

**SET-4****Series & RQPS**प्रश्न-पत्र कोड  
Q.P. Code**69**

रोल नं.

Roll No.

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परीक्षार्थी प्रश्न-पत्र कोड को उत्तर-पुस्तिका के मुख-पृष्ठ पर अवश्य लिखें।  
Candidates must write the Q.P. Code on the title page of the answer-book.

- कृपया जाँच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ 19 हैं।
- कृपया जाँच कर लें कि इस प्रश्न-पत्र में 35 प्रश्न हैं।
- प्रश्न-पत्र में दाहिने हाथ की ओर दिए गए प्रश्न-पत्र कोड को परीक्षार्थी उत्तर-पुस्तिका के मुख-पृष्ठ पर लिखें।
- कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, उत्तर-पुस्तिका में प्रश्न का क्रमांक अवश्य लिखें।
- इस प्रश्न-पत्र को पढ़ने के लिए 15 मिनट का समय दिया गया है। प्रश्न-पत्र का वितरण पूर्वाह्न में 10.15 बजे किया जाएगा। 10.15 बजे से 10.30 बजे तक छात्र केवल प्रश्न-पत्र को पढ़ेंगे और इस अवधि के दौरान वे उत्तर-पुस्तिका पर कोई उत्तर नहीं लिखेंगे।
- Please check that this question paper contains 19 printed pages.
- Please check that this question paper contains 35 questions.
- Q.P. Code given on the right hand side of the question paper should be written on the title page of the answer-book by the candidate.
- Please write down the serial number of the question in the answer-book before attempting it.
- 15 minute time has been allotted to read this question paper. The question paper will be distributed at 10.15 a.m. From 10.15 a.m. to 10.30 a.m., the students will read the question paper only and will not write any answer on the answer-book during this period.



गृह विज्ञान (सैद्धान्तिक)

**HOME SCIENCE (Theory)**

निर्धारित समय : 3 घण्टे

Time allowed : 3 hours

अधिकतम अंक : 70

Maximum Marks : 70

1-69

Page 1

**325**

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### