

**HOME SCIENCE (064)**  
**SAMPLE QUESTION PAPER**  
**CLASS XII 2023-24**

**TIME: 3 HOURS**

**Maximum Marks: 70**

**General Instructions**

1. All questions are compulsory.
2. There are total 35 questions.
3. Question paper is divided into three sections-A, B and C.
4. Section A has question no.1 to 18 (multiple choice questions) and are of 1 mark each. Question no. 14 to 18 are case based questions
5. Section B has question no.19 to 25 of 2 marks each and question no.26 to 29 of 3 marks each.
6. Section C has question no.30 to 33 of 4 marks each and question no.34 and 35 are of 5 marks each.
7. Internal choices are given in some questions.
8. Support your answers with suitable examples wherever required.

S. No.	SECTION A	Marks
1.	Hot pant is an example of-  a) Classic  b) Fashion  c) Fads  d) Style	1
2.	Which of the following is not the guiding principle of ECCE?  a) Blend of textual and cultural sources  b) Experiential learning is emphasized  c) Based on only informal interaction  d) Health, wellbeing and healthy habits	1

3.	<p>Which Article of the constitution of India guarantees equality of opportunity for all citizens in matters related to employment?</p> <p>a) Article 16(1)</p> <p>b) Article 16(2)</p> <p>c) Article 26(1)</p> <p>d) Article 36(2)</p>	<b>1</b>
4.	<p>Name the psychologist who emphasized on supportive environment for young children.</p> <p>a) Piaget</p> <p>b) Maria Montessori</p> <p>c) Vygotsky</p> <p>d) Sigmund Freud</p>	<b>1</b>
5.	<p>Which of the following method of washing is usually used in front load washing machine?</p> <p>a) Agitation</p> <p>b) Pulsation</p> <p>c) Tumbling</p> <p>d) Crumbling</p>	<b>1</b>
6.	<p>Aditya is wearing dark pink kurta with light pink pajama. The colour harmony he is referring to -</p> <p>1. Analogous</p> <p>2. Achromatic</p> <p>3. Accented</p> <p>4. Monochromatic</p> <p style="text-align: center;">(OR)</p> <p>The shapes that do not resemble any specific objects are-</p> <p>a) Natural</p>	<b>1</b>

	<div>b) Abstract</div> <div>c) Stylised</div> <div>d) Geometric</div>	
7.	<div>What is the full form of SEWA?</div> <div>a) Self-employed women association</div> <div>b) Self-employed work force association</div> <div>c) Sustainable employability women artisans</div> <div>d) Self-empowered women Association</div>	1
8.	<div>Match List I with List II</div> <div><div>List I (Youth Programmes)</div><div>A. National Service Scheme</div><div>B. Scouts and Guides</div><div>C. Promotion of Adventure</div><div>D. National Service Volunteer Scheme</div></div> <div><div>List II (Activities)</div><div>I. Adult Education</div><div>II. Study of flora and fauna</div><div>III. Organising Rallies</div><div>IV. Tree plantation</div></div> <div>Choose the correct option from the following-</div> <div>a) A – III; B – IV; C- II; D – I</div> <div>b) A – IV; B – III; C- II; D – I</div> <div>c) A – II; B – III; C- IV; D –I</div> <div>d) A –I; B –II; C-III; D – IV</div>	1
9.	<div>Match List I with List II</div> <div><div>List I (Mode of communication)</div><div>A. Radio</div><div>B. Press</div><div>C. Television</div><div>D.ICT</div></div> <div><div>List II (Features)</div><div>I. Economic activity</div><div>II. Most popular</div><div>III. Pillar of Democracy</div><div>IV. Talk shows</div></div>	1

