

HOME SCIENCE**PAPER 1
(THEORY)**

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) A cook mixes flour and butter in equal quantity to prepare cheese sauce. He mixes them in the pan for two minutes before slowly adding milk. [1]

This cooked mixture of butter and flour that forms the base of the sauce is called:

- (a) Roux
 - (b) Glaze
 - (c) Dredge
 - (d) Meringue
- (ii) Sonia purchased a bottle of cooking oil from an online platform. Upon delivery, she found that the label did not specify the expiry date and the ingredients. It mentioned the name of the brand only. [1]

Which consumer right of Sonia had been violated?

- (a) Right to Choose
 - (b) Right to be Heard
 - (c) Right to be Informed
 - (d) Right to Seek Redressal
- (iii) Which one of the following behavioural traits is triggered by Cognitive development during adolescence? [1]

- (a) Critical attitude
 - (b) Overconfidence
 - (c) Under confidence
 - (d) Attention seeking syndrome
- (iv) Choose the correct pair from the following options. [1]
- (a) Grating - French Toast
 - (b) Beating - Aloo Parathas
 - (c) Kneading - Rice Pudding
 - (d) Grinding - Coconut Chutney

- (v) Rahul was preparing a South Indian chicken curry and added tamarind juice in the early stage of cooking. [1]

What change did the addition of tamarind bring in the chicken being cooked?

- (a) Colour of the chicken changed.
- (b) Chicken became more digestible.
- (c) Protein in the chicken was softened.
- (d) Protein coagulated in the chicken making it hard and leathery.

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

Assertion: A large packing does not necessarily indicate large quantity of the product.

Reason: Manufacturing companies often use oversized packets to create a false impression about the quantity of the product.

- (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.

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

Assertion: The use of ATM cards enables its users to withdraw cash anytime.

Reason: ATMs are situated only on the premises of banks.

- (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.

- (viii) Yash became friends with his seniors and joined their group. He, along with his group, started bullying and teasing other children in his class. [1]

What kind of peer pressure did Yash succumb to?

- (ix) Pihu, a seventeen-year old girl eats large quantity of food, then forces herself to eliminate it through self-induced vomiting or laxative abuse. [1]

Name the eating disorder which Pihu is suffering from.

- (x) Sofia stays in Germany and occasionally visits her family in India. During one such visit, she decides to buy a woven 'shawl' from Kashmir as a gift for her friend in Germany. [1]

Which woven shawl would Sofia buy for her friend?

- (xi) What is the person or an entity who owns a part of the Shares in a company called? [1]

- (xii) Why is boiling not a popular method for purifying water for household use? [1]

- (xiii) Mention *any one* beneficiary of Integrated Child Development Services Scheme (ICDS). [1]

- (xiv) After consuming cheap mustard oil, Richard suffered from gastrointestinal disturbance and fever. [1]

Name the adulterant that was mixed with mustard oil to lower its cost.

SECTION B - 28 MARKS

Question 2

- (i) Pradeep has recently retired and received a large amount of money from his Provident Fund. He wants to save some money for his family to ensure their sustainable future. [2]

Suggest an account in which Pradeep can invest his money. Substantiate your suggestion with a reason.

- (ii) Name *any two* diseases caused by the consumption of 'kesari dal' for an extended period. [2]

Question 3

- (i) Anjum, a sixteen-year old athlete, consumes fruit juice and toast daily in her breakfast. As a result, she feels hungry within an hour. [2]

Which principle of meal planning is lacking in Anjum's diet? Suggest *any one* food that can be added to Anjum's breakfast to delay her hunger pangs.

- (ii) List *any two* side effects of Anorexia Nervosa. [2]

Question 4

- (i) In a village, people did not follow the practice of purifying water before consuming it. As a result, many of them fell sick and had stomach infection over a period. [2]

Suggest *any two* methods of water purification which the villagers should adopt to reduce the spread of water borne diseases.

- (ii) State *any two* objectives of Swachh Bharat Abhiyan. [2]

Question 5

- (i) Sanjay, a sixty-seven year old man, prefers to transact money through cheque and avoids the online mode of money transfer. Though his family tries to convince him about using online mode of payment for quick transfer of money, he is hesitant about using it. [2]

State *any one* advantage of online banking. Also, mention *one* of its disadvantages that makes Sanjay avoid using it.

- (ii) Monetary transactions through NEFT require certain necessary information. List *any two* of these. [2]

Question 6

[4]

- (i) Late adulthood is considered a period of decline. Justify by giving *any four* reasons.

OR

- (ii) Shireen, a fifteen-year old girl gets agitated easily and loses her temper over trivial issues. Her teachers inform her parents and refer her to the school counsellor.

Suggest *any four* techniques that the school counsellor can recommend to Shireen to manage her anger.

Question 7

- (i) Seasoning is used to enhance the flavour and taste of any food. State *any two* types of seasoning used in the cooking process. [2]

- (ii) Shahid relocates to a new city and has to cook for himself. He boils vegetables in large quantities of water and throws the water away after the vegetables are cooked. [2]

Mention *any two* nutrients which are reduced during this process.

Question 8

- (i) During festival season or end of season sale, many brands offer discounts that mislead the customers and urge them to spend more. [4]

List *any four* of such deceptive practices used by brands, manufacturers and shopkeepers to increase their sales.

OR

- (ii) Joel, a twenty-eight year old man, feels stressed and anxious at home and work. [4]
Explore *any four* possible reasons for behavioural changes in Joel.

SECTION C – 28 MARKS

Question 9

- (i) Discuss *any three* ways by which the endocrine glands play an important role during puberty. [3]
- (ii) Explain *any four* cognitive changes which occur in an eighteen-year old boy. [4]

Question 10

Farhan wants to apply for the position of a fitness trainer at a gymnasium. He is advised by his coach to reduce his weight to suit his job profile.

- (i) Suggest *any three* foods to be avoided by Farhan. [3]
- (ii) Prepare a day's menu for Farhan to reduce the extra weight. [4]

Question 11

Avi works in a manufacturing factory and has to report early to work. He prefers to use a pressure cooker for cooking all his meals.

- (i) State *any three* advantages of using a pressure cooker for a working professional like Avi. [3]
- (ii) List *any four* foods cooked well in a pressure cooker. [4]

Question 12

- (i) Chikankari embroidery has worldwide reputation and is used in many household apparels.
- (a) Name *any three* household products made of Chikankari embroidery. [3]
- (b) Discuss the technique of making Chikankari embroidery. [4]

OR

- (ii) Kanjeevaram often called, 'Queen of Sarees', is considered one of the most expensive and royal textiles.
- (a) Discuss *any three* features which are unique to Kanjeevaram silk sarees. [3]
- (b) With reference to the above statement, discuss *any four* motifs found on a Kanjeevaram saree. [4]

