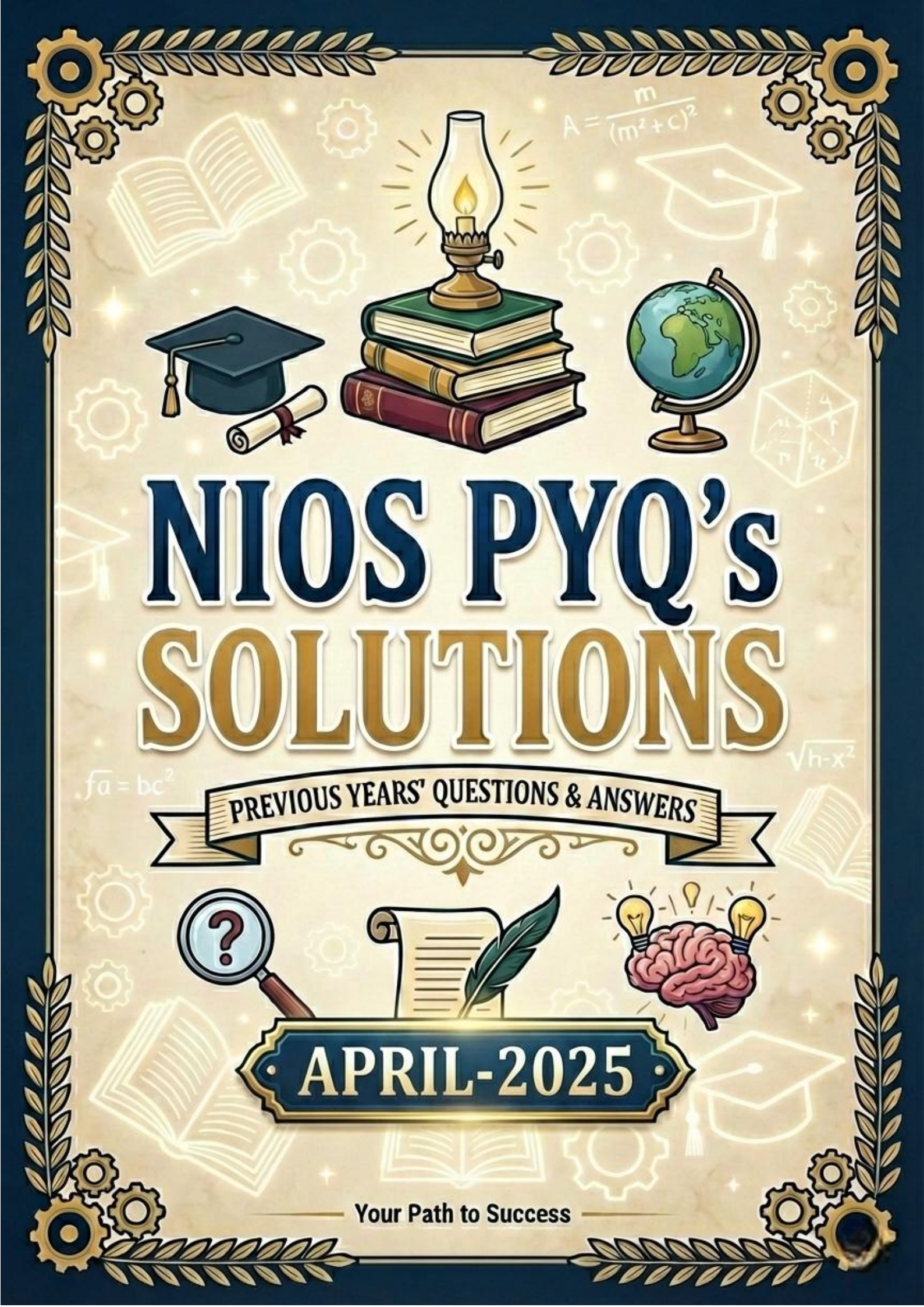
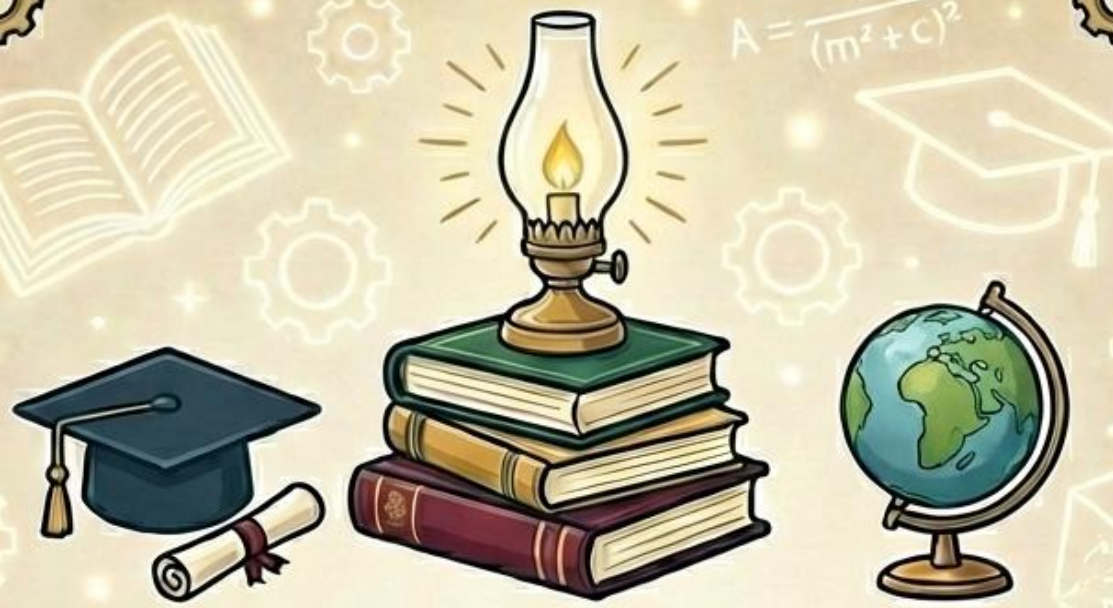




$A = \frac{m}{(m^2 + c)^2}$



NIOS PYQ's SOLUTIONS

$\sqrt{h-x^2}$

$\sqrt{a} = bc^2$

PREVIOUS YEARS' QUESTIONS & ANSWERS



APRIL-2025

Your Path to Success

SECTION-A

SET - A

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

Choose the correct option.

(A) Green leafy vegetables

(B) Eggs

(C) Potatoes

(D) Onions

Answer - (A) Green leafy vegetables

2. What is the mode of spread of tetanus ?

Choose the correct option.

