



# NIOS PYQ's SOLUTIONS

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 centrism

**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)  $1\frac{1}{2}$   
(C) four (D)  $2\frac{1}{2}$

**Answer -** (B)  $1\frac{1}{2}$

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), (ii), (i), (iii)

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

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. **(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 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?

| 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 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. **(True)**
- (c) Optical brightening agents are colourless dyes. **(True)**
- (d) Silks should be washed by kneading and squeezing method. **(False)**

**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) Hydrogen peroxide (natural oxidizing bleach)



## 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 centrism
- (B) Seriation
- (C) Reversibility
- (D) Conservation

**Answer -** (A) Ego centrism

**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. **(False)**
- (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?**

| 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 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) Hydrogen peroxide (natural oxidizing bleach)

**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**

| 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. 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 centrism

(B) Seriation

(C) Reversibility

(D) Conservation

**Answer** - (A) Ego centrism

**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

**12. 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

**13. 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



## 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)  $1\frac{1}{2}$   
(C) four (D)  $2\frac{1}{2}$

**Answer -** (B)  $1\frac{1}{2}$

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. 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 weave in which the surface has diagonal lines
- A fabric making technique used for making shoe-laces
- The finished edge of a fabric along its length
- 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) Hydrogen peroxide (natural oxidizing bleach)

