse cut-out.
- (iv) Put the main switch off.

**Choose the correct option :**

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

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

**17. Identify two characteristics of language development of adolescents :**

- (a) Using fluent and complex language
- (b) Like using tongue twisters
- (c) Using similar words having different meaning
- (d) Like using slang

**Answer -** Two characteristics of adolescent language development:

- (a) Using fluent and complex language
- (d) Like using slang

**18. State whether the following statements are True or False. Justify your answer with reason :**

- (a) Mentally retarded children should be involved in simple household tasks.
- (b) Body contact in crowded places may cause HIV transmission.



**Answer -**

(a) Mentally retarded children should be involved in simple household tasks. **(True)**

**Reason :** Involvement in simple household chores gives these children the opportunity to become independent. This builds their self-confidence and provides them with useful experiences in the family and society.

(b) Body contact in crowded places may cause HIV transmission. **(False)**

**Reason :** The HIV virus can only be spread through unprotected sex, infected blood, needle sharing, and from mother to child. HIV is not spread through normal physical contact in crowded places (shaking hands, pushing, etc.)

**19. Write any four advantages of saving.**

**Answer - There are four benefits of saving :**

1. To ensure future financial security.
2. To meet emergencies.
3. To meet family goals.
4. To start your own business or gain self-employment opportunities.

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

- (a) Nuclear fuel is a renewable source of energy.
- (b) Pressure cooker helps to save time.
- (c) Geothermal energy is the solar heat energy trapped by rocks.
- (d) A small refrigerator consumes less power than a big refrigerator.

**Answer -**

(a) Nuclear fuel is a renewable source of energy. **(False)**

(b) Pressure cooker helps to save time. **(True)**



(c) Geothermal energy is the solar heat energy trapped by rocks. **(True)** (NIOS BOOK)

(d) A small refrigerator consumes less power than a big refrigerator. **(True)**

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

**(a) Frequency of food for pregnant woman should be increased.**

**(b) One cup of Poha gives same calories as one Chapati.**

**(c) Out of season food is less nutritious.**

**(d) Food exchange makes diet planning easy.**

**Answer -**

(a) Frequency of food for pregnant woman should be increased. **(True)**

(b) One cup of Poha gives same calories as one Chapati. **(False)**

(c) Out of season food is less nutritious. **(True)**

(d) Food exchange makes diet planning easy. **(True)**

**22. Which four food items Anita can include in her seven-month-old child's meal?**

**Answer -** Anita can include the following foods in her seven-month-old baby's diet:

**1. Milk** – breast milk or adapted infant formula.

**2. Porridge (semolina or rice porridge)** – lightly cooked porridge that is easily digestible.

**3. Pureed fruits** – such as bananas, apples, and pears (very soft and without sugar).

**4. Boiled vegetables** – such as carrots, potatoes, and gourds, which should be thoroughly pureed.

**5. Dal water** – boiled lentil water



**23. Given below is a list of materials/reagents. Which stains are removed by these?**

<b>Material/Reagent</b>	<b>Use</b>
(a) Borax	_____
(b) Cold salted water	_____
(c) Methylated spirit	_____
(d) Paste of onion	_____

**Answer -**

<b>Material/Reagent</b>	<b>Use</b>
(a) Borax	To remove tea and coffee stains
(b) Cold salted water	To remove blood, egg and meat stains
(c) Methylated spirit	To remove old grass stains
(d) Paste of onion	To remove fresh betel stains

**24. Which four codes of ethics should be followed in a school?**

**Answer -** The following four codes of ethics should be followed in school:

- 1) Performing one's duties and responsibilities properly.
- 2) Obeying school discipline and rules.
- 3) Showing respect for classmates and teachers.
- 4) Being punctual and working honestly.

**25. Give one word for the following :**

- (a) A weave in which the surface has diagonal lines
- (b) A fabric making technique used for making shoe-laces



- (c) The finished edge of a fabric along its length
- (d) One ball of yarn interlooped to get a fabric

**Answer -**

- (a) Twill weave
- (b) Braided fabric
- (c) Selvedge / border
- (d) Knitting

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

- (a) Woollen clothes should be soaked before washing.
- (b) White clothes should be dried in a shade.
- (c) Optical brightening agents are colourless dyes.
- (d) Silks should be washed by kneading and squeezing method.

**Answer -**

- (a) Woollen clothes should be soaked before washing. **(False)**
- (b) White clothes should be dried in a shade. **(False)**
- (c) Optical brightening agents are colourless dyes. **(True)**
- (d) Silks should be washed by kneading and squeezing method. **(True)**

**27. Give one word for the following :**

- (a) A collective word for white petrol, methylated spirit and benzene
- (b) A chemical used as a fabric whitener
- (c) A cleanser produced synthetically from chemicals



(d) A natural oxidising bleach

**Answer -**

- (a) Solvent
- (b) Bleach
- (c) Detergent
- (d) Sunlight

### OPTIONAL MODULE-A

( Housekeeping )

**28. Match Column-A with Column-B :**

#### Column-A

- (a) Brick powder
- (b) Tamarind pulp
- (c) Newspaper
- (d) Mild detergent

#### Column-B

- (i) Glass
- (ii) Linoleum
- (iii) Brass
- (iv) Iron

**Answer -**

#### Column-A

- (a) Brick powder
- (b) Tamarind pulp
- (c) Newspaper
- (d) Mild detergent

#### Column-B

- (iv) Iron
- (iii) Brass
- (i) Glass
- (ii) Linoleum



## Section-B

**29. A family likes to consume curd daily. Suggest four different ways curd can be served.**

**Answer - There are four different ways to serve curd -**

- As a smoothie or lassi
- As a sweetened curd and served.
- As a curd raita or curry
- As a part of curd bhalla or chaat.

**30. Mention four safety tips while using household appliances in your kitchen.**

**Answer - Here are four safety tips when using household appliances in your kitchen-**

1. Read the instructions carefully before using any household appliance.
2. Ensure all electrical appliances are properly connected.
3. Unplug the appliance before cleaning.
4. Do not store electrical appliances near water and only clean them with water if directed in the instructions.

**31. What do you understand by 'environmental degradation'? Mention its three natural causes.**

**Answer -** Harmful changes occurring around us are called environmental degradation.

**Three natural causes of environmental degradation**

1. Earthquakes and volcanic eruptions.
2. Natural disasters such as strong winds and floods.
3. Climate change.



**32. List four unethical behaviours that are commonly seen on the road.**

**Answer - Unethical behaviours that are commonly seen on the road :**

1. Violating traffic rules (such as driving through a red light).
2. Throwing garbage on the road.
3. Riding a two-wheeler without a helmet.
4. Not giving way to pedestrians

**Or**

**Which four ethical qualities do you expect from your boss?**

**Answer - Four ethical qualities expected of a boss :**

1. Loyalty and honesty
2. Truthfulness
3. Respect for time
4. Maintaining friendly relations with coworkers and customers

**33. What do you understand by 'pasteurization'? Why is it done?**

**Answer - Pasteurization** is the process of heating food or beverages (such as milk) for a short period of time to kill harmful microorganisms. This process is done to make milk and other foods safe.

**34. Besides mangoes list four ingredients used for making mango squash.**

**Answer - To make mango squash, you need the following four ingredients, in addition to mangoes :**

1. Sugar – 1 kg
2. Water – 1 kg
3. Citric acid – 30 grams
4. KMS – 1/2 teaspoon

**Or**



**How will you check that the jam you are making is ready?**

**Answer -** To check if the jam is ready, take a small amount of the mixture while it's boiling and drop it onto a clean sheet. If the mixture solidifies and doesn't spread, rather than flowing, the jam is completely ready. This is called the end point.

**35. How will you prepare Amla Murabba at home?**

**Answer -** Ingredients and Method for Making Amla Murabba at Home :

### Ingredients

Ingredients	Quantity:
Amla	- 1 kg
Sugar	- 1.5 kg

### Method

- (i) Prick the amla with a fork and steam for 5 minutes.
- (ii) Add 50 percent (750 g) of the sugar to the amla on the first day.
- (iii) If the sugar hasn't completely dissolved on the second day, remove the amla, heat the sugar to make a solution, cool it, and add the amla.
- (iv) Repeat the same process on the third day.
- (v) Use it after 15 days. The amla murabba is now ready.

Or

**Write the steps of making mixed vegetable pickle.**

**Answer - Steps to make mixed vegetable pickle :**

- Wash the fruits and vegetables, then dry them thoroughly.
- Cut them into pieces on a clean board.



- Mix the salt and spices together.
- Place them in a dry, sterilized container.
- Cover with salt and oil.
- Store with a tightly closed lid.

### OPTIONAL MODULE-A

#### ( Housekeeping )

**36. Suggest four ways to prevent electric shock at home.**

**Answer - Four ways to prevent electric shock at home :**

1. Avoid damaged appliances and wires:
2. Keep away from water and electricity.
3. Do not touch appliances with wet hands.
4. Do not plug more than one appliance into a single socket.
5. If an appliance gives a mild electric shock, do not operate it again until it is repaired.

**37. What is the role of twigs and leaves in a flower arrangement?**

**Answer - The role of twigs and leaves in flower arrangements is as follows :**

- Dry twigs make the arrangement natural and attractive.
- Leaves fill the spaces between flowers.
- The entire arrangement looks dense and balanced.
- Leaves add freshness to the flower arrangement.

**38. What three points would you check to ensure buying good quality fabric?**

**Answer -** To choose good quality fabric, you can check these three key points :

**1. Fabric :** The fabric should be pleasant to the touch. The durability of the fabric depends on the type and quality of the fiber, the strength of the yarn, the amount of twist in the yarn,



and the density of the fabric's structure. A densely woven fabric has more threads than a loosely woven fabric, making it more durable.

**2. Weave :** The fabric should not have long threads in the weave, as they stretch and weaken the fabric. Additionally, to check the fabric's strength, hold it between your thumbs and pull it. If the fabric is woven properly, the threads will not come loose.

**3. Finish :** Pay attention to the fabric's scent. It should be pure and not oily. Also, hold the fabric up to the light to ensure even dyeing. If the color appears to be bleeding from the crease line, it means the dyeing was not done properly.

**39. Which three characteristics would you consider while buying clothes for your college going sister?**

**Answer -** When buying clothes for your college-going sister, keep the following three features in mind :

**1. Fit and Style :** Boys and girls this age want their clothes to be attractive and fashionable. Therefore, you should buy clothes that fit well and offer a modern, stylish look in the college environment.

**2. Mix and Match :** College-going children need new clothes frequently, but it's not always possible to wear new clothes every day. Therefore, you should buy clothes that can be easily interchanged. For example, different T-shirts can be worn with simple jeans, or some shirts should be in colors that can be matched with multiple pants/salwars.

**3. Comfort and Durability :** Clothes for everyday wear should be comfortable, lightweight, and long-lasting. Comfort is essential for long college days.

Or

**Which three characteristics you would keep in mind while buying clothes for summers?**

**Answer -** When buying summer clothes, consider these three characteristics :



**1. Fabric fiber :** Cotton clothes are best for summer because they are light, soft, and sweat-absorbent. They provide cooling.

**2. Choose light colors :** Dark colors absorb more of the sun's heat, while light colors absorb less heat and keep you feeling cooler. White, light blue, or pastel-colored clothes are ideal for summer.

**3. Fabric texture and looseness :** Clothes should be loose and breathable, allowing air to circulate through the body and providing relief from heat.

**40. Mention three ways in which poverty leads to juvenile delinquency.**

**Answer - Poverty leads to juvenile delinquency in several ways. Three main ways are as follows :**

1. Poor children lack the basic necessities of life, so they find theft or robbery an easy way out.
2. Sometimes, due to poverty, parents themselves encourage their children to steal. Furthermore, bad company can lead children to learn bad habits such as stealing, lying, or vandalism.
3. Children may be influenced by criminal characters depicted in the media and imitate them.

**Or**

**Which three precautions should be adopted at the time of delivery?**

**Answer - The following precautions should be taken during delivery :**

1. Consult a qualified and skilled doctor or nurse regarding preparations during pregnancy and delivery.
2. The newborn should be kept clean, and the umbilical cord should be tied and cut to keep it free of bacteria and prevent it from entering.
3. Breastfeeding should be initiated as early as possible because the mother's initial milk provides the baby with immunity.



**OPTIONAL MODULE-A****( Housekeeping )****41. Which three points should be kept in mind while hanging paintings on walls?**

**Answer -** When hanging paintings on walls, the following three things should be kept in mind.

1. Paintings should be hung according to the available space and their size. Hang large paintings on large walls and small paintings on small walls.
2. Groups of small paintings should be placed together and displayed within a rectangle or square.
3. Paintings should be hung straight, not slanted.

**42. Mention ten important informations you would check for on a medicine label.**

**Answer -** Ten important information should be checked on the medicine label :

1. Product name
2. Brand name
3. Ingredients/raw materials used
4. Product usage
5. Instructions for use, cautions, and care
6. Expiry date
7. Dosage quantity for medicines
8. Maximum retail price (MRP) inclusive of all taxes
9. Warnings and precautions
10. Guarantee period

**Or**

**Suggest any ten solutions to overcome consumer problems.**

**Answer -** The following are ten suggestions to overcome consumer problems:



1. Before purchasing any product, survey the market and gather information from all sources. For example, TV, magazines, newspapers, salespeople, or someone who has used the product.
2. Only purchase from reputable stores.
3. Keep bills, receipts, and guarantee cards for purchased items.
4. Buy packaged and labeled products, rather than loose items.
5. Carefully read labels for information such as brand name, ingredients, net weight, standard markings, etc.
6. If an item is in short supply, consider alternatives.
7. Avoid hoarding, black marketing, and overpricing.
8. Don't be deceived by deceptive offers like free gifts and attractive discounts.
9. Always buy products that guarantee good quality and excellent after-purchase service.
10. Report fraudulent merchants to the authorities.