(A) Air

(B) Rusted item

(C) Food and water

(D) Mosquito bite

Answer - (B) Rusted item

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

Choose the correct option.

(A) 17 to 19

(B) 20 to 35

(C) 17 to 30

(D) 18 to 20

Answer - (B) 20 to 35

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

Choose the correct option.

(A) Respect

(B) Tolerance

(C) Honesty

(D) Dignity of work

Answer - (D) Dignity of work



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

Choose the correct option.

(A) Agmark

(B) FPO

(C) ISI mark

(D) Hall mark

Answer - (C) ISI mark

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

Choose the correct option.

(A) Steaming

(B) Shallow frying

(C) Grilling

(D) Deep frying

Answer - (B) Shallow frying

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

To Choose the correct option.

(A) Delay action of microorganisms

(B) Make microorganisms active

(C) Kill microorganisms and stop action of enzymes

(D) Make microorganisms inactive

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

8. Lifestyle disease can be prevented by eating this :

Choose the correct option.

(A) Processed foods

(B) Whole grains

(C) Refined food

(D) Packaged foods

Answer - (B) Whole grains

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

Choose the correct option.



(A) 1-3 days

(B) 1-5 days

(C) 14-21 days

(D) 4-6 days

Answer - (C) 14-21 days

10. While caring for a tuberculosis patient one should :

Choose the correct option.

(A) Give carbohydrate rich diet

(B) Control fever

(C) Give calcium rich diet

(D) Wash all wounds

Answer - (C) Give calcium rich diet

11. Fabrics become wrinkle free when given this finish.

Choose the correct option.

(A) Bleaching

(B) Calendaring

(C) Scouring

(D) Starching

Answer - (B) Calendaring

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

Choose the correct option.

(A) Economic

(B) Social

(C) Protective

(D) Educative

Answer - (C) Protective

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

Choose the correct option.

(A) Dovetailing

(B) Peak load

(C) Fatigue

(D) Leisure period

Answer - (A) Dovetailing



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

Choose the correct option.

(A) Dry toast

(B) Boiled rice

(C) Cornflakes

(D) Porridge

Answer - (A) Dry toast

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

Choose the correct option.

(A) Food cooked in it is chopped very fine

(B) Food is cooked for longer duration

(C) Water used is discarded

(D) Very little water is used for cooking

Answer - (B) Food is cooked for longer duration

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

Choose the correct option.

(A) Influenza

(B) Tuberculosis

(C) Whooping cough

(D) Tetanus

Answer - (C) Whooping cough

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

Choose the correct option.

(A) Thefts

(B) Sports

(C) Smoking

(D) Drinking

Answer - (B) Sports

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

Choose the correct option.

(A) Shares responsibilities



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

Answer - (C) Expresses her negative facial expressions

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

Choose the correct option.

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

Answer - (C) Right to Choose

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

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

Answer -

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

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

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



(iv) Washing bedsheets by hand is a heavy household activity.

Answer -

(i) Watching a television show is an inflexible activity. (True)

(ii) Working in a correct posture helps to save time. (True)

(iii) Doing two or more activities at the same time is called dovetailing. (True)

(iv) Washing bedsheets by hand is a heavy household activity. (True)

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

(i) One should not scrub the skin of a new born child.

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

(iii) Women should not have bath for a week, after delivery.

(iv) BCG vaccine should be given after 6 months of birth.

Answer -

(i) One should not scrub the skin of a new born child. (True)

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

(iii) Women should not have bath for a week, after delivery. (False)

(iv) BCG vaccine should be given after 6 months of birth. (False)

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

Column-I

Column-II

(A) Communication and extension

(i) Boutique

(B) Housekeeping

(ii) Media production and management

(C) Interior decorator

(iii) Staff at hotels

(D) Dress designing

(iv) Furniture designer

Answer -

Column-I

Column-II

(A) Communication and extension



(ii) Media production and management



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

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

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

Answer -

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

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

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

Answer -

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



(iv) Boiling is not a safe cooking method.

(False)

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

(i) Television is a major source of air pollution.

(ii) Trees help keep air fresh and pure.

(iii) Garbage should not be burnt.

(iv) CNG increases pollution.

Answer -

(i) Television is a major source of air pollution.

(False)

(ii) Trees help keep air fresh and pure.

(True)

(iii) Garbage should not be burnt.

(True)

(iv) CNG increases pollution.

(False)

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

(i) Removing cobwebs is a daily activity.

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

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

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

Answer -

(i) Removing cobwebs is a daily activity.

(False)

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

(True)

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

(True)

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

(False)

28. Fill in the blanks :

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



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

Answer –

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

29. Fill in the blanks :

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

Answer -

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

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

- (i) Time schedule should be flexible.
- (ii) Inflexible activities cannot be changed.
- (iii) Reducing time for some activities cannot help in balancing time plan.



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

Answer -

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

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

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

Answer -

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

SECTION-B

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

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

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



4. Fill the hot jam into sterilized bottles to preserve.
5. Store it in a cool place.

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

Answer - Four suggestions to conserve nutrients :

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

OR

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

Answer - Four reasons for loss of nutrients in pulses :

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

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

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

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

OR



Write four causes of increase in lifestyle diseases.

Answer - Four causes for the increase in lifestyle diseases :

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

35. Briefly explain batik method of resist dyeing.

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



OR

Briefly explain block printing method.

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



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

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

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

Points to be kept in mind while constructing a bedroom :

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



OR

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

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

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

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

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

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

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

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

39. Mention any four expected ethics in a nurse.

Answer - Four ethics expected in a nurse :

1. Behaving sensitively with patients.
2. Treating all patients equally and impartially.
3. Keeping the patient's personal and medical information secure.



4. Providing service responsibly and on time.

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

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

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

Answer - Four important steps in time planning :

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

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

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

1. The location should have fresh air and good sunlight.
2. The surrounding environment should be peaceful and pollution-free.
3. There should be proper arrangements for electricity, water, and drainage.
4. Essential facilities like schools, hospitals, and markets should be nearby.
5. Transport facilities should be easy.
6. The land should be safe, strong, and in an area free from floods or other disasters.

OR

Give six suggestions to make your house more comfortable.

Answer - Six suggestions to make the house more comfortable :

1. Maintain cleanliness and keep items in their proper places.
2. Allow fresh air and natural light through windows.



3. Adopt comfortable furniture and light, beautiful decoration.
4. Place small pots or indoor plants; this makes the environment calm, fresh, and attractive.
5. Proper lighting makes the house attractive.
6. An atmosphere of love and cooperation among the family makes the house truly pleasant and comfortable.

