

**CBSE Question Paper 2018**  
**Class 12 Home Science**

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**Time allowed : 3 hours**

**Maximum Marks : 70**

**General Instructions:**

- i. All questions are compulsory.
  - ii. There are total 25 questions.
  - iii. Questions no. 1 – 6 are for 1 mark, to be answered in one or two lines.
  - iv. Questions no. 7 – 13 are of 2 marks, to be answered in 10 – 20 words.
  - v. Questions no. 14 – 15 are of 3 marks, to be answered in 20 – 30 words.
  - vi. Questions no. 16 – 21 are of 4 marks, to be answered in 40 words.
  - vii. Questions no. 22 – 25 are of 5 marks, to be answered in 50 – 60 words.
  - viii. Support your answers with suitable examples wherever required.
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1. **List any two precautions you will take in order to save your expensive clothes.**

**Ans.**

- i. Wash according to fabric
- ii. Store according to fabric requirement
- iii. Follow care label instructions
- iv. Any other

2. **As per the latest RDA, how much protein is required by a 14-year-old adolescent girl?**

Ans. 51.9 gram

3. **Mention any two skills that you will develop by studying a course of clothing and textiles.**

**Ans.**

- i. Stitching
- ii. Dyeing
- iii. Designing
- iv. Laundering

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- v. Embroidery
  - vi. Selection of fabrics
  - vii. Any other

**4. What two points will Mrs. Singh consider while planning a meal for her pregnant daughter-in-law?**

**Ans.**

- i. Include foods rich in calories/ protein/ calcium,/ iron,/ zinc,/ vitamin A/ Vitamin C/, Folic Acid
- ii. Include Fibrous foods /fruits and vegetables
- iii. Avoid fat rich foods
- iv. Avoid spicy food
- v. Increase the frequency of meals
- vi. Any other

**5. What two points will Mrs. Singh consider while planning a meal for her pregnant daughter-in-law?**

**Ans.**

- i. Right to be heard/ Represent / assured
- ii. Right to seek Redressal
- iii. Right to Consumer Education

**6. Suggest two courses to your friend who wants to pursue her career in Home Science after Class XII.**

**Ans.**

- i. B.SC / B.A. in Home Science
- ii. Fashion designing
- iii. Hotel Management
- iv. Interior Decoration
- v. Bakery and Confectionary
- vi. Food Production
- vii. Any other

**7. 'Identity crisis is experienced by all adolescents during adolescence.' Do you agree with the statement ? Support your answer with two suitable examples.**

**Ans.**

- i. Adolescents confused whether child or adult . For example .At one minute they are

told that they are too young to participate in adult talk, next minute told they are big enough to take responsibilities

- ii. Idealism – Adolescents have a strong sense of right and wrong, realise a mismatch between their own ideals and those of others, feel misfit in their surroundings.
- iii. Confused about own strengths / weakness / potentials.
- iv. Any other

**8. Draw a weekly format of maintaining household records.**

**Ans.**

Items	Monday	Teusday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
								Weekly Total

**9. State any four ways to meet the social needs of a 60-year-old person.**

**Ans.**

- i. Take him to all social gatherings
- ii. Family members should spend time with him
- iii. Make him join social groups / clubs/ NGO
- iv. Invite his friends /relatives at home
- v. Any other

**10. How do diseases/illnesses affect the nutritional status of a person? Support your answer with two suitable examples.**

**Ans.**

- i. Increase in energy demand / BMR
- ii. Loss of proteins / iron
- iii. Electrolyte imbalance / dehydration
- iv. Loss of water soluble vitamins
- v. Any other

**11. Your mother sent you to a departmental store to purchase a loaf of bread.Which**

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**four features will you check on the label?**

**Ans.**

- i. Manufacturing date
- ii. Expiry date
- iii. Quantity/ net weight
- iv. MRP
- v. Brand / Trade mark
- vi. Ingredients
- vii. Any other

**12. Explain the action of soap and detergent in removing dirt from fabrics.**

**Ans.**

A. Cleaning action of soap

- i. Soap molecule has two parts hydrophilic and hydrophobic.
- ii. Soap molecules surround the grease droplets and remove it (1 mark)

B. Cleaning Action of Detergents

- i. Detergent molecule has two parts - hydrophilic and hydrophobic.
- ii. Detergent breaks the surface tension / water becomes more fluid.
- iii. Detergent penetrates between dirt and fabric and dislodges it.

