

HOME SCIENCE PAPER 1

(THEORY)

(Maximum Marks: 70)

(Time allowed: Three hours)

(Candidates are allowed **additional 15 minutes** for **only** reading the paper.

They must **NOT** start writing during this time.)

Answer **all** questions from Part I and **five** questions from Part II.

All working, including rough work, should be done on the same sheet as the rest of the answer.

The intended marks for questions or parts of questions are given in brackets [].

PART I (20 Marks)

Answer **all** questions.

Question 1

[10×2]

- (i) State *any two* precautions to be taken during pressure cooking.
- (ii) Explain the term *kneading*.
- (iii) Name *any two* methods of enriching the nutritive value of food without increasing the cost.
- (iv) State *any two* uses of salt in the preservation of food.
- (v) How do personal likes and dislikes influence meal planning for the family?
- (vi) Define *Anorexia Nervosa*.
- (vii) Mention *any two* products with the FPO mark.
- (viii) List *any two* causes of obesity among adolescents.
- (ix) Define *food adulteration*.
- (x) Enumerate *any two* advantages of dry cleaning a silk saree.

PART II (50 Marks)
*Answer **any five** questions.*

Question 2

- (a) Explain *any five* changes that may occur in food while cooking. [5]
- (b) Explain the preliminary procedure of cleaning / washing of foods. List *any four* advantages of this preliminary procedure. [5]

Question 3

- (a) Explain the principles of food preservation. [5]
- (b) How should food be stored in a refrigerator to preserve it for a longer period of time? [5]

Question 4

- (a) Describe *any five* ways of developing good food habits in children. [5]
- (b) Discuss the need for adequate nutrition and balanced diet for the elderly. [5]

Question 5

- (a) State *any five* ways by which one can prevent falls at home. [5]
- (b) Mention ways in which kesari dal is used as an adulterant. Explain the health hazards associated with it. [5]

Question 6

Consumer education provides information about existing laws and standards for the benefit of the consumer. In this context, explain:

- (a) The role of ISI mark. [5]
- (b) Advantages of labels on a commodity. [5]

Question 7

- (a) Explain the development of gender roles and stereotypes during adolescence. [5]
- (b) List *any five* ways by which an adolescent can handle peer pressure. [5]

Question 8

- (a) List *any five* precautions to be taken while storing clothes. [5]
- (b) How does profession, occupation and activity of an individual decide the choice of clothes? [5]

Question 9

Write short notes on *any two* of the following:

- (a) Defective weights and measures. [5]
- (b) Spoilage of food due to enzymatic action. [5]
- (c) Criteria for selection of clothes for summer. [5]