### 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
- cc(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

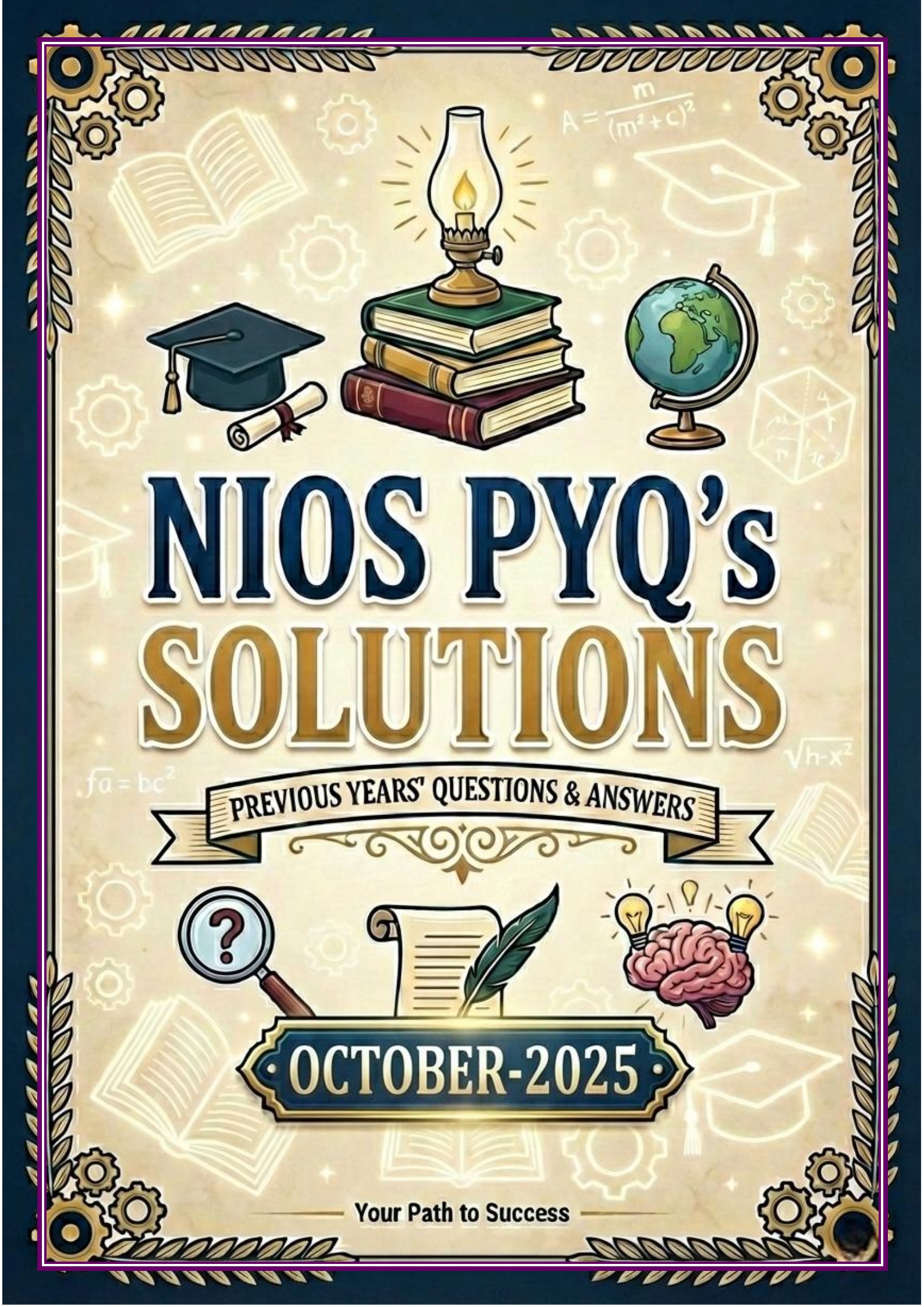
10. Guarantee period

Or

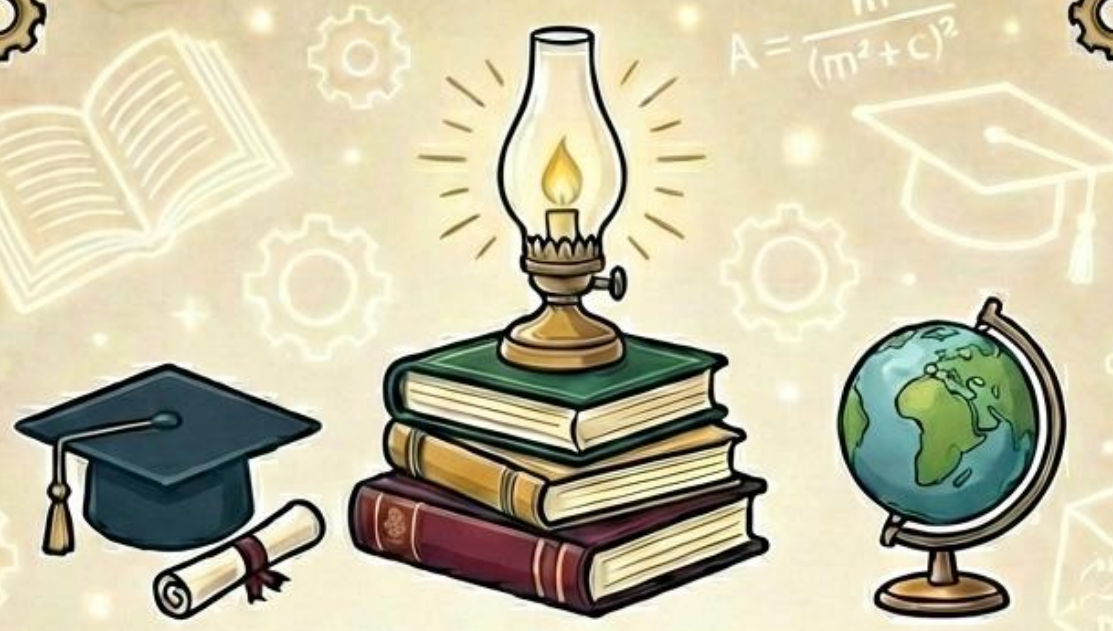
**Suggest any ten solutions to overcome consumer problems.**

**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.



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



# NIOS PYQ's SOLUTIONS

$\sqrt{h-x^2}$

$fa = bc^2$

PREVIOUS YEARS' QUESTIONS & ANSWERS



OCTOBER-2025

Your Path to Success

## Section-A

**Q1. What is the main advantage of installing micro hydro projects?**

- (A) Requires heavy investment on installation
- (B) Difficult to maintain
- (C) Increase cost of distribution
- (D) Supplies electricity to far flung/remote areas

**Ans -** (D) Supplies electricity to far flung/remote areas

**Q2. Identify the incorrect statement about malnutrition:**

- (A) Malnutrition only refers to undernutrition.
- (B) Overnutrition can lead to obesity.
- (C) Faulty utilization of nutrients can cause malnutrition.
- (D) Both undernutrition and overnutrition are types of malnutrition.

**Ans -** (A) Malnutrition only refers to undernutrition.

**Q3. What is an effective way to save electricity at home?**

- (A) Frequently open the refrigerator door.
- (B) Use bulbs instead of CFLs.
- (C) Switch off lights and fans when leaving a room.
- (D) Use high-power electrical appliances unnecessarily.

