

**SET-4****Series &RQPS**प्रश्न-पत्र कोड
Q.P. Code**69**

रोल नं.

Roll No.

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परीक्षार्थी प्रश्न-पत्र कोड को उत्तर-पुस्तिका के मुख-पृष्ठ पर अवश्य लिखें ।

Candidates must write the Q.P. Code on the title page of the answer-book.

- कृपया जाँच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ **19** हैं ।
- कृपया जाँच कर लें कि इस प्रश्न-पत्र में **35** प्रश्न हैं ।
- प्रश्न-पत्र में दाहिने हाथ की ओर दिए गए प्रश्न-पत्र कोड को परीक्षार्थी उत्तर-पुस्तिका के मुख-पृष्ठ पर लिखें ।
- कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, उत्तर-पुस्तिका में प्रश्न का क्रमांक अवश्य लिखें ।
- इस प्रश्न-पत्र को पढ़ने के लिए 15 मिनट का समय दिया गया है । प्रश्न-पत्र का वितरण पूर्वाह्न में 10.15 बजे किया जाएगा । 10.15 बजे से 10.30 बजे तक छात्र केवल प्रश्न-पत्र को पढ़ेंगे और इस अवधि के दौरान वे उत्तर-पुस्तिका पर कोई उत्तर नहीं लिखेंगे ।
- Please check that this question paper contains **19** printed pages.
- Please check that this question paper contains **35** questions.
- Q.P. Code given on the right hand side of the question paper should be written on the title page of the answer-book by the candidate.
- **Please write down the serial number of the question in the answer-book before attempting it.**
- 15 minute time has been allotted to read this question paper. The question paper will be distributed at 10.15 a.m. From 10.15 a.m. to 10.30 a.m., the students will read the question paper only and will not write any answer on the answer-book during this period.

**गृह विज्ञान (सैद्धान्तिक)****HOME SCIENCE (Theory)**

निर्धारित समय : 3 घण्टे

Time allowed : 3 hours

अधिकतम अंक : 70

Maximum Marks : 70



सामान्य निर्देश :

निम्नलिखित निर्देशों को ध्यानपूर्वक पढ़िए और उनका सख्ती से पालन कीजिए :

- (i) सभी प्रश्न अनिवार्य हैं ।
- (ii) इस प्रश्न-पत्र में 35 प्रश्न हैं ।
- (iii) प्रश्न-पत्र को चार खण्डों में विभाजित किया गया है — खण्ड क, ख, ग तथा घ ।
- (iv) खण्ड क में प्रश्न संख्या 1 से 14 (बहुविकल्पीय प्रश्न) हैं और प्रत्येक प्रश्न 1 अंक का है ।
- (v) खण्ड ख में प्रश्न संख्या 15 से 18 (केस स्टडी-आधारित प्रश्न) हैं और प्रत्येक प्रश्न 1 अंक का है ।
- (vi) खण्ड ग में प्रश्न संख्या 19 से 25 प्रत्येक 2 अंक के तथा प्रश्न संख्या 26 से 29 प्रत्येक 3 अंक के हैं ।
- (vii) खण्ड घ में प्रश्न संख्या 30 से 33 प्रत्येक 4 अंक के तथा प्रश्न संख्या 34 और 35 प्रत्येक 5 अंक के हैं ।
- (viii) कुछ प्रश्नों में आंतरिक विकल्प दिए गए हैं ।
- (ix) जहाँ भी आवश्यक हो, उपयुक्त उदाहरणों के साथ अपने उत्तरों का समर्थन कीजिए ।

खण्ड क

1. भारत सरकार द्वारा बेटी बचाओ बेटी पढ़ाओ योजना निम्नलिखित में से किस उद्देश्य के लिए शुरू की गई थी ? 1
 - (A) लड़कियों को स्कूल में प्रवेश हेतु तैयार करने के लिए ब्रिज कोर्स (सेतु पाठ्यक्रम) में नामांकित करने के लिए
 - (B) पक्षपात लिंग (जेंडर) चुनाव की प्रक्रिया को बढ़ावा देने के लिए
 - (C) बालिकाओं की उत्तरजीविता, संरक्षण और शिक्षा को सुनिश्चित करने के लिए
 - (D) सभी को रोज़गार उपलब्ध कराने के लिए
2. किसी होटल के अतिथि कक्षों और स्नानगृहों की वास्तविक सफ़ाई कौन करता है ? 1
 - (A) बेल-बॉय
 - (B) दरबान
 - (C) कमरा परिचर
 - (D) तल पर्यवेक्षक
3. धुलाई मशीनों का आलोड़क बनाने के लिए निम्नलिखित में से कौन-सा पदार्थ उचित नहीं है ? 1
 - (A) प्लास्टिक
 - (B) ऐलुमिनियम
 - (C) बैकलाइट
 - (D) लोहा



General Instructions :

Read the following instructions carefully and strictly follow them :

- (i) **All** questions are **compulsory**.
- (ii) This question paper contains **35** questions.
- (iii) The question paper is divided into **four** sections – **Sections A, B, C and D**.
- (iv) **Section A** has questions no. **1 to 14** (Multiple Choice Questions) of 1 mark each.
- (v) **Section B** has questions no. **15 to 18** (Case study-based questions) and are of 1 mark each.
- (vi) **Section C** has questions no. **19 to 25** of 2 marks each and questions no. **26 to 29** of 3 marks each.
- (vii) **Section D** has questions no. **30 to 33** of 4 marks each and questions no. **34 and 35** of 5 marks each.
- (viii) Internal choices are given in some questions.
- (ix) Support your answers with suitable examples wherever required.

SECTION A

1. Beti Bachao Beti Padhao Yojana was started by the Government of India with which of the following objectives ? 1
 - (A) To enrol girls in a bridge course to prepare them for admission to a school
 - (B) To promote gender biased selection process
 - (C) To ensure survival, protection and education of the girl child
 - (D) To provide employment to all
2. Who does the actual cleaning of guest rooms and bathrooms in a hotel ? 1
 - (A) Bellboy
 - (B) Doorman
 - (C) Room attendant
 - (D) Floor supervisor
3. Which of the following material is **not** suitable for making agitators in washing machines ? 1
 - (A) Plastic
 - (B) Aluminium
 - (C) Bakelite
 - (D) Iron



4. कार्यस्थल पर कर्मचारियों के तनाव और स्वास्थ्य समस्याओं को कम करने के लिए उपकरणों, मशीनों और कार्यकेंद्रों को डिज़ाइन करने के लिए _____ का उपयोग महत्वपूर्ण है । 1
- (A) उद्यमिता (B) सुकार्यिकी
(C) मानवमिति (D) शरीरविज्ञान
5. एक बड़े होटल में एक चक्र में धुलाई के लिए कपड़ों का अधिक भार सँभालने के लिए किस क्षमता की धुलाई मशीन उपयुक्त होगी ? 1
- (A) 100 किग्रा. (B) 5 से 10 किग्रा.
(C) 20 से 30 किग्रा. (D) 15 किग्रा.
6. निम्नलिखित में से कौन-सा आहार पूरक कार्यक्रम है ? 1
- (A) राष्ट्रीय पोषण अरक्तता रोग निरोधक कार्यक्रम
(B) कार्य के बदले अनाज राष्ट्रीय कार्यक्रम
(C) अन्नपूर्णा योजना
(D) मध्याह्न भोजन कार्यक्रम
- अथवा**
- निम्नलिखित में से किस स्थान पर मार्च, 2018 में पोषण अभियान शुरू किया गया था ? 1
- (A) पानीपत, हरियाणा (B) झुंझुनू, राजस्थान
(C) कन्याकुमारी, तमिलनाडु (D) मैसूरु, कर्नाटक
7. नाको (NACO) का पूर्ण रूप क्या है ? 1
- (A) राष्ट्रीय गठिया नियंत्रण संगठन
(B) नया एड्स नियंत्रण संगठन
(C) राष्ट्रीय एड्स नियंत्रण संगठन
(D) राष्ट्रीय अल्ज़ाइमर समुदाय संगठन
8. भारत सरकार निम्नलिखित में से किसके माध्यम से शहरी और ग्रामीण क्षेत्रों में विद्यालय पूर्व शिक्षा प्रदान करती है ? 1
- (A) क्रेच (शिशु देखभाल केन्द्र) (B) मॉन्टेसरी स्कूल
(C) दिवस देखभाल केन्द्र (डे केयर सेंटर) (D) आँगनवाड़ियाँ
9. निम्नलिखित में से **ग़लत** कथन ढूँढ़िए : 1
- (A) खाद्य पदार्थों को डिब्बों में बंद करने की प्रक्रिया (डिब्बाबंदी) निकोलस ऐपर्ट द्वारा विकसित की गई थी ।
(B) खाद्य पदार्थों से पोषक तत्वों को हटाना खाद्य पदार्थों का प्रबलीकरण (फ़ोर्टिफ़िकेशन) है ।
(C) लैक्टोज रहित दूध चिकित्सीय खाद्य का एक उदाहरण है ।
(D) 5 से 60°C तक की ताप की परास को खतरे का क्षेत्र कहा जाता है ।



