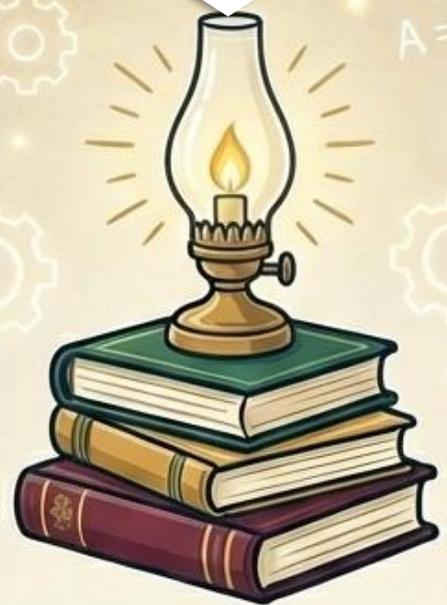




$$A = \frac{m}{(m^2 + c)^2}$$



NIOS PYQ's SOLUTIONS

$$fa = bc^2$$

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

PREVIOUS YEARS' QUESTIONS & ANSWERS



APRIL-2024

Your Path to Success

SECTION - A

Q 1 - (i) Two-year-old Rajesh has swelling in his legs and face. He has a potbelly and light-coloured hair. EA

Which deficiency disease may he be suffering from?

- (A) Marasmus (B) Kwashiorkor
(C) Goiter (D) Anaemia

Answer - (B) Kwashiorkor

OR

(ii) Methi is preserved by which method?

- (A) Dehydration (B) By salt
(C) Addition of preservative (D) Freezing

Answer - (A) Dehydration

Q 2 - (i) In food exchange, what is equivalent to one Chapati?

- (A) Two bread slices (B) Two Idlis
(C) One plain Dosa (D) 1/4 cup Dalia

Answer - (C) One plain Dosa

OR

(ii) Your grandmother is suffering from hypertension.

What should she not eat from the following menu?

- (A) Roti (B) Masala egg curry
(C) Raita (D) Salad

Answer - (B) Masala egg curry



Q 6 - (i) Write True or False against the given statements (any two):

(a) Girls have lesser fat than boys around their bones.

Answer - False

(b) A child in middle childhood has 28 teeth.

Answer - True

(c) Strong bones provide better support to the muscles.

Answer - True

OR

(ii) Vasectomy is :

(A) permanent method of family planning

(B) temporary method of family planning

(C) performed before 18 years of age

(D) performed after 60 years of age

Answer - (A) permanent method of family planning

Q 7 - (i) At what age do children use metaphors like 'look before you leap' in their language?

(A) 2 to 3 years

(B) 6 to 11 years

(C) 3 to 5 years

(D) 3 to 4 years

Answer - (B) 6 to 11 years

OR

(ii) 10-year-old Manoj has begun to understand that if he gets up late, he will have to walk fast to reach school in time. Which cognitive characteristic does this indicate?

(A) Classification

(B) Seriation

(C) Time and speed

(D) Conservation

Answer - (C) Time and speed



Q 8 - (i) Question: Underwears are made by which technique?

- (A) Braiding (B) Knitting
(C) Weaving (D) Lace

Answer - (B) Knitting

OR

(ii) Which weave is created by using thick yarns with thin yarns in one direction?

- (A) Basket weave (B) Rib weave
(C) Plain weave (D) Satin weave

Answer - (B) Rib weave

Q 9 - (i) Which stain should never be removed with hot water?

- (A) Tea (B) Blood
(C) Grease/Ghee (D) Paint

Answer - (B) Blood

OR

(ii) Which of the following is not an auxiliary?

- (A) Blues (B) Optical brightening agents
(C) Stain removing agents (D) Soap

Answer - (D) Soap

Q 10 - This question has two cases. Answer both:

Case 1 : When does the body use proteins for supply of energy?

- (a) Lack of carbohydrates and fats in the meal
(b) Excess of protein is consumed
(c) Consumption of excess animal protein



(d) Excess of carbohydrates and fats in the meal

Answer - (a) Lack of carbohydrates and fats in the meal

Case 2 : Issues of safe drinking water and environmental sanitation are included in which National Nutrition Programme?

(a) ICDS

(b) Mid-day Meal Programme

(c) National Nutritional Anaemia Control Programme

(d) National Iodine Deficiency Disorder Control Programme

Answer - (a) ICDS

Q 11 - Give any two suggestions for saving money while planning meals.

Answer - Two suggestions are -

1. **Buy seasonal food** : Seasonal fruits and vegetables are cheaper and more nutritious.
2. **Buy in bulk** : Buying cereals, pulses, and spices in bulk saves money.

OR

Which of the following meals is not suitable for a 7-month-old child?

(A) Kheer, mashed banana and dalia

(B) Suji kheer, mashed potato and dalia

(C) Fried potato, khichri and boiled vegetables

(D) Dal soup, mashed potato and dalia

Answer - (C) Fried potato, khichri and boiled vegetables

Q 12 - Write True or False against the following statements (any four) :

(a) Qualitative modification of diet refers to change in nutrients, consistency and spices.

Answer - True



(b) Sex of a person has nothing to do with his/her meal planning.

Answer - False

(c) Pulses are rich sources of calcium.

Answer - False

(d) A balanced diet includes any five favourite foods.

Answer - False

(e) A labourer should eat more grain than an office-goer.

Answer - True

Q 13 - Match Column-I with Column-II:

Column-I

Column-II

(a) Solar panel

(i) Generate electricity

(b) Hydel energy

(ii) Saves petrol

(c) Suitable air pressure in car tyres

(iii) Use of animal manure

(d) Biogas

(iv) Free hot water

Answer - Correct Match :

Column-I

Column-II

(a) Solar panel

-

(iv) Free hot water

(b) Hydel energy

-

(i) Generate electricity

(c) Suitable air pressure in car tyres

-

(ii) Saves petrol

(d) Biogas

-

(iii) Use of animal manure



Q 14 - Mr. Lal and Mr. Anand have the same income as well as same family size. Mr. Lal every month puts some money in various investment schemes. Mr. Anand has put all his savings in a savings account in the bank.

(a) Who will be richer in the long run?

Answer - Mr. Lal will be richer in the long run.

(b) Give justification for your answer.