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

Answer –

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

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

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

Advantages :

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

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

Answer - Six ways to prevent air pollution :

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

OR

Suggest any six ways to prevent noise pollution.

Answer - Six ways to prevent noise pollution :



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

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

Answer - Six suggestions to save energy during household chores :

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

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

Answer - Suggestions to deal with negative peer pressure :

1. Be self-confident and make firm decisions by understanding the difference between right and wrong.
2. Avoid getting involved in wrong activities and learn to say 'No'.
3. Keep company with friends who promote good habits.
4. Spend time in sports, music, reading, etc., to stay away from wrong influences.
5. Share problems and pressures openly with parents or elders.



6. Believe in yourself; stick to your identity and value system instead of copying others.
7. Manage time correctly; balance studies and entertainment.
8. Develop mental strength through yoga, meditation, and exercise to avoid stress.
9. Set life goals and focus on achieving them, not on negative pressure.
10. Choose the right path by taking guidance from teachers, counselors, or family.

OR

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

Answer – Five myths and facts related to menstruation :

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

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

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

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

OR

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

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

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



SECTION-A

SET B

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

Choose the correct option.

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

Answer - (C) Expresses her negative facial expressions

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

Choose the correct option.

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

Answer - (B) Sports

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

Choose the correct option.

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

Answer - (C) Right to Choose

4. While caring for a tuberculosis patient one should :

Choose the correct option.

- (A) Give carbohydrate rich diet
- (B) Control fever



(C) Give calcium rich diet

(D) Wash all wounds

Answer - (C) Give calcium rich diet

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

Choose the correct option.

(A) Eco mark

(B) FPO

(C) Hall mark

(D) ISI mark

Answer - (D) ISI mark

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

Choose the correct option.

(A) Food cooked in it is chopped very fine

(B) Food is cooked for longer duration

(C) Water used is discarded

(D) Very little water is used for cooking

Answer - (B) Food is cooked for longer duration

7. Why are vegetables blanched before canning ? To

Choose the correct option.

(A) Delay action of microorganisms

(B) Make microorganisms passive

(C) Kill microorganisms and stop action of enzymes

(D) Make microorganisms active

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

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

Choose the correct option.

(A) Dovetailing

(B) Peak load

(C) Fatigue

(D) Leisure period

Answer - (A) Dovetailing



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

Choose the correct option.

(A) 1-5 days

(B) 14-21 days

(C) 1-3 days

(D) 4-6 days

Answer - (C) 1-3 days

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

Choose the correct option.

(A) Green leafy vegetables

(B) Eggs

(C) Potatoes

(D) Onions

Answer - (A) Green leafy vegetables

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

Choose the correct option.

(A) Steaming

(B) Shallow frying

(C) Grilling

(D) Deep frying

Answer - (B) Shallow frying

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

Choose the correct option.

(A) Economic

(B) Social

(C) Educative

(D) Protective

Answer - (C) Educative

13. What is the mode of spread of tetanus ?

Choose the correct option.

(A) Air

(B) Rusted item

(C) Food and water

(D) Mosquito bite



Answer - (B) Rusted item

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

Choose the correct option.

(A) Constipation

(B) Diarrhoea

(C) Fever

(D) Dysentery

Answer - (A) Constipation

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

Choose the correct option.

(A) 17 to 19

(B) 20 to 35

(C) 17 to 30

(D) 18 to 20

Answer - (B) 20 to 35

16. Lifestyle disease can be prevented by eating this :

Choose the correct option.

(A) Processed foods

(B) Whole grains

(C) Refined foods

(D) Packaged foods

Answer - (B) Whole grains

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

Choose the correct option.

(A) Respect

(B) Tolerance

(C) Honesty

(D) Dignity of work

Answer - (D) Dignity of work

18. Fabrics become wrinkle free when given this finish.

Choose the correct option.

(A) Bleaching

(B) Calendaring



(C) Scouring

(D) Starching

Answer - (B) Calendaring

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

Choose the correct option.

(A) Influenza

(B) Tuberculosis

(C) Whooping cough

(D) Tetanus

Answer - (C) Whooping cough

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

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

Answer -

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

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

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

Answer –

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

22. Fill in the blanks :

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

Answer –

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

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

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

Answer -

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



working.

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

(True)

(iv) Boys should dry their undergarments in shade.

(False)

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

(i) Television is a major source of air pollution.

(ii) Trees help keep air fresh and pure.

(iii) Garbage should not be burnt.

(iv) CNG increases pollution.

Answer –

(i) Television is a major source of air pollution.

(False)

(ii) Trees help keep air fresh and pure.

(True)

(iii) Garbage should not be burnt.

(True)

(iv) CNG increases pollution.

(False)

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

(i) Pressure cooking is a fast method.

(ii) Steaming shortens the duration of cooking.

(iii) Bhatugas are made by moist method of cooking.

(iv) Cooking helps to keep food longer.

Answer –

(i) Pressure cooking is a fast method.

(True)

(ii) Steaming shortens the duration of cooking.

(True)

(iii) Bhatugas are made by moist method of cooking.

(False)

(iv) Cooking helps to keep food longer.

(True)



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

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

Answer -

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

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

Column-I	Column-II
(A) Communication and extension	(i) Boutique
(B) Housekeeping	(ii) Media production and management
(C) Interior decorator	(iii) Staff at hotels
(D) Dress designing	(iv) Furniture designer

Answer -

Column-I	Column-II
(A) Communication and extension	→ (ii) Media production and management
(B) Housekeeping	→ (iii) Staff at hotels
(C) Interior decorator	→ (iv) Furniture designer
(D) Dress designing	→ (i) Boutique

28. Fill in the blanks :

- (i) Shoe polish and lipstick can be identified as it makes the fabric feel _____ .
- (ii) Diluted ammonia is used to remove _____ stains along with cold water.



(iii) Wool is washed by _____ method of washing.

(iv) Polyester should be ironed at _____ °C.

Answer -

(i) Shoe polish and lipstick can be identified as it makes the fabric feel greasy/smooth.

(ii) Diluted ammonia is used to remove blood, egg, meat stains along with cold water.

(iii) Wool is washed by kneading and squeezing method of washing.

(iv) Polyester should be ironed at 150 °C.

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

(i) Time schedule should be flexible.

(ii) Inflexible activities cannot be changed.