	<p>Choose the correct option from the following-</p> <p>a) A – III; B – IV; C- II; D – I</p> <p>b) A – IV; B – III; C- II; D – I</p> <p>c) A – II; B – III; C- IV; D –I</p> <p>d) A –I; B –II; C-III; D – IV</p>	
10.	<p>Ergonomics is the judgement of adjustment of human and machine which involves application of human biological sciences combined with engineering science to achieve optimum mutual adjustment of human work, with the benefit being measured in terms of human efficiency and well-being. It is important for-</p> <ol style="list-style-type: none"> <li>1. Improving job effectiveness</li> <li>2. Improve social interaction of workers</li> <li>3. Reducing productivity</li> <li>4. Improving Economic infrastructure of the country</li> </ol> <p>Choose the correct option from the following-</p> <p>a) i and ii</p> <p>b) ii and iii</p> <p>c) i and iv</p> <p>d) iii and iv</p> <p>(OR)</p> <p>Which of the following soft skills are required by a person who wants to join textile industry?</p> <ol style="list-style-type: none"> <li>1. Learning effectively</li> <li>2. Positive health</li> <li>3. Communicating clearly</li> <li>4. Prevention of negative behaviour</li> </ol>	1

	<p>Choose the correct option from the following-</p> <p>a) i and ii</p> <p>b) ii and iii</p> <p>c) i and iii</p> <p>d) iii and iv</p>	
11.	<p>Knowledge in area of consumer education and protection can help to develop career in -</p> <ol style="list-style-type: none"> <li>1. Government and Non-Government organizations</li> <li>2. Journalism and Audio-visual publicity</li> <li>3. Merchandising and forensic science</li> <li>4. Financial advisor</li> </ol> <p>Choose the correct option from the following-</p> <p>a) i and ii</p> <p>b) ii and iii</p> <p>c) ii and iv</p> <p>d) i and iv</p>	<b>1</b>
12.	<p>Given below are two statements labeled as Assertion (A) and reason (R).</p> <p>ASSERTION(A): Elderly are considered vulnerable due to many reasons.</p> <p>REASON(R): There is increase in the number of elderly populations every year.</p> <p>Select the most appropriate answer from the options given below:</p> <p>a) Both A and R are true and R is the correct explanation of A.</p> <p>b) Both A and R are true but R is not the correct explanation of A.</p> <p>c) A is true but R is false.</p> <p>d) A is false but R is true.</p>	<b>1</b>

13.	<p>Given below are two statements labeled as Assertion (A) and reason (R).</p> <p>ASSERTION(A): Entrepreneurship is the act of creating a new and innovative enterprise/ product or service.</p> <p>REASON(R): An entrepreneur must be creative, organized and risk taker.</p> <p>Select the most appropriate answer from the options given below:</p> <p>a) Both A and R are true and R is the correct explanation of A.</p> <p>b) Both A and R are true but R is not the correct explanation of A.</p> <p>c) A is true but R is false.</p> <p>d) A is false but R is true.</p>	1
14.	<p><b>CASE STUDY BASED QUESTIONS</b></p> <p>Read the passage carefully. Answer question no. 14 to 18.</p> <p>Food safety and quality are important at the home level, but are critical in large scale food production and processing, and also where food is freshly prepared and served. In the past, many foods were processed at home. Advancement in technology and processing, higher per capita incomes and better purchasing power as well as increased consumer demand have led to a variety of processed foods, food for health / functional foods being manufactured. Safety of such foods needs to be assessed.</p> <p>Which of the following is incorrect pair?</p> <p>a) Seeds: Physical Hazard</p> <p>b) Salmonella: Biological Hazard</p> <p>c) Probiotics: Chemical Hazard</p> <p>d) Hepatitis: Pathogen</p>	1
15.	<p>Which of the following is responsible to eliminate false labelling of the products?</p> <p>a) GMP</p> <p>b) GHP</p>	1

	c) HACCP d) GDP	
16.	<p>Your mother is suffering from skin disease and doctor has advised her not to work in kitchen due to the risk of spreading-</p> <p>a) Food contamination  b) Food poisoning  c) Food adulteration  d) Food intoxication</p>	<b>1</b>
17.	<p>Which of the following is not the activity done by FSSAI?</p> <p>a) Framing of regulations to lay down the standards and guidelines for articles of food  b) Laying down mechanisms and guidelines for accreditation of certification bodies  c) To provide scientific advice and technical support to Government  d) To facilitate international exchange of goods and services</p>	<b>1</b>
18.	<p>Your brother has expertise in Food chemistry. Which of the following career option he can select?</p> <p>a) Food Auditors  b) Food Production Managers  c) Executive chef  d) Food Marketing and Sales officer</p>	<b>1</b>
	<b>SECTION-B</b>	
19.	<p>Despite the rich heritage of traditional occupations, in the modern context, these works of art are gradually losing out to mass-produced goods.  Suggest any four areas where interventions are required for the revival of these occupations.</p>	<b>2</b>
20.	<p>Mention four stages of guest cycle to Mr. Anurag who has recently joined the Front Desk.</p>	<b>2</b>