4. Use of _____ is important for designing tools, machines and workstations to reduce stress and health problems of the workers at the workplace. 1
- (A) Entrepreneurship (B) Ergonomics
(C) Anthropometry (D) Physiology
5. What capacity of washing machine would be suitable to handle a large load of clothes for washing in one cycle in a big hotel ? 1
- (A) 100 kg (B) 5 – 10 kg
(C) 20 – 30 kg (D) 15 kg
6. Which of the following is a Food Supplementation Programme ? 1
- (A) National Nutritional Anaemia Prophylaxis Programme
(B) National Food for Work Programme
(C) Annapurna Scheme
(D) Mid-day Meal Programme

OR

- POSHAN Abhiyaan was launched in March 2018 at which of the following places ? 1
- (A) Panipat, Haryana (B) Jhunjhunu, Rajasthan
(C) Kanyakumari, Tamil Nadu (D) Mysuru, Karnataka
7. What is the full form of NACO ? 1
- (A) National Arthritis Control Organisation
(B) New AIDS Control Organisation
(C) National AIDS Control Organisation
(D) National Alzheimer Community Organisation
8. The Government of India offers preschool education in urban and rural areas through : 1
- (A) Creches (B) Montessori schools
(C) Day care centres (D) Anganwadis
9. Find the **incorrect** statement from the following : 1
- (A) Canning was developed by Nicolas Appert.
(B) Food fortification is removing of nutrients from the foodstuffs.
(C) Lactose-free milk is an example of medical food.
(D) Temperature range between 5 – 60°C is known as danger zone.



10. सही युग्म का चयन कीजिए ।

1

- | | |
|-------------------------|--------------------------------|
| (A) वाल्मी – महाराष्ट्र | (B) चन्नपटन की गुड़ियाँ – केरल |
| (C) शोला शिल्प – गुजरात | (D) बाँस शिल्प – पंजाब |

11. सूची-I का मिलान सूची-II से कीजिए ।

1

- | सूची-I
(बाज़ार विभाजन के प्रकार) | सूची-II
(विभाजन का आधार) |
|-------------------------------------|--------------------------------------|
| i. जनांकिकीय | 1. विशिष्ट उत्पादों या सेवाओं पर राय |
| ii. मनोवृत्तिपरक | 2. क्षेत्र, जलवायु |
| iii. भौगोलिक | 3. समान जीवनशैलियाँ, अभिरुचियाँ |
| iv. व्यवहारगत | 4. आयु, जनसंख्या |

निम्नलिखित में से सही विकल्प चुनिए :

- (A) i – 1, ii – 2, iii – 4, iv – 3
 (B) i – 3, ii – 1, iii – 4, iv – 2
 (C) i – 4, ii – 3, iii – 2, iv – 1
 (D) i – 2, ii – 1, iii – 4, iv – 3

12. सूची-I का मिलान सूची-II से कीजिए ।

1

- | सूची-I
(ई.सी.सी.ई. से संबंधित) | सूची-II
(आयु) |
|---|----------------------|
| i. टॉडलर | 1. 8 – 12 महीने |
| ii. प्रारंभिक बाल्यावस्था | 2. जन्म से 6 वर्ष तक |
| iii. अनजान व्यक्ति से डर | 3. 2 से 3 वर्ष |
| iv. समेकित बाल विकास सेवाएँ
(आई.सी.डी.एस.) | 4. जन्म से 8 वर्ष तक |

निम्नलिखित में से सही विकल्प चुनिए :

- (A) i – 4, ii – 2, iii – 1, iv – 3
 (B) i – 1, ii – 3, iii – 2, iv – 4
 (C) i – 3, ii – 1, iii – 4, iv – 2
 (D) i – 3, ii – 4, iii – 1, iv – 2



10. Select the correct pair. 1

- | | |
|---------------------------|--------------------------------|
| (A) Warli – Maharashtra | (B) Channapatna Dolls – Kerala |
| (C) Shola Craft – Gujarat | (D) Bamboo Craft – Punjab |

11. Match List-I with List-II. 1

<i>List-I</i> (Ways of market segmentation)	<i>List-II</i> (Basis of segmentation)
i. Demographic	1. Opinion on specific products or services
ii. Psychographic	2. Regions, climate
iii. Geographic	3. Similar lifestyles, interests
iv. Behavioural	4. Age, population

Choose the correct option from the following :

- (A) i – 1, ii – 2, iii – 4, iv – 3
(B) i – 3, ii – 1, iii – 4, iv – 2
(C) i – 4, ii – 3, iii – 2, iv – 1
(D) i – 2, ii – 1, iii – 4, iv – 3

12. Match List-I with List-II. 1

<i>List-I</i> (Related to ECCE)	<i>List-II</i> (Age)
i. Toddler	1. 8 – 12 months
ii. Early childhood	2. Birth – 6 years
iii. Fear of unknown people	3. 2 – 3 years
iv. Integrated Child	4. Birth – 8 years

Development Services (ICDS)

Choose the correct option from the following :

- (A) i – 4, ii – 2, iii – 1, iv – 3
(B) i – 1, ii – 3, iii – 2, iv – 4
(C) i – 3, ii – 1, iii – 4, iv – 2
(D) i – 3, ii – 4, iii – 1, iv – 2



13. खाद्य और औषध निर्माण उद्योगों में प्रगति के कारण रोगियों के पोषण के लिए कौन-से पोषक पूरक प्रयोग किए जा रहे हैं ?

1

- (i) न्यूट्रास्युटिकल्स
- (ii) पॉलीक्लोरीनेटेड बाइफिनाइल्स
- (iii) पादप रसायन
- (iv) खाद्य परिरक्षक

निम्नलिखित में से सही विकल्प चुनिए :

- | | |
|-------------------|-------------------|
| (A) (i) और (ii) | (B) (i) और (iii) |
| (C) (iii) और (iv) | (D) (ii) और (iii) |

अथवा

भारत को अक्सर विश्व की 'मधुमेह राजधानी' कहा जाता है । मधुमेह जैसे चिरकालिक रोग के दो संभावित कारणों की पहचान कीजिए ।

1

- (i) चिकित्सीय पोषण उपचारक द्वारा निर्धारित आहार लेना
- (ii) कम शारीरिक क्रियाकलाप
- (iii) चीनी और वसा उपभोग में वृद्धि
- (iv) रेशा/फाइबर उपभोग में वृद्धि

निम्नलिखित में से सही विकल्प चुनिए :

- | | |
|-------------------|-------------------|
| (A) (i) और (ii) | (B) (ii) और (iv) |
| (C) (ii) और (iii) | (D) (iii) और (iv) |

14. 'स्वच्छ भारत मिशन' अभियान के उद्देश्य हैं :

1

- (i) एच.आई.वी./एड्स की रोकथाम
- (ii) वनों की कटाई को प्रोत्साहित करना
- (iii) खुले में शौच का उन्मूलन
- (iv) घरेलू और सामुदायिक शौचालयों का निर्माण