**Ans -** (C) Switch off lights and fans when leaving a room.

**Q4. Two families have the same monthly income of ₹ 5000, but their savings are different. What is the most likely reason for this difference?**

- (A) All families have the same needs and desires.
- (B) There is no ready-made plan for expenditure.
- (C) Each family manages income based on its own needs.
- (D) Expenses are made only after saving.



**Ans -** (C) Each family manages income based on its own needs.

**Q5. 16 year old Rahul, has started skipping his evening studies to hang out with his friends, who don't believe in studying hard. What is Rahul experiencing?**

- (A) Positive peer influence
- (B) Social independence from peers
- (C) Negative peer pressure
- (D) Self-motivation to avoid studying

**Ans -** (C) Negative peer pressure

**Q6. Which of the following is a myth about HIV transmission?**

- (A) Sharing needles with an infected person
- (B) Shaking hands with an infected person
- (C) Unprotected sex with an infected partner
- (D) Mother-to-child transmission during birth

**Ans -** (B) Shaking hands with an infected person

**Q7. Which of the following fabrics is most suitable to wear in winter?**

- (A) Cotton
- (B) Silk
- (C) Wool
- (D) Rayon

**Ans -** (C) Wool

**Q8. Which of the following statements is a fact about diet?**

- (A) Starvation diet is good for fast weight loss.
- (B) Turmeric should be avoided in jaundice.
- (C) Diabetics should never eat rice or potatoes.
- (D) The body needs food to recover from diarrhoea.



**Ans -** (D) The body needs food to recover from diarrhoea.

**Q9. Which finish is given to fabrics to prevent change in their size during washing?**

- (A) Mercerization
- (B) Waterproofing
- (C) Shrinkage control
- (D) Starching

**Ans -** (C) Shrinkage control

**Q10. Ritu is preparing a meal for family but has run out of wheat flour. Which of the following is the best alternative of wheat flour?**

- (A) Paneer
- (B) Bajra
- (C) Ghee
- (D) Mango

**Ans -** (B) Bajra

**Q11. Which of the following is the correct method to remove an old coffee stain from a colored cotton fabric?**

- (A) Use salt in cold water
- (B) Soak in glycerine
- (C) Wash with hot water and soap
- (D) Apply talcum powder

**Ans -** (B) Soak in glycerine

**Q12. Which fabric making technique is used to make socks and T shirts?**

- (A) braiding
- (B) weaving
- (C) laces
- (D) knitting



**Ans -** (D) knitting

**Q13. Ravi uses excessive chemical fertilizers and pesticides on his farm. What problem can this cause?**

- (A) Soil fertility will increase.
- (B) Soil microorganisms will die, reducing soil fertility.
- (C) Crops will be healthier, and yield will increase.
- (D) Soil will become more water-retentive.

**Ans -** (B) Soil microorganisms will die, reducing soil fertility.

**[OPTIONAL MODULE - A: Housekeeping]**

**Q14. What should be used to clean engraved brass items?**

- (A) Steel wool
- (B) Old toothbrush
- (C) Rough scrubber
- (D) Alkali

**Ans -** (B) Old toothbrush

**Q15. What is the correct method to clean a non-stick (Teflon-coated) pan?**

- (A) Scrub with steel wool and detergent
- (B) Rinse immediately after use, clean with sponge and soapy water
- (C) Soak overnight in chlorine solution
- (D) Use abrasive cleaners to remove stubborn stains

**Ans -** (B) Rinse immediately after use, clean with sponge and soapy water

**Q16. You are cleaning a kitchen counter with grease stains. Which of the following cleaning materials would be most effective for this?**

- (A) Vinegar
- (B) Baking soda
- (C) Lemon juice



(D) Detergent

**Ans -** (D) Detergent

**[OPTIONAL MODULE - B: Creative Hand Embroidery]**

**Q14. Which of the following is the most suitable fabric for an eco-friendly shopping bag?**

(A) Silk

(B) Canvas

(C) Georgette

(D) Chiffon

**Ans -** (B) Canvas

**Q15. Which of the following represents brightness and dullness of a colour?**

(A) Intensity

(B) Texture

(C) Shape

(D) Size

**Ans -** (A) Intensity

**Q16. Which stitch would you use to fill in solid and shaded colours in an embroidery?**

(A) Stem Stitch

(B) Long and Short Stitch

(C) Buttonhole Stitch

(D) Darning Stitch

**Ans -** (B) Long and Short Stitch

**Q17. State whether statements are True or False:**

(i) A patient suffering from high blood pressure should reduce his salt intake.

(ii) High protein diet is recommended for fever patients.

(iii) Person suffering from constipation should not include fibre rich foods in her diet.



(iv) Six meals are advised in diabetes.

**Ans -**

(i) **True**

(ii) **True**

(iii) **False**

(iv) **True**

**Q18. Identify the two correct steps to help a mentally retarded child:**

(i) Teach self-help skills

(ii) Enroll them in a regular school

(iii) Teach him braille and sign language

(iv) Involve him in simple household tasks

**Ans -**

(i) Teach self-help skills

(iii) Teach him braille and sign language

**Q19. Match column A and column B:**

| Column A               | Column B                 |
|------------------------|--------------------------|
| (1) ISI mark           | (a) Ghee and honey       |
| (2) Green dot on label | (b) Gas cylinder         |
| (3) Ag mark            | (c) Non vegetarian foods |
| (4) Red dot on label   | (d) Vegetarian foods     |

**Ans -**

(1) ISI mark - (b) Gas cylinder

(2) Green dot on label - (d) Vegetarian foods

(3) Ag mark - (a) Ghee and honey



(4) Red dot on label - (c) Non vegetarian foods

**Q20. Read the following paragraph and then write True or False for (i) and (ii):**

Neha is always on time for work, completes her tasks sincerely, and respects her colleagues. She also keeps her workplace clean and organized. On the other hand, Sam is often late, ignores his work, and does not greet anyone in his office.

(i) Neha is sincere and cooperative.

(ii) Sam is very responsible and disciplined.

**Ans -**

(i) **True**

(ii) **False**

**Q21. Match the Column I and II:**

| Column I            | Column II                    |
|---------------------|------------------------------|
| (a) Kwashiorkor     | (1) ICDS                     |
| (b) Night blindness | (2) Spoon shaped nails       |
| (c) Immunisation    | (3) Inability to see in dark |
| (d) Anaemia         | (4) Light coloured hair      |

**Ans -**

- |                     |                              |
|---------------------|------------------------------|
| (a) Kwashiorkor     | (4) Light coloured hair      |
| (b) Night blindness | (3) Inability to see in dark |
| (c) Immunisation    | (1) ICDS                     |
| (d) Anaemia         | (2) Spoon shaped nails       |

**Q22. State True or False:**

- (i) At 16 year Rahul will get hair on his face.
- (ii) Priya will gain 2 cm height at the age of 12.
- (iii) Nocturnal emission is normal for boys.



(iv) Most girls and boys suffer from acne during adolescence.

**Ans -**

(i) **True**

(ii) **True**

(iii) **True**

(iv) **True**

**Q23. Give reasons for following behaviour of adolescents:**

(i) worry about their looks

(ii) adolescents have start talking and dressing in a peculiar way

(iii) intense feeling of love towards a much older member of opposite sex

(iv) feel their parents do not understand them.

**Ans -**

(i) During adolescence, the body undergoes rapid hormonal and physical changes, making teenagers very sensitive about their body image.

(ii) They try to establish their identity among their peer group (friends) and develop a separate, independent identity from adults.

(iii) At this age, new emotional and sexual attractions develop, which are often referred to as a "crush" or attraction.

(iv) Adolescents develop a stronger sense of independence. When parents impose restrictions on them, they may feel frustrated due to differences in opinions and ideas.

**Q24. Fill in the blanks:**

(i) Work centres should be arranged in a sequential order to assist in \_\_\_\_\_.

(ii) Storage bins should be \_\_\_\_\_ so that contents can be seen.

(iii) All work centres in the kitchen should have adequate \_\_\_\_\_.

(iv) To save floor space, cupboards should be replaced with \_\_\_\_\_.

**Ans -**

(i) the smooth flow of work

(ii) transparent



(iii) lighting and ventilation

(iv) wall-mounted cabinets / wall shelves

**Q25. There is a grass stain on your white cotton shirt. What is the first step you should take to remove this? why?**

**Ans -** First, sponge the stained portion with methylated spirit because it dissolves the chlorophyll (green colouring matter) present in the grass and helps remove the stain from the fabric.

**Q26. Fill in the blanks:**

(i) Thread count is number of \_\_\_\_\_ and \_\_\_\_\_ yarns per square inch.

(ii) Rib weave is made by using \_\_\_\_\_ yarns with \_\_\_\_\_ yarns.

**Ans -**

(i) warp and weft

(ii) Thin, thick

**[OPTIONAL MODULE - A: Housekeeping]**

**Q27. Match the column I and column II:**

| Column I (surfaces) | Column II (maintenance)                       |
|---------------------|-----------------------------------------------|
| (1) Polished wood   | (a) Smear oil and use brick powder            |
| (2) Cane            | (b) Methylated spirit/turpentine/mild ammonia |
| (3) Plastics        | (c) Coat with clear varnish                   |
| (4) Iron            | (d) Apply kerosene and keep in sun            |

**Ans -**

**Column I (surfaces)**

**Column II (maintenance)**

- |                   |   |                                               |
|-------------------|---|-----------------------------------------------|
| (1) Polished wood | - | (b) Methylated spirit/turpentine/mild ammonia |
| (2) Cane          | - | (c) Coat with clear varnish                   |
| (3) Plastics      | - | (d) Apply kerosene and keep in sun            |
| (4) Iron          | - | (a) Smear oil and use brick powder            |



**Q28. There are turmeric stains on your marble floor. Answer the following questions:**

**Part A: What should be the first step to clean the marble floor?**

- (a) Rub with lemon juice
- (b) Use hot water and detergent
- (c) Apply kerosene oil
- (d) Wipe corners and sides daily

**Part B: What should be done after cleaning to maintain the marble's whiteness?**

- (a) Apply kerosene oil
- (b) Rub with lemon juice
- (c) Wipe corners and sides daily
- (d) Wash with hot water and detergent

**Ans -**

**Part A:** (b) Use hot water and detergent

**Part B:** (c) Wipe corners and sides daily

**[OPTIONAL MODULE - B: Creative Hand Embroidery]**

**Q27. Identify the following methods of transferring designs with their descriptions:**

**Description :**

- (i) Uses a glass plate and light to trace the design directly onto the fabric\_\_\_\_\_
- (ii) Involves tracing the design on butter paper and making small holes along it\_\_\_\_\_
- (iii) Drawing the design directly on the fabric with a pencil\_\_\_\_\_
- (iv) Uses carbon paper to transfer the design onto the fabric\_\_\_\_\_

**Ans -**

- (i) Back Tracing
- (ii) Using Butter Paper
- (iii) Using a Template
- (iv) Using Carbon Paper



**Q28. Rahul is embroidering a garment for which he is using different stitches.**

**Part A: Which of the following step is not part of darning stitch?**

- (i) It is a filling stitch
- (ii) Stitch is visible only on face of fabric
- (iii) Front has floats
- (iv) Thread floats cross in middle forming an X

**Part B: Which stitch should he use for finishing edges in a patch work?**

- (i) French knot
- (ii) Button hole stitch
- (iii) Herringbone stitch
- (iv) Cross stitch

**Ans -**

**Part A:** (iv) Thread floats cross in middle forming an X

**Part B:** (ii) Button hole stitch

## Section-B

**Q29. Name four work ethics expected of a doctor.**

**Ans - Four work ethics expected from a doctor are :**

1. **Regularity and Punctuality** – Reporting to work on time and performing duties regularly.
2. **Confidentiality** – Maintaining the privacy of the patient's personal and medical information.
3. **Honesty and Integrity** – Performing professional duties honestly and ethically.
4. **Courtesy and Compassion** – Treating patients with politeness, respect, patience and empathy.

**OR**

**Mention four work ethics expected of a student.**

**Ans - Four work ethics expected from a student are :**

1. **Regularity and Punctuality** – Attending school on time and completing all tasks regularly.
2. **Honesty** – Not cheating in examinations and doing one's own work.
3. **Willingness to Learn** – Being eager to learn new things and ready to take on new responsibilities.
4. **Courtesy and Respect** – Showing respect and good manners towards teachers, classmates, and others.

**Q30. (i) Meal planning is influenced by nutritional adequacy and time available. Support this statement with the help of two examples each.**

**Ans - Examples of Nutritional Adequacy:**

1. A growing child should be provided with protein-rich foods such as milk and pulses to meet the nutritional requirements for proper growth and development.
2. A pregnant woman should be given iron- and calcium-rich foods such as green leafy vegetables and milk to meet her increased nutritional needs.

**Examples of Available Time:**

1. If a working woman returns home late in the evening, she can prepare a quick and nutritious meal such as khichdi or vegetable pulao instead of cooking several dishes.
2. When time is limited, pre-boiled pulses or pre-cut vegetables can be used to prepare a balanced meal quickly.



OR

(ii) Explain any two modification in the diet with the help of one example each.

**Ans - Two modification in the diet :**

**1. Quantitative Modification :** It refers to changing the quantity or frequency of meals. Example: A patient may be given small quantities of food 6–8 times a day instead of large meals.

**2. Qualitative Modification :** It refers to changing the nutrient content, texture, consistency, or seasoning of food. Example: Increasing the protein content in the diet of a pregnant woman.

**Q31. How does technical advancement contribute to environmental degradation?**

**Ans -** Technical advancement leads to an increase in new factories and vehicles, which damage the environment in the following ways:

1. Industrial development releases harmful chemical wastes into water and soil, causing water and land pollution.
2. Emissions from vehicles and industries increase air pollution and the greenhouse effect, leading to global warming and climate change.

**Q32. (i) Ritu sells pickles to support her family. She has also kept a paying guest. Identify this income and give two suggestions to increase these.**

**Ans - Identification of Income:** This is Money Income, as Ritu receives cash directly from selling pickles and from the paying guest.

**Two suggestions to increase her income :**

1. She can expand her pickle business by selling her products through local shops or nearby markets.
2. She can increase her income by providing additional services to the paying guest, such as meals or laundry facilities.

OR

(ii) Ravi grows his own vegetables in the space behind his house. He also uses public transport. Identify these incomes and give two suggestions to increase them.

**Ans - Identification of Income :** This is Real Income, as Ravi derives direct benefit from the goods and services he uses, such as home-grown vegetables and public transport.



**Two suggestions to increase his income :**

1. He can grow fruits or medicinal plants along with vegetables in the available space.
2. He can learn to carry out minor household repairs himself, thereby saving the cost of hiring a mechanic.

**Q33. Imagine you are a teacher and notice a child labourer in your locality. What steps would you take to help the child return to school?**

**Ans -** As a teacher, I would take the following steps:

1. I would explain the importance of education to the child's parents and inform them about government schemes such as free education and the Mid-Day Meal Programme.
2. I would make them aware that child labour is a punishable offence and that education provides a better future for the child.

**Q34. What two essential provisions each would you ensure in a kitchen and a bathroom?**

**Ans -**

**Kitchen:**

- A sink with a proper water supply for washing utensils and adequate storage facilities.
- Proper ventilation or a chimney for the removal of smoke.

**Bathroom:**

- Proper drainage system.
- A non-slip floor, and electrical points should be kept safely away from water sources.

**Q35. What are four advantages of solar cooker over gas stove?**

**Ans - Four Advantages Of Solar Cooker Over Gas Stove :**

- It uses free solar energy, thereby saving the cost of gas or other fuels.
- It is safe to use, as there is no risk of fire, gas leakage, or electric shock.
- Food does not get burnt easily, so it requires very little supervision during cooking.
- Several dishes can be cooked at the same time.

**[OPTIONAL MODULE - A: Housekeeping]**

**Q36. What four points would you adopt while using a dustbin?**

**Ans - The following points should be followed while using a dustbin :**

1. The dustbin should always have a lid to prevent the breeding of flies and mosquitoes.
2. Separate dustbins should be used for wet and dry waste to ensure proper waste segregation.



3. The dustbin should be lined with a plastic bag or newspaper so that the waste does not stick to the bottom.
4. The dustbin should be emptied daily and cleaned and disinfected regularly to maintain proper hygiene.

**Q37. What is a pin holder? Why is it used?**

**Ans -** A pin holder is a small, heavy metal, glass, or lead base fitted with sharp pins. It is used to hold the flower stems firmly in the desired position, angle, and direction in a flower vase so that the flower arrangement remains stable and attractive.