	(OR) Mr. Sushant is the hospitality management graduate. He joined the hotel as front office receptionist. What will be his four duties/responsibilities?	
21.	Give four objectives of diet therapy.	2
22.	"An analytical capability is pre-requisite of a fashion merchandiser". Justify this statement with two reasons.	2
23.	What could be the four factors that lead to food deterioration or spoilage?	2
24..	Viren wants to work with children and old people. He is doing his graduation from renowned state university. Advise him with two courses he can do along with his graduation. (OR) Aarav wants to work in the day care center. What four skills he must possess?	2
25.	Mention two key roles of each CAC and WTO in protecting health of the consumers.	2
26.	Mrs. Sharma went to buy wedding clothes for her daughter from the market. Guide her about three types of different stores she must visit.	3
27.	What do you understand by the term 'Development Communication'? Write any four essential features of it. (OR) Explain the term Campaign with the help of an example. How is it effective tool of communication? Support your answer with two reasons.	3
28.	a) What do you mean by functional food? Give an example. b) Roma wants to develop new recipe of pickle. What four skills she must possess?	3
29.	a) Enlist any four duties of the staff who are working in the restaurant. b) Give any two skills they must possess while dealing with the customers. (OR) Enumerate any three roles of each Front Office and Housekeeping department of the hotel.	3



	SECTION-C	
30.	<p>Amrita is a pure vegetarian, she bought cheese balls from the grocery store, later on she found some non-vegetarian ingredient in it. Neither the advertisement nor the packaging of the product has shown that it contained any non-vegetarian ingredient. She asked shopkeeper to return but he refused.</p> <p>a) Give two rights which were not fulfilled /violated in the above situation.</p> <p>b) Explain her any four responsibilities she must have followed before buying any commodity.</p>	4
31.	<p>Elaborate any two ways each of creating balance and proportion in the dress.</p> <p style="text-align: center;">OR</p> <p>Demonstrate any four colour harmony of contrasting colour scheme.</p>	4
32.	<p>Your friend Rohan is medical nutrition therapist in a city hospital.</p> <p>a) Indicate any four methods he will use to obtain the information on the patient's nutritional status and needs.</p> <p>b) Which is the best mode of feeding he will suggest for your grandfather who has undergone mouth surgery and why?</p> <p>c) What type of diet he will recommend for your grandfather once he recovers and why?</p>	4
33.	<p>In order for the child to grow optimally in all areas, it is important that the child's needs for food, shelter, health care, love, nurturance and stimulation be met in a holistic manner. SOS and ICDS are example of some of the programmes operating in the country to meet the needs of vulnerable children.</p> <p>a) When was first SOS village established?</p> <p>b) What is the main aim of SOS village?</p> <p>c) How can you distinguish it with ICDS? Give two points.</p>	4
34.	<p>a) Outline three each short-term and long-term strategies implemented to solve nutritional problems in India.</p> <p>b) Describe any two nutrition programmes operating in our country.</p> <p style="text-align: center;">(OR)</p> <p>a) Compare three each benefit and drawbacks of Food or Diet based strategies used to combat public nutrition problems in India.</p> <p>b) What are the two functions of Iodine in human body? Tell two ill-effects if pregnant woman is not taking recommended amount of iodine in her diet.</p>	5

35.	<p>Mohan has recently opened Hi- tech laundry in the city. He got a contract signed with the Government hospital.</p> <p>a) What two important points he must consider while doing hospital laundry?</p> <p>b) Write eight steps of the process of laundry function in hospitals.</p>	<b>5</b>
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**MARKING SCHEME 2023-24**  
**HOME SCIENCE (064)**  
**CLASS XII**