Answer - Investment schemes (like shares, bonds, PPF) offer higher interest rates compared to savings accounts. Over a long period, due to compound interest, the invested amount grows much faster than in a savings account.

Q 15 - State whether the following statements are True or False :

(a) The teacher plays an important role in the socio-emotional development of the 8-year-old child.

Answer - True

(b) Children should be taught to write when they are 4-year-old.

Answer - False

(c) A 4-year-old child should be encouraged to excel in all skills.

Answer - False

(d) Children lose their self-esteem, if scolded in front of others.

Answer - True

Q 16 - Which cognitive characteristics do the following activities indicate?

(a) 8-year-old Mohan cries when he is served cold drink in a small glass instead of tall glass.

Answer - Indicates lack of conservation.

(b) 6-year-old Neeta makes new animals with the clay.

Answer - Indicates creativity.



Q 17 - Which four activities need fine muscular coordination?

- (a) Paper tearing
- (b) Buttoning a shirt
- (c) Writing a sentence
- (d) Eating with a spoon
- (e) Skipping a rope
- (f) Pushing a heavy box

Answer - The four activities requiring fine muscular coordination are :

- (a) Paper tearing
- (b) Buttoning a shirt
- (c) Writing a sentence
- (d) Eating with a spoon

Q 18 - Give one word for the following sets of words :

(a) A weave that has diagonal lines on the fabric

Answer - Twill weave

(b) A weave that has long floats on the surface

Answer - Satin weave

(c) The total number of yarns per square inch of the fabric

Answer - count

(d) Only one set of yarn is interlooped to get a fabric

Answer - Knitting



Q 19 - State whether the following statements are True or False :

(a) Blues are obtained from chemical, vegetable and mineral sources.

Answer - True

(b) Methylated spirit is used to remove grass stain.

Answer - True

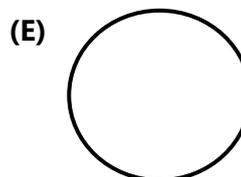
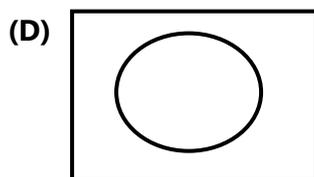
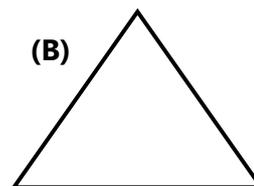
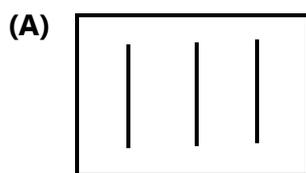
(c) Woolen garments should be soaked before washing.

Answer - False

(d) Sandalwood can be used for storing woolens.

Answer - True

Q 20 - What do you understand by the following symbols?



Answer - These symbols help in the care of garments :

- (a) Drip dry
- (b) Can be bleached
- (c) Tumble dry (or Dry in machine)
- (d) Dry cleaning



Q 21 - State any two appropriate ethical behaviours of a school bus driver.

Answer – Two ethical behaviour for school bus driver are :-

- 1. Follow Rules:** The driver must strictly follow all traffic rules and should never drive under the influence of drugs/alcohol.
- 2. Polite Behaviour:** He should speak respectfully and politely with children and parents.

SECTION - B

Q 22 - "Inadequate knowledge and skill in your work can create problems." Support this statement with the help of examples.

Answer – Yes, this statement is true. For example, if a housewife does not have the knowledge of using electrical appliances safely (like an iron or heater), she may get an electric shock or the appliance may get damaged. Similarly, lack of knowledge about hygiene and temperature while cooking can destroy nutrients or cause food poisoning.

OR

Which four habits will you develop to observe ethical behaviour?

Answer – To observe ethical behaviour, I will develop the following four habits:

- 1. Punctuality :** Completing every task on time.
- 2. Honesty :** Being truthful in work and words.
- 3. Respectfulness :** Treating elders, juniors, and colleagues with respect.
- 4. Responsibility :** Understanding one's duties and fulfilling them without supervision.

Q 23 - Why is it not advisable to keep a peeled apple for long?

Answer – When a peeled apple is left open in the air, the enzymes present in it react with oxygen (oxidation), causing the apple to turn brown. This not only makes it look unappealing but also alters its taste and destroys nutrients like Vitamin C.

OR



Why should the cooked food be kept in the refrigerator?

Answer – Keeping cooked food in the refrigerator (at 4°C - 5°C) slows down the growth of bacteria and microorganisms significantly. This prevents the food from spoiling quickly, stops souring or bad odour, and keeps it safe for consumption.

Q 24 - In which four ways are slum dwellers responsible for the environmental degradation of their area?

Answer – They are responsible for environmental degradation in the following ways :

1. Open defecation due to lack of proper toilets pollutes soil and water.
2. Throwing garbage in drains or streets instead of designated places.
3. Leaving public taps open leading to water stagnation and mosquito breeding.
4. Burning wood, coal, or plastic for cooking causes air pollution.

Q 25 - Guide your friend with two points to be kept in mind while using any electrical equipment.

Answer – Two points to keep in mind while using any electrical equipment are :

1. Never touch any electrical appliance or switch with wet hands, as water is a conductor of electricity and can cause an electric shock.
2. Before use, ensure that the wire of the appliance is not cut or damaged and the plug fits tightly in the socket.

Q 26 - Trace the steps of preserving carrots at home using the freezing method.

Answer – Steps to preserve carrots by freezing :

1. Wash fresh carrots, peel them, and cut into pieces.
2. Blanch them in boiling water.
3. Immediately cool in ice-cold water to stop cooking.
4. Drain water and pack in airtight bags/containers.
5. Store in the freezer.

By this method, carrots can be preserved safely for **10–12 months**.



OR

Outline the steps used for making dehydrated potato chips at home.

Answer – Steps for making dehydrated potato chips :

1. Wash the potatoes, peel them, cut into thin slices, and wash again to remove the starch.
2. Lightly boil the slices in water mixed with salt and alum.
3. Drain the water completely.
4. Spread the slices in sunlight and dry them.
5. Once dried, store in an airtight container; fry when needed.

Q 27 - Suggest one way to make a Besan Chilla more nutritious. Justify your answer.