**[OPTIONAL MODULE - B: Creative Hand Embroidery]**

**Q36. What four factors will you consider while selecting embroidery design for a baby's frock?**

**Ans -** The following factors should be considered while selecting an embroidery design for a child's frock:

1. **Type of Design:** The design should be simple, small-sized, and attractive for children, such as flowers, toys, animals, or cartoon motifs.
2. **Size of the Design:** Small and well-balanced designs are more suitable than very large designs.
3. **Selection of Stitches:** Flat and safe stitches should be used so that they do not protrude too much from the fabric.
4. **Choice of Colours:** Bright, attractive, and matching colours should be selected for children's garments.

**Q37. Give two comparisons between stylized and geometrical design.**

**Ans - Comparisons Between Stylized And Geometrical Design :**

| Factor                       | Stylised Design                                                                                                                                        | Geometric Design                                                                                         |
|------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| <b>Basic Form</b>            | In this, natural shapes (like flowers, leaves, birds) are not made exactly as they are, but are slightly changed or decorated to give them a new look. | In this, mathematical shapes such as straight lines, squares, triangles, or circles are completely used. |
| <b>Appearance and Effect</b> | It looks beautiful, artistic, and natural.                                                                                                             | It looks neat, modern, and well-organised.                                                               |

**Q38. Give three reasons why so much emphasis is being placed on educating girls?**

**Ans - Three main reasons for giving importance to girls' education are :**

- 1. Health and Nutrition of the Family:** An educated woman can take better care of the health, nutrition, and hygiene of her children and family.
- 2. Economic Independence:** Education helps women get jobs and contribute to the family's income.
- 3. Development of Society and the Nation:** No country can develop without educating girls. Education gives girls confidence and helps in the overall development of society.

**Q39. Give one reason each for the following statements:**

**(i) Woolen clothes should not be soaked before washing.**

**(ii) Vinegar is added in the final rinse for silk fabrics.**

**(iii) Clothes should not be stored when damp.**

**Ans - One Reason Each For The Following Statements :**

**(i)** Wool fibres absorb a lot of water. Soaking for a long time may cause them to shrink or lose their shape.

**(ii)** Vinegar helps restore the natural lustre of silk and removes any soap left in the fabric.

**(iii)** Damp clothes encourage the growth of mould and bacteria, causing bad smell and damage to the fabric.

**OR**

**Give one reason each for the following statements:**

**(i) Woolens should be packed in newspapers.**

**(ii) Kneading and squeezing method is used to wash silks.**

**(iii) Blood stains should be removed with cold water.**

**Ans - One reason for each statement :**

**(i)** The smell of printing ink on newspapers keeps insects (like silverfish or moths) away from woolen clothes, keeping the fabrics safe.

**(ii)** Silk is a very delicate fiber; washing it by rubbing can break its threads. Therefore, a gentle kneading and squeezing method is used.

**(iii)** Blood contains protein. Hot water causes the protein to set, making the stain permanent, while cold water helps remove it easily.



**Q40. Explain the following characteristics of cognitive development in middle childhood with the help of an example each:**

**(i) conservation**

**(ii) ego centrisism**

**(iii) seriation**

**Ans -**

**(i)** The ability to understand that the quantity of an object remains the same even if its outward appearance changes. Example: If a cup of cold drink is poured first into a tall, narrow glass and then into a short, wide glass, a child in middle childhood understands that the amount of drink is equal in both glasses.

**(ii)** Egocentrism decreases during middle childhood, and children begin to understand other people's point of view. Example : An eight-year-old child understands that if his mother is in another room, she cannot see him nodding (Moving) his head.

**(iii)** Mentally arranging objects in an increasing or decreasing order based on their size, length, or weight. Example: If given 5 sticks of different sizes, a child can easily arrange them in order from the shortest to the tallest.

#### **[OPTIONAL MODULE - A: Housekeeping]**

**Q41. Explain the steps to clean a glass surface properly, including maintenance and precautions.**

**Ans - Maintenance And Precautions :**

1. Clean the glass with water and newspaper.
2. Wash the glass with water mixed with vinegar to make it shine.
3. Remove grease stains with ammonia and warm water.
4. Rub fly marks with methylated spirit.

**Precautions :** Do not use hard scrubbers or abrasive materials, as they can scratch the glass surface.

#### **[OPTIONAL MODULE - B: Creative Hand Embroidery]**

**Q41. What are neutral colours, and why are they important in embroidery? Explain with example.**

**Ans -** White, black, brown, and grey are called neutral colours. These colours are not included in the main colours of the Colour Wheel. They play a very important role in embroidery as a background to highlight other bright colours. They easily blend with any other colour and give a balanced and calm look to the design.