**One Theory Paper – 3 hours**

**Total Marks – 70**

	<b>SECTION A</b>	
1.	c.	<b>1</b>
2.	c.	<b>1</b>
3.	a.	<b>1</b>
4.	a.	<b>1</b>
5.	c.	<b>1</b>
6.	d. (or) b.	<b>1</b>
7.	a.	<b>1</b>
8.	b.	<b>1</b>
9.	c.	<b>1</b>
10.	a. (or) c.	<b>1</b>
11.	a.	<b>1</b>
12.	b.	<b>1</b>
13.	a.	<b>1</b>
14.	c.	<b>1</b>
15.	a.	<b>1</b>
16.	d.	<b>1</b>
17.	d.	<b>1</b>
18.	a.	<b>1</b>
	<b>SECTION-B</b>	
19.	<p>Four areas where interventions are required for the revival of traditional occupations-</p> <ul style="list-style-type: none"> <li>• Innovation in design</li> <li>• Implementing of preservation and refinement strategies</li> <li>• Use of eco-friendly raw materials and packaging</li> <li>• Establishment of training facilities</li> <li>• Conservation of traditional knowledge</li> <li>• Protection of intellectual property rights (IPR)</li> </ul> <p>Any other, Any four</p>	<b>2</b>

20.	<p>Four stages of guest cycle-</p> <ul style="list-style-type: none"> <li>• Pre-arrival stage- Quoting rates for a guest Reserving a room as a part of central reservation system or reservation department.</li> <li>• Arrival Stage –Guest actually arrives and registers or checks-in.</li> <li>• Occupancy-Provides various services as per the guest's requirements, ensuring security of the guest and coordination of various guest services.</li> <li>• Departure-The guest is ready to leave/move out or “check-out” of the accommodation.</li> </ul> <p>Any four stages</p> <p>(OR)</p> <p>Four duties/responsibilities of Front Office Receptionist -</p> <ul style="list-style-type: none"> <li>• Reserves rooms for the guests</li> <li>• Registering guests</li> <li>• Assigns rooms to the guests</li> <li>• Provides information to guests during their stay in the hotel</li> </ul> <p>Any other, Any four</p>	2
21.	<p>Four objectives of diet therapy are-</p> <ul style="list-style-type: none"> <li>• formulation of the diet to meet the needs of the patient</li> <li>• modification of the existing diets to ameliorate(rectify) the disease condition</li> <li>• correction of nutritional deficiencies</li> <li>• prevention of short-term and long-term complications in case of chronic diseases</li> <li>• education and counselling of the patient</li> </ul> <p>Any other, Any four</p>	2
22.	<p>Two reasons why analytical capability is required for fashion merchandiser-</p> <ul style="list-style-type: none"> <li>• Fashion merchandisers and marketers must keep abreast of the economy as a whole, the economy of their particular companies</li> <li>• They must be able to assume how certain styles will fit into a consumer's budget.</li> <li>• They must ensure that they make a profit for their employers</li> </ul> <p>Any other, Any two</p>	2
23.	<p>Four factors that lead to food deterioration or spoilage are-</p> <ul style="list-style-type: none"> <li>• Infestation by insects</li> <li>• Inappropriate temperatures used for processing and/or storage</li> <li>• Excessive exposure to light and other radiations</li> <li>• Contamination by micro-organisms</li> <li>• Physical and chemical changes after harvesting/slaughtering</li> </ul> <p>Any other, Any four</p>	2

24.	<p>Two courses which can be done along with graduation-</p> <ul style="list-style-type: none"> <li>• Certificate Programme in NGO Management</li> <li>• Diploma in Youth Development Work</li> </ul> <p>Any other, Any two</p> <p>(OR)</p> <p>Four skills he must possess-</p> <ul style="list-style-type: none"> <li>• an interest in children and their development.</li> <li>• knowledge about the needs and capabilities of young children.</li> <li>• capacity and motivation for interacting with children.</li> <li>• skills for creative and interesting activities with children in all areas of development.</li> <li>• enthusiasm for activities like storytelling, exploration, nature and social interaction.</li> <li>• willingness and interest in answering children's queries.</li> <li>• capacity for understanding individual differences.</li> </ul> <p>Any other, Any four</p>	2
25.	<p>Two key roles of CAC in protecting health of the consumers-</p> <ul style="list-style-type: none"> <li>• Establishing international standards to protect the health of the consumers</li> <li>• Facilitate fair practices in food and agricultural trade</li> </ul> <p>Any other, Any two</p> <p>Two key roles of WTO in protecting health of the consumers-</p> <ul style="list-style-type: none"> <li>• To help trade flow smoothly, freely, fairly and predictably</li> <li>• By administering trade agreements</li> <li>• Settling trade disputes</li> <li>• Assisting countries in trade policy issues</li> </ul> <p>Any other, Any two</p>	2
26.	<p>Three types of different stores -</p> <ul style="list-style-type: none"> <li>• Small Single-unit Store-It is a neighborhood store. These are owner and family operated single stores.</li> <li>• Department Stores consist of separate sections, known as departments, such as clothing, sporting goods, automotive supplies, health and beauty products and electronics equipment. Some department stores may also sell food products.</li> <li>• Chain stores are retail outlets that share a brand and central management and usually have standardised business methods and practices.</li> </ul> <p>Any other, Any three</p>	3