#### **43. Explain the effects of early maturation in adolescent boys and girls.**

**Answer -** Adolescence is a very sensitive and change-filled phase in a person's life. This period sees rapid changes at the physical, mental, and emotional levels. When these changes occur before the normal age, it is called premature maturity. It affects girls and boys differently.

##### **Girls :**

- They feel embarrassed and hesitant to observe the sudden changes in their bodies. They wonder why this is happening to them.
- Adults consider them older and expect responsible behavior.
- This can have a negative impact on their personality and self-image.

##### **Boys :**

- Boys who mature prematurely tend to be more confident and self-satisfied.
- Their strong and developed bodies distinguish them among their classmates.
- They excel in sports and other activities and are chosen as leaders.

**Or**



**Why is peer group important to adolescents? Give five reasons.**

**Answer** - Adolescence (14 to 16 years) is a period of life when children start valuing their peers more than their parents. In a changing social and family environment, the peer group becomes the mainstay of the personality development of adolescents. The following are the five main reasons for this :

- (i) Problem Sharing** : Adolescents can easily share their problems, feelings, and concerns with friends, reducing mental stress.
- (ii) Learning Social Skills** : Peer groups teach adolescents how to interact with others, behave, and interact with others, especially the opposite sex.
- (iii) Adopting Peer Culture** : Adolescents begin to develop a distinct identity by adopting the speech, clothing, and habits of their peers. This is called "peer culture."
- (iv) Understanding and Support** : Adolescents feel that their friends understand them more than their parents. This increases their confidence and self-esteem.
- (v) Interest and Skill Development** : Peer groups provide opportunities to develop new interests, hobbies, and skills, enhancing their abilities.



SET-B

## Section-A

1. Which age is referred to as 'Puberty'?

- (A) 11 to 12 years                      (B) 14 to 15 years  
(C) 9 to 10 years                      (D) 15 to 16 years

**Answer -** (A) 11 to 12 years

2. Which one of these activities needs fine muscular coordination?

- (A) Jumping hurdles                      (B) Climbing stairs  
(C) Drawing pictures                      (D) Running with ball

**Answer -** (C) Drawing pictures

3. In which fabric, fibres are held together by mechanical force, gum or heat?

- (A) Cambric                                  (B) T-shirt  
(C) Namada                                  (D) Denim

**Answer -** (C) Namada

4. Which one of the following stains should be removed with only cold water?

- (A) Coffee stain                              (B) Blood stain  
(C) Butter stain                              (D) Tea stain

**Answer -** (B) Blood stain

5. Ram has swollen neck and feels tired. These may be symptoms of which nutritional deficiency disease?

- (A) Anaemia                                  (B) Goitre



(C) Night blindness

(D) Marasmus

**Answer -** (B) Goitre

**6. Growth monitoring of children is done in which one of the following programmes?**

(A) Integrated Child Development Services

(B) Mid-day Meal Programme

(C) National Nutritional Anaemia Control Programme

(D) National Iodine Deficiency Disorder Control Programme

**Answer -** (A) Integrated Child Development Services

**7. The inability to empathize with others is called**

(A) Ego centrisms

(B) Seriation

(C) Reversibility

(D) Conservation

**Answer -** (A) Ego centrisms

**8. Acts of violation of law by adolescents is termed as**

(A) alcoholism

(B) child labour

(C) juvenile delinquency

(D) drug addiction

**Answer -** (C) juvenile delinquency

**9. To assess the nutritional status of a person, you need to know his**

(A) Mental growth

(B) Social growth

(C) Physical growth

(D) Intellectual growth

**Answer -** (C) Physical growth



**10. A low fibre diet is suggested for persons suffering from which disease?**

- (A) Diarrhoea (B) Constipation  
(C) Fever (D) Jaundice

**Answer -** (A) Diarrhoea

**11. Which investment schemes do these statements represent?**

- (i) Provides liquidity.  
(ii) Provides safety.  
(iii) Regular interest.

**Choose the correct option :**

- (A) (i) Units, (ii) Shares, (iii) Debentures  
(B) (i) Debentures, (ii) National Savings Certificate, (iii) Savings Account  
(C) (i) Post Office Savings A/c, (ii) Life Insurance, (iii) Shares  
(D) (i) Savings Bank Account, (ii) Post Office Savings Account, (iii) Unit

**Answer -** (D) (i) Savings Bank Account, (ii) Post Office Savings Account, (iii) Unit

**12. Which of the following statements highlight the advantages of using solar cooker?**

- (i) It generates employment.  
(ii) It reduces fuel cost.  
(iii) It is totally safe to use.  
(iv) It generates electricity.  
(v) It is very easy to use.

**Choose the correct option :**



(A) (ii), (iv), (i)

(B) (i), (iii), (iv)

(C) (i), (iv), (v)

(D) (ii), (iii), (v)

**Answer** - (D) (ii), (iii), (v)

**13. Which of the following does not save floor space?**

(A) Built-in cupboards

(B) Mirror on wall

(C) Bunk beds

(D) Almirahs

**Answer** - (D) Almirahs

### OPTIONAL MODULE-A

( Housekeeping )

**14. While doing flower arrangements, the tallest stem of flower should be cut at least \_\_\_\_ times the width of vase.**

(A) two

(B) 1½

(C) four

(D) 2½

**Answer** - (B) 1½

**15. Which of these is not an abrasive?**

(A) Emery paper

(B) Wheat bran

(C) Baking soda

(D) Sawdust

**Answer** - (C) Baking soda

**16. Which one of the following statements is not true?**

(A) Triad colour scheme is used in Kantha stitch of Bengal.

(B) When a motif is repeated at certain intervals over a surface, it is called a pattern.



(C) Back stitch is a very strong stitch.

(D) An abstract design does not have any specific inspiration.

**Answer -**

(A) Triad colour scheme is used in Kantha stitch of Bengal. **(False)**

(B) When a motif is repeated at certain intervals over a surface, it is called a pattern. **(True)**

(C) Back stitch is a very strong stitch. **(True)**

(D) An abstract design does not have any specific inspiration. **(True)**

**17. State whether the following statements are True or False. Justify your answer with reason :**

**(a) Mentally retarded children should be involved in simple household tasks.**

**(b) Body contact in crowded places may cause HIV transmission.**

**Answer -**

**(a)** Mentally retarded children should be involved in simple household tasks. **(True)**

**Reason :** Involvement in simple household chores gives these children the opportunity to become independent. This builds their self-confidence and provides them with useful experiences in the family and society.