Answer - Add grated vegetables (like carrots, spinach, fenugreek) and some paneer to the gram flour (Besan) batter. Adding vegetables increases vitamins and fiber in the Chilla. Adding paneer increases the amount of protein and calcium. This transforms it from just a source of carbohydrates and fats into a balanced meal.

Q 28 - Family has been served Dal Tadka and rice for lunch. Modify this meal for a 2-year-old child.

Answer – Modification for a 2-year-old child :

1. **Change Texture** : Mash the dal and rice thoroughly so that it becomes soft and the child can swallow it easily without chewing.
2. **Reduce Spice** : Remove chillies from the dal while serving the child or take out the child's portion before adding the tadka. Add a little ghee to increase energy content.

Q 29 - A number of educational reforms and policies have been made for girls. Tell any three advantages of these.

Answer – Advantages of educational reforms and policies for girls :

1. **Economic Independence** : Educated girls can contribute to family income through jobs or self-employment.
2. **Better Health** : Education brings awareness about nutrition and health in girls, leading to a reduction in maternal and infant mortality rates.



3. Protection from Exploitation : Educated girls understand their rights and can raise their voice against discrimination and exploitation in society.

OR

What three precautions should be taken by a woman at the time of delivery?

Answer – Three precautions to be taken by a woman during delivery are :

1. Delivery must be conducted in the presence of a doctor, nurse, or trained midwife.
2. The newborn baby should be kept clean. The umbilical cord should be properly tied and cut under hygienic conditions so that it remains germ-free and bacteria do not enter.
3. Breastfeeding should be started as soon as possible because the mother's first milk provides immunity and protects the baby from diseases.

Q 30 - Which three criteria will you check for buying good quality of the fabric?

Answer – Check the following three criteria :

1. **Weave Density :** Hold the fabric against light. The weave should be dense and uniform; loose weave fabric tears quickly.
2. **Colour Fastness :** Wet the corner of the fabric and rub it. If colour comes off, it is not fast.
3. **Label Information :** Read the label on the fabric which gives instructions on fiber content (e.g., 100% Cotton), shrinkage, and washing.

OR

Which three points will you keep in mind while selecting clothes for your grandfather?

Answer – While buying clothes, the following three criteria should be kept in mind :

1. **Comfortable :** The fabric should be soft and skin-friendly (like cotton) that can absorb sweat and does not prick.
2. **Easy to Wear :** Clothes should be loose-fitting and have large buttons or Velcro so that they can wear and remove them easily themselves.
3. **Light Weight :** Clothes should not be heavy so that the elderly person does not feel burdened.



Q 31 - Describe any three malpractices traders indulge in the textile area.

Answer – Three common malpractices committed by traders related to clothing are as follows:

- 1. Short Measurement :** Shopkeepers often measure less cloth by using a table edge or hand instead of a meter rod, or by stretching the cloth while measuring.
- 2. Adulteration :** Selling synthetic mix clothes as 'Pure Cotton' or 'Pure Silk' at high prices.
- 3. Fake Labels :** Cheating customers by putting fake labels or stickers of reputed companies on cheap quality clothes.

Q 32 - Why do adolescents consider their peer group more important than their family members?

Answer – During adolescence, physical, mental, and emotional changes take place. Because of these changes, adolescents begin to give more importance to their peers. The main reasons for this are as follows:

- 1. Shared Feelings :** Adolescents feel their parents do not understand their problems, whereas their friends are going through the same phase, so they feel a better connection with them.
- 2. Acceptance and Identity :** Being part of a friend circle and gaining their acceptance becomes essential for their self-esteem.
- 3. Desire for Independence :** To avoid family rules and restrictions, they prefer spending time with friends where they feel independent and adult-like.

OR

Give five reasons as to why there are arguments between adolescents and their parents.

Answer – Five reasons for arguments between adolescents and their parents :

- 1. Desire for Independence :** Adolescents start considering themselves adults and want to make their own decisions. When parents restrict or question them for safety, they view it as a barrier to freedom.
- 2. Generation Gap :** Traditional values of parents and modern thinking of adolescents often do not match. This clash of ideas causes arguments.



- 3. Clothing and Fashion :** New hairstyles, clothes, and fashion adopted by adolescents are often disliked by parents.
- 4. Priority to Friends :** Adolescents value their friend circle, making parents feel that the children are neglecting the family or falling into bad company.
- 5. Career and Study Pressure :** Parents often pressure children for studies or specific careers based on their expectations, while adolescents want to choose fields based on their interests, leading to stress and arguments.

Q 33 - Mention five advantages of buying packed food.

Answer – Main advantages of buying packed food are :

- 1. Hygiene :** These foods are completely sealed. They are safe from dust, dirt, flies, and human touch, reducing the risk of infection.
- 2. Convenience :** They are easy to buy, transport, and store. Many packed foods are 'Ready-to-eat', saving cooking time and effort during travel or shortage of time.
- 3. Quality Information :** The packet label contains clear information about nutrients, ingredients used, weight, and price. This helps the consumer choose the right product for their health.
- 4. Safety :** Every packet clearly mentions the Manufacturing Date (Mfg. Date) and Expiry Date. This saves the consumer from buying stale or spoiled food.
- 5. Protection from Adulteration :** Since they come sealed from the factory, retailers cannot adulterate them later. This guarantees purity to the consumer.

OR

What is BIS Act? What are its salient features?

Answer –This is the Bureau of Indian Standards Act, which controls the standardization, quality certification, and marking of goods. **Salient Features -**

- 1. Standard Setting :** It sets quality standards for various consumer goods, processes, and systems, maintaining product reliability.
- 2. Certification Marks :** It gives the authority to use 'ISI' mark on good quality industrial products and 'Hallmark' for purity of gold/silver jewellery.



- 3. **Consumer Safety** : It protects consumers from products that are harmful to health, unsafe, or of poor quality.
- 4. **Mandatory** : It empowers the government to make certification mandatory for certain items (like gas cylinders, cement, electronic appliances) in the interest of public safety.
- 5. **Provision for Penalty** : The Act provides for strict legal action and penalties against manufacturers who violate standards or use fake marks.