निम्नलिखित में से सही विकल्प चुनिए :

- | | |
|-------------------|------------------|
| (A) (iii) और (iv) | (B) (i) और (iii) |
| (C) (ii) और (iv) | (D) (i) और (ii) |



13. With advancement in food and pharmaceutical industry, which nutritional supplements are being used for nourishing patients ? 1

- (i) Nutraceuticals
- (ii) Polychlorinated biphenyls
- (iii) Phytochemicals
- (iv) Food preservatives

Choose the correct option from the following :

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

OR

India is often referred as the 'Diabetes capital' of the world. Identify two possible causes of a chronic disease such as diabetes. 1

- (i) Taking diet prescribed by medical nutrition therapist
- (ii) Less physical activity
- (iii) Increase in sugar and fat consumption
- (iv) Increase in fibre consumption

Choose the correct option from the following :

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

14. The objectives of Swachh Bharat Mission campaign are : 1

- (i) Prevention of HIV/AIDS
- (ii) Encouraging deforestation
- (iii) Elimination of open defecation
- (iv) Construction of household and community owned toilets

Choose the correct option from the following :

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



खण्ड ख

(केस स्टडी-आधारित प्रश्न)

अनुच्छेद को ध्यानपूर्वक पढ़िए और प्रश्न संख्या 15 से 18 तक के उत्तर दीजिए ।

स्वास्थ्य और पोषण परस्पर अंतरंग रूप से जुड़े हुए हैं । कुछ बीमारियों में, पोषण, व्यवस्था और उपचार में प्रमुख भूमिका निभाता है और कुछ में यह चिकित्सीय उपचार में पूरक का कार्य करता है । बीमारी से पहले और बाद में पोषण की स्थिति और सहायता, रोग के पूर्वानुमान, स्वास्थ्यलाभ और यहाँ तक कि अस्पताल में भर्ती रहने की अवधि के निर्धारण में भी महत्वपूर्ण भूमिका निभाती है । रोगी की पोषण संबंधी स्थिति और पोषण संबंधी आवश्यकताओं के बारे में जानकारी प्राप्त करने के लिए पोषण मूल्यांकन आवश्यक है । एक आहार विशेषज्ञ बीमारी की स्थिति में पोषण संबंधी आवश्यकताओं का विश्लेषण करके पोषण देखभाल योजना विकसित कर सकता है और उचित आहार परामर्श और मार्गदर्शन भी प्रदान कर सकता है ।

15. निम्नलिखित में से कौन-सा युग्म **ग़लत** है ? 1
- (A) नरम आहार : अर्ध-ठोस भोजन
 (B) तरल आहार : रेशों और वसा की अधिकता वाला तरल पदार्थ
 (C) नियमित आहार : सामान्य भोजन, सभी भोजन समूह सम्मिलित
 (D) तैयार मृदु आहार : मसला हुआ और शोरबा युक्त आहार
16. नैदानिक पोषण और आहारिकी के संदर्भ में निम्नलिखित में से कौन-सा कथन सही है ? 1
- (A) इसे जन पोषण चिकित्सा भी कहा जाता है ।
 (B) पोषण का विशिष्ट क्षेत्र, जो बीमारी के दौरान पोषण से संबंधित है ।
 (C) यह समग्र रूप से समुदाय की समस्याओं का समाधान करता है ।
 (D) यह ग्रामीण घरों की स्वच्छता स्थिति को सुधारता है ।
17. नीचे दिए दो कथनों को अभिकथन (A) और कारण (R) के रूप में अंकित किया गया है । 1
- अभिकथन (A) : नली द्वारा भोजन खिलाने में पोषण की दृष्टि से संपूर्ण आहार एक नली के माध्यम से रोगी को दिया जाता है ।
- कारण (R) : मुँह से भोजन खिलाने का अर्थ यह है कि रोगी को पोषण विशेष विलयनों से दिया जाता है, जिन्हें उसकी शिरा में ड्रिप द्वारा पहुँचाया जाता है ।
- नीचे दिए गए विकल्पों में से सर्वाधिक उपयुक्त उत्तर चुनिए :
- (A) (A) और (R) दोनों सही हैं और (R), (A) की सही व्याख्या है ।
 (B) (A) और (R) दोनों सही हैं, लेकिन (R), (A) की सही व्याख्या **नहीं** है ।
 (C) (A) सही है, लेकिन (R) ग़लत है ।
 (D) (A) ग़लत है, लेकिन (R) सही है ।



SECTION B

(Case Study-Based Questions)

Read the passage carefully and answer the questions no. 15 to 18.

Health and nutrition are intimately interlinked. In some diseases, nutrition plays a major role in its management and treatment, and for some it complements the medical treatment. Nutritional status and support, prior to and after illness, plays an important role in determining prognosis, recovery and even duration of hospitalization. Nutritional assessment is required to obtain information on the patients' nutritional status and nutritional needs. A dietitian can develop a nutrition care plan by analyzing the nutritional requirements in state of disease and also provide appropriate diet counselling and guidance.

15. Which of the following is an **incorrect** pair ? 1
- (A) Soft diet : Semi-solid foods
 - (B) Liquid diet : Fluids high in fibre and fats
 - (C) Regular diet : Normal foods, all food groups included
 - (D) Mechanical soft diet : Mashed and pureed foods
16. Which of the following statements is correct with respect to Clinical Nutrition and Dietetics ? 1
- (A) It is also called Public Nutrition Therapy.
 - (B) It is the specialised area of nutrition which deals with nutrition during illness.
 - (C) It addresses the problems of the community at large.
 - (D) It improves the sanitary condition of rural households.
17. Given below are two statements labelled as Assertion (A) and Reason (R). 1
- Assertion (A) :* In tube feeding, nutritionally complete feeds are delivered to a patient through a tube.
- Reason (R) :* Oral feeding means that the patient is nourished with special solutions which are given through a drip in a vein.
- Select the most appropriate answer from the options given below :
- (A) Both (A) and (R) are true and (R) is the correct explanation of (A).
 - (B) Both (A) and (R) are true, but (R) is **not** the correct explanation of (A).
 - (C) (A) is true, but (R) is false.
 - (D) (A) is false, but (R) is true.



18. नीचे दिए दो कथनों को अभिकथन (A) और कारण (R) के रूप में अंकित किया गया है । 1
- अभिकथन (A) : मछली में ओमेगा-3 वसा अम्ल अधिक होते हैं जो कोशिकाओं के आवश्यक अवयव हैं ।

कारण (R) : यह हृदय को असामान्य हृदय लय/ताल से बचा सकते हैं ।

नीचे दिए गए विकल्पों में से सर्वाधिक उपयुक्त उत्तर चुनिए :

- (A) (A) और (R) दोनों सही हैं और (R), (A) की सही व्याख्या है ।
- (B) (A) और (R) दोनों सही हैं, लेकिन (R), (A) की सही व्याख्या **नहीं** है ।
- (C) (A) सही है, लेकिन (R) ग़लत है ।
- (D) (A) ग़लत है, लेकिन (R) सही है ।

खण्ड ग

19. खाद्य प्रसंस्करण के क्षेत्र में किन्हीं चार स्व-रोज़गार अवसरों के नाम बताइए जिन्हें घरेलू या कुटीर स्तर के क्रियाकलाप के रूप में अपनाया जा सके । 2
20. (क) सी.ए.आर.ए. (CARA) का क्या अर्थ है ? संवेदनशील बच्चों की आवश्यकताओं को पूरा करने के लिए इसके एक कार्य पर प्रकाश डालिए । 2

