

HOME SCIENCE
PAPER 1
(THEORY)

T9002747

Maximum Marks: 70

Time Allotted: Three Hours

Reading Time: Additional Fifteen Minutes

Instructions to Candidates

1. You are allowed an **additional fifteen minutes** for **only** reading the question paper.
2. You must **NOT** start writing during reading time.
3. This question paper has **7 printed pages and one blank page**.
4. There are **twelve** questions in the paper. All questions are compulsory.
5. This paper is divided into **three sections: A, B and C**.
6. **Section A** has **fourteen subparts** which are very short answer questions. Each question carries 1 mark.
7. While attempting **Multiple Choice Questions** in Section A, you are required to **write only ONE option as the answer**.
8. **Section B** has **seven questions** which are short answer questions. Each question carries 4 marks.
9. **Section C** has **four questions** which are long answer questions. Each question carries 7 marks.
10. *Internal choices* have been provided in *two questions in Section B* and in *one question in Section C*.
11. The intended marks for questions are given in brackets [].

Instruction to Supervising Examiner

1. Kindly read **aloud** the Instructions given above to all the candidates present in the examination hall.

SECTION A – 14 MARKS

Question 1

- (i) Dry legumes contain small amounts of ascorbic acid which increases manifold during the process of _____ [1]
- (a) parboiling
 - (b) germination
 - (c) combination
 - (d) fermentation
- (ii) Raghu is suffering from acute diarrhoea for several days. Which one of the following foods should he consume to improve his bowel movements? [1]
- (a) Banana milk shake
 - (b) Spinach parantha
 - (c) Curd rice
 - (d) Chickpea salad
- (iii) Given below are two statements marked, Assertion and Reason. Read the statements carefully and choose the correct option. [1]

Assertion: Breakfast is considered the most important meal in a day.

Reason: It provides essential nutrients to the body that are important for maintaining energy levels and concentration throughout the day.

- (a) Both Assertion and Reason are true and Reason is the correct explanation for Assertion.
- (b) Both Assertion and Reason are true but Reason is not the correct explanation for Assertion.
- (c) Assertion is true and Reason is false.
- (d) Both Assertion and Reason are false.

- (iv) Given below are two statements marked, Assertion and Reason. Read the statements carefully and choose the correct option. [1]

Assertion: Current account is generally preferred by business enterprises.

Reason: Business enterprises find it useful due to its high rate of interest.

- (a) Both Assertion and Reason are true and Reason is the correct explanation for Assertion.
- (b) Both Assertion and Reason are true but Reason is not the correct explanation for Assertion.
- (c) Assertion is true and Reason is false.
- (d) Both Assertion and Reason are false.
- (v) Faiz wants to transfer funds to his sister's account but is unable to go to the bank due to his hectic schedule. [1]
Which one of the following methods should he use to transfer money?
- (a) ATM transaction
- (b) Debit Card
- (c) Cash deposit at a branch
- (d) Online Banking
- (vi) Emily cooked meat steak and it turned out to be fibrous and chewy instead of being tender. Which one of the following errors did Emily make while cooking the meat steak? [1]
- (a) She marinated it with papaya juice.
- (b) She roasted it at high temperature.
- (c) She washed it with garlic infused water.
- (d) She kept the marinated steak overnight.
- (vii) Choose the correct pair from the following options. [1]
- (a) Fixed Deposit Account – Long term savings with a fixed interest rate
- (b) Stocks – No right to dividends
- (c) Debentures – No fixed rate of interest
- (d) Recurring Deposit Account – For frequent transactions

- (viii) What is the standardisation mark found on a bottle of sauce? [1]
- (ix) While making dough for chapatis, Suraj added water to the wheat flour and mixed it thoroughly with his hands until it formed a soft dough. Name the process followed by Suraj. [1]
- (x) Supriya prepared dosa batter by fermenting lentils and rice overnight. [1]
Name *any one* nutrient that was enhanced during the process followed by Supriya.
- (xi) Rizwan wants to buy a textile product that is recyclable or made from biodegradable materials. Which standardised mark should he look for while buying such a product? [1]
- (xii) Divya wants to wear a traditional outfit for Earth Day celebrations at her school. She wants the outfit to be made from a Kalamkari fabric. Which aspect of this fabric makes it environment friendly? [1]
- (xiii) What is the lightweight fabric originating from Madhya Pradesh having geometrical design of peacock on a transparent fabric called? [1]
- (xiv) Name *any one* chemical used to purify water. [1]