OPTIONAL MODULE-A

(Housekeeping)

Q 34 - (i) Bath brick is used for making:

- (A) Copper Cleaner
- (B) Furniture Polish
- (C) Metal Polish
- (D) Furniture Cream

Answer – (C) metal polish

OR

(ii) Ceramic tiles are cleaned by using :

- (A) Concentrated Hydrochloric Acid
- (B) Kerosene Oil
- (C) Hot Water And Detergent
- (D) Vinegar

Answer – (C) hot water and detergent

Q 35 - Flowers for a flower arrangement should be plucked :

- (A) At Night
- (B) In The Morning
- (C) In The Afternoon
- (D) In The Evening

Answer – (B) In The Morning

Q 36 - Baking soda and ammonia are examples of:

- (A) Alkali
- (B) Polish
- (C) Bleach
- (D) Abrasive

Answer – (A) Alkali



Q 37 - Given below is a list of reagents. Specify one role of each in cleaning surfaces (any four):

- (a) Kerosene
- (b) Sawdust
- (c) Sodium hypochloride
- (d) Fuller's earth
- (e) Methylated spirit

Answer – Roles in cleaning surfaces :

1. **Kerosene** : To remove rust and grease from taps and metal surfaces.
2. **Sawdust** : To absorb oil or grease spilled on the floor to prevent slipping.
3. **Sodium hypochloride** : This is a bleach used to disinfect sinks and toilets and remove stains.
4. **Fuller's earth** : It is an absorbent used to soak oil stains from walls or carpets.
5. **Methylated spirit** : Used as a solvent for cleaning glass and windows.

Q 38 - Match Column-I with Column-II:

Column-I	Column-II
(a) Alkali	(i) Lemon
(b) Solvent	(ii) Hydrogen peroxide
(c) Acid	(iii) Ammonia
(d) Bleach	(iv) Methylated spirit

Answer – Correct match:

Column-I	Column-II
(a) Alkali	(iii) Ammonia
(b) Solvent	(iv) Methylated spirit
(c) Acid	(i) Lemon



(d) Bleach

-

(ii) Hydrogen peroxide

Q 39 - How will you maintain a table made of polished wood?

Answer – To maintain a polished wooden table, first, clean it daily with a soft dry cotton cloth to prevent dust accumulation and scratches. If water or any liquid spills on the table, clean it immediately.

Q 40 - How will you clean a wooden chopping board?

Answer – The most important thing for cleaning a wooden chopping board is to scrub it thoroughly with hot water and soap (detergent) immediately after use to remove trapped food particles. Rubbing vinegar or salt and lemon occasionally is also a good way to kill germs and remove odours.

Q 41 - Give reason for the following: In a room cooler :

(a) the water inlet in the pump is covered

(b) the water level should always be above the minimum level

(c) electricity switch should be switched off while filling water

Answer –

(a) To prevent mosquitoes from entering and laying eggs (protection from Malaria/Dengue) and to keep dust out of water.

(b) So that the water pump remains fully submerged. If water is low, the pump may run dry and burn out.

(c) Water is a conductor of electricity. Switching off is mandatory to avoid the risk of electric shock while filling water.

OPTIONAL MODULE-B

(Creative Hand Embroidery)

Q 34 - (i) An analogous colour scheme is made by using which of the following colours on the colour wheel?

(A) Colours lying opposite to each other

(B) Three colours lying adjacent to each other



(C) Three colours in a triangle

(D) Shades and tints of one colour

Answer – (B) Three colours lying adjacent to each other

OR

(ii) Which colour is not used in a triad colour scheme?

(A) Orange

(B) Green

(C) Purple

(D) Red

Answer – (D) Red

Q 35 - Which of the following colours creates the effect of femininity?

(A) Pink

(B) Dark gold

(C) Light yellow

(D) Purple

Answer – (A) Pink

Q 36 - Which factor is least important while selecting an embroidery design?

(A) Weather

(B) Sex

(C) Age

(D) Occasion

Answer – (D) Occasion

Q 37 - Fill in the blanks (any four) :

(a) Golden and silver are called colours.

Answer – Metallic

(b) Mixing of one primary and one secondary colour in equal quantities give colour

Answer – Tertiary

(c) Brightness and dullness of a colour is called

Answer – Intensity



(d) White and black colours are called colours.

Answer – Neutral

(e) is a cool colour.

Answer – Blue

Q 38 - State whether the following statements are True or False (any four) :

(a) Orange is a warm colour.

Answer – True

(b) Lightness and darkness of a colour is called hue.

Answer – False

(c) Shade is obtained by adding black to any colour.

Answer – True

(d) Green is a complimentary colour of red.

Answer – True

(e) Tetrad forms a square on the colour wheel.

Answer – True

Q 39 - How will you enlarge a design?

Answer – Graph method is used to enlarge a design. A grid of small squares is drawn on the original design and a grid of larger squares is drawn on a large paper. Then lines from each square of the original design are carefully copied into the corresponding square of the large grid.

Q 40 - Teach your friend the method of making a darning stitch.

Answer – Darning stitch is used to fill a torn part of the cloth :

1. Make small running stitches around the torn area.
2. Make rows of thread close to each other as warp.
3. Then pass the thread as weft over and under the warp threads (like weaving).