अथवा

- (ख) एन.एस.एस. (NSS) का क्या अर्थ है ? भारत में युवाओं के विकास के लिए इसका एक उद्देश्य लिखिए । 2
21. भारतीय उपभोक्ता किस प्रकार बिक्री संवर्धन के लुभावने हथकंडों के प्रलोभन में आकर भ्रमित हो जाते हैं और इसके शिकार बन जाते हैं ? 2
22. एक प्रशिक्षण कार्यक्रम में जतिन ने यह सीखा कि व्यावसायिक जीवन में सफल होने के लिए किस प्रकार जीवन कौशल मददगार होते हैं । अब वह अपने कार्यस्थल पर अपनी टीम के सदस्यों को कौन-से चार प्रमुख जीवन कौशलों का सुझाव देगा ? 2
23. राष्ट्रीय पाठ्यचर्या की रूपरेखा (एन.सी.एफ.) – 2005 के प्रारंभिक बाल्यावस्था शिक्षा स्थिति पत्र के अनुसार, प्रारंभिक बाल्यावस्था देखभाल और शिक्षा (ई.सी.सी.ई.) के कोई दो मूल उद्देश्यों का उल्लेख कीजिए । 2



18. Given below are two statements labelled as Assertion (A) and Reason (R). 1
Assertion (A) : Fish is high in Omega-3 fatty acids which are essential components of cells.
Reason (R) : They can protect the heart from abnormal heart rhythm.
Select the most appropriate answer from the options given below :
(A) Both (A) and (R) are true and (R) is the correct explanation of (A).
(B) Both (A) and (R) are true, but (R) is **not** the correct explanation of (A).
(C) (A) is true, but (R) is false.
(D) (A) is false, but (R) is true.

SECTION C

19. Name any four self-employment avenues in the field of food processing that can be taken up as a household or cottage scale activity. 2
20. (a) What is meant by CARA ? Highlight its one function to meet the needs of vulnerable children. 2
- OR**
- (b) What is meant by NSS ? Write its one aim in the development of youth in India. 2
21. How do Indian consumers tend to get swayed by enticing sales promotion gimmicks and fall prey to them ? 2
22. In a training programme, Jatin has learnt how life skills help to become successful in professional life. Which four core life skills would he now suggest to his team members at his work place ? 2
23. As per the National Curriculum Framework (NCF) – 2005 Position Paper on Early Childhood Education, mention any two basic objectives of Early Childhood Care and Education (ECCE). 2



24. (क) मंसेल रंग चक्र के आधार पर रंगों का वर्गीकरण कीजिए । किसी एक प्रकार के रंग का कोई एक उदाहरण दीजिए । 2

अथवा

- (ख) संरचनात्मक और अनुप्रयुक्त डिज़ाइन के बीच अंतर बताइए । 2

25. खाद्य उद्योग में खाद्य सुरक्षा और गुणवत्ता नियंत्रण के संबंध में विभिन्न रोज़गार के विकल्प उपलब्ध हैं । अपने भाई से, जिसने खाद्य सूक्ष्मजैविकी में स्नातकोत्तर की पढ़ाई पूरी की है, इस क्षेत्र में उपलब्ध किन्हीं चार जीविका के अवसरों की जानकारी प्राप्त कीजिए । 2

26. 'उपभोक्ताओं को मानकीकरण चिह्न (मार्क) वाले उत्पाद ही खरीदने चाहिए ।' दो कारणों का उल्लेख करते हुए इस कथन का औचित्य बताइए । आई.एस.आई. (ISI) मार्क कौन-से संगठन का प्रमाणन चिह्न है ? 3

27. (क) विकास संचार के क्षेत्र में एक महत्वाकांक्षी व्यावसायिक को इस क्षेत्र में सफल होने के लिए कोई तीन आवश्यक ज्ञान और कौशलों के सुझाव दीजिए । 3

अथवा

- (ख) विकास संचार की विधि के रूप में मुद्रण माध्यम (प्रिंट मीडिया) की टेलीविज़न के साथ तुलना कीजिए । 3

28. व्यावसायिक धुलाईघर विभिन्न भागों में व्यवस्थित किए जाते हैं जिनके विशिष्ट कार्य होते हैं ।
(क) एक उद्यमी, जो अपना व्यावसायिक धुलाईघर स्थापित करना चाहता है, के लिए विभिन्न भागों में किए जाने वाले किन्हीं चार कार्यों की सूची बनाइए ।
(ख) व्यावसायिक धुलाईघर में सांकेतिक पट्टियों की पद्धति से आप क्या समझते हैं ? 2+1=3

29. (क) पूर्व ऐतिहासिक काल से ही विभिन्न तरीकों का उपयोग करते हुए खाद्य पदार्थों को संरक्षित किया जाता रहा है ।
(i) खाद्य संरक्षण की ऐसी चार पुरानी विधियों की एक सूची बनाइए जिनका उपयोग आज भी किया जा रहा है ।
(ii) भारत में खाद्य प्रसंस्करण एवं प्रौद्योगिकी में विशेष पाठ्यक्रम प्रदान करने वाले किसी एक संस्थान का नाम बताइए । 2+1=3

अथवा



24. (a) Classify colours on the basis of Munsell's colour wheel. Provide an example of any one type of colour. 2

OR

- (b) Differentiate between Structural and Applied design. 2
25. Various job options are available in food industry with respect to food safety and quality control. Get information on any four career avenues available in this field from your brother who has completed his Masters in Food Microbiology. 2
26. 'Consumers must purchase products with standardization marks.' Justify this statement by giving two reasons. ISI Mark is the certification mark of which organisation ? 3
27. (a) To an aspiring professional in the field of Development Communication, suggest any three knowledge and skills required to be successful in this field. 3

OR

- (b) Compare print media with television as a method of Development Communication. 3
28. Commercial laundries are organised in different sections which deal with specific jobs.
- (a) Make a list of any four jobs done in various sections for an entrepreneur who wants to set up his own commercial laundry.
- (b) What do you understand by system of code tags in a commercial laundry ? 2+1=3
29. (a) Food has been preserved using various methods since prehistoric times.
- (i) Make a list of four old methods of food preservation, which are still being used today.
- (ii) Name any one institute in India offering specialised courses in Food Processing and Technology. 2+1=3

OR



- (ख) (i) एक विषय के रूप में खाद्य प्रसंस्करण और प्रौद्योगिकी के महत्त्व पर संक्षेप में चर्चा कीजिए ।
- (ii) भारत में नमक, दूध, तेलों जैसे मुख्य खाद्य पदार्थों के प्रबलीकरण के मानक किसके द्वारा निर्धारित किए जाते हैं ? 2+1=3

खण्ड घ

30. एच.ए.सी.सी.पी. में आहार शृंखला के प्रत्येक चरण के समय होने वाले खाद्य संकटों की पहचान करना सम्मिलित है ।
- (क) एच.ए.सी.सी.पी. का पूर्ण रूप दीजिए ।
- (ख) खाद्य उद्योग में एच.ए.सी.सी.पी. का कार्यान्वयन क्यों महत्वपूर्ण है, इसके तीन कारण बताइए । 1+3=4
31. (क) शौर्य ने एक होटल में चेक-इन किया है । होटल के किस विभाग का कर्मचारी सबसे पहले उसका अभिवादन और स्वागत करेगा ? होटल के इस विभाग द्वारा दी जाने वाली किन्हीं तीन अन्य सेवाओं की सूची बनाइए । 4

अथवा

- (ख) “घर से दूर एक घर” वाक्यांश का प्रयोग प्रायः आतिथ्य उद्योग में यह दर्शाने के लिए किया जाता है कि अतिथियों को वहाँ उनके घर के समान ही आराम और सुविधाएँ प्रदान की जाती हैं । इस संदर्भ में आतिथ्य सेवाएँ प्रदान करने वाले किन्हीं चार प्रकार के प्रतिष्ठानों का उल्लेख कीजिए । 4
32. अनिल दुल्हन का लहंगा तैयार कर रहा है :
- (क) वह इसमें किस प्रकार आवर्तिता (लय) का सृजन कर सकता है ? उदाहरणों के साथ दो तरीकों के सुझाव दीजिए ।
- (ख) यदि वह लहंगे को एक ही रंग में डिज़ाइन करना चाहता है, तो वह किस रंग योजना या रंग सुमेल का प्रयोग करेगा ?
- (ग) पृष्ठीय सजावट (सतही अलंकरण) के द्वारा लहंगे की बुनावट उभारने के लिए किसी एक तकनीक का नाम बताइए । 2+1+1=4