**(b)** Body contact in crowded places may cause HIV transmission. **(False)**

**Reason :** The HIV virus can only be spread through unprotected sex, infected blood, needle sharing, and from mother to child. HIV is not spread through normal physical contact in crowded places (shaking hands, pushing, etc.)

**18. Identify two characteristics of language development of adolescents :**

**(a) Using fluent and complex language**



- (b) Like using tongue twisters
- (c) Using similar words having different meaning
- (d) Like using slang

**Answer -** Two characteristics of adolescent language development:

- (a) Using fluent and complex language
- (d) Like using slang

**19. Suggest any four ways your family can supplement their income.**

**Answer -** The following four methods can be adopted to increase the family income –

1. Women and men can work at home making pickles, jams, papads, sewing, and knitting.
2. Earning additional income by giving tuition at home or online.
3. Family members can do some part-time work in their spare time.
4. Farming and animal husbandry.

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

- (a) Frequency of food for pregnant woman should be increased.
- (b) One cup of Poha gives same calories as one Chapati.
- (c) Out of season food is less nutritious.
- (d) Food exchange makes diet planning easy.

**Answer -**

- (a) Frequency of food for pregnant woman should be increased. **(True)**
- (b) One cup of Poha gives same calories as one Chapati. **(False)**
- (c) Out of season food is less nutritious. **(True)**



(d) Food exchange makes diet planning easy.

(True)

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

(a) Nuclear fuel is a renewable source of energy.

(b) Pressure cooker helps to save time.

(c) Geothermal energy is the solar heat energy trapped by rocks.

(d) A small refrigerator consumes less power than a big refrigerator.

**Answer -**

(a) Nuclear fuel is a renewable source of energy.

(False)

(b) Pressure cooker helps to save time.

(True)

(c) Geothermal energy is the solar heat energy trapped by rocks.

(True)

(d) A small refrigerator consumes less power than a big refrigerator.

(True)

**22. Which four food items Anita can include in her seven-month-old child's meal?**

**Answer - Anita can include the following foods in her seven-month-old baby's diet:**

**1. Milk** – breast milk or adapted infant formula.

**2. Porridge (semolina or rice porridge)** – lightly cooked porridge that is easily digestible.

**3. Pureed fruits** – such as bananas, apples, and pears (very soft and without sugar).

**4. Boiled vegetables** – such as carrots, potatoes, and gourds, which should be thoroughly pureed.

**5. Dal water** – boiled lentil water



**23. Given below is a list of materials/reagents. Which stains are removed by these?**

<b>Material/Reagent</b>	<b>Use</b>
(a) Borax	_____
(b) Cold salted water	_____
(c) Methylated spirit	_____
(d) Paste of onion	_____

**Answer -**

<b>Material/Reagent</b>	<b>Use</b>
(a) Borax	To remove tea and coffee stains
(b) Cold salted water	To remove blood, egg and meat stains
(c) Methylated spirit	To remove old grass stains
(d) Paste of onion	To remove fresh betel stains

**24. Which four codes of ethics should be followed in a classroom?**

**Answer - The following four codes of ethics should be followed in classroom:**

- 1) Performing one's duties and responsibilities properly.
- 2) Obeying school discipline and rules.
- 3) Showing respect for classmates and teachers.
- 4) Being punctual and working honestly.

**25. Give one word for the following :**

- (a) A collective word for white petrol, methylated spirit and benzene
- (b) A chemical used as a fabric whitener



(c) A cleanser produced synthetically from chemicals

(d) A natural oxidising bleach

**Answer -**

- (a) Solvent
- (b) Bleach
- (c) Detergent
- (d) Sunlight

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

(a) Powdered moong dal can be used to remove stains.

(b) Javelle water is an oxidising bleach.

(c) Egg stains should be removed with borax.

(d) Tea is a mineral stain.

**Answer -**

- (a) Powdered moong dal can be used to remove stains. **(True)**
- (b) Javelle water is an oxidising bleach. **(True)**
- (c) Egg stains should be removed with borax. **(False)**
- (d) Tea is a mineral stain. **(False)**

**27. Give one word for the following :**

(a) A weave in which the surface has diagonal lines

(b) A fabric making technique used for making shoe-laces

(c) The finished edge of a fabric along its length



(d) One ball of yarn interlooped to get a fabric

**Answer -**

- (a) Twill weave
- (b) Braided fabric
- (c) Selvedge / border
- (d) Knitting

### OPTIONAL MODULE-A

( Housekeeping )

**28. Match Column-A with Column-B :**

#### Column-A

- (a) Brick powder
- (b) Tamarind pulp
- (c) Newspaper
- (d) Mild detergent

#### Column-B

- (i) Glass
- (ii) Linoleum
- (iii) Brass
- (iv) Iron

**Answer -**

#### Column-A

- (a) Brick powder
- (b) Tamarind pulp
- (c) Newspaper
- (d) Mild detergent

#### Column-B

- (iv) Iron
- (iii) Brass
- (i) Glass
- (ii) Linoleum



## Section-B

**29. Plan a breakfast which includes any four food groups.**

**Answer - A breakfast plan for the four food groups could be as follows:**

- 1. Grain group (carbohydrates)** – porridge or paratha.
- 2. Milk and milk products** – 1 glass of milk or curd.
- 3. Fruits and vegetables** – banana, apple, or tomato salad.
- 4. Protein group** – boiled eggs or moong dal pudding

**30. Suggest four ways to conserve gas while cooking.**

**Answer - Four ways to conserve gas while cooking.**

- 1.** Turn on the gas only after placing the vessel on the stove and turn it off before removing the vessel.
- 2.** Turn off the gas cylinder regulator switch at night.
- 3.** Serve the food immediately after cooking so it doesn't have to be reheated.
- 4.** Use a small stove for small vessels.

**31. State any four eco-friendly products.**

**Answer - Names of eco-friendly products :**

- (a) Unleaded petrol
- (b) double refined motor oil
- (c) Water-based paint
- (d) jute and cotton



**32. Besides mangoes list four ingredients used for making mango squash.**

**Answer - To make mango squash, you need the following four ingredients, in addition to mangoes :**

1. Sugar – 1 kg
2. Water – 1 kg
3. Citric acid – 30 grams
4. KMS – 1/2 teaspoon

**Or**

**How will you check that the jam you are making is ready?**

**Answer -** To check if the jam is ready, take a small amount of the mixture while it's boiling and drop it onto a clean sheet. If the mixture solidifies and doesn't spread, rather than flowing, the jam is completely ready. This is called the end point.

**33. Give four reasons for preserving food.**

**Answer - There are four reasons for preserving food:**

1. To extend the shelf life of foods.
2. To create new products such as jams, papads, pickles, etc. These foods are enjoyed year-round.
3. After preservation, the volume of the food decreases, making it easier to store and transport. For example, 1 kg of carrots takes up much more space than 1 kg of carrot jam.
4. Seasonal fruits and vegetables should be stored when they are tasty and affordable.