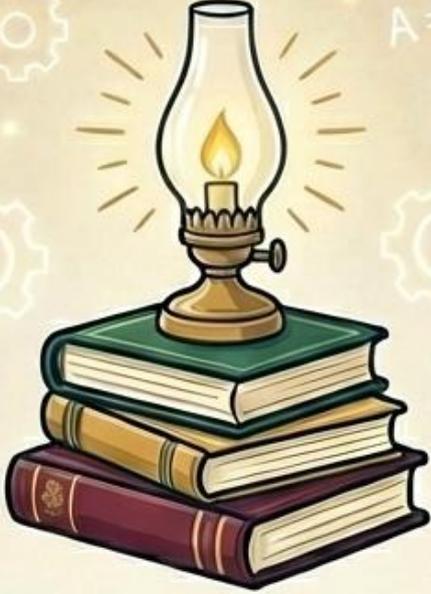
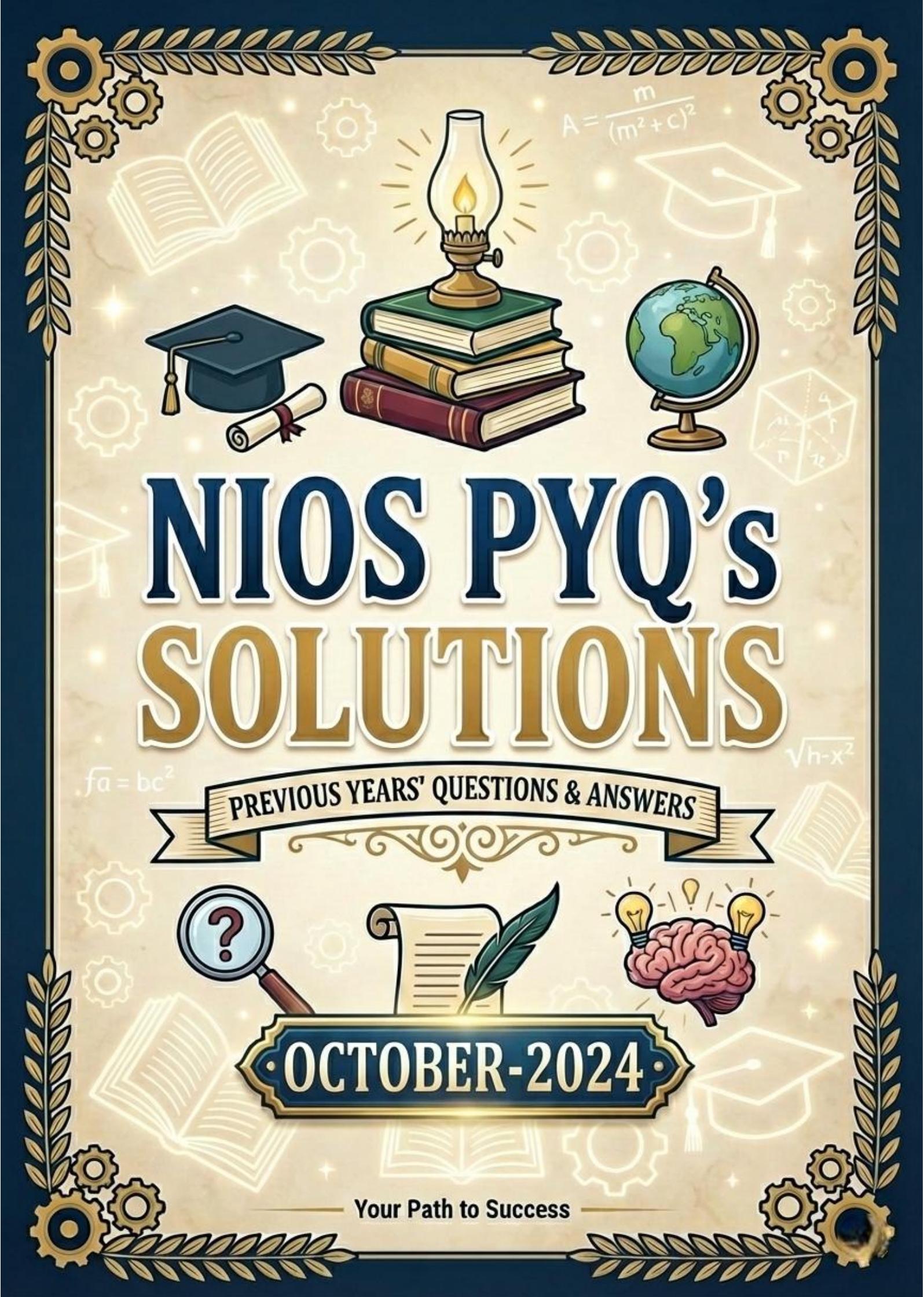


4. This creates a weave like cloth and fills the hole.

Q 41 - Differentiate between geometrical and stylized designs.

Answer – Differences between geometrical and stylized designs are as follows :

Geometrical Design	Stylized Design
It is created using lines and mathematical shapes like squares and circles.	It is inspired by natural objects (like flowers, leaves) but is not realistic.
It often requires tools like a scale and compass to ensure accuracy.	It uses imagination to simplify or decorate the natural forms creatively.
It looks completely artificial and mathematically measured.	It looks decorative and artistic, but not exactly like the real object.


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

NIOS PYQ's SOLUTIONS

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

PREVIOUS YEARS' QUESTIONS & ANSWERS

$$fa = bc^2$$


OCTOBER-2024

Your Path to Success

SECTION - A

Q1. Mohan has skin rash. His hair has become light in colour and easy to pull. His face, arms and legs look swollen. What deficiency disease do these signs indicate?

Choose the correct option:

- (A) Night blindness**
- (B) Anaemia**
- (C) Kwashiorkor**
- (D) Goitre**

Answer - (C) Kwashiorkor

Q2. The dietician has suggested Beena to have a diet of dal and vegetables. She has been asked to take six small meals per day and not to eat sugary products. Beena could be suffering from which condition?

Choose the correct option:

- (A) Hypertension**
- (B) Jaundice**
- (C) Diabetes**
- (D) Fever**

Answer - (C) Diabetes

Q3. The study area should be:

- (A) Close To The Kitchen**
- (B) In The Recreation Area**
- (C) In The Balcony**
- (D) In Bedroom**

Answer - (D) In bedroom



Q4. Which of these statements highlights the advantages of using micro hydel energy?

- (I) Easy To Maintain
- (Ii) Provides Hot Water
- (Iii) Generates Electricity
- (Iv) Conserves Forests
- (V) Do Not Require Heavy Investment

Choose the correct options:

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

Answer - (C) (i), (iii), (v)

Q5. Which investment schemes do these statements represent?

- (a) Investor shares both profit and loss of the company.
- (b) Provides security against fire and theft.
- (c) Company gives a fixed rate of interest at regular intervals.

Choose the correct options:

- (A) (a) Shares (b) General Insurance (c) Debentures
- (B) (a) Debentures (b) Shares (c) General Insurance
- (C) (a) General Insurance (b) Debentures (c) Shares
- (D) (a) General Insurance (b) Shares (c) Debentures

Answer - (A) - (a) Shares (b) General Insurance (c) Debentures



Q6. At 11 to 13 years of age, what is the approximate gain in height in girls?

- (A) 12 cms
- (B) 10 cms
- (C) 15 cms
- (D) 20 cms

Answer - (B) 10 cms

Note : An increase of about 10 to 15 centimeters (4–6 inches) may occur, but according to the book, the answer will be 8 cm.