27.	<p><b>Development Communication-</b> It is the 'art and science of human communication' used for facilitating development of a disadvantaged society in a planned manner to ensure equity and achievement of individual potential.</p> <p>Four essential features of Development Communication-</p> <ul style="list-style-type: none"> <li>• It is oriented to socio-economic development and happiness of the people and community at large.</li> <li>• It aims at giving information and educating the community.</li> <li>• It combines suitable mass media and interpersonal communication channels for greater impact.</li> <li>• It is based on the audience characteristics and their environment.</li> </ul> <p>(OR)</p> <p><b>Campaign-</b> It is a combination of the usage of different communication methods and materials such as meetings, tours, newspaper articles, leaflets and exhibitions about a theme for a predefined period of time. Any other definition</p> <p><b>Example-</b></p> <ul style="list-style-type: none"> <li>• Swachh Bharat Mission</li> <li>• Red Ribbon Express (RRE)</li> </ul> <p>Any other, Any one</p> <p>Campaign is effective tool of communication (Two reasons)-</p> <ul style="list-style-type: none"> <li>• Ensures attention and interest.</li> <li>• It lasts in the memory of the people and stimulates action.</li> <li>• It creates conducive environment for adoption of practices</li> </ul> <p>Any other, Any two</p>	3
28.	<p><b>A. Functional food-</b> These are foods that can have a beneficial effect on human health. Any other definition An example-</p> <ul style="list-style-type: none"> <li>• Probiotics</li> <li>• Lycopene</li> </ul> <p>Any other, Any one example</p> <p><b>B. Four skills required for recipe development-</b></p> <ul style="list-style-type: none"> <li>• Expertise in cooking skills and energy use</li> <li>• Uses of ingredients, measuring and weighing them regularly</li> <li>• Designing, analyzing and adapting a basic recipe</li> <li>• Handling tools and equipment accurately</li> </ul>	3

	<ul style="list-style-type: none"> <li>• Innovations in product design and preparation according to consumer perceptions</li> <li>• Use of Information Technology for contemporary production</li> <li>Any other, Any four</li> </ul>	
29.	<p>A. Four duties of the staff who are serving the food to the customers in the restaurant-</p> <ul style="list-style-type: none"> <li>• Provides food and beverages to the customers</li> <li>• Clears the table</li> <li>• Maintains cleanliness of the restaurant</li> <li>• Taking bill payments of food and beverages from the customer</li> <li>Any other, Any four</li> </ul> <p>B. Two skills they must possess-</p> <ul style="list-style-type: none"> <li>• Thorough knowledge of the ways of serving the food</li> <li>• High standards of hygiene</li> <li>• Basic etiquettes and good manners</li> <li>Any other, Any two</li> </ul> <p style="text-align: center;">(OR)</p> <p>Three roles of Front Office-</p> <ul style="list-style-type: none"> <li>• Welcoming guests</li> <li>• Organizing reservation status of room availability</li> <li>• Registering guests and allocation of rooms</li> <li>• Maintaining records of check-in and check-out details</li> <li>• Porter services</li> <li>• Issuing room keys to guests</li> <li>• Passing messages to customers</li> </ul> <p>Three roles of Housekeeping-</p> <ul style="list-style-type: none"> <li>• Cleaning of public areas and guestrooms</li> <li>• Supply, upkeep of laundry and exchange of various linen</li> <li>• Internal flower arrangement and maintenance of external landscape or garden.</li> <li>• Coordination and communication with other departments such as front office, restaurants, engineering, accounts, etc., through control desk.</li> <li>• Pest control</li> <li>Any other, Any three for each</li> </ul>	3
	<b>SECTION-C</b>	
30.	<p>A. Two rights which were not fulfilled /violated in the above situation-</p> <ul style="list-style-type: none"> <li>• Right to be informed-To demand information regarding products</li> <li>• Right to be Heard-To receive due consideration in appropriate forum</li> </ul>	4