- (b) (i) Discuss briefly the significance of food processing and technology as a discipline.
- (ii) By whom are standards for fortification of staple foods like salt, milk, oils laid down in India ? 2+1=3

SECTION D

- 30.** HACCP involves identification of food hazards during each stage in the food chain.
- (a) Give full form of HACCP.
- (b) Mention three reasons why implementing HACCP in food industry is important. 1+3=4
- 31.** (a) Shaurya has checked into a hotel. Which department's staff will first greet and welcome him ? List any other three services provided by this department. 4

OR

- (b) The phrase 'A home away from home' is often used in hospitality industry, to denote that guests are provided with comforts and facilities similar to their homes. In this context, mention any four types of establishments who offer hospitality services. 4
- 32.** Anil is designing a bridal lehenga :
- (a) How can he create rhythm in it ? Suggest two ways, with examples.
- (b) Which colour scheme or colour harmony would he use if he wants to design the lehenga in a single hue ?
- (c) Name any one technique that can enhance the texture of the lehenga through surface ornamentation. 2+1+1=4



33. वृद्धजनों को मानव संसाधन के रूप में मानना महत्वपूर्ण है और उनके व्यापक अनुभव का उपयोग राष्ट्रीय विकास के लिए किया जाना चाहिए ।
- (क) वृद्धजनों के स्वस्थ और सुरक्षित जीवन को सुनिश्चित करने के लिए, वर्ष 1999 में भारत सरकार द्वारा क्या पहल की गई थी ?
- (ख) उन तीन कारणों का उल्लेख कीजिए जिनके कारण वृद्धजनों को संवेदनशील समूह माना जाता है ।
- (ग) वृद्धजनों के लिए बहु-सेवा केन्द्रों में प्रदान की जाने वाली किन्हीं तीन सुविधाओं की सूची बनाइए । $1+1\frac{1}{2}+1\frac{1}{2}=4$
34. (क) हितिका ने एक ऐसे प्रतिष्ठित फैशन स्टोर में दृश्य व्यापार डिज़ाइनर के रूप में कार्य शुरू किया है जो केवल रेडी-टू-वियर (पहनने के लिए तैयार) वस्त्रों का व्यापार करता है ।
- (i) उसके तीन कार्य उत्तरदायित्वों की सूची बनाइए जिनसे अधिक ग्राहकों को आकर्षित करने की अपेक्षा की जाती है ।
- (ii) निम्नलिखित के लिए फ्रांस में किस शब्द का प्रयोग किया जाता है ?
- (1) पहनने के लिए तैयार कपड़े
- (2) परिधान निर्माण की कला $3+2=5$
- अथवा
- (ख) रीमा एक फैशन डिज़ाइनर है और एक फैशन डिज़ाइनिंग संस्थान चलाती है ।
- (i) इस पाठ्यक्रम का अध्ययन करने वाले नए छात्रों को वह किस प्रकार 'फैशन-चक्र' के पाँच स्तरों को समझाएंगी ?
- (ii) उसके संस्थान में प्रदर्शित करने के लिए एक लेबलयुक्त 'फैशन-चक्र' ग्राफ/चित्र बनाइए । $2\frac{1}{2}+2\frac{1}{2}=5$
- दृष्टिबाधित परीक्षार्थियों के लिए
- (ii) ग्राफ/चित्र बनाने की आवश्यकता नहीं है ।
35. (क) 'भारत कुपोषण के दोहरे भार का सामना कर रहा है ।' दो कारण बताते हुए इस कथन का औचित्य दीजिए ।
- (ख) भारतीय स्वास्थ्य देखभाल सेवाएँ, लोगों के स्वास्थ्य को संवर्धित करने, कायम रखने, निगरानी करने और स्वास्थ्य लाभ में सहायता करती हैं । चर्चा कीजिए कि, ये स्वास्थ्य सेवाएँ तीन विभिन्न स्तरों पर लोगों को कैसे प्रदान की जाती हैं । $2+3=5$



- 33.** It is important to recognise the elderly as a human resource and their rich experience should be used for national development.
- (a) To ensure a healthy and secure life for the elderly, which initiative was taken by the Government of India in the year 1999 ?
 - (b) State three reasons why the elderly are considered to be a vulnerable group.
 - (c) List any three facilities provided in multi-service centres for older persons.
- $1+1\frac{1}{2}+1\frac{1}{2}=4$

- 34.** (a) Hitika has joined as a visual merchandise designer in a reputed fashion store which deals with only ready-to-wear clothing lines.
- (i) List three job responsibilities which are expected of her to attract more customers.
 - (ii) Which terms are used in France for the following ?
 - (1) Ready-to-wear clothing
 - (2) Art of dress making
- $3+2=5$

OR

- (b) Reema is a fashion designer and runs a fashion designing institute.
 - (i) How will she explain the five stages of 'Fashion Cycle' to the new students pursuing this course ?
 - (ii) Draw a labelled 'Fashion Cycle' graph/diagram to be displayed in her institute.
- $2\frac{1}{2}+2\frac{1}{2}=5$

For Visually Impaired Candidates

- (ii) No need to draw Graph/Diagram.

- 35.** (a) 'India is facing the double burden of malnutrition.' Justify this statement by giving two reasons.
- (b) Indian health care services help to promote, maintain, monitor or restore health of people. Discuss how these health services are provided to people at three different levels.
- $2+3=5$

Marking Scheme
Strictly Confidential
(For Internal and Restricted use only)
Senior Secondary School Examination, 2024
SUBJECT NAME -HOME SCIENCE (SUBJECT CODE -064) (PAPER CODE-69)

General Instructions: -

1.	You are aware that evaluation is the most important process in the actual and correct assessment of the candidates. A small mistake in evaluation may lead to serious problems which may affect the future of the candidates, education system and teaching profession. To avoid mistakes, it is requested that before starting evaluation, you must read and understand the spot evaluation guidelines carefully.
2.	“Evaluation policy is a confidential policy as it is related to the confidentiality of the examinations conducted, evaluation done and several other aspects. Its’ leakage to public in any manner could lead to derailment of the examination system and affect the life and future of millions of candidates. Sharing this policy/document to anyone, publishing in any magazine and printing in News Paper/Website, etc. may invite action under various rules of the Board and IPC.”
3.	Evaluation is to be done as per instructions provided in the Marking Scheme. It should not be done according to one’s own interpretation or any other consideration. Marking Scheme should be strictly adhered to and religiously followed. However, while evaluating, answers which are based on latest information or knowledge and/or are innovative, they may be assessed for their correctness otherwise and due marks be awarded to them. In class-X, while evaluating two competency-based questions, please try to understand given answer and even if reply is not from marking scheme but correct competency is enumerated by the candidate, due marks should be awarded.
4.	The Marking scheme carries only suggested value points for the answers These are in the nature of Guidelines only and do not constitute the complete answer. The students can have their own expression and if the expression is correct, the due marks should be awarded accordingly.
5.	The Head-Examiner must go through the first five answer books evaluated by each evaluator on the first day, to ensure that evaluation has been carried out as per the instructions given in the Marking Scheme. If there is any variation, the same should be zero after deliberation and discussion. The remaining answer books meant for evaluation shall be given only after ensuring that there is no significant variation in the marking of individual evaluators.
6.	Evaluators will mark (✓) wherever answer is correct. For wrong answer CROSS ‘X’ be marked. Evaluators will not put right (✓) while evaluating which gives an impression that answer is correct and no marks are awarded. This is most common mistake which evaluators are committing.
7.	If a question has parts, please award marks on the right-hand side for each part. Marks awarded for different parts of the question should then be totaled up and written in the left-hand margin and encircled. This may be followed strictly.
8.	If a question does not have any parts, marks must be awarded in the left-hand margin and encircled. This may also be followed strictly.
9.	If a student has attempted an extra question, answer of the question deserving more marks should be retained and the other answer scored out with a note “Extra Question” .
10.	No marks to be deducted for the cumulative effect of an error. It should be penalized only once.