**13. “Warm colours and Cool colours influence the personality of a person.”Justify the statement with two suitable examples of each.**

**Ans.** Warm colours - Make a person appear

- i. Larger
- ii. Emphasize body size

Cool colours - Make a person appear

- iii. Smaller/ minimize body size and shape
- iv. Slimmer

**14. While working in the Home Science lab you stained your white shirt. Which six general principles will you follow while removing the stain?**

**Ans.** Six principles

- i. Remove when fresh
- ii. Select correct chemical according to type of fabric
- iii. Test the effect of chemical on hidden area
- iv. Apply chemical from back of fabric

- v. Use several diluted applications
- vi. Stain should be worked from outside towards inside
- vii. Neutralize the reagent and rinse thoroughly
- viii. Any other

15. **A group of students from Class X is going on an excursion trip. Demonstrate to them the method of cleaning water by using chlorine tablets. Also explain to them any two advantages of using chlorine tablets.**

**Ans.** Method of cleaning water by using chlorine tablets is as follows:-

- i. Dissolve one tablet of 4mg in 1 litre of water./ Use 2 tablets if water is very dirty.
- ii. Shake after 3 minutes and use after 10 minutes ( 2 marks)

**Advantages of using chlorine tablets are:**

- i. Convenient, simple and cheap method
- ii. Destroy bacteria / coliform
- iii. Any other

16. **What do you understand by the term ‘Personal Hygiene’ ? Make a chart mentioning 6 do’s and 6 don’ts to be followed in your Home Science lab.**

**Ans.** Personal hygiene is cleanliness of an individual’s body parts.

Do’s and Don’ts to be followed in home science lab

Do’s	Don’ts
i) Tie and cover hair	i) Do not keep hair open
ii) Wear clean apron and cap	ii) Do not wear dirty apron
iii) Use clean dusters	iii) Do not handle food if suffering from infection
iv) Wipe any spills immediately	iv) Do not leave any food unattended on gas
v) Throw waste in the dustbin	v) Not leave dirty dishes
vi) Taste food with spoons	vi) Do not lick fingers
vii) Wear gloves	vii) Any other
viii) Cover any cut/wound	
ix) Any other	

17. **Explain any four situations in which a consumer can file a complaint in the CPA and**

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**also list any four reliefs which are available to consumers under this Act**

**Ans.** Consumer can complain in case of :--

- i. Defect in product
- ii. Deficiency in service
- iii. Charged more than MRP
- iv. Restrictive trade practice
- v. Unfair trade practice
- vi. Any other (Any four)

Four reliefs which are available to consumer are:

- i. Items may be replaced
- ii. Removal of defects of goods / hazardous products
- iii. Removal of deficiency in services
- iv. License of shopkeeper may be cancelled
- v. Refund money
- vi. Compensation for any loss
- vii. Any other

**18. Write any four new responsibilities of a newly-wed couple and also explain four skills they need to have to manage these responsibilities.**

**Ans.** New responsibilities:

- i. Adjustment with spouse
- ii. Adjustment with in laws
- iii. Adjust to new pattern of life
- iv. Managing household chores
- v. Family planning
- vi. Any other (Any four)

**Skills require to manage these responsibilities are:**

- i. Emotional maturity
- ii. Be patient and flexible
- iii. Good communication skills
- iv. Respect feelings and opinion
- v. Develop strategies to save time and energy

- vi. Open to suggestions
- vii. Any other

19. **When is food said to be adulterated ? Give any four points in support of your answer. Name one adulterant which might be present in arhar dal and also write any two health hazards of the same.**

**Ans.** Food to be adulterated when:-

- i. Some inferior and harmful substances is added
- ii. Valuable constituent is removed from food
- iii. Preservatives and colours are used above the permitted level
- iv. Unpermitted preservatives and colours are used
- v. Food is prepared under unhygienic conditions .(Any four)

Name of Adulterant in Arhar dal

Kesari dal /metanil yellow ( any one )

Adulterants which might present in arhar dal with two health hazards (any two)

- i. Kesari Dal- Lathyrism, paralysis of lower limbs, stiffness and pain of knee and ankle joints, Patient seems crippled(any two )

**OR**

- i. Metanil Yellow- Sterility, kidney stone, cancer, degeneration of reproductive organs ( any two)

20. **Define the term 'Investment'. Name any two long term schemes which will help a person to invest his/her savings for further use. Write two advantages and two disadvantages of each.**

**Ans.**

A. **Investment:** When savings are made to grow, it is known as investment. (1 mark)

B. **Name of scheme:** PF/ PPF/LIC ( Any two) (  $\frac{1}{2} \times 2 = 1$ )

C. **Advantages of Public Provident Fund**

- i. High rate of interest
- ii. Safe / secure
- iii. Tax Rebate
- iv. Interest Tax free

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- v. Loan facility ( Any one )

**Disadvantages of PPF:**

- i. Withdrawal can be done only after 6 years
- ii. Only one PPF account can be opened
- iii. Cannot invest more than 1.5 lakhs in a year (Any one )