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

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

Answer -

(i) Time schedule should be flexible. (True)

(ii) Inflexible activities cannot be changed. (True)

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

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

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

Column-I

Column-II

(i) Grill bars

(A) Pastry

(ii) Oven

(B) Chapatti

(iii) Kadahi

(C) Kababs

(iv) Tava

(D) Pakoras

Answer -



Column-I
Column-II

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

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

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

Answer -

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

SECTION-B

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

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

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

Answer - Four suggestions to conserve nutrients in pulses :

1. Do not use baking soda while cooking pulses.



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

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

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

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

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

Answer - Four important steps in time planning :

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

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

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

1. Girls start controlling their diet, leading to eating disorders.
2. Excessive exercise causes physical weakness and reduces immunity.
3. Unrealistic expectations lead to mental stress and lack of confidence.



4. Boys consume drugs/steroids to build muscles and increase weight-lifting capacity, which has harmful health effects.

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

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

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

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

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

OR

Write four causes of increase in lifestyle diseases.

Answer - Four causes for the increase in lifestyle diseases :

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

39. Mention any four ethics expected in a teacher.

Answer - Four ethics expected in a teacher :

1. Honesty and impartiality are expected from a teacher.
2. Guiding students with patience and tolerance.
3. Being dutiful in teaching and imparting knowledge on time for the holistic development of students.



4. A teacher should be sensitive to understand the problems and needs of students.

40. Briefly explain batik method of resist dyeing.

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



OR

Briefly explain block printing method.

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



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

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

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

Points to be kept in mind while constructing a bedroom :

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

OR

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

Answer - The ideal direction for a kitchen is **East or North-East** so that direct sunlight is received in the morning.

Three other aspects to consider:

1. Wire mesh doors for hygiene.
2. Proper ventilation and exhaust fan to remove smoke and odors.



3. Adequate lighting and light-colored walls to reflect light.

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

Answer - Steps to make a soakage pit :

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

OR

Why are Sulabh shauchalayas getting popular?

Answer - Reasons for Sulabh Shauchalayas getting popular :

1. Their construction and maintenance are simple; easily installed in rural and urban areas.
2. They are safe for health and hygiene and stop the spread of diseases.
3. They do not require complex drainage systems.
4. They ensure safety for women and children.
5. Low water consumption and easy maintenance.
6. Increased usage due to government schemes and awareness campaigns.

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

Answer - Six ways to prevent air pollution :

1. Use biogas as it is a smokeless fuel.
2. Factories should be located away from residential areas.
3. Use lead-free petrol and increase the use of CNG.



4. Do not burn garbage; dispose of it cleanly (sanitary landfill if possible).
5. Roads should be paved so dust does not fly into the atmosphere.
6. Plant trees and care for them so they can keep the air fresh and pure.

OR

Suggest any six ways to prevent noise pollution.

Answer - Six ways to prevent noise pollution :

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

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

Answer - Six suggestions to save energy during household chores :

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



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

Answer –

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

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

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

Advantages :

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

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

Answer - Suggestions to deal with negative peer pressure :

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

OR

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

Answer - Five myths and facts related to menstruation :



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

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

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

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

OR

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

Answer – Five possible reasons Reena spoiled her silk saree :



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

SECTION-A

SET C

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

Choose the correct option.

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

Answer - (C) Expresses her negative facial expressions

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

Choose the correct option.

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

Answer - (B) Sports

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

Choose the correct option.

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

Answer - (C) Right to Choose

4. While caring for a tuberculosis patient one should :

Choose the correct option.

- (A) Give carbohydrate rich diet
- (B) Control fever
- (C) Give calcium rich diet
- (D) Wash all wounds



Answer - (C) Give calcium rich diet

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

Choose the correct option.

(A) Agmark

(B) FPO

(C) Hall mark

(D) ISI mark

Answer - (A) Agmark

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

Choose the correct option.

(A) Food cooked in it is chopped very fine

(B) Food is cooked for longer duration

(C) Water used is discarded

(D) Very little water is used for cooking

Answer - (B) Food is cooked for longer duration

7. Why is it important to freeze food ? To

Choose the correct option.

(A) Stop action of enzymes

(B) Kill microorganisms

(C) Delay action of microorganisms

(D) Hasten the action of microorganisms

Answer - (C) Delay action of microorganisms

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

Choose the correct option.

(A) Dovetailing

(B) Peak load

(C) Fatigue

(D) Leisure period

Answer - (A) Dovetailing



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

Choose the correct option.

(A) 14-21 days

(B) 1-3 days

(C) 1-5 days

(D) 4-6 days

Answer - (C) 1-5 days

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

Choose the correct option.

(A) Green leafy vegetables

(B) Eggs

(C) Potatoes

(D) Onions

Answer - (A) Green leafy vegetables

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

Choose the correct option.

(A) Steaming

(B) Shallow frying

(C) Grilling

(D) Deep frying

Answer - (B) Shallow frying

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

Choose the correct option.

(A) Economic

(B) Educative

(C) Social

(D) Protective

Answer - (C) Social

13. What is the mode of spread of tetanus ?

Choose the correct option.

(A) Air

(B) Rusted item



(C) Food and water

(D) Mosquito bite

Answer - (B) Rusted item

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

Choose the correct option.

(A) Anaemia

(B) Constipation

(C) Goitre

(D) Night blindness

Answer - (A) Anaemia

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

Choose the correct option.

(A) 17 to 19

(B) 20 to 35

(C) 17 to 30

(D) 18 to 20

Answer - (B) 20 to 35

16. Lifestyle disease can be prevented by eating this :

Choose the correct option.

(A) Processed foods

(B) Whole grains

(C) Refined food

(D) Packaged foods

Answer - (B) Whole grains

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

Choose the correct option.

(A) Respect

(B) Tolerance

(C) Honesty

(D) Dignity of work

Answer - (D) Dignity of work

18. Fabrics become wrinkle free when given this finish.

Choose the correct option.



(A) Bleaching

(B) Calendaring

(C) Scouring

(D) Starching

Answer - (B) Calendaring

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

Choose the correct option.

(A) Influenza

(B) Tuberculosis

(C) Whooping cough

(D) Tetanus

Answer - (C) Whooping cough

20. Fill in the blanks :

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

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

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

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

Answer –

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

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

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

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

(i) Going to school is a flexible activity.

(ii) Hemming is a moderate activity.

(iii) Mixy is a labour saving equipment.



(iv) Time plan should be followed strictly

Answer –

(i) Going to school is a flexible activity. **(False)**

(ii) Hemming is a moderate activity. **(True)**

(iii) Mixy is a labour saving equipment. **(True)**

(iv) Time plan should be followed strictly. **(True)**

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

Column-I

Column-II

(i) Grill bars

(A) Pastry

(ii) Oven

(B) Chapatti

(iii) Kadahi

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(iv) Tava

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Answer -

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Column-II

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(C) Kababs

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Answer –

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- (iv) Cooking makes food safe.

