

**Question Paper 2016 Outside Delhi (Set 1)**  
**CBSE 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 answer with suitable examples wherever required.
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**1. Convince a lactating woman to eat foods rich in zinc with two reasons.**

**Ans.** Convince a lactating woman to eat foods rich in zinc with two reasons.

- I. Builds immunity
- II. Help in DNA/ RNA synthesis
- III. Foetal development/ prevent foetal deformation.

**2. List two sources a family can use to increase its indirect real income.**

- Ans.** I. Perks/ fringe benefits by company
- II. Exchange / barter system
  - III. Any other

**3. Apart from poor quality, list two other drawbacks of buying electrical items from roadside vendors.**

- Ans.** I. Consumer will not get guarantee
- II. Will not get bill/ no proof of purchase
  - III. Cannot file a complaint
  - IV. Consumer cannot trace the vendor (any two)

**4. List two signs of a good drape in a skirt.**

- Ans.** I. Falls evenly

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- II. No puckering
  - III. Pleats are reinforced.
  - IV. Print is visible/not hidden
  - V. Deep & even pleats.
  - VI. Heavy hemline
  - VII. Out along the grain
  - VIII. Fabric is soft and flowy/ not stiff. (any two)

**5. In what two ways have the village women benefitted from MGNREGA?**

- Ans.** I. Provides at least 100-150 days of guaranteed wage employment in each financial year.
- II. Will get unemployment allowance
  - III. Builds infrastructure for the village-provide toilets, better water supply, roads.
  - IV. 1/3<sup>rd</sup> beneficiary are women. (any two)

**6. Name two occupations you can choose after being trained in the area of fabric and apparel science.**

- Ans.** I. Fashion designer
- II. Printer (tie & dye/ block/ screen printer etc.)
  - III. Tailor
  - IV. Embroider
  - V. Any other (any two)

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**7. Twenty five year old Seema has started staying away from her family because of her new job. List two problems which she is likely to face at work. Suggest her two ways to cope with her responsibilities.**

**Ans.** Problems faced at home:

- I. May not be able to cope with new responsibilities/ pressures at work.
- II. May not adjust with colleagues
- III. Problem of time management/adjust her timing to her office.
- IV. Manage household chores along with job
- V. Energy management
- VI. Open to new ideas/try to understand other point of view
- VII. Any other (any two)

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### Suggestions

- I. Updates her self on skills knowledge required / open to suggestions/ideas.
- II. Cooperate/adjust with colleagues.
- III. Participate in group activities/ learn to manage time
- IV. Any other (any two)

### **8. Your grandfather has come to stay with you for six months. State his four physical needs where he might need your help.**

- Ans.** I. Make arrangement to practice yoga/ exercise/ walks.
- II. Serve balanced/nutritious meals
  - III. Health checkups
  - IV. Facilities help/nurse for giving medicines in time
  - V. Any other (any four)

### **9. Anger is one emotion, that can break relationships. Suggest four steps you can take if you want to avoid this to happen.**

- Ans.** Anger is one emotion, that can break relationships. Suggest four ways you can take if you want to avoid this to happen.
- I. Acknowledge that person has a problem of anger.
  - II. Do not react immediately
  - III. Move away from the scene.
  - IV. Deep breathing/meditation.
  - V. Divert attention - listen to music/ gardening.
  - VI. Write down thoughts/ talk to someone trustworthy.
  - VII. Try to see reason of other person's anger. (any four)

### **10. What four points should be kept in mind while planning meals for an adolescent girl?**

- Ans.** What four points would you keep in mind while planning meals for an adolescent girl?
- I. Rich in protein, iron and calcium/ nutritionally balanced.
  - II. According to her likes and tastes
  - III. Attractive
  - IV. Variety
  - V. Any other (any four)

**11. Make a cook aware of any such four ways which can ensure there are no cockroaches in the kitchen.**

**Ans.** Make a cook aware of any such four ways which can ensure there are no cockroaches in the kitchen.

- I. Spray insecticides frequently.
- II. Do not leave dirty used utensils at night in kitchen.
- III. Seal all crevices
- IV. Install cockroach traps in drains
- V. Immediately wipe any spills
- VI. Empty dustbins daily
- VII. Keep the dustbin clean and covered (any four)

**12. While buying turmeric which standard mark should you check on its label? In the absence of this mark, state the adulterant which may be found in it. Mention two health hazards of consuming such adulterated turmeric.**

**Ans.** Standard mark

- I. Agmark/ FSSAI
- II. Adulterant-metanil yellow

Health hazards

- I. Can cause cancer
- II. Deformities of bones
- III. Degeneration of reproductive organs
- IV. Sterility
- V. Anaemia
- VI. Mental retardation
- VII. Lead accumulation in blood (any two)