**34. List four unethical behaviours that are commonly seen on the road.**

**Answer - Unethical behaviours that are commonly seen on the road :**

1. Violating traffic rules (such as driving through a red light).
2. Throwing garbage on the road.
3. Riding a two-wheeler without a helmet.



4. Not giving way to pedestrians

Or

**Which four ethical qualities do you expect from your boss?**

**Answer - Four ethical qualities expected of a boss :**

1. Loyalty and honesty
2. Truthfulness
3. Respect for time
4. Maintaining friendly relations with coworkers and customers

**35. How will you prepare Amla Murabba at home?**

**Answer - Ingredients and Method for Making Amla Murabba at Home :**

### **Ingredients**

<b>Ingredients</b>	<b>Quantity:</b>
<b>Amla</b>	- 1 kg
<b>Sugar</b>	- 1.5 kg

### **Method**

- (i) Prick the amla with a fork and steam for 5 minutes.
- (ii) Add 50 percent (750 g) of the sugar to the amla on the first day.
- (iii) If the sugar hasn't completely dissolved on the second day, remove the amla, heat the sugar to make a solution, cool it, and add the amla.
- (iv) Repeat the same process on the third day.
- (v) Use it after 15 days. The amla murabba is now ready.

Or



**Write the steps of making mixed vegetable pickle.**

**Answer - Steps to make mixed vegetable pickle :**

- Wash the fruits and vegetables, then dry them thoroughly.
- Cut them into pieces on a clean board.
- Mix the salt and spices together.
- Place them in a dry, sterilized container.
- Cover with salt and oil.
- Store with a tightly closed lid.

### OPTIONAL MODULE-A

#### ( Housekeeping )

**36. Suggest four ways to prevent electric shock at home.**

**Answer - Four ways to prevent electric shock at home :**

1. Avoid damaged appliances and wires:
2. Keep away from water and electricity.
3. Do not touch appliances with wet hands.
4. Do not plug more than one appliance into a single socket.
5. If an appliance gives a mild electric shock, do not operate it again until it is repaired.

**37. What is the role of twigs and leaves in a flower arrangement?**

**Answer - The role of twigs and leaves in flower arrangements is as follows :**

- Dry twigs make the arrangement natural and attractive.
- Leaves fill the spaces between flowers.
- The entire arrangement looks dense and balanced.
- Leaves add freshness to the flower arrangement.



**38. Make the consumers aware of any three malpractices adopted by cloth traders.**

**Answer - Consumers can be made aware of the unfair practices adopted by cloth traders.**

**1. Shortage/Defective Goods :** Traders underestimate or stretch the measurements. For example, instead of 4 meters, they only provide 3.5 meters.

**2. Price Fraud :** They charge more than the price printed on the package and use excuses like taxes or finishing.

**3. Defective Products :** Sometimes, defective or defective products are sold as new, and the consumer is charged the actual price.

**39. Mention three ways in which poverty leads to juvenile delinquency.**

**Answer - Poverty leads to juvenile delinquency in several ways. Three main ways are as follows :**

1. Poor children lack the basic necessities of life, so they find theft or robbery an easy way out.
2. Sometimes, due to poverty, parents themselves encourage their children to steal. Furthermore, bad company can lead children to learn bad habits such as stealing, lying, or vandalism.
3. Children may be influenced by criminal characters depicted in the media and imitate them.

**Or**

**Which three precautions should be adopted at the time of delivery?**

**Answer - The following precautions should be taken during delivery :**

1. Consult a qualified and skilled doctor or nurse regarding preparations during pregnancy and delivery.
2. The newborn should be kept clean, and the umbilical cord should be tied and cut to keep it free of bacteria and prevent it from entering.



3. Breastfeeding should be initiated as early as possible because the mother's initial milk provides the baby with immunity.

**40. Which three characteristics would you consider while buying clothes for your college going sister?**

**Answer - When buying clothes for your college-going sister, keep the following three features in mind :**

**1. Fit and Style :** Boys and girls this age want their clothes to be attractive and fashionable. Therefore, you should buy clothes that fit well and offer a modern, stylish look in the college environment.

**2. Mix and Match :** College-going children need new clothes frequently, but it's not always possible to wear new clothes every day. Therefore, you should buy clothes that can be easily interchanged. For example, different T-shirts can be worn with simple jeans, or some shirts should be in colors that can be matched with multiple pants/salwars.

**3. Comfort and Durability :** Clothes for everyday wear should be comfortable, lightweight, and long-lasting. Comfort is essential for long college days.

Or

**Which three characteristics you would keep in mind while buying clothes for summers?**

**Answer - When buying summer clothes, consider these three characteristics :**

**1. Fabric fiber :** Cotton clothes are best for summer because they are light, soft, and sweat-absorbent. They provide cooling.

**2. Choose light colors :** Dark colors absorb more of the sun's heat, while light colors absorb less heat and keep you feeling cooler. White, light blue, or pastel-colored clothes are ideal for summer.



**3. Fabric texture and looseness :** Clothes should be loose and breathable, allowing air to circulate through the body and providing relief from heat

### OPTIONAL MODULE-A

#### ( Housekeeping )

#### 41. Which three points should be kept in mind while hanging paintings on walls?

**Answer -** When hanging paintings on walls, the following three things should be kept in mind.

1. Paintings should be hung according to the available space and their size. Hang large paintings on large walls and small paintings on small walls.
2. Groups of small paintings should be placed together and displayed within a rectangle or square.
3. Paintings should be hung straight, not slanted.

#### 42. Explain the effects of early maturation in adolescent boys and girls.

**Answer -** Adolescence is a very sensitive and change-filled phase in a person's life. This period sees rapid changes at the physical, mental, and emotional levels. When these changes occur before the normal age, it is called premature maturity. It affects girls and boys differently.

##### Girls :

- They feel embarrassed and hesitant to observe the sudden changes in their bodies. They wonder why this is happening to them.
- Adults consider them older and expect responsible behavior.
- This can have a negative impact on their personality and self-image.

##### Boys :

- Boys who mature prematurely tend to be more confident and self-satisfied.
- Their strong and developed bodies distinguish them among their classmates.



- They excel in sports and other activities and are chosen as leaders.

Or

**Why is peer group important to adolescents? Give five reasons.**

**Answer -** Adolescence (14 to 16 years) is a period of life when children start valuing their peers more than their parents. In a changing social and family environment, the peer group becomes the mainstay of the personality development of adolescents. The following are the five main reasons for this :

**(i) Problem Sharing :** Adolescents can easily share their problems, feelings, and concerns with friends, reducing mental stress.

**(ii) Learning Social Skills :** Peer groups teach adolescents how to interact with others, behave, and interact with others, especially the opposite sex.

**(iii) Adopting Peer Culture :** Adolescents begin to develop a distinct identity by adopting the speech, clothing, and habits of their peers. This is called "peer culture."