11.	A full scale of marks 70 (example 0 to 80/70/60/50/40/30 marks as given in Question Paper) has to be used. Please do not hesitate to award full marks if the answer deserves it.
12.	Every examiner has to necessarily do evaluation work for full working hours i.e., 8 hours every day and evaluate 20 answer books per day in main subjects and 25 answer books per day in other subjects (Details are given in Spot Guidelines). This is in view of the reduced syllabus and number of questions in question paper.
13.	<p>Ensure that you do not make the following common types of errors committed by the Examiner in the past: -</p> <ul style="list-style-type: none"> ● Leaving answer or part there of unassessed in an answer book. ● Giving more marks for an answer than assigned to it. ● Wrong totaling of marks awarded on an answer. ● Wrong transfer of marks from the inside pages of the answer book to the title page. ● Wrong question wise totaling on the title page. ● Wrong totaling of marks of the two columns on the title page. ● Wrong grand total. ● Marks in words and figures not tallying/not same. ● Wrong transfer of marks from the answer book to online award list. ● Answers marked as correct, but marks not awarded. (Ensure that the right tick mark is correctly and clearly indicated. It should merely be a line. Same is with the X for incorrect answer.) ● Half or a part of answer marked correct and the rest as wrong, but no marks awarded.
14.	While evaluating the answer books if the answer is found to be totally incorrect, it should be marked as cross (X) and awarded zero (0) Marks.
15.	Any un assessed portion, non-carrying over of marks to the title page, or totaling error detected by the candidate shall damage the prestige of all the personnel engaged in the evaluation work as also of the Board. Hence, in order to uphold the prestige of all concerned, it is again reiterated that the instructions be followed meticulously and judiciously.
16.	The Examiners should acquaint themselves with the guidelines given in the “Guidelines for spot Evaluation” before starting the actual evaluation.
17.	Every Examiner shall also ensure that all the answers are evaluated, marks carried over to the title page, correctly totaled and written in figures and words.
18.	The candidates are entitled to obtain photocopy of the Answer Book on request on payment of the prescribed processing fee. All Examiners/Additional Head Examiners/Head Examiners are once again reminded that they must ensure that evaluation is carried out strictly as per value points for each answer as given in the Marking Scheme.

CLASS XII HOME SCIENCE (2023-2024)

MARKING SCHEME

Q. No.	EXPECTED ANSWERS / VALUE POINTS	Marks
	SECTION A	
1.	(C) To ensure survival, protection and education of the girl child	1
2.	(C) Room attendant	1
3.	(D) Iron	1
4.	(B) Ergonomics	1
5.	(A) 100 kg	1
6.	(D) Mid-day Meal Programme OR (B) Jhunjhunu, Rajasthan	1 OR 1
7.	(C) National AIDS Control Organisation	1
8.	(D) Anganwadis	1
9.	(B) Food fortification is removing of nutrients from the foodstuffs.	1
10.	(A) Warli - Maharashtra	1
11.	(C) i - 4, ii - 3, iii - 2, iv - 1	1
12.	(D) i - 3, ii - 4, iii - 1, iv - 2	1
13.	(B) (i) and (iii) OR (C) (ii) and (iii)	1 OR 1
14.	(A) (iii) and (iv)	1
	SECTION B (CASE STUDY-BASED QUESTIONS)	
15.	(B) Liquid diet: Fluids high in fibre and fats	1
16.	(B) It is the specialised area of nutrition which deals with nutrition during illness.	1
17.	(C) (A) is true, but (R) is false.	1
18.	(A) Both (A) and (R) are true and (R) is the correct explanation of (A).	1
	SECTION C	
19.	<p>Name any four self-employment avenues in the field of food processing that can be taken up as a household or cottage scale activity.</p> <p>Self-employment avenues in the field of food processing that can be taken up as a household or cottage scale activity-</p> <ul style="list-style-type: none"> ❖ Dehydrated products / Papad / Wadi ❖ Murrabba / Candy ❖ Pickles / Jam / Jelly / Squash ❖ Roasted and Puffed snacks / Salted peanuts / Khakhra ❖ Fried snacks / Mathri / Namkeen / Namakpara / Thepla / Chips / Murukku ❖ Bakery products ❖ Sweets / Jaggery making ❖ Drinking water pouches <p>Any other, Any four</p>	$\frac{1}{2} \times 4 = 2$

<p>20.(a)</p>	<p>What is meant by CARA? Highlight its one function to meet the needs of vulnerable children.</p> <p>CARA is a central agency which helps in legal adoption of children / Its full form is Central Adoption Resource Authority.</p> <p>Any one</p> <p>Its function is to -</p> <ol style="list-style-type: none"> 1. set up guidelines for adoption to safeguard the welfare and rights of children. 2. strengthen adoption rules. 3. facilitate the process of adoption. <p>Any other, Any one</p>	<p>1</p> <p>1</p> <p>OR</p>
<p>(b)</p>	<p>What is meant by NSS? Write its one aim in the development of youth in India.</p> <p>NSS is a scheme which involves school and college level students in programmes of social service and national development / Its full form is National Service Scheme.</p> <p>Any one</p> <p>Its aim is to involve students in following activities / programmes-</p> <ol style="list-style-type: none"> 1. construction and repair of roads, school buildings, village ponds, tanks etc. 2. environmental and ecological improvement like tree plantation, removal of weeds, digging pits etc. 3. hygiene and sanitation, family welfare, childcare, mass immunization 4. vocational training in crafts, tailoring, knitting etc. 5. organising co-operatives 6. implementing various relief and rehabilitation programmes to meet the needs of economically and socially weaker sections of the community <p>Any other, Any one</p>	<p>1</p> <p>1</p>
<p>21.</p>	<p>How do Indian consumers tend to get swayed by enticing sales promotion gimmicks and fall prey to them?</p> <p>Enticing sales promotion gimmicks-</p> <ol style="list-style-type: none"> 1. Exchange offers 2. Bonus 3. Lucky draw 4. Misleading / Exaggerated advertisement 5. Sale and Discount 6. Free gifts 7. Misleading / Attractive packaging 8. Duplicate products / Imitations are sold as original products <p>Any other, Any two</p>	<p>1X2=2</p>

(b)	<p>Differentiate between Structural and Applied design.</p> <table border="1" data-bbox="247 152 1348 526"> <thead> <tr> <th>S.No.</th><th>Structural Design</th><th>Applied Design</th></tr> </thead> <tbody> <tr> <td>1.</td><td>Refers to the basic cut or silhouette of the garments / apparel.</td><td>Refers to the ornamentation of the garments /apparel.</td></tr> <tr> <td>2.</td><td>Depends on the form, not superimposed ornamentation.</td><td>It is superimposed on the basic structure.</td></tr> <tr> <td>3.</td><td>It takes into account the basic processing of fibre, types of fibres and yarns, variation of weaving, knitting etc.</td><td>It includes fabric finishes, dyeing and printing, patch work, mirror work, embroidery, fancy needle work, lace work etc.</td></tr> </tbody> </table> <p>Any other, Any two differences</p>	S.No.	Structural Design	Applied Design	1.	Refers to the basic cut or silhouette of the garments / apparel.	Refers to the ornamentation of the garments /apparel.	2.	Depends on the form, not superimposed ornamentation.	It is superimposed on the basic structure.	3.	It takes into account the basic processing of fibre, types of fibres and yarns, variation of weaving, knitting etc.	It includes fabric finishes, dyeing and printing, patch work, mirror work, embroidery, fancy needle work, lace work etc.	<p>1X2=2</p>
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25.	<p>Various job options are available in food industry with respect to food safety and quality control. Get information on any four career avenues available in this field from your brother who has completed his Masters in Food Microbiology.</p> <p>Career avenues available in food industry with respect to food safety and quality control-</p> <ol style="list-style-type: none"> 1. Food Analysts 2. Food Quality Control managers in food industry laboratories 3. Food inspectors / Food Testing Professionals at various positions in food testing laboratories in public / private sector / voluntary organisations 4. Food Auditors 5. Food Microbiologists / Specialist in HACCP / BIS / Agmark etc. 6. Quality Certification Professionals in ISO / BIS / FSSAI etc. 7. Teaching and Academics 8. Research and Development Professionals 9. Scientific Writers 10. Content Creators / Bloggers 11. Entrepreneurs <p>Any other, Any four</p>	<p>½X4=2</p>												
26.	<p>'Consumers must purchase products with standardization marks.' Justify this statement by giving two reasons. ISI Mark is the certification mark of which organisation?</p> <p>Standardization marks ensure-</p> <ol style="list-style-type: none"> 1. quality of the product 2. purity of the product / product is not duplicate 3. value for money 4. safety / consumer protection 5. that product is manufactured as per the guidelines given by certification bodies <p>Any other, Any two</p> <p>ISI Mark is the certification mark of - BIS (Bureau of Indian Standards)</p>	<p>1X2=2</p> <p>1</p>												