**13. A family has been served chick peas, rice and boondi raita for lunch. How far this meal is adequate for a pregnant woman in her second semester of pregnancy? Give two suggestions to make this meal adequate for her.**

**Ans.**

Chick peas	More chick peas (protein) with less spices add coriander leaves/palak for iron / folic acid/vitamin A/any other
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Rice	Add carrot (for vit A) and broccoli for folic acid and zinc/any other
Boondi raita	Give more curd (calci um) add pomegranate (iron) pineapple (vitamin C), nuts (protein, calcium. calories)/any other

Any four relevant suggestions/any other

**14. Namita is an adolescent girl who suffers from convulsions. Her arms have many needle prick marks. What do you think she is suffering from? What could be its two possible health hazards if this condition continues for long time? In what three ways can she be helped to come out of this condition?**

**Ans.** Cause: drug/ substance abuser

Health hazard (other than convulsions)

I. Increased blood pressure

II. Cirrhosis of liver/ liver damage.

III. Cancer

IV. AIDS

V. Heart attack (any two)

Can be helped by following

I. Encouraged to lead healthier lifestyle

II. Admit in rehabilitation centre.

III. Should be counseled

IV. Channelize her energy (any three)

V. Spent time with her.

VI. Keep an eye on her friends

VII. Give quality time to her

VIII. Family member should have patience with her.

**15. For purifying her drinking water, Geeta has been using chlorine tablets. Now she wants to buy a reverse osmosis filter. Compare the advantages and drawbacks of both these methods and state whether her decision is right or not.**

**Ans.** Choose one option (A Or B) with complete justification.

Selecting chlorine tablets	Not selecting RO.

1. Doesn't need space	Need space for installation
2. Cheaper	Expensive
3. Can be used while travelling	Fixed at home
4. Doesn't need electricity	Needs electricity
5. Water doesn't get wasted	Water gets wasted
6. No technical help required	Technical help for installation

(any three)

**OR**

Selecting RO.	Not selecting chlorine tablets
1. Removes virus, pesticides, lead	Doesn't remove lead, pesticides
2. Enhances taste	Gives odour if used in excess
3. Lasts longer	May get expired, gets moist easily
4. Suspended impurities are removed	Suspended impurities are not removed
5. No harm in usage	Excessive use may lead to stomach upset
6. Can be used in hard water	Can't be used in hard water

**16. Mention four distinct characteristics of sixteen year old girls. Explain fully the impact of media on establishing their identity.**

**Ans.** Characteristics of sixteen year old adolescents:

I. Moodiness

II. Egocentrism

III. Personal fable

IV. Imaginary audience

V. More importance to peers

VI. Any four developmental changes from any domain (any four)

Impact of mass media

I. More updated and aware

II. Technology savvy/ have no phobia for technology.

III. Body image- talk, dress as their celebrities

IV. Anorexia and bulimia eat junk food

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V. Demand for branded clothes/ phones, etc

VI. Any other (any four)

**17. A family with two adolescent boys, lives in a remote area. Elaborate how the choice of their food gets influenced by their culture, food practices, media and peer group?**

**Ans.** I. Culture - food selection is influenced by culture e.g. During navratras people refrain from eating wheat flour and eat buck wheat flour (kuutu ka at ta send has alt instead of iodised salt. Any other examples.

II. Food practices- in many families spices are roasted before grinding and using them. Any other examples.

III. Media - whatever food is shown on the television, youngsters want to buy eat that

IV. Peer group - will like to try new things with their friends, may start liking that food

**18. On the basis of which two clinical symptoms does a doctor diagnose that a person is suffering from diabetes? Why is the food cooked for the family not suitable for him? Suggest two important dietary changes in a meal which can help to meet the needs of this person.**

**Ans.** On the basis of which two clinical symptoms does a doctor diagnose that a person is suffering from diabetes? Why is the food cooked for the family not suitable for him? Suggest two important dietary changes in a meal which can help to meet the needs of this person.