Q7. Activity level in middle childhood is high because:

- (A) They Eat A Lot In This Age.
- (B) Their Bones Are Now Very Strong.
- (C) They Feel They Are Now Grown Up.
- (D) Their School Encourages Such Activities.

Answer - (B) Their bones are now very strong.

Q8. Which fabric is made by a technique in which fibres are held together by mechanical force, gum and heat?

- (A) Knitting
- (B) Non-Woven
- (C) Braid
- (D) Lace

Answer - (B) Non-Woven

Q9. Reducing bleaches are suitable for woollen and silken clothes because they:

- (A) Are Cheaper.
- (B) Are Easily Available.



(C) Are Less Strong In Action.

(D) Do Not Have A Permanent Effect.

Answer - (C) are less strong in action.

Q10. Child A: Is 8 years old. He has lost his appetite. His nails have become brittle and spoon-shaped.

Child B: Is 3 years old. He also lost his appetite and has skin rash.

Identify the deficiency disease A and B are suffering from:

Choose the correct option:

(A) Child A and B are suffering from Kwashiorkor.

(B) Child A and B are suffering from Anaemia.

(C) Child A is suffering from Anaemia and Child B is suffering from Kwashiorkor.

(D) Child A is suffering from Kwashiorkor and Child B is suffering from Anaemia.

Answer - (C) Child A is suffering from Anaemia and Child B is suffering from Kwashiorkor.

Q11. 1. Supplementary meals

2. Nutrition and Health Education

3. Health check-ups

4. Treatment of minor illnesses

These 4 services are provided by which National Nutrition Programme? Choose the correct option:

(A) Mid day Meal Programme

(B) ICDS scheme

(C) National Nutritional Anaemia Control Programme

(D) National Control Programme for Prevention of Nutritional Blindness due to Vitamin A deficiency



Answer - (B) ICDS scheme

Q12. How many teeth do children have during middle childhood?

- (A) 28
- (B) 32
- (C) 20
- (D) 24

Answer - (A) 28

Q13. Braille is an aid used to help:

- (A) Blind children
- (B) Child with hearing impairment
- (C) Mentally retarded child
- (D) Child with orthopaedic disability

Answer - (A) Blind children

OPTIONAL MODULE A

Housekeeping

Q14. Read the following ingredients:

- (i) Linseed oil
- (ii) Turpentine
- (iii) Vinegar
- (iv) Methylated spirit

Which is prepared using these ingredients?

Choose the correct option:

- (A) Metal Polish



(B) Copper Cleaner

(C) Furniture Polish

(D) Furniture Cream

Answer - (C) Furniture Polish

Q15. Read the following activities:

(i) Rub the stains with a piece of soft damp cloth.

(ii) Use grease absorber to remove grease stain.

What is cleaned by this method?

Choose the correct option:

(A) Ceramic tiles

(B) Painted Surface

(C) Wall Paper

(D) Marble surface

Answer - (C) Wall Paper

Q16. Read the following steps of maintenance:

(i) Dust and rub with a flannel cloth.

(ii) Remove water marks with methylated spirit.

Which product is maintained with these steps?

Choose the correct option:

(A) Laminated wood

(B) Painted wood

(C) Polished wood

(D) Plain wood

Answer - (C) Polished wood



OPTIONAL MODULE - B

Creative Hand Embroidery

Q14. Warm colours:

- (A) Create A Visual Impact Of Reduced Size And Length.
- (B) Give A Feeling Of Rest And Repose.
- (C) Have The Element Of Vegetation In Them.
- (D) Are Peaceful Colours.

Answer - (A) create a visual impact of reduced size and length.

Q15. Which of the following colours create the effect of luxury and richness?

- (A) Dark Gold
- (B) Pink
- (C) Yellow
- (D) Blue

Answer - (A) dark gold

Q16. When choosing a design for embroidery, one should not consider:

- (A) Sex Of The Wearer
- (B) Age Of The Wearer
- (C) Texture Of The Fabric
- (D) Financial Status Of The Wearer

Answer - (D) financial status of the wearer

Q17. A family has been served chapati, potato curry and curd. Suggest two modification in this meal to meet the nutritional needs of Protein and Iron of a pregnant women.

Answer - Modifications for a Pregnant Woman:

1. **For protein:** Include lentils (dal) along with cottage cheese (paneer), extra curd, or nuts.



2. **For iron:** Add seasonal green leafy vegetables (such as spinach or fenugreek) to the lentils or the roti dough.

Q18. Write True or False:

(A) $\frac{1}{2}$ cup rice gives same calorie as one chapati.

Answer - True

(B) Mashed banana can be given to a 3 months old baby.

Answer - False

(C) Dietary intake is not influenced by age and gender.

Answer - False

(D) Good meal planning means making nutritious food.

Answer - True

Q19. State True or False:

(A) Four dishes can be cooked in one time in a solar cooker.

Answer - True

(B) Street lights can be charged by solar energy.

Answer - True

(C) Waste of biogas decreases the yield of crops.

Answer - False

(D) Wind energy can generate electricity in hilly areas.

Answer - True

Q20. Tell four advantages to convince Rohit to invest his money in units (Unit Trust of India).

Answer - Four advantages of investing in units (Unit Trust of India) :

1. The investor's money is managed by experienced and professional financial experts.
2. The money is invested in many different companies, so the risk of loss is reduced.
3. Units can be easily sold at any time to get immediate cash.
4. There is an opportunity to receive regular income from time to time in the form of dividends.



Q21. Indicate whether the following statements are true or false. Give justification for your answer.

(A) Three year old children should participate in maximum number of different activities.

Answer - True

(B) Friends are not important in middle childhood.

Answer - False

Q22. Separate the activities based on fine muscular coordination from the gross muscular coordination.

(A) Jumping

(B) Writing a letter

(C) Colouring a drawing

(D) Climbing a tree

Answer –

- **Fine muscular coordination:** (B) Writing a letter, (C) Colouring a drawing
- **Gross muscular coordination:** (A) Jumping, (D) Climbing a tree

Q23. Give one word for the following set of words:

(A) Open mesh fabrics with geometrical shape.

Answer - Net

(B) Finished edge on each side along the length of fabric.

Answer - Selvedge

(C) A yarn that runs along the length of fabric.

Answer - Warp

(D) Total number of yarns per square inch.