	<p>Any other, Any two</p> <p>B. Four responsibilities she must have followed -</p> <ul style="list-style-type: none"> <li>• Regularly updating their knowledge of various laws and legislative procedure.</li> <li>• Should do a market survey to find out the different brands, features etc. of items available in different shops/ markets and should compare the prices.</li> <li>• Should feel free to choose from the variety available as per their needs and requirements.</li> <li>• Read all the information given on the label/ brochure.</li> <li>• Buy products with standardization marks.</li> <li>• Keep receipts and other relevant documents of purchase.</li> </ul> <p>Any other, Any four</p>	
31.	<p>Two ways of creating balance-</p> <ul style="list-style-type: none"> <li>• Symmetrical /Formal balance-When design has equal elements on both sides.</li> <li>• Asymmetrical/ Horizontal /Informal balance-When details of a garment on one side differ from those on the other side.</li> <li>• Radial Balance-When elements of design radiate from a central focal point in a dress.</li> </ul> <p>Two ways of creating proportion-</p> <ul style="list-style-type: none"> <li>• Proportion of Scale-It is based on proportion of Golden Mean 3:5:8,5:8:13 and so on</li> <li>• Proportion of colour-Using colour in unequal amounts</li> <li>• Proportion in shape and form-Size and position of prints/motifs should be in proportion with the size of the wearer</li> <li>• Proportion of texture-Textures should support the design of the garment and size of the person</li> </ul> <p>Any two ways for each</p> <p>(OR)</p> <p>Four colour harmony of contrasting colour scheme-</p> <ul style="list-style-type: none"> <li>• Complementary harmony - Uses two hues that lie directly opposite to one another on the Colour Wheel.</li> <li>• Double complementary - Has two pairs of complements, usually neighbours on the Colour Wheel</li> <li>• Split complementary - Has three color combination- a hue, its complement (directly across on the Colour Wheel) and neighbor. It may also use a hue and two neighbors of its complement.</li> <li>• Analogous complementary - A combination of analogous and complementary schemes, a complement selected for dominance in a group of neighbouring colours.</li> <li>• Triadic Harmony - A combination of three hues that lie equidistant</li> </ul>	4



	from one another on the Colour Wheel. Any four harmony									
32.	<p>A. Four methods he uses to obtain the information on the patient's nutritional status and needs-</p> <ul style="list-style-type: none"><li>• Anthropometric measurements (Height, weight, head and chest circumference)</li><li>• Biochemical assessment (Relating the information of laboratory and physical measurements with the above information)</li><li>• Clinical Assessment (Obtaining detailed information on health, diet, personal and medication histories)</li><li>• Disease Identification (Using the above information to identify potential nutritional deficiencies and risk of future deficiencies)</li></ul> <p>Any other, Any four</p> <p>B. Best mode of feeding he will suggest for your grandfather who has undergone mouth surgery- Intravenous Feeding Reason- A special solution is given to support body functions when gastro intestinal tract is not functioning properly.</p> <p>C. Type of diet recommended for grandfather once he recovers – Mechanical Diet Reason- It includes soft, mashed and pureed foods are preferred which is easy to chew and digest.</p>	4								
33.	<p>A. First SOS village was established in- 1964</p> <p>B. Main aim of SOS Village- Provides family based long term care to children who can no longer grow up with their biological families. Any other, Any six</p> <p>C. Two distinguish between ICDS and SOS-</p> <table><tr><th>ICDS</th><th>SOS</th></tr><tr><td>This organization is for children (birth to 6 years), adolescent girls, pregnant and lactating woman.</td><td>This organization is only for orphaned and abandoned children.</td></tr><tr><td>It was started by Government of India.</td><td>It is an independent non-government social organisation.</td></tr><tr><td>It does not follow family approach.</td><td>It follows family approach.</td></tr></table> <p>Any other, Any two</p>	ICDS	SOS	This organization is for children (birth to 6 years), adolescent girls, pregnant and lactating woman.	This organization is only for orphaned and abandoned children.	It was started by Government of India.	It is an independent non-government social organisation.	It does not follow family approach.	It follows family approach.	4
ICDS	SOS									
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It was started by Government of India.	It is an independent non-government social organisation.									
It does not follow family approach.	It follows family approach.									
34.	<p>A. Three each short- term and long-term strategies implemented to solve nutritional problems in India- Short term strategies-</p> <ul style="list-style-type: none"><li>• Integrated Child Development Services (ICDS) to cover all vulnerable group</li><li>• fortification of essential foods (salt fortified with iodine)</li><li>• production and popularisation of low-cost nutritious foods from indigenous and locally available raw material by involving women</li></ul>	5								