**Advantages of Provident Fund**

- i. High rate of interest
- ii. Safe / secure
- iii. Tax Rebate
- iv. Loan facility
- v. Interest Tax free ( Any one )

**Disadvantages of PF**

- i. Premature withdrawal not allowed unless for marriage / house loan
- ii. Only for salaried people

**Advantages of Life Insurance Scheme**

- i. Provides Life cover
- ii. Payment / premium made in small investments
- iii. Tax Rebate
- iv. Loan facility
- v. Get Lump sum amount at maturity ( Any one )

**Disadvantages of LIC**

- i. No liquidity / premature withdrawal not allowed
- ii. Low interest rate
- iii. Value of money reduces over time

21. **‘Different clothes are required by different age groups.’ What four points will you consider while selecting clothes for your 5-year-old sister and 13-y**

**Ans. For 5-years old sister:-**



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- i. Comfortable / air-permeability / Good conductivity/ moisture absorbency
  - ii. Easy to wear
  - iii. Stain resistance
  - iv. Extra allowances at seems and hems
  - v. Strong and durable
  - vi. No unnecessary strings /trimmings
  - vii. Good fit
  - viii. Any other (Any four)

**For 13 years old brother:-**

- i. Extra allowances
  - ii. According to Fashion
  - iii. Stretchable / durable
  - iv. Mix and Match
  - v. Easy to maintain
  - vi. Any other
22. **Which six features will Nidhi look for in a readymade gown to showcase efficient workmanship ? Which mark in the label will indicate that it is 100% pure silk ? Draw the logo of the same.**

**Ans.**

- a. Workmanship
  - i. Cutting along the selvedge / on true bias
  - ii. Alignment of print on arms and bodice
  - iii. Continuous even seams, with matching and strong thread
  - iv. Matching base of zip / smooth sliding of zip
  - v. Armhole of sleeves and necklines reinforced
  - vi. Matching linings good quality
  - vii. Lining shorter than the main garment
  - viii. Enough seam / hem allowance
  - ix. Any other
- b. Silk Mark ( 1 mark)
- c. Logo of Silk Mar



23. **Differentiate between Direct and Indirect Real Income. Explain any three ways by which you and your college-studying brother can supplement the family income**

**Ans.**

Direct Real Income	Indirect Real Income
i) Flow of goods and services without the use of money	i) Flow of goods and services with the use of money.
ii) Any one example of direct income	ii) Any one example of indirect income

Three ways by which you and your brother can supplement family income

- i. Take up a part time job/ take tuitions
- ii. Study hard and not take tuition.
- iii. Iron own clothes
- iv. Eat at home / take tiffin from home
- v. Make handicraft and sell
- vi. Make decorative items / food items and sell
- vii. Use public transport
- viii. Not buy branded clothes
- ix. Any other

24. **Write any four symptoms of diabetes. List four major considerations in dietary management of the same. Name any two food items which should be liberally allowed to a diabetic patient.**

**Ans. Symptoms of diabetes**

- i. Frequent urination
- ii. Frequent thirst
- iii. Tingling / numbness of hands and feet
- iv. Blurred vision
- v. Weight loss

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- vi. Weakness
  - vii. Delayed healing of wounds and cuts
  - viii. Any other

### **Considerations in dietary management of Diabetes**

- i. Avoid sweets
- ii. High protein and low carbohydrate diet
- iii. Short meals at frequent intervals
- iv. Include high fibre diet
- v. Low fat intake
- vi. Give permitted fruits in moderation
- vii. Any other

### **Foods liberally allowed to a diabetic patient**

- i. Green leafy vegetables
- ii. Sprouts
- iii. Vegetables salads
- iv. Whole pulses
- v. Any other

25. **Educate a group of students of Class 10th and 11th about four causes of substance abuse among adolescents and also explain any two consequences of substance abuse on physical health and mental health respectively. Write any two ways of controlling it.**

**Ans.** Causes of substance abuse

- i. Peer pressure
- ii. Low self-esteem
- iii. Depression
- iv. Academic problems
- v. Family problems
- vi. Easy accessibility
- vii. Any other

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## **Consequences of substance abuse on physical health**

- i. HIV / AIDS / Hepatitis
- ii. Liver damage / Cirrhosis of liver
- iii. Mouth and lung cancer
- iv. Bronchitis
- v. Weak immune system
- vi. Inflamed stomach / pancreas
- vii. Any other

## **Consequences of substance abuse on mental health**

- i. Lower Concentration Level
- ii. Depression / anxiety
- iii. Convulsions
- iv. Impaired memory
- v. Reflexes becomes slow
- vi. Hallucinations
- vii. Any other

## **Two ways of controlling**

- i. Rehabilitation
- ii. Counselling
- iii. Support from family
- iv. Spread awareness
- v. Any other