27.(a)	To an aspiring professional in the field of Development Communication, suggest any three knowledge and skills required to be successful in this field.
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Knowledge and skills required to be successful in the field of Development Communication-

1. Cognitive skills / Ability to comprehend an issue
2. Creative / Presentation skills / Ability to project the concepts in a creative manner
3. Technical skills / Camera techniques / Video production / Content development / Editing skills
4. Questioning ability / Ability to look into the finer details of any issue / gather unique and interesting stories
5. Ability to work with diverse groups / Understand others' viewpoint
6. Language skills (Speaking, Writing, Reading) / Ability to write reports and documents
7. Computer skills
8. Knowledge of related laws and regulations

Any other, Any three

OR

(b) Compare print media with television as a method of Development Communication.

S.No.	Print Media	Television
1.	Visual mode of communication	Audio-visual mode of communication
2.	Limited for literate people	Suitable for both literate and illiterate people
3.	Printed mode	Electronic mode
4.	Inexpensive	Expensive
5.	Mobile medium	Fixed medium

Any other, Any three differences

28.	Commercial laundries are organised in different sections which deal with specific jobs.
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(a) Make a list of any four jobs done in various sections for an entrepreneur who wants to set up his own commercial laundry.

Jobs done in various sections of a commercial laundry-

1. Collection, Inspection and Sorting of articles
2. Pretreatments like mending, repairing and stain removal
3. Washing
4. Water extraction
5. Drying
6. Drycleaning
7. Pressing and Ironing
8. Dyeing
9. Special finishes like zari polishing, calendering etc.
10. Packing
11. Distribution

Any other, Any four

 $1 \times 3 = 3$

OR

 $1 \times 3 = 3$
$$\frac{1}{2} \times 4 = 2$$

	<p>(b) What do you understand by system of code tags in a commercial laundry?</p> <p>In commercial laundry, system of code tags helps to –</p> <ol style="list-style-type: none"> 1. keep a record / invoice. 2. identify / match the articles of each customer with the invoice. <p>Any other, Any one</p>	1
29.(a)	<p>Food has been preserved using various methods since prehistoric times.</p> <p>(i) Make a list of four old methods of food preservation, which are still being used today.</p> <p>Old methods of food preservation-</p> <ol style="list-style-type: none"> 1. Sun drying 2. Controlled fermentation 3. Salting 4. Pickling 5. Candying 6. Roasting 7. Smoking 8. Baking 9. Using spices, oil, sugar etc. as preservatives <p>Any other, Any four</p> <p>(ii) Name any one institute in India offering specialised courses in Food Processing and Technology.</p> <ol style="list-style-type: none"> 1. Central Food Technological Research Institute (CFTRI), Mysore 2. National Institute of Food Technology and Entrepreneurship Management (NIFTEM), Sonapat <p>Any other, Any one</p> <p style="text-align: center;">OR</p>	<p>½X4=2</p> <p>1</p> <p>OR</p>
(b)	<p>(i) Discuss briefly the significance of food processing and technology as a discipline.</p> <p>Significance of food processing and technology-</p> <ol style="list-style-type: none"> 1. Helps in storage and processing of agricultural and horticultural surplus. 2. Increased demand of processed products due to changing life styles, increasing mobility and globalization. 3. Consumers demand foods free from chemicals, pesticides, preservatives etc. 4. Helps to increase shelf life of food products. 5. Used to convert bulky, perishable foods into more useful, concentrated, palatable foods and potable beverages. 6. Reduces preparation time for the cooking. 	1X2=2

	<p>7. Adds value to the resultant food products. 8. Fortification of staple food can be done to increase its nutrient content. 9. Increased prevalence of lifestyle diseases demands altering the nutrient content of foods. 10. Adds to the economic growth of the country. 11. Generates employment opportunities.</p> <p>Any other, Any two</p> <p>(ii) By whom are standards for fortification of staple foods like salt, milk, oils laid down in India?</p> <p>FSSAI (Food Safety and Standards Authority of India)</p>	1
	SECTION D	
30.	<p>HACCP involves identification of food hazards during each stage in the food chain.</p> <p>(a) Give full form of HACCP.</p> <p>Hazard Analysis Critical Control Point (HACCP)</p> <p>(b) Mention three reasons why implementing HACCP in food industry is important.</p> <p>Implementation of HACCP in food industry is important as it-</p> <ol style="list-style-type: none"> 1. is a cost-effective and preventive approach to ensure food safety. 2. enables us to detect hazards at any stage of processing or manufacturing. 3. ensures a good quality end product, by taking appropriate action at the stage where the problem occurs. 4. enables producers, processors, distributors and exporters to utilise resources efficiently. 5. is important for consumer protection and international food trade. 6. assures consistently good quality products. 7. holds responsibility for safe food with producers and suppliers as per FSSA, 2006. <p>Any other, Any three</p>	<p>1</p> <p>1X3=3</p>
31.(a)	<p>Shaurya has checked into a hotel. Which department's staff will first greet and welcome him? List any other three services provided by this department.</p> <p>Department responsible for greeting and welcoming guests -</p> <p>Front Office</p>	1

	<p>Services provided by Front Office Department -</p> <ol style="list-style-type: none"> 1. Organising reservation status of room availability 2. Registering guests and allocation of rooms 3. Maintaining records of check-in and check-out details 4. Porter services 5. Issuing room keys to guests 6. Passing messages to guests 7. Coordinating with other guest services / departments such as transport, room service, housekeeping, restaurant, accounts etc. 8. Providing in-house and external information to the guests 9. Preparing and settling their bills 10. Taking feedback from the guests 11. Keeping record of personal information of the guests <p>Any other, Any three</p> <p style="text-align: center;">OR</p> <p>(b) The phrase ‘A home away from home’ is often used in hospitality industry, to denote that guests are provided with comforts and facilities similar to their homes. In this context, mention any four types of establishments who offer hospitality services.</p> <p>Types of establishments who offer hospitality services-</p> <ol style="list-style-type: none"> 1. Hotel / A commercial establishment offering lodging, meals and other services to its guests. 2. Motel / Provides services like a hotel and provides parking facility near the room or a room door that opens onto the parking lot. 3. Lodge / Offers rented accommodation especially for sleeping and may or may not offer food and other services. 4. Resort / Offers a broad range of amenities, sports facilities and leisure activities for ensuring a total vacation experience. 5. Furnished apartments / Provides all essential amenities needed by the guests. 6. Furnished camps / Provides hospitality to people who go for hiking, undertake adventure sports etc. 7. Cruise lines / Operates cruise ships on oceans or rivers and provides all comforts and amenities. 8. Guest houses / Smaller establishments that offer private rooms for rent in someone's home or apartment. <p>Any other, Any four</p>	<p>1X3=3</p> <p style="text-align: center;">OR</p> <p>1X4=4</p>
<p>32.</p>	<p>Anil is designing a bridal lehenga: (a) How can he create rhythm in it? Suggest two ways, with examples.</p> <p>Ways to create rhythm-</p> <ol style="list-style-type: none"> 1. Repetition - of embroidery, lace, piping, colour etc. in the lehenga. 2. Gradation / Cordation - by gradual increase or decrease in size of motifs, lines, colours and textures. 3. Radiation - where eyes move in an organised way from a central point such as gathers in waist of lehenga. 4. Parallelism - where elements lie parallel to each other such as tucks or pleats in lehenga. Bands of colour also create rhythm in a lehenga. <p>Any other, Any two</p>	<p>1X2=2</p>