Answer –

- (i) Pressure cooking involves cooking a lot of steam under pressure. (True)
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(iv) Cooking makes food safe.

(True)

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

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(False)

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(iv) CNG increases pollution.

Answer -

(i) Television is a major source of air pollution.

(False)

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(True)

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(True)

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(False)

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

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



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

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

(iv) Boys should dry their undergarments in shade.

Answer -

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

(True)

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

(False)

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

(True)

(iv) Boys should dry their undergarments in shade.

(False)

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

(i) One should not scrub the skin of a new born child.

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

(iii) Women should not have bath for a week, after delivery.

(iv) BCG vaccine should be given after 6 months of birth.

Answer -

(i) One should not scrub the skin of a new born child.

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(False)

(iv) BCG vaccine should be given after 6 months of birth.

(False)

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

(i) Removing cobwebs is a daily activity.

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

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

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



Answer -

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

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

Column-I	Column-II
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(B) Housekeeping	(ii) Media production and management
(C) Interior decorator	(iii) Staff at hotels
(D) Dress designing	(iv) Furniture designer

Answer -

Column-I	Column-II
(A) Communication and extension	→ (ii) Media production and management
(B) Housekeeping	→ (iii) Staff at hotels
(C) Interior decorator	→ (iv) Furniture designer
(D) Dress designing	→ (i) Boutique

SECTION-B

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

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

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

Points to be kept in mind while constructing a bedroom :

1. The bedroom should have privacy and should be free from noise.



2. The bedroom should be rectangular so that the bed, furniture, and other items can be arranged properly, and rest is not disturbed.

OR

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

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

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

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

Answer - Four suggestions to conserve nutrients while cooking rice :

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

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

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

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



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

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

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

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

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

37. Briefly explain batik method of resist dyeing.

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



OR

Briefly explain block printing method.

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



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

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

1. Preparing a list of all activities.
2. Grouping flexible and inflexible tasks.

3. Estimating the time required to perform each task.
4. Balancing the plan.

39. Mention any four expected values at a workplace.

Answer - Four expected values at a workplace :

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

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

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

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

OR

Write four causes of increase in lifestyle diseases.

Answer - Four causes for the increase in lifestyle diseases :

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



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

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

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

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

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

OR

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

Answer - Features needed while selecting Bedroom and Bathroom :

Bedroom :

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

Bathroom :

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



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

Answer - Six suggestions to save energy during household chores :

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

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

Answer –

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

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

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

Advantages :

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

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

Answer - Six ways to prevent air pollution :

1. Use biogas as it is a smokeless fuel.
2. Factories should be located away from residential areas.
3. Use lead-free petrol and increase the use of CNG.
4. Do not burn garbage; dispose of it cleanly (sanitary landfill if possible).



5. Roads should be paved so dust does not fly into the atmosphere.
6. Plant trees and care for them so they can keep the air fresh and pure.

OR

Suggest any six ways to prevent noise pollution.

Answer - Six ways to prevent noise pollution :

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

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

Answer - Suggestions to deal with negative peer pressure :

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

OR

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

Answer - Five myths and facts related to menstruation :



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

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

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

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

OR

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

Answer - Five possible reasons Ritika spoiled her silk clothes :

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



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

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

NIOS PYQ's
SOLUTIONS

$\sqrt{h-x^2}$

$fa = bc^2$

PREVIOUS YEARS' QUESTIONS & ANSWERS



OCTOBER-2025

— Your Path to Success —

SECTION-A

1. Which of the following right warns consumers of health hazards of the product ? Right to

- (A) be heard
- (B) choose
- (C) be informed
- (D) safety

Ans - (D) safety

2. The abilities for adaptive and positive behaviour that helps individuals to deal with the challenges of everyday life is known as

- (A) Life skills
- (C) Empathy
- (B) Tolerance
- (D) Discipline

Ans - (A) Life skills

3. Abstract thinking during adolescence means adolescents

- (A) are feeling self-conscious.
- (B) can make independent decisions.
- (C) can imagine impossible.
- (D) have strong sense of right and wrong.

Ans - (C) can imagine impossible.

4. Life-style diseases can be prevented by reducing intake of

- (A) Processed foods
- (B) Milk and Milk products



(C) Fruits and Vegetables

(D) Meat and Meat products

Ans - (A) Processed foods

5. Which of the following food has least moisture content ?

(A) Tomatoes

(B) Spinach

(C) Milk

(D) Potatoes

Ans - (D) Potatoes

6. It is normal for a new-born child to sleep for _____ hours.

(A) 23

(B) 16

(C) 8

(D) 10

Ans - (B) 16

7. Money set aside by family for use in times of need is called

(A) Spending plan

(B) Budget

(C) Saving

(D) Expenditure

Ans - (C) Saving

8. Soakage pits should not be constructed where there is less 1

(A) Excreta



(B) Leaves

(C) Water

(D) Grass

Ans - (C) Water

9. Which one of the following finish would you choose to remove wrinkles from the fabrics ?

(A) Scouring

(B) Printing

(C) Bleaching

(D) Calendering

Ans - (D) Calendering

10. Diseases like typhoid and cholera are on rise due to increase in _____ pollution.

(A) Air

(B) Water

(C) Land

(D) Noise

Ans - (B) Water

11. Symptoms of malaria will be seen after how many days of mosquito bite ? 1

(A) 10-14 days

(B) 1-3 days

(C) 14-16 days

(D) 2-5 days

Ans - (A) 10-14 days



12. Loss of appetite and discomfort and yellowish tinge in eyes might be symptoms of _____.

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

Ans - (B) Jaundice

13. In which method food is cooked at a constant temperature ?

- (A) Grilling
- (B) Roasting
- (C) Baking
- (D) Stewing

Ans - (C) Baking

14. To increase nutrients, cereals are added to pulses like in Khichri. This is known as

- (A) Conservation
- (B) Combination
- (C) Fermentation
- (D) Germination

Ans - (B) Combination

15. The shopkeeper was fined as he gave less milk to his customers by using _____.

- (A) Bent measuring rod
- (B) Iron rings hung on balance
- (C) Magnet under the pan
- (D) False bottom measure



Ans - (D) False bottom measure

16. Sunny is shouting at his mother as she is not allowing him to stay out late with his friends.

If you were Sunny you would have

- (A) Not agreed to come in time**
- (B) Stomped out of the room**
- (C) Asked your father's permission**
- (D) Asked politely and agreed to come early**