	<p>in this activity</p> <ul style="list-style-type: none"> <li>control of micronutrient deficiencies (iron, vitamin A, folic acid and iodine) among vulnerable groups</li> </ul> <p>Long-term strategies-</p> <ul style="list-style-type: none"> <li>ensuring food security i.e., improving availability of food</li> <li>improving the dietary patterns by ensuring availability of nutritionally rich foods</li> <li>reducing poverty for rural and urban poor through employment generation schemes and public distribution system, implementing land reforms, etc.</li> </ul> <p>Any other, Any three for each</p> <p>B. Two Nutrition programmes operating in our country-</p> <ul style="list-style-type: none"> <li>ICDS: It is an outreach programme for early childhood care and development</li> <li>Nutrient Deficiency Control programmes: National Prophylaxis programme for prevention of blindness due to vitamin A deficiency, National Anemia control programme, National Iodine deficiency disorder control programme,</li> <li>Food Supplementation programmes like the Mid-day meal programme,</li> <li>Food security programmes: Public Distribution System, Antodaya Anna Yojana, Annapurna Scheme, National Food for Work Programme</li> <li>Self-employment and wage employment schemes</li> </ul> <p>Any other, Any two</p> <p style="text-align: center;">(OR)</p> <p>A. Three benefit of Food or Diet Based strategies used to combat public nutrition problems-</p> <ul style="list-style-type: none"> <li>Highly cost effective</li> <li>Wide coverage</li> <li>Sustainable</li> </ul> <p>Any other, Any three</p> <p>Three drawbacks of Food or Diet Based strategies used to combat public nutrition problems-</p> <ul style="list-style-type: none"> <li>Requires research</li> <li>Participation of food industry</li> <li>Requires changes in eating behavior</li> <li>Requires change in agricultural policies</li> </ul> <p>Any other, Any three</p>	
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	<p>B. Two functions of Iodine –</p> <ul style="list-style-type: none"> <li>• Required for normal mental growth</li> <li>• Essential for physical growth and development</li> </ul> <p>Any other, Any two</p> <p>Two ill effects of iodine deficiency during pregnancy-</p> <ul style="list-style-type: none"> <li>• Results in mental retardation of the foetus</li> <li>• Causes congenital abnormalities of the foetus</li> </ul> <p>Any other, Any two</p>	
35.	<p>A. Two important points to be considered while doing hospital laundry-</p> <ul style="list-style-type: none"> <li>• Emphasize on hygiene and cleanliness</li> <li>• Ensures disinfection of clothes</li> </ul> <p>Any other, Any two</p> <p>B. Process of laundry function in hospitals –</p> <ul style="list-style-type: none"> <li>• Collection from Emergency, main OT, OPD, various specialized centres and wards.</li> <li>• Transportation from linen bank or directly from hospital to laundry plant</li> <li>• Unloading dirty linen and sorting</li> <li>• Washing is done in large washing machines which have a capacity of 100 kg per load.</li> <li>• Hydro extraction –Hydro extractors work in centrifugal motion which removes moisture</li> <li>• Drying, Pressing, ironing, folding and stacking</li> <li>• Mending and segregation of condemned articles</li> <li>• Packing and Distribution</li> </ul> <p>Any Other, Any Eight</p>	5