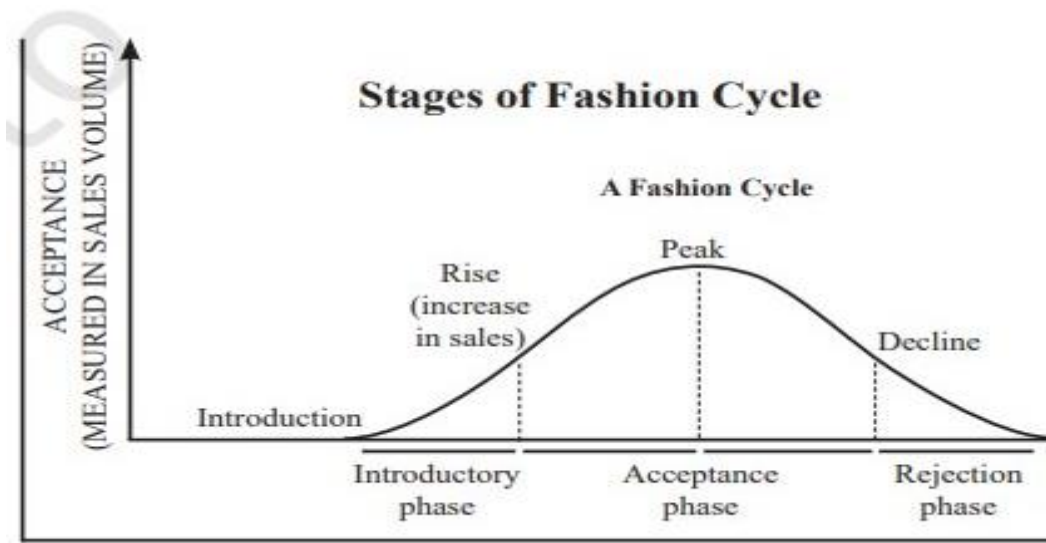
	<p>(b) Which colour scheme or colour harmony would he use if he wants to design the lehenga in a single hue?</p> <p>Monochromatic harmony / scheme</p> <p>(c) Name any one technique that can enhance the texture of the lehenga through surface ornamentation.</p> <p>Surface ornamentation technique-</p> <p>Tufting / Flock printing / Embroidery / Mirror work / Bead work / Lace work / Stone work / Applique work / Stitched effects</p> <p>Any other, Any one</p>	<p>1</p> <p>1</p>
33.	<p>It is important to recognise the elderly as a human resource and their rich experience should be used for national development.</p> <p>(a) To ensure a healthy and secure life for the elderly, which initiative was taken by the Government of India in the year 1999?</p> <p>National Policy for Older Persons</p> <p>(b) State three reasons why the elderly are considered to be a vulnerable group.</p> <p>Reasons why the elderly are considered to be a vulnerable group-</p> <ol style="list-style-type: none"> 1. Deteriorating health / Illness / Decreased physiological reserves. 2. Ageing and weaker defence mechanisms leads to disabilities such as low vision, deafness, loss of mobility etc. 3. Loneliness, isolation and a sense of being a burden on others leads to depression and anxiety. 4. Financially dependent on others. 5. Lack of family support from own children / Misbehaviour by family members. 6. Fragmentation of the traditional family system and change in traditional value system. 7. Inability to care for oneself. <p>Any other, Any three</p> <p>(c) List any three facilities provided in multi-service centres for older persons.</p> <p>Facilities provided in multi-service centres for older persons-</p> <ol style="list-style-type: none"> 1. Day care (Basic facilities such as nutritious food, safe drinking water etc.) 2. Educational opportunities 3. Entertainment opportunities 4. Healthcare / Medical support 5. Companionship 6. Counselling services <p>Any other, Any three</p>	<p>1</p> <p>$\frac{1}{2} \times 3 = 1\frac{1}{2}$</p> <p>$\frac{1}{2} \times 3 = 1\frac{1}{2}$</p>

34.(a)	<p>Hitika has joined as a visual merchandise designer in a reputed fashion store which deals with only ready-to-wear clothing lines.</p> <p>(i) List three job responsibilities which are expected of her to attract more customers.</p> <p>Job responsibilities of visual merchandise designer-</p> <ol style="list-style-type: none"> 1. Designing window displays 2. Arranging store merchandise 3. Creating attractive props 4. Organising clothing placement 5. Styling mannequins 6. Spearheading marketing campaigns <p>Any other, Any three</p> <p>(ii) Which terms are used in France for the following?</p> <p>(1) Ready-to-wear clothing</p> <p>Prêt-à-porter</p> <p>(2) Art of dress making</p> <p>Couture</p> <p style="text-align: center;">OR</p>	<p>1X3=3</p> <p>1</p> <p>1</p> <p>OR</p>
(b)	<p>Reema is a fashion designer and runs a fashion designing institute.</p> <p>(i) How will she explain the five stages of 'Fashion Cycle' to the new students pursuing this course?</p> <p>Five stages of Fashion Cycle-</p> <ol style="list-style-type: none"> 1. Introduction of a Style Designers interpret their research and creative ideas into apparel and then offer the new styles to the public. 2. Increase in Popularity As the new fashion is purchased, worn and seen by many people, it may begin to rise in popularity. 3. Peak of Popularity At the height of popularity, manufacturers copy fashion or produce adaptations due to increased demand. 4. Decline in Popularity Eventually so many copies of that style are mass produced that fashion-conscious people get tired of it and begin to look for something new. 5. Rejection of a Style or Obsolescence In this last phase, some consumers have already turned to new looks, thus beginning a new cycle. 	<p>$\frac{1}{2} \times 5 = 2\frac{1}{2}$</p>

(ii) Draw a labelled 'Fashion Cycle' graph/ diagram to be displayed in her institute.

Fashion Cycle graph/ diagram

2½



For Visually Impaired Candidates

No need to draw Graph/Diagram in part (ii)

Note-

Marks to be awarded out of 5 for part (i)

35.

(a) 'India is facing the double burden of malnutrition.' Justify this statement by giving two reasons.

1. Coexistence of both undernutrition and overnutrition.
2. Undernutrition / Inadequate or faulty diet / Disease or infections / Poverty / Insufficient access to food / Poor maternal and child care practices / Unsafe water / Poor hygiene / Inadequate health services / Inadequate knowledge / Discrimination against women, elderly and girls
3. Overnutrition / Sedentary lifestyle / Dependence on faster means of transportation / Decreased outdoor activities/ Less physical work / Changes in dietary patterns due to dependence on fast food, processed food

1X2=2

Any other, Any two

	<p>(b) Indian health care services help to promote, maintain, monitor or restore health of people. Discuss how these health services are provided to people at three different levels.</p> <p>Health care in India is provided at three levels-</p> <ol style="list-style-type: none"> 1. Primary Health Care <ul style="list-style-type: none"> ❖ It is the first level of contact of the individual, family or community with the health system. ❖ These services are provided through a network of primary health centres (PHCs) / dispensaries. 2. Secondary Health Care <ul style="list-style-type: none"> ❖ More complex health problems are resolved at the second level through district hospitals and community health centres. ❖ Community health centres function as the first referral level. 3. Tertiary Health Care <ul style="list-style-type: none"> ❖ It is the third / highest and specialised level of health care. ❖ It deals with the more complex health problems that cannot be dealt with at the first two levels. ❖ Institutions at tertiary level are medical college hospitals, regional hospitals, specialised hospitals and All-India Institutes of Medical Sciences. <p>Three levels of Health Care with one point each</p>	<p>1X3=3</p>
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