**(iv) Understanding and Support :** Adolescents feel that their friends understand them more than their parents. This increases their confidence and self-esteem.

**(v) Interest and Skill Development :** Peer groups provide opportunities to develop new interests, hobbies, and skills, enhancing their abilities.

**43. Mention ten important informations you would check for on a medicine label.**

**Answer -** Ten important information should be checked on the medicine label :

1. Product name
2. Brand name
3. Ingredients/raw materials used
4. Product usage
5. Instructions for use, cautions, and care



6. Expiry date
7. Dosage quantity for medicines
8. Maximum retail price (MRP) inclusive of all taxes
9. Warnings and precautions
10. Guarantee period

Or

**Suggest any ten solutions to overcome consumer problems.**

**Answer -** The following are ten suggestions to overcome consumer problems:

1. Before purchasing any product, survey the market and gather information from all sources. For example, TV, magazines, newspapers, salespeople, or someone who has used the product.
2. Only purchase from reputable stores.
3. Keep bills, receipts, and guarantee cards for purchased items.
4. Buy packaged and labeled products, rather than loose items.
5. Carefully read labels for information such as brand name, ingredients, net weight, standard markings, etc.
6. If an item is in short supply, consider alternatives.
7. Avoid hoarding, black marketing, and overpricing.
8. Don't be deceived by deceptive offers like free gifts and attractive discounts.
9. Always buy products that guarantee good quality and excellent after-purchase service.
10. Report fraudulent merchants to the authorities.



SET-C

## Section-A

1. Growth monitoring of children is done in which one of the following programmes?

- (A) Integrated Child Development Services
- (B) Mid-day Meal Programme
- (C) National Nutritional Anaemia Control Programme
- (D) National Iodine Deficiency Disorder Control Programme

**Answer -** (A) Integrated Child Development Services

2. Ram has swollen neck and feels tired. These may be symptoms of which nutritional deficiency disease?

- (A) Anaemia
- (B) Goitre
- (C) Night blindness
- (D) Marasmus

**Answer -** (B) Goitre

3. Which one of the following stains should be removed with only cold water?

- (A) Coffee stain
- (B) Blood stain
- (C) Butter stain
- (D) Tea stain

**Answer -** (B) Blood stain

4. In which fabric, fibres are held together by mechanical force, gum or heat?

- (A) Cambric
- (B) T-shirt
- (C) Namada
- (D) Denim

**Answer -** (C) Namada



**5. Which one of these activities needs fine muscular coordination?**

- (A) Jumping hurdles (B) Climbing stairs  
(C) Drawing pictures (D) Running with ball

**Answer -** (C) Drawing pictures

**6. Which age is referred to as 'Puberty'?**

- (A) 11 to 12 years (B) 14 to 15 years  
(C) 9 to 10 years (D) 15 to 16 years

**Answer -** (A) 11 to 12 years

**7. The inability to empathize with others is called**

- (A) Ego centrisism (B) Seriation  
(C) Reversibility (D) Conservation

**Answer -** (A) Ego centrisism

**8. Which of the following does not save floor space?**

- (A) Built-in cupboards (B) Mirror on wall  
(C) Bunk beds (D) Almirahs

**Answer -** (D) Almirahs

**9. Which of the following statements highlight the advantages of using solar cooker?**

- (i) It generates employment.  
(ii) It reduces fuel cost.  
(iii) It is totally safe to use.  
(iv) It generates electricity.



(v) It is very easy to use.

**Choose the correct option :**

(A) (ii), (iv), (i)

(B) (i), (iii), (iv)

(C) (i), (iv), (v)

(D) (ii), (iii), (v)

**Answer** - (D) (ii), (iii), (v)

**10. Which investment schemes do these statements represent?**

(i) Provides liquidity.

(ii) Provides safety.

(iii) Regular interest.

**Choose the correct option :**

(A) (i) Units, (ii) Shares, (iii) Debentures

(B) (i) Debentures, (ii) National Savings Certificate, (iii) Savings Account

(C) (i) Post Office Savings A/c, (ii) Life Insurance, (iii) Shares

(D) (i) Savings Bank Account, (ii) Post Office Savings Account, (iii) Unit

**Answer** - (D) (i) Savings Bank Account, (ii) Post Office Savings Account, (iii) Unit

**11. A low fibre diet is suggested for persons suffering from which disease?**

(A) Diarrhoea

(B) Constipation

(C) Fever

(D) Jaundice

**Answer** - (A) Diarrhoea





(B) When a motif is repeated at certain intervals over a surface, it is called a pattern.

(C) Back stitch is a very strong stitch.

(D) An abstract design does not have any specific inspiration.

**Answer -**

(A) Triad colour scheme is used in Kantha stitch of Bengal. **(False)**

(B) When a motif is repeated at certain intervals over a surface, it is called a pattern. **(True)**

(C) Back stitch is a very strong stitch. **(True)**

(D) An abstract design does not have any specific inspiration. **(True)**

**17. Identify two characteristics of language development of adolescents :**

(a) Using fluent and complex language

(b) Like using tongue twisters

(c) Using similar words having different meaning

(d) Like using slang

**Answer - Two characteristics of adolescent language development:**

(a) Using fluent and complex language

(d) Like using slang

**18. State whether the following statements are True or False. Justify your answer with reason :**

(a) Mentally retarded children should be involved in simple household tasks.

(b) Body contact in crowded places may cause HIV transmission.

**Answer -**



(a) Mentally retarded children should be involved in simple household tasks. **(True)**

**Reason :** Involvement in simple household chores gives these children the opportunity to become independent. This builds their self-confidence and provides them with useful experiences in the family and society.

(b) Body contact in crowded places may cause HIV transmission. **(False)**

**Reason :** The HIV virus can only be spread through unprotected sex, infected blood, needle sharing, and from mother to child. HIV is not spread through normal physical contact in crowded places (shaking hands, pushing, etc.)

**19. Suggest any four ways your family can supplement their income.**

**Answer - The following four methods can be adopted to increase the family income -**

1. Women and men can work at home making pickles, jams, papads, sewing, and knitting.
2. Earning additional income by giving tuition at home or online.
3. Family members can do some part-time work in their spare time.
4. Farming and animal husbandry.

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

(a) Nuclear fuel is a renewable source of energy.

(b) Pressure cooker helps to save time.

(c) Geothermal energy is the solar heat energy trapped by rocks.

(d) A small refrigerator consumes less power than a big refrigerator.

**Answer -**

(a) Nuclear fuel is a renewable source of energy. **(False)**

(b) Pressure cooker helps to save time. **(True)**

(c) Geothermal energy is the solar heat energy trapped by rocks. **(False)**



(d) A small refrigerator consumes less power than a big refrigerator. **(True)**

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

(a) Frequency of food for pregnant woman should be increased.

(b) One cup of Poha gives same calories as one Chapati.

(c) Out of season food is less nutritious.