SECTION B – 28 MARKS

Question 2

- (i) Jyoti wants to make a cake for her aunt on her anniversary. [2]
Which method of cooking will Jyoti use to make the cake? Why?
- (ii) Mention *any two* disadvantages of this method of cooking. [2]

Question 3

- (i) XYZ company wants to open savings accounts for its employees. List *any two* requirements that it should fulfil for opening this account. [2]
- (ii) State *any two* features of a Fixed deposit account. [2]

Question 4

Ikat weave is popular in the states of Andhra Pradesh, Gujarat and Orissa, where traditional hand-dyeing and weaving techniques are used to create the distinct patterns.

- (i) Name *any two* fibres commonly used to create the fabric referred to above. [2]
- (ii) List *any two* motifs generally seen on such fabric. [2]

Question 5

- (i) Vani has a sensitive skin. She bought a sunscreen lotion which caused rashes on her skin after a day. The label on the lotion did not mention possible side effects for any skin type. [2]
Which consumer right of Vani had been violated? What action can she take against the lotion making company?
- (ii) Joel needed certain medicines which were unavailable at the local government hospital. However, these were being sold at higher prices at private shops. [2]
What is such practice called? Mention *any one* responsibility that Joel must execute as a responsible consumer.

Question 6

- (i) At a health camp, a community health worker explained the benefits of a government programme applicable to pre-school children and women. [4]
Which programme did she refer to? State *any three* objectives of this programme.

OR

- (ii) A village council enforced certain rules on proper sanitation and hygiene practices to be followed by the villagers. Which goal of Swachh Bharat Abhiyan was achieved by this enforcement? Mention *any three* other goals of this drive.

Question 7

- (i) A stiffly beaten egg white with sugar is often added as a topping on a cake. What is it called? What is its effect on the cake? [2]
- (ii) The process of cooking makes pasta soft and edible. How does cooking affect the starch in pasta and creates this texture? [2]

Question 8

[4]

- (i) Explain *any four* ways an elderly family member can be assisted to face the challenges of old age.

OR

- (ii) Explain *any two* positive and *any two* negative impacts of the peer group on an adolescent.

SECTION C – 28 MARKS

Question 9

Jasmeet is hosting a family dinner and wants to make a fruit salad. She likes a brand of canned fruits that is frequently advertised on television.

In the above context, answer the following questions:

- (i) Jasmeet decides to buy the canned fruits that she saw in advertisement. Why is it important for Jasmeet to read the label on the fruit can before purchasing it? [3]
- (ii) Discuss *any two* positive and *any two* negative impacts of Advertisements on consumers. [4]

Question 10

- (i) What is meant by *early adulthood*? [1]
- (ii) List *any three* characteristics of Early Adulthood. [3]
- (iii) Why is Early Adulthood considered a **time of commitment**? [3]

Question 11

Arnav, a fifteen year old boy, experiences sudden changes in his body and cognitive capacity which makes him anxious and inquisitive of these changes.

In the above context, answer the following questions:

- (i) List *any three* bodily changes that Arnav must be experiencing. [3]
- (ii) Explain *any four* factors that can have a positive influence on the physical development of Arnav. [4]

Question 12

- (i) Annie, a thirty five year old woman, suffers from palpitation, blurred vision and high blood pressure due to a sedentary lifestyle.

In the above context, answer the following questions:

- (a) Suggest *any two* modifications in Annie's lifestyle. [1]
- (b) Name *any four* healthy snack options which will benefit Annie's health condition. [2]
- (c) Mention *any four* food items that Annie should avoid to improve her health condition. [4]

OR

- (ii) Zoya, a working woman, is aware of her family's nutritional requirement. She tries to use different methods to increase the nutritive content of the food without increasing the cost. She often uses the method of germination to bring variety in the food.

In the above context, answer the following questions:

- (a) List *any two* dishes that Zoya can prepare by using germination as a preliminary method. [2]
- (b) State *any two* nutritional benefits that she can achieve through this preliminary method. [2]
- (c) Suggest any other method which Zoya can follow to enhance the nutritive value of food. Give two reasons to justify your suggestion. [3]