Ans - (D) Asked politely and agreed to come early

17. At which age should a child be vaccinated against measles and mumps ?

- (A) 9 to 12 months**
- (B) 9 to 12 weeks**
- (C) 6 to 9 months**
- (D) 4 to 6 weeks**

Ans - (A) 9 to 12 months

18. Based on which of the following symptoms did the doctor diagnose that Suresh was suffering from tetanus ?

- (A) Back bent in shape of bow**
- (B) Yellow tinge in eyes**
- (C) Loss of weight**
- (D) Alternating chill and perspiration**

Ans - (A) Back bent in shape of bow

19. You will clean bottles for storing squash by using the following method :

- (A) Dehydration**
- (B) Pasteurisation**



(C) Sterilisation

(D) Fermentation

Ans - (C) Sterilisation

20. State whether the statements are true or false :

(i) Children of permissive disciplining style lack social skills and self-control.

(ii) Development of children is influenced by environment.

(iii) Children are actively engaged in solitary games at the age of 4 to 5 years.

(iv) School going children need to develop good eating habits.

Ans -

(i) Children of permissive disciplining style lack social skills and self-control. -> **False**

(ii) Development of children is influenced by environment. -> **True**

(iii) Children are actively engaged in solitary games at the age of 4 to 5 years. -> **False**

(iv) School going children need to develop good eating habits. -> **True**

21. State whether the statements are true or false :

(i) All families have same needs.

(ii) Funds should be allocated keeping in mind total income.

(iii) Family income includes money from salary, rent and bank interest only.

(iv) Cost of living is more in big cities.

Ans -

(i) All families have same needs. -> **False**

(ii) Funds should be allocated keeping in mind total income. -> **True**

(iii) Family income includes money from salary, rent and bank interest only. -> **False**

(iv) Cost of living is more in big cities. -> **True**



22. State whether the statements are true or false :

- (i) Bacteria can grow on damp clothes.
- (ii) Cotton clothes should be hung on clothesline.
- (iii) Clothes should be rinsed at least two times to remove soapy water.
- (iv) Old ink stains can be removed by using sour milk.

Ans -

- (i) Bacteria can grow on damp clothes. -> **True**
- (ii) Cotton clothes should be hung on clothesline. -> **True**
- (iii) Clothes should be rinsed at least two times to remove soapy water. -> **True**
- (iv) Old ink stains can be removed by using sour milk. -> **True**

23. Fill in the blanks :

- (i) Pregnant women must take _____ vaccination in sixth month.
- (ii) First trimester of pregnancy begins with _____.
- (iii) Pregnant women should avoid taking medicines without doctor's advice as medicines can pass through _____ and enter baby's body.
- (iv) Protein is required by a pregnant woman for her own _____ development.

Ans -

- (i) Tetanus Toxoid (TT)
- (ii) Conception / First Month
- (iii) Placenta
- (iv) Physical / Foetal (Fetal)

24. Fill in the blanks :

- (i) Besides sanitation, two other aspects of maintaining hygiene in houses are _____ and _____.
- (ii) To make your house more spacious combine kitchen with _____ and _____ room.



Ans -

- (i) Proper ventilation, Pest control
- (ii) Living room, Dining room

25. State true or false :

- (i) Food can get contaminated by flies.
- (ii) Crowded place can be source of disease causing germs.
- (iii) All children need not be given full vaccination.
- (iv) Drinking water should be boiled for 10 minutes to make it germ free.

Ans -

- (i) Food can get contaminated by flies. -> **True**
- (ii) Crowded place can be source of disease causing germs. -> **True**
- (iii) All children need not be given full vaccination. -> **False**
- (iv) Drinking water should be boiled for 10 minutes to make it germ free. -> **True**

26. State whether true or false :

- (i) Milk is heated to a high temperature and immediately cooled to kill its germs.
- (ii) Increasing the concentration of acid can lead to food spoilage.
- (iii) Citric acid is used as a preservative.
- (iv) Low temperature slows down the microbial action.

Ans -

- (i) Milk is heated to a high temperature and immediately cooled to kill its germs. -> **True**
- (ii) Increasing the concentration of acid can lead to food spoilage. -> **False**
- (iii) Citric acid is used as a preservative. -> **True**
- (iv) Low temperature slows down the microbial action. -> **True**



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

Column-I

(A) Mixed Fruit Jam

(B) Pickle

(C) Litchi squash

(D) Wadis

Column-II

(i) Dissolve potassium metabisulphite

(ii) Dehydration

(iii) Do plate test

(iv) Cover with oil

Ans -

(A) Mixed Fruit Jam

(iii) Do plate test

(B) Pickle

(iv) Cover with oil

(C) Litchi squash

(i) Dissolve potassium metabisulphite

(D) Wadis

(ii) Dehydration

28. Choose four employment opportunities from the below given list in the field of dress designing and garment construction :

(i) Staff in export house

(ii) Staff at hotel

(iii) Service staff

(iv) Interior designer

(v) Conduct hobby classes

(vi) Small saving agent

(vii) Staff in crèche

(viii) Laundry service manager

(ix) Run guest house

(x) Staff in boutique

Ans -



- (i) Staff in export house
- (v) Conduct hobby classes
- (viii) Laundry service manager
- (x) Staff in boutique

29. State whether true or false :

- (i) Adolescents are influenced by social norms and culture of the world.
- (ii) One should not feel guilty when refusing to smoke and drink.
- (iii) Parents should not discuss consequences of risk taking behaviour with their children.
- (iv) Adolescents can learn job related skills by doing on the job training.

Ans -

- (i) Adolescents are influenced by social norms and culture of the world. -> **True**
- (ii) One should not feel guilty when refusing to smoke and drink. -> **True**
- (iii) Parents should not discuss consequences of risk taking behaviour with their children. -> **False**
- (iv) Adolescents can learn job related skills by doing on the job training. -> **True**

30. Fill in the blanks :

- (i) Dusting is a _____ activity whereas ironing is a _____ activity.
- (ii) When number of activities are performed within a fixed time it is known as _____.
- (iii) Mixy is a _____ device.

Ans -

- (i) Light, Heavy
- (ii) Time Management
- (iii) Electrical (or Household)

31. State whether the statements are true or false :

(i) Gray fabrics are available only in natural colours.

(ii) Marbling is a technique of tie and dye.

(iii) Yarn is dyed before weaving in Patola.

(iv) Thread is used as a resist material in batik.