Answer - Thread count



Q24. Indicate whether the following statements are True or False:

(A) A soap is a mixture of natural fat and wax.

Answer - False

(B) Fabrics washed with syndets become dull after a few washes.

Answer - False

(C) Hydrogen peroxide can be used for silk.

Answer - True

(D) Stains can be bleached by grass and sun.

Answer - True

Q25. Give one word for the following statements:

(A) A cleanser produced synthetically from chemicals.

Answer - Detergent

(B) Colourless dyes which are fluorescent compounds used to remove yellowness of fabric.

Answer - Optical brightener

(C) Separating clothes before washing on the basis of colour.

Answer - Sorting

(D) Cleaning clothes with solvents instead of water.

Answer - Dry cleaning

Q26. Convince your friends to follow the rules and regulations of their office by telling them its two benefits.

Answer - Benefits of following office rules:

1. Work efficiency and discipline are maintained.
2. Good relations and a positive image are built with colleagues and senior officers.



Q27. Given below is a list of reagents. Specify their role in stain removal.

Reagent	Role in stain removal
----------------	------------------------------

(A) Kerosene

(B) Glycerine

(C) Methylated Spirit

(D) Borax

Answer –

Reagent	Role in stain removal
(A) Kerosene	For paint or greasy stains
(B) Glycerine	For old tea or coffee stains
(C) Methylated Spirit	For ink or grass stains
(D) Borax	For blood and acidic stains

OPTIONAL MODULE - A

Housekeeping

Q28. Match Column A with Column B.

Column A

- (a) Acid
- (b) Alkali
- (c) Solvent
- (d) Bleach

Column B

- (i) Baking soda
- (ii) Vinegar
- (iii) Sodium bisulphite
- (iv) Methylated spirit

Answer –

Column A

- (a) Acid
- (b) Alkali
- (c) Solvent
- (d) Bleach

Column B

- (ii) Vinegar
- (i) Baking soda
- (iv) Methylated spirit
- (iii) Sodium bisulphite



OPTIONAL MODULE - B

Creative Hand Embroidery

Q28. State whether the following statements are True or False:

(A) Repeating motif at intervals over a surface is called pattern.

Answer - True

(B) A graph paper is required to enlarge a design.

Answer - True

(C) When a design loses its natural form it is called geometric design.

Answer - False

(D) Lightness or darkness of the colour is called intensity.

Answer - False

SECTION - B

Q29. Satnam is a clerk at the railway ticket counter. He mostly arrives late. Which two inconveniences are faced by the public by his habit?

Answer - Inconveniences faced by the public due to Satnam (clerk) arriving late:

1. Long queues are formed due to late opening of the counter, wasting passengers' time.
2. Due to not getting tickets on time, passengers fear missing their train and experience mental stress.

OR

Write any four ethical behaviour of a student.

Answer - Four ethical behaviors of a student are as follows:

1. Being punctual
2. Respecting teachers and classmates
3. Protecting school property
4. Maintaining honesty and truthfulness.



Q30. Which two principles of preservation are applied in the process of dehydration?

Answer - Principles of Dehydration:

1. Removing moisture (water) from food so that microorganisms cannot grow..
2. Reduction of moisture to stop enzyme activity.

OR

Explain the role of salt and oil in preserving pickles.

Answer - The roles of salt and oil are as follows:

- **Salt** : It removes water from food through osmosis, due to which microorganisms cannot survive.
- **Oil** : It forms a layer over the food which prevents contact with air (oxygen), thus preventing fungal growth.

Q31. Write two types for planning meals for a person suffering from constipation.

Answer - Meal planning suggestions for constipation:

1. **Fibre-rich food:** Include whole grains, bran-containing flour, and pulses in the diet.
2. **Fluids:** Drink at least 8–10 glasses of water throughout the day and consume fruit juices. Eat fruits like guava and papaya.

Q32. Describe the method of making sweet lemon pickle at home.

Answer - Wash and wipe the lemons and cut them. Mix salt and store them in a jar for 10–15 days in sunlight (so that the peel softens). When they become soft, add sugar/jaggery and spices (cardamom, cloves) and keep again in sunlight for a few more days. After a few days, the pickle will be completely ready.

OR

Describe the method of making potato chips at home. What will you do to prevent the chips from becoming black?

Answer - Method of making chips and prevention of blackening are as follows:

- **Method:** Peel the potatoes and cut thin slices. Add alum or salt to boiling water and blanch the slices for 3–4 minutes. Drain the water and dry them in bright sunlight.



- **Prevention of blackening:** Immediately after cutting, keep the slices immersed in water and **ensure** blanching (boiling) is done before drying.

Q33. In which two ways industries and mines cause environment degradation?

Answer - Environment is degraded in the following ways:

1. Poisonous smoke and dust released from factories and mines pollute the air, making breathing difficult and increasing air pollution.
2. Discharging chemical waste from industries directly into rivers makes water sources poisonous and unfit for drinking.

Q34. What four points will you must check, while buying packaged food.

Answer - Points to be checked while buying packaged food:

1. First, check the 'manufacturing date' and 'expiry date'.
2. Check the printed price on the packet so that the shopkeeper does not charge more than the fixed price.
3. Check for the FSSAI or Agmark mark to ensure product quality and safety.
4. Ensure that the packet seal is intact and that it is not torn or leaking.

Q35. Your brother does not like milk. Suggest two forms by which milk can be included in his meal.

Answer - Including milk in other forms:

1. **By preparing dishes:** Such as kheer, custard, or seviyan.
2. **Dairy products:** In the form of curd, paneer, buttermilk, or lassi.

OPTIONAL MODULE - A

Housekeeping

Q36. Give two suggestions for arranging flowers in a Vase.

Answer - Two suggestions for flower arrangement in a vase:

1. Cut flower stems in different lengths; the longest stem should be about one and a half times the height of the vase.



2. Place large and fully bloomed flowers at the bottom and lighter buds or small leaves on the top so that the balance of the vase is maintained.

Q37. What could be two reasons for your fan to have stopped working?

Answer - Two reasons for the fan not working are as follows:

1. Due to interruption in power supply, the circuit fuse may have blown, the switch may be faulty, or there may be a loose plug or wire connection.
2. The capacitor of the fan may be faulty or the motor winding may have burnt, which often happens due to voltage fluctuations.