(d) Food exchange makes diet planning easy.

**Answer -**

(a) Frequency of food for pregnant woman should be increased. **(True)**

(b) One cup of Poha gives same calories as one Chapati. **(False)**

(c) Out of season food is less nutritious. **(True)**

(d) Food exchange makes diet planning easy. **(True)**

**22. Which four food items Meena can pack in her pre-schooler child's tiffin?**

**Answer -** Meena can pack the following four food items in her preschool child's lunch box:

1. Potato chips
2. Sandwich
3. Vegetable roll
4. Stuffed paratha

**23. Given below is a list of materials/reagents. Which stains are removed by these?**

**Material/Reagent**

**Use**

(a) Borax

\_\_\_\_\_

(b) Cold salted water

\_\_\_\_\_



(c) Methylated spirit \_\_\_\_\_

(d) Paste of onion \_\_\_\_\_

**Answer -**

**Material/Reagent**

**Use**

(a) Borax

To remove tea and coffee stains

(b) Cold salted water

To remove blood, egg and meat stains

(c) Methylated spirit

To remove fresh betel stains

(d) Paste of onion

To remove old grass stains

**24. Which four codes of ethics should be followed in a railway station?**

**Answer -** The following four codes of ethics should be followed at the railway station:

- 1. Safety Policy :** Pushing on the platform, standing near the tracks, or disturbing runners is prohibited.
- 2. Cleanliness Policy :** Avoid littering and use dustbins.
- 3. Punctuality and Discipline Policy :** Respect train arrival and departure times and maintain patience in crowds.
- 4. Cooperation and Courtesy Policy :** Be courteous to other passengers and follow staff instructions.

**25. Give one word for the following :**

- (a) A weave in which the surface has diagonal lines**
- (b) A fabric making technique used for making shoe-laces**
- (c) The finished edge of a fabric along its length**
- (d) One ball of yarn interlooped to get a fabric**



**Answer -**

- (a) Twill weave
- (b) Braided fabric
- (c) Selvedge / border
- (d) Knitting

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

- (a) Lipstick stain is removed with kerosene.
- (b) Towels should be washed by kneading and squeezing.
- (c) A syndet is made by mixing fat and waxes.
- (d) Yellowness of fabrics can be removed.

**Answer -**

- (a) Lipstick stain is removed with kerosene. **(True)**
- (b) Towels should be washed by kneading and squeezing. **(False)**
- (c) A syndet is made by mixing fat and waxes. **(False)**
- (d) Yellowness of fabrics can be removed. **(True)**

**27. Give one word for the following :**

- (a) A collective word for white petrol, methylated spirit and benzene
- (b) A chemical used as a fabric whitener
- (c) A cleanser produced synthetically from chemicals
- (d) A natural oxidising bleach

**Answer -**

- (a) Solvent
- (b) Bleach
- (c) Detergent
- (d) Sunlight

**OPTIONAL MODULE-A****( Housekeeping )****28. Match Column-A with Column-B :****Column-A**

- (a) Brick powder
- (b) Tamarind pulp
- (c) Newspaper
- (d) Mild detergent

**Column-B**

- (i) Glass
- (ii) Linoleum
- (iii) Brass
- (iv) Iron

**Answer -****Column-A**

- (a) Brick powder
- (b) Tamarind pulp
- (c) Newspaper
- (d) Mild detergent

**Column-B**

- (iv) Iron
- (iii) Brass
- (i) Glass
- (ii) Linoleum



## Section-B

**29. Mohan does not like milk. Suggest four food items that can give him the same nutrients as milk.**

**Answer - Mohan doesn't like milk. However, he can still get the same nutrients as milk from other foods.**

1. A large bowl of yogurt
2. An egg
3. A medium bowl of meat
4. A large bowl of lentils

**30. What four precautions should be adopted while using a pressure cooker?**

**Answer - The following four precautions should be adopted while using a pressure cooker -**

1. Close the lid properly
2. Add the appropriate amount of water
3. Clean the whistle and vent pipe
4. Open the lid only after the pressure has completely released

**31. What are the four effects of degradation of air?**

**Answer - The four effects of air degradation are:**

1. Acid rain
2. Depletion of the ozone layer
3. Global warming
4. Increase in man-made disasters



**32. List four unethical behaviours that are commonly seen on the road.**

**Answer - Unethical behaviours that are commonly seen on the road :**

1. Violating traffic rules (such as driving through a red light).
2. Throwing garbage on the road.
3. Riding a two-wheeler without a helmet.
4. Not giving way to pedestrians

**Or**

**Which four ethical qualities do you expect from your boss?**

**Answer - Four ethical qualities expected of a boss :**

1. Loyalty and honesty
2. Truthfulness
3. Respect for time
4. Maintaining friendly relations with coworkers and customers

**33. How can the action of micro-organism be delayed in food preservation?**

**Answer - Ways to delay the effects of microorganisms in food preservation:**

- **By providing a protective covering** – apple, egg, peanut shell, or aluminum cover.
- **By increasing the temperature** – boiling or cooking the food.
- **By decreasing the temperature** – storing in the refrigerator/freezer, such as frozen fruits and vegetables.
- **By using chemicals** – sodium benzoate, potassium meta-bisulfite.

**34. Besides mangoes list four ingredients used for making mango squash.**

**Answer - To make mango squash, you need the following four ingredients, in addition to mangoes :**

1. Sugar – 1 kg



2. Water – 1 kg
3. Citric acid – 30 grams
4. KMS – 1/2 teaspoon

Or

**How will you check that the jam you are making is ready?**

**Answer -** To check if the jam is ready, take a small amount of the mixture while it's boiling and drop it onto a clean sheet. If the mixture solidifies and doesn't spread, rather than flowing, the jam is completely ready. This is called the end point.

**35. How will you prepare Amla Murabba at home?**

**Answer -** Ingredients and Method for Making Amla Murabba at Home :

### Ingredients

Ingredients	Quantity:
Amla	- 1 kg
Sugar	- 1.5 kg

### Method

- (i) Prick the amla with a fork and steam for 5 minutes.
- (ii) Add 50 percent (750 g) of the sugar to the amla on the first day.
- (iii) If the sugar hasn't completely dissolved on the second day, remove the amla, heat the sugar to make a solution, cool it, and add the amla.
- (iv) Repeat the same process on the third day.
- (v) Use it after 15 days. The amla murabba is now ready.

Or



**Write the steps of making mixed vegetable pickle.**

**Answer - Steps to make mixed vegetable pickle :**

- Wash the fruits and vegetables, then dry them thoroughly.
- Cut them into pieces on a clean board.
- Mix the salt and spices together.
- Place them in a dry, sterilized container.
- Cover with salt and oil.
- Store with a tightly closed lid.