Ans -

(i) Gray fabrics are available only in natural colours. -> **False**

(ii) Marbling is a technique of tie and dye. -> **True**

(iii) Yarn is dyed before weaving in Patola. -> **True**

(iv) Thread is used as a resist material in batik. -> **False**

SECTION-B



32. Mention any four reasons by which nutrients get destroyed while cooking vegetables.

Ans - four reasons by which nutrients get destroyed while cooking vegetables :

1. Washing vegetables after cutting, which washes away water-soluble vitamins.
2. Cutting vegetables into very small pieces, which increases the surface area exposed to air and water.
3. Cooking food for too long or on a very high flame (overcooking).
4. Using excess water while cooking and then discarding the leftover water (threw away the cooking water).

33. I. Why is it important for consumers to check the standard mark, ingredients, batch number and expiry date on the label of a product ?

Ans - It is important for consumers to check the standard mark, ingredients, batch number, and expiry date on a product's label because -

- **Standard Mark:** It guarantees the purity, quality, and safety of the product.
- **Ingredients:** It tells the consumer what components/materials are mixed in the product, helping to avoid allergies or health problems.
- **Batch Number:** It helps the company identify that specific lot/batch in case of any defect or consumer complaint.
- **Expiry Date:** It ensures that the product is safe for use and has not spoiled or become toxic.

OR

II. Adulteration is one of the major problems of consumers. Support this statement with the help of any four examples.

Ans - Adulteration causes loss to both the health and money of consumers, supported by these four examples:

1. Adulteration of argemone oil in mustard oil causes epidemic dropsy.
2. Adding papaya seeds in black pepper damages the digestive system.
3. Mixing urea and detergent in milk leads to kidney damage.
4. Adulteration of kesari dal in arhar dal can cause paralysis (lathyrism) of the lower limbs.



34. List any four essential values that help to maintain a conducive atmosphere at home.

Ans - Four essential values that help in maintaining a conducive environment at home:

1. **Love and Affection:** It strengthens the mutual bonding and emotional ties among family members.
2. **Respect:** Respecting elders and loving youngsters resolves interpersonal conflicts and differences.
3. **Tolerance:** The ability to accept other people's different viewpoints and shortcomings.
4. **Honesty and Transparency:** Maintaining mutual trust and truthfulness among one another in the family.

35. I. Give any four suggestions to your family to improve their relationships.

Ans - Four suggestions to improve family relationships :

1. **Spend Quality Time Together :** All family members should sit together and talk at least once every day, such as during dinner.
2. **Effective Communication :** Express your feelings openly without anger and listen carefully to others.
3. **Appreciate Each Other :** Praise and acknowledge the good work and efforts of family members.
4. **Resolve Conflicts Together :** Solve misunderstandings and disputes peacefully through mutual understanding.

OR

II. What four efforts can you make to stop discrimination against your sister-in-law in your family ?

Ans - Four efforts to prevent discrimination against your sister-in-law :

1. **Equal Distribution of Work :** Household responsibilities should be shared equally among all family members instead of placing the burden only on her.
2. **Participation in Decision-Making :** Include her opinions in important family decisions.
3. **Equal Respect :** Treat her with the same respect, dignity, and freedom as other family members.
4. **Stand Against Discrimination :** Oppose any unfair treatment or discrimination towards her.

36. Let your brother know four ways by which he gets tired while cleaning his room.

Ans - Four reasons why he may get tired while cleaning his room :

1. **Incorrect Posture :** Bending continuously or working in an incorrect posture while cleaning.



2. **Using wrong Tools/Equipment** : Using short-handled cleaning tools that require frequent bending.
3. **Poor Sequence of Tasks** : Doing heavy and light tasks together without proper planning.
4. **Working Continuously** : Not taking short breaks during cleaning activities.

37. I. Write any four educational functions of a house.

Ans - Four educational functions of the home :

1. **Teaching Language**: A child learns his/her mother tongue and speaking skills first at home.
2. **Teaching Values and Morality** : The concepts of right and wrong, respect for elders, and good habits are learned at home.
3. **Developing Social Skills** : The home teaches cooperation, sharing, and living harmoniously with others.
4. **Teaching Life Skills** : Children learn everyday skills such as cleanliness, budgeting, and household management at home.

OR

II. List any four household activities that are done once a week in your home.

Ans - Four weekly household activities :

1. **Cleaning Fans and Windows** : Cleaning ceiling fans, window panes, and cobwebs.
2. **Changing Bed Sheets** : Replacing bed sheets and pillow covers and sending them for washing.
3. **Deep Cleaning the Refrigerator** : Removing old food items and cleaning the refrigerator thoroughly.
4. **Organising Kitchen Containers** : Arranging and cleaning containers used for storing grains and spices.

38. Write any two basis by which you can identify stains. Give two examples of each.

Ans - Two bases for identifying stains :

1. **By Odour (Smell)** : Stains can be identified by their smell. Examples: Sweat stain, Kerosene or perfume stain
2. **By Appearance or Colour** : Stains can be identified by their colour and appearance. Examples:
 - Brown stain of tea or coffee
 - Yellow stain of turmeric or vegetables



39. I. Suggest four efforts that people can make to reduce noise pollution in their society.

Ans - Four measures to reduce noise pollution:

1. Keep the volume of radios and televisions low.
2. Avoid the unnecessary use of loudspeakers.
3. Use vehicle horns only when absolutely necessary.
4. Establish factories away from residential areas.
5. Construct airports outside city limits.

OR

II. Identify any four reasons for increase in land pollution in cities.

Ans - Four causes of land pollution in cities:

1. **Domestic Waste** : Disposal of plastic, glass, and non-biodegradable waste in open areas.
2. **Industrial Waste** : Release of harmful chemicals from factories onto land.
3. **Construction Debris** : Dumping concrete and building waste on vacant land.
4. **E-Waste** : Improper disposal of discarded electronic items.

40. Write two differences between boiling and pressure cooking methods.

Ans - Two Differences Between Boiling And Pressure Cooking Methods :

Boiling Method	Pressure Cooking Method
1. Food is generally cooked at a constant temperature of 100°C.	Due to steam pressure, the temperature rises to about 110°C–120°C.
2. It requires more time and fuel to cook food.	Food cooks much faster, saving both time and fuel.
3. Water-soluble vitamins such as Vitamin C and B-complex vitamins may leach out into the water or get destroyed.	Since cooking time is shorter, more nutrients are retained in the food.