**Example:** If embroidery is done with deep red and golden threads on a white or grey coloured kurta, the embroidery appears highly attractive and distinct.

**Q42. (i) Explain the importance of labels and markings on textile products. How do they help consumers make informed decisions?**

**Ans -** Labels and markings on textile products are very important because they help consumers make informed decisions.

**Importance and Role :**

1. **Important Information :** Labels provide details such as the type of fabric (e.g., 100% cotton or silk), size, maximum retail price (MRP), and the manufacturer's name.
2. **Care Instructions :** They give instructions for washing, drying, and ironing (such as "Dry Clean Only"), which help keep the fabric in good condition.
3. **Quality Assurance :** Quality marks, such as the Woolmark, guarantee the purity and quality of the fabric.
4. **Helps in Making Informed Decisions :** Labels help consumers avoid fake or mixed fabrics, choose clothes according to their budget, and follow the correct care instructions.

OR

**(ii) Discuss the factors that influence the selection of clothing for different age groups. Provide examples for each age group.**

**Ans –**

**Factors influencing the selection of clothing for different age groups :**

1. **Weather/Climate :** Cotton garments are chosen for summers, whereas woolen garments are selected for winters.
2. **Age :** Soft fabrics are chosen for infants, durable ones for children, and comfortable clothes for the elderly.
3. **Occasion :** Attractive attire is selected for celebrations/functions, while formal clothing is chosen for the workplace.
4. **Occupation :** Uniforms or appropriate clothing are selected based on the nature of the work, such as a doctor's white coat.
5. **Fiber Characteristics :** Fabric selection is based on properties like strength, moisture absorption, and comfort.



**Examples for each age group:**

1. **Infants (0-12 months)** : Clothes must be light, soft, and made of cotton to provide comfort to their delicate skin. They should also be easy to put on, take off, and wash - such as shirts with front buttons or ties.
2. **School-going Children** : Clothes must be strong and durable. The stitching should have extra margins (growth allowances) so they can be loosened as the child grows.
3. **Adolescents/College Students** : Preference is given to fitting, style, and mix-and-match apparel.
4. **Adulthood (Working Professionals)**: They prefer easy-to-wash, low-maintenance, and wrinkle-resistant garments.
5. **Old Age** : Due to physical stiffness and weakened eyesight, loose-fitting, lightweight, and comfortable clothes are most suitable. Garments should feature large front buttons and big buttonholes to make dressing easier.

**Q43. (i) How can a person's nutritional status be assessed? Explain any two methods.**

**Ans** - The process of determining a person's nutritional status is called nutritional assessment. Two methods are:

1. **Classification Based on Physiological Functions** : In this method, a person's height and weight (especially of children under five years of age) are measured and compared with standard growth charts. If a child's weight is much lower than the standard, the child is considered undernourished.
2. **Classification Based on Nutrients** : In this method, a record of all the foods eaten by the person during the previous 24 hours is maintained. The diet is then checked to see whether it includes the required foods from all the food groups. If the diet is not balanced, suitable improvements are suggested.

OR

**(ii) Explain the differences between Marasmus and Kwashiorkor based on their causes, age group affected, and symptoms.**

**Ans** - Differences Between Marasmus And Kwashiorkor Based On Their Causes, Age Group Affected, And Symptoms.



| Basis                 | Marasmus                                                                                   | Kwashiorkor                                                                                                         |
|-----------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| 1. Main Cause         | It is caused due to a severe deficiency of both protein and energy (calories) in the diet. | It is primarily caused due to a deficiency of protein only (energy/calorie intake may be normal).                   |
| 2. Affected Age Group | It is commonly observed in infants below 1 year of age                                     | It is commonly found in young children between 1 to 3 years of age.                                                 |
| 3. Main Symptoms      | The skin becomes <b>dry and wrinkled</b> , and the abdomen becomes <b>sunken</b> .         | The body becomes swollen due to fluid retention, the face looks round, and the abdomen becomes swollen (pot belly). |
| 4. Appetite           | The child has a <b>good appetite</b> and feels very hungry.                                | The child <b>loses appetite</b> and does not feel hungry.                                                           |



# 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