

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 in Section A, Section B and Section C.

Section A consists of objective / very short answer questions.

Section B consists of short answer questions.

Section C consists of long answer questions.

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

SECTION A - 14 MARKS

Question 1

- (i) The process of coating a food item with a dry ingredient before cooking is called: [1]
- (a) Blanching.
 - (b) Marinating.
 - (c) Dredging.
 - (d) Braising.
- (ii) Which one of the following methods is recommended for patients recovering after surgery? [1]
- (a) Sauteing
 - (b) Steaming.
 - (c) Pressure cooking
 - (d) Boiling
- (iii) A psychological disorder in which individuals consume large quantities of food and purge later is called: [1]
- (a) Anorexia Nervosa.
 - (b) Binge eating disorder.
 - (c) Bulimia Nervosa.
 - (d) Food fads.

This Paper consists of 4 printed pages.

- (iv) The primary functions of all the banks are accepting deposits and _____ [1]
money.
- (a) lending
 - (b) borrowing
 - (c) printing
 - (d) investing
- (v) _____ is the process of adding an inferior substance to a food [1]
product, thus, lowering its quality.
- (vi) _____ is the standardisation mark given to wheat flour and spices [1]
to assure their quality.
- (vii) _____ is added to drinking water to disinfect the water. [1]
- (viii) The origin of the Baluchari saree is in the state of _____ in India. [1]
- (ix) Ruhee and Rohan are a newlywed couple who are planning to prepare lunch [1]
for their family for the first time. Suggest *any one* important factor of
meal planning that they should consider.
- (x) What is meant by *nutritional adequacy*? [1]
- (xi) Name the most common embroidery technique practised by the men of [1]
Kashmir.
- (xii) Choose the correct pair from the following options: [1]
- (a) Grating – Carrots
 - (b) Kneading – Vegetables
 - (c) Whipping – Dough
 - (d) Soaking – Paneer
- (xiii) Choose the correct pair from the following options: [1]
- (a) Black Pepper – Argemone Seed
 - (b) Butter – Washing Soda
 - (c) Red Chilli powder – Metanil Yellow
 - (d) Coffee – Chicory Powder
- (xiv) Name *any one* fabric on which Kutch/ Kathiawar embroidery is done. [1]

SECTION B - 28 MARKS

Question 2

[4]

Give *any two* points of difference between a *fixed deposit account* and a *recurring deposit account*.

Question 3

[4]

- (i) Mention *any two* preliminary treatments given to food items while making a vegetable salad.
- (ii) Reena has overcooked lentils. List *any two* changes that will occur in the cooked product.

Question 4

[4]

- (i) State *any two* advantages of frying as a method of cooking.
- (ii) Mention *any two* precautions to be taken while baking in an electric oven.

Question 5

[4]

- (i) State *any two* differences between Shares and Debentures.
- (ii) List *any two* reasons for Savings.

Question 6

[4]

State *any four* features of the Consumer Protection Act, 2019.

OR

What are *consumer aids*? Briefly describe *any two* Consumer Aids.

Question 7

[4]

- (i) State *any two* advantages of Old Age Homes.
- (ii) Enlist *two* ways of increasing life expectancy of the elderly.

Question 8**[4]**

Briefly explain the process of making a Bandhini Dupatta.

OR

Briefly explain the *motifs* used on Phulkari Shawls.

SECTION C – 28 MARKS**Question 9**

- (i) What are the characteristics of Old Age? **[4]**
- (ii) Discuss the stages of adulthood. **[3]**

Question 10

Bengali women wear delicate sarees made of sheer fabric on special occasions.

- (i) Which popular woven sarees have been referred to? **[1]**
- (ii) Which motifs and colours are used for making the above sarees? **[3]**
- (iii) State *any three* ways of storing these sarees. **[3]**

Question 11

- (i) Write the full form of FSSAI. What is the purpose of this agency? **[4]**
- (ii) Discuss *any three* problems faced by the adolescents. **[3]**

Question 12

Mr. Ray makes nutritious and delicious vegetable 'khichdi' on all special occasions.

- (i) Name the method that Mr. Ray uses to enhance the nutritive value of 'khichdi'. **[1]**
- (ii) Explain the procedure that Mr. Ray follows to cook vegetable 'khichdi'. **[2]**
- (iii) State *any four* advantages of the method used by Mr. Ray. **[4]**

OR

Vishal is a young boy who is overweight and gets tired easily. He wants to lose weight and, thus, decides to follow a diet plan.

- (i) List *any two* food items that Vishal should avoid. **[2]**
- (ii) What role can 'portion control' play in helping Vishal lose weight? **[2]**
- (iii) List *any three* factors that Vishal should keep in mind while planning his meals. **[3]**