Clinical symptoms

I. Delayed healing of wounds and cuts.

II. Frequent urination

III. Excessive thirst (any two)

Reasons why food cooked in family is not suitable:-Meals

I. May have simple sugars

II. May not have enough fibre

III. May have too much fat / fried food

IV. Any other (any two)

Dietary tips:

I. Add more protein eg. Milk and milk products, soyabean and pulses

II. Reduce fat and carbohydrate food

III. Avoid sugar

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- IV. Eat only permitted fruits/ artificial sweetener
  - V. Plenty of liquids.
  - VI. Give high fiber diet/complex CHO
  - VII. Include salads (any two)

**19. Your mother wants to supplement her family income. What are two possibilities available to her for achieving this objective? Using three examples from each possibility explain how she can achieve her objective.**

**Ans.** Two possibilities:

- I. Investing judiciously
- II. Part time jobs
- III. Cottage industry-papad, pickle etc.
- IV. Any other

Any three examples for each possibilities

**20. Illustrate the symbol of purity of silk sari to Radhika. Elaborate the course of action to be taken in case this symbol is fake. What other steps should she adopt to prevent such incidents in future?**

**Ans.**



In case the symbol is fake:

- I. Approach the shopkeeper
- II. If do not get appropriate response then approach district forum with full documents & file a complaint along with relevant documents
- III. Affidavit stating complaint is true
- IV. Original bill & registered AD of complaints
- V. Address of self and opposite party
- VI. Stating the demanded compensation (any four)

Other steps

- 1. Be alert/ Survey market
- 2. Take bill and keep it carefully



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3. Buy from reputed shop
  4. Buy reputed brand
  5. Any other (any two)

**21. Clever use of line, shape, colours and rhythm can help make an extremely thin and tall woman appear shorter. Validate this statement with the help of diagrams.**

**Ans.** I. Line draw pictures of horizontal lines

II. Shape- draw picture of large prints

III. Draw picture of contrasting color in the dress

IV. Rhythm - draw picture - radiation/ puff sleeves/ gathers

**Note:** 1. Explanation

2. Diagram

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**22. In order to save tax, your father wants to invest in either a bank or a post office. Compare five features each of any two schemes available from each institution so that he can make a wise choice.**

**Ans.** In order to save tax, following features of the investment schemes to be compared:

FEATURES	FIXED DEPOSIT	NSG
Minimum amount	1000	100
Length/ time period	About five years	5yrs and 10yrs
tax rebate	Yes if fixed for 5yrs (up to 1 lakh)	yes
Interest	Varies with	8.5%- 5yrs
(w.e.f dec. 2014)	Period 1 yrs-9%	8,8% for 10yrs
Maturity	After five years	After 6 1/2 years

**23. Write ten common problems faced by consumers.**

**Ans.** I. Hoarding/black marketing

II. Charge more than MRP

III. Refuse to show pamphlet

IV. Try to sell substandard brands

V. Sell adulterated loose items

VI. Try to promote sales of items which fetch higher commission

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VII. Imitation label

VIII. Do not give complete information on label/ conceal facts

IX. Too many brands

X. Do not give bill

XI. Expired products

XII. Faulty weights & measures

XIII. Any other. (any ten)

**24. Your mother wants to buy fabric for her clothes to be worn in an office. To ensure easy maintenance, which four features should she check while selecting the fabric? Also state six instructions she should give to the tailor for satisfactory workmanship of the outfits.**

**Ans.** Features for selecting fabric:

I. Stretchable

II. Stain resistant

III. Wrinkle resistant

IV. Blended fabric

V. Fabric with special finishing like moth proof

VI. Color fast

VII. Easy to wash / Iron (any four)

Workmanship

I. No puckering

II. Stitched with matching/ contrasting coloured thread.

III. Enough hem / seam allowance

IV. Seam locking

V. Stress areas reinforced with double thread

VI. Print aligned on different parts of dress

VII. Zips/ button should be reinforced properly

VIII. Any other (any six)

**25. List two main ingredients used for making a soap. Explain fully how detergent works in the cleaning of the fabric? Which four rules will you follow while removing stains from expensive garments?**

**Ans.** Ingredients used:

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- I. Alkali/caustic potash, caustic soda
  - II. Animal/vegetable fat/mahua/coconut or any other oil
  - III. Sodium/potassium salts of fatty acids
  - IV. Starch
  - V. Acid slurry (any two)

Working of detergent:

- I. Head-Hydrophilic tail-hydrophobic form micelles
- II. Break surface tension of water- water becomes fluid
- III. Detergents reach between dirt and clothes
- IV. Scrubbing breaks dirt
- V. Detergent molecules Surround dirt floats on top
- VI. Dirt is carried by tail

Rules of stain removal:

- I. Test the chemical in hidden corner of the fabric
- II. Choose correct chemicals
- III. Do not use concentrated chemical solutions for delicate fabrics
- IV. Work in a circular movement starting from outer towards centre.
- V. Do not use one strong application of chemical
- VI. Use several weak applications
- VII. Neutralize acid reagents with an alkaline rinse and all reagents with acidic rinse.
- VIII. Rinse all traces of chemicals immediately after removing the stain. (any four)