OPTIONAL MODULE - B

Creative Hand Embroidery

Q36. You have to do embroidery on a school bag. Which four qualities should be ensured to bear weight?

Answer - Four qualities of bag embroidery:

1. Choose strong fabric like denim, canvas, or thick cotton.
2. Use strong polyester thread for embroidery.
3. Choose stitches that remain firmly attached to the fabric so that they do not get caught and pulled.
4. Select a design that does not get damaged even with rough use.

Q37. How will you finish a table cover after doing its embroidery ?

Answer - Methods of finishing a table cover after embroidery:

1. First, cut and clean the extra hanging threads at the back of the embroidery.
2. Fold and hem or stitch all four edges of the cover so that threads do not come out.
3. To bring shine and embossing to the embroidery, always iron the cover from the reverse side.

Q38. Suggest three preventive measures that can be adopted to stop anyone from developing delinquent behaviour.

Answer - Measures to prevent juvenile delinquency:



- 1. Home environment:** Parents should give affection to children and listen to their problems sympathetically. There should be no conflict at home.
- 2. Moral education:** Teaching the difference between right and wrong from early childhood and imparting good values.
- 3. Monitoring companionship:** Ensuring what type of friends children spend time with and what their activities are.

OR

How can a family ensure that the girls in the family are not discriminated? Suggest three points.

Answer - A family can ensure equality in the following ways:

- 1. Equal education:** Girls should be given equal opportunities for schooling and higher education like boys and encouraged to build careers.
- 2. Nutrition and health:** There should be no difference between sons and daughters in food and healthcare. Girls should receive equally nutritious food and health facilities.
- 3. Participation in decisions:** Give importance to girls' opinions in small and big family decisions and provide them freedom to take decisions related to their lives.

Q39. Give two Suggestions each for buying the following:

(A) Frock For A Baby

(B) Pyjama For An Old Man

(C) Shirt For An Office

Answer - Suggestions while purchasing:

(A) Baby's frock : Fabric should be soft cotton so that there are no skin rashes. Buttons should be at the back and should not be sharp or irritating.



(B) Pyjama for an adult man : It should be loose and comfortable. The drawstring or elastic should not be very tight. The fabric should be sweat-absorbent.

(C) Office shirt : The fabric should crease less, colours should be sober, and the collar should be strong.

OR

How does the length of the fibre influence your selection of clothing?

Answer - Fibre length affects our clothing selection in the following ways:

- Fabrics made from long fibres are stronger and more durable.
- Such fabrics are smooth, soft, and look attractive.
- Clothes made from long fibres wrinkle less.
- Fabrics made from short fibres are rough and wear out quickly.
- Clothes made from short fibres are less durable and get damaged sooner.

Q40. Enlist any three points you will keep in mind while buying clothes for an adolescent girl.

Answer - While buying clothes for adolescent girls, the following three points should be kept in mind:

1. **Fitting and style :** At this age, girls prefer clothes that are attractive, fashionable, and suitable for a college environment.
2. **Mix-and-match convenience :** Clothes should be such that they can be easily paired with other garments, increasing their usability.
3. **Comfort and durability :** For daily wear, clothes should be light, comfortable, and long-lasting.

Q41. What three points should be kept in mind when making a rangoli?

Answer - The following three points should be carefully considered while making rangoli:

1. Choose the design according to the festival or occasion.
2. Draw double outlines so that colours can be filled neatly between the lines.
3. Maintain balance and uniformity in the design and use contrasting colours near each other.



Q41. How are tertiary colours different from mono chromatic colours. Give an example each.

Answer - Tertiary colours are formed by mixing primary and secondary colours. They involve a combination of two colours, such as yellow-green or blue-violet. On the other hand, monochromatic colours are different shades (light and dark) of a single colour. No other colour is mixed, for example, light blue and dark blue. Both colour schemes are used in embroidery to create different effects.

Q42. Describe in detail any five problems of adolescents.

Answer - Major problems that arise during adolescence are as follows:

- 1. Eating-related problems :** Some adolescents reduce food intake due to misunderstanding bodily changes, while others overeat to seek attention, leading to weakness or obesity.
- 2. Suicidal tendencies :** Due to distance from friends and lack of communication with parents, adolescents may feel lonely and sometimes develop suicidal thoughts.
- 3. Peer pressure :** To appear superior among friends, adolescents may start consuming alcohol, smoking, or using drugs.
- 4. Personal problems :** Adolescents often feel dissatisfied and anxious about their appearance, height, body shape, and clothing.
- 5. Social problems :** They may distance themselves from social functions and feel hesitant while interacting with the opposite sex.

OR

What effect does early and late maturity have on the personality of adolescent girls? Explain briefly.

Answer - Effects of early and late maturity on the personality of adolescent girls:

1. Girls who mature early may feel shy and hesitant due to sudden physical changes.
2. Society and family often expect more responsible behaviour from them than their age permits.
3. This can negatively affect their self-image and reduce self-confidence.
4. Girls who mature late may consider themselves less developed than their peers.



5. They may develop feelings of inferiority and insecurity.

In both cases, social behaviour and personality development of adolescent girls are affected.

Q43. As a consumer, what are your rights? Describe any five briefly.

Answer - As consumers, we are granted several rights under the Consumer Protection Act. Five major rights are as follows:

- 1. Right to safety :** Protection from goods and services that may be hazardous to health or property, such as adulterated food or unsafe electrical appliances.
- 2. Right to information :** The right to obtain correct information about quality, quantity, price, and use of goods.
- 3. Right to choice :** The right to select from a variety of goods and services at reasonable prices and quality.
- 4. Right to be heard :** The right to register complaints and have them considered.
- 5. Right to compensation :** The right to receive appropriate compensation for defective goods or services.

OR

As a consumer, what are your duties? Write any five.

Answer - As a consumer, we have the following duties:

1. It is the consumer's duty to check the quality, quantity, and price of goods or services while purchasing to avoid being cheated.
2. One should carefully read labels, standard marks (ISI/AGMARK), manufacturing date, and expiry date.
3. Taking and safely keeping a proper bill or receipt after every purchase is an important duty.
4. If a product is defective, fake, or adulterated, a complaint should be filed at the consumer forum.
5. Consumers should remain aware of their rights and duties and practise responsible consumption.





Thank you!



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



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