### OPTIONAL MODULE-A

#### ( Housekeeping )

**36. Suggest four ways to prevent electric shock at home.**

**Answer - Four ways to prevent electric shock at home :**

1. Avoid damaged appliances and wires:
2. Keep away from water and electricity.
3. Do not touch appliances with wet hands.
4. Do not plug more than one appliance into a single socket.
5. If an appliance gives a mild electric shock, do not operate it again until it is repaired.

**37. What is the role of twigs and leaves in a flower arrangement?**

**Answer - The role of twigs and leaves in flower arrangements is as follows :**

- Dry twigs make the arrangement natural and attractive.
- Leaves fill the spaces between flowers.
- The entire arrangement looks dense and balanced.
- Leaves add freshness to the flower arrangement.

**38. Explain any three factors that influence the selection of ready-made garments.**



**Answer - Factors influencing the selection of ready-made garments:**

**1. Design of the garment :** Design includes the texture, shape, color, and feel of the fabric. When all these elements are balanced, the garment appears attractive, proportionate, and complete.

**2. Fit :** Fit is also a key factor in selection. A garment should be chosen not solely based on appearance, but also by considering its length, bust, waist, and waistline. A proper fit enhances the figure, while a large or small garment can appear unbalanced.

**3. Workmanship :** Workmanship reflects the quality of a garment. Strong stitching, proper zips, piping, and straps ensure durability. Stitching should not stretch, there should be no gaps, and extra fabric should be available so that alterations can be made if needed. All these aspects make a garment attractive and useful.

**39. Which three characteristics would you consider while buying clothes for your college going sister?**

**Answer - When buying clothes for your college-going sister, keep the following three features in mind :**

**1. Fit and Style :** Boys and girls this age want their clothes to be attractive and fashionable. Therefore, you should buy clothes that fit well and offer a modern, stylish look in the college environment.

**2. Mix and Match :** College-going children need new clothes frequently, but it's not always possible to wear new clothes every day. Therefore, you should buy clothes that can be easily interchanged. For example, different T-shirts can be worn with simple jeans, or some shirts should be in colors that can be matched with multiple pants/salwars.

**3. Comfort and Durability :** Clothes for everyday wear should be comfortable, lightweight, and long-lasting. Comfort is essential for long college days.

**Or**



**Which three characteristics you would keep in mind while buying clothes for summers?**

**Answer - When buying summer clothes, consider these three characteristics :**

**1. Fabric fiber :** Cotton clothes are best for summer because they are light, soft, and sweat-absorbent. They provide cooling.

**2. Choose light colors :** Dark colors absorb more of the sun's heat, while light colors absorb less heat and keep you feeling cooler. White, light blue, or pastel-colored clothes are ideal for summer.

**3. Fabric texture and looseness :** Clothes should be loose and breathable, allowing air to circulate through the body and providing relief from heat.

**40. Mention three ways in which poverty leads to juvenile delinquency.**

**Answer - Poverty leads to juvenile delinquency in several ways. Three main ways are as follows :**

1. Poor children lack the basic necessities of life, so they find theft or robbery an easy way out.
2. Sometimes, due to poverty, parents themselves encourage their children to steal. Furthermore, bad company can lead children to learn bad habits such as stealing, lying, or vandalism.
3. Children may be influenced by criminal characters depicted in the media and imitate them.

**Or**

**Which three precautions should be adopted at the time of delivery?**

**Answer - The following precautions should be taken during delivery :**

1. Consult a qualified and skilled doctor or nurse regarding preparations during pregnancy and delivery.
2. The newborn should be kept clean, and the umbilical cord should be tied and cut to keep it free of bacteria and prevent it from entering.



3. Breastfeeding should be initiated as early as possible because the mother's initial milk provides the baby with immunity.

### OPTIONAL MODULE-A

#### ( Housekeeping )

#### 41. Which three points should be kept in mind while hanging paintings on walls?

**Answer -** When hanging paintings on walls, the following three things should be kept in mind.

1. Paintings should be hung according to the available space and their size. Hang large paintings on large walls and small paintings on small walls.
2. Groups of small paintings should be placed together and displayed within a rectangle or square.
3. Paintings should be hung straight, not slanted.

#### 42. Explain the effects of early maturation in adolescent boys and girls.

**Answer -** Adolescence is a very sensitive and change-filled phase in a person's life. This period sees rapid changes at the physical, mental, and emotional levels. When these changes occur before the normal age, it is called premature maturity. It affects girls and boys differently.

##### Girls :

- They feel embarrassed and hesitant to observe the sudden changes in their bodies. They wonder why this is happening to them.
- Adults consider them older and expect responsible behavior.
- This can have a negative impact on their personality and self-image.

##### Boys :

- Boys who mature prematurely tend to be more confident and self-satisfied.
- Their strong and developed bodies distinguish them among their classmates.



- They excel in sports and other activities and are chosen as leaders.

Or

**Why is peer group important to adolescents? Give five reasons.**

**Answer -** Adolescence (14 to 16 years) is a period of life when children start valuing their peers more than their parents. In a changing social and family environment, the peer group becomes the mainstay of the personality development of adolescents. The following are the five main reasons for this :

**(i) Problem Sharing :** Adolescents can easily share their problems, feelings, and concerns with friends, reducing mental stress.

**(ii) Learning Social Skills :** Peer groups teach adolescents how to interact with others, behave, and interact with others, especially the opposite sex.

**(iii) Adopting Peer Culture :** Adolescents begin to develop a distinct identity by adopting the speech, clothing, and habits of their peers. This is called "peer culture."

**(iv) Understanding and Support :** Adolescents feel that their friends understand them more than their parents. This increases their confidence and self-esteem.

**(v) Interest and Skill Development :** Peer groups provide opportunities to develop new interests, hobbies, and skills, enhancing their abilities.

**43. Mention ten important informations you would check for on a medicine label.**

**Answer -** Ten important information should be checked on the medicine label :

1. Product name
2. Brand name
3. Ingredients/raw materials used
4. Product usage
5. Instructions for use, cautions, and care



6. Expiry date
7. Dosage quantity for medicines
8. Maximum retail price (MRP) inclusive of all taxes
9. Warnings and precautions
10. Guarantee period

Or

**Suggest any ten solutions to overcome consumer problems.**

**Answer - The following are ten suggestions to overcome consumer problems:**

1. Before purchasing any product, survey the market and gather information from all sources. For example, TV, magazines, newspapers, salespeople, or someone who has used the product.
2. Only purchase from reputable stores.
3. Keep bills, receipts, and guarantee cards for purchased items.
4. Buy packaged and labeled products, rather than loose items.
5. Carefully read labels for information such as brand name, ingredients, net weight, standard markings, etc.
6. If an item is in short supply, consider alternatives.
7. Avoid hoarding, black marketing, and overpricing.
8. Don't be deceived by deceptive offers like free gifts and attractive discounts.
9. Always buy products that guarantee good quality and excellent after-purchase service.
10. Report fraudulent merchants to the authorities.





# Thank you!



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



Strive for Excellence – Your Path to Success