41. I. Give any four suggestions to your newly wed sister to save money to go for a holiday.

Ans - Four suggestions to save money for a vacation :



- 1. Prepare a Budget :** Set aside a fixed amount from the monthly income specifically for the trip.
- 2. Avoid Unnecessary Expenses :** Reduce spending on expensive restaurants, branded clothes, and other non-essential items.
- 3. Conserve Resources :** Use electricity, water, and cooking gas wisely to reduce monthly household bills.
- 4. Make Advance Bookings :** Book travel tickets and hotels in advance to avail discounts and lower rates.

OR

II. Make a format for recording your family's monthly expense on food.

Ans – Monthly Food Expenditure Record

- Month and Year: January 2026
- Total Budget Allocated for Food: ₹10,000

S.No.	Category of Item / Food Material	Particulars	Estimated Budget (₹)	Actual Expenses (₹)	Savings / Additional Expenses (₹)
1.	Grocery and Ration	Flour, rice, pulses, mustard oil, spices	4,000	3,800	+ 200 (Savings)
2.	Fresh Vegetables and Fruits	Potato, onion, tomato, seasonal fruits	1,500	1,650	- 150 (Additional)
3.	Dairy Products	Daily milk (30 days), curd, paneer	2,500	2,400	+ 100 (Savings)
4.	Bakery and Snacks	Bread, biscuits, tea leaves, namkeen	800	750	+ 50 (Savings)
5.	Eating Out	Dining at a hotel on weekends / Zomato	1,000	1,200	- 200 (Additional)
6.	Other Miscellaneous Expenses /	LPG kitchen cylinder	200	200	0
	TOTAL		₹ 10,000	₹ 10,000	0



42. Analyse any six possible mistakes families make while selecting a bedroom.

Ans - Six possible mistakes made while selecting a bedroom :

- 1. Ignoring Proper Ventilation :** Not ensuring adequate ventilation (air and light), making the room dark and stuffy.
- 2. Lack of Privacy :** Selecting a room where the main entrance or movement of guests is directly visible.
- 3. Choosing a Noisy Location :** Selecting a bedroom near the main road or close to the living room.
- 4. Distance from Toilet/Bathroom:** Choosing a room far from the bathroom, causing inconvenience, especially at night.
- 5. Incorrect Room Size :** Selecting a room that is too small for the family members or furniture requirements.
- 6. Insufficient Storage Space :** Not considering adequate cupboard or storage facilities.

43. Write any six reasons for increase in life-style diseases.

Ans - Six causes of lifestyle diseases :

1. Lack of physical activity or exercise (sedentary lifestyle).
2. Consumption of processed foods, junk foods, and excessive salt, sugar, and fat.
3. Excessive mental stress due to daily life and work pressures.
4. Inadequate sleep or irregular sleeping habits.
5. Excessive use of tobacco, smoking, and alcohol.
6. Spending long hours in front of screens such as computers, mobile phones, and television.

44. I. Analyse any three conditions appropriate for growth of micro-organisms.

Ans - Three conditions favourable for the growth of microorganisms :

- 1. Moisture:** Microorganisms need water or moisture for growth and multiplication. Wet foods spoil faster than dry foods.



2. **Optimum Temperature** : Most microorganisms grow rapidly between 5°C and 60°C. This temperature range is known as the Danger Zone.
3. **Time** : If food is kept under favourable temperature and moisture conditions for a long period, the number of bacteria may double every 20 minutes.

OR

II. Guide your sister to make potato chips at home.

Ans - Method of preparing potato chips:

1. **Selection and Slicing** : Peel large potatoes and cut them into thin slices using a slicer.
2. **Washing** : Wash the slices 3-4 times in cold water to remove excess starch.
3. **Blanching** : Place the slices in boiling salted water for about 2 minutes and then drain.
4. **Drying** : Spread the slices on a clean cotton cloth and dry them completely.
5. **Frying** : Fry on medium heat until the chips become crisp.

45. Identify any three bad postures of your mother while doing household chores. Suggest one way in each case to improve them.

Ans - Bad postures and corrective measures :

Bad Posture	Way to Improve
1. Bending while sweeping the floor with a short-handled broom.	Use a long-handled broom to avoid bending and reduce strain on the back.
2. Sitting on the floor while ironing clothes.	Iron clothes on an ironing table of comfortable height.
3. Working at a surface that is too high while cooking or ironing.	Adjust the work surface to a comfortable height so that the arms and shoulders do not get strained.

46. What are the five disadvantages of bottle feeding ?

Ans - Five disadvantages of bottle-feeding :



1. If the bottle and nipple are not properly cleaned, the baby is at a high risk of diarrhoea and infections.
2. The baby does not receive the natural antibodies present in mother's milk.
3. Bottle milk may be difficult to digest, causing gas and stomach discomfort.
4. Emotional bonding between the mother and the baby may be reduced.
5. It involves additional expenditure on feeding bottles and infant formula.

OR

Write any five physical changes in adolescent girls.

Ans - Five physical changes in adolescent girls:

1. **Increase in Height and Weight** : Rapid growth in height and body weight occurs during adolescence.
2. **Onset of Menstruation** : Menstruation begins, indicating reproductive maturity.
3. **Changes in Body Shape** : Hips and pelvic region broaden, giving the body a more rounded shape.
4. **Development of Breasts** : Breast tissues begin to grow and develop.
5. **Changes in Skin and Hair** : Increased activity of sebaceous glands may cause pimples, and hair appears in the underarms and pubic region.

47. What five precautions should you adopt while removing stains from delicate garments ?

Ans - Five precautions while removing stains from delicate fabrics :

1. Test the stain remover on a hidden part of the fabric before applying it to the stain.
2. Never use strong chemicals or bleaching agents directly; always use mild or diluted solutions.
3. Avoid rubbing or scrubbing delicate fabrics vigorously, as it may damage the fibres.
4. Remove the stain from the outer edge towards the centre to prevent spreading.
5. Rinse the fabric thoroughly with clean water after stain removal to remove all chemical residues.



OR

Mahima ruined her coloured synthetic clothes after washing them at home. What five possible mistakes she may have committed ?

Ans - Five possible mistakes :

- 1. Using Hot Water :** Synthetic fibres are sensitive to heat; hot water may cause shrinkage or distortion.
- 2. Using a Hard Brush or Excessive Squeezing :** Vigorous rubbing or squeezing may damage the fibres.
- 3. Using Strong Detergents or Bleach :** Harsh chemicals may fade the colour of synthetic garments.
- 4. Drying in Direct Sunlight :** Direct sunlight may cause the colours to fade.
- 5. Improper Sorting :** Washing coloured garments with colour-bleeding clothes may result in colour transfer.





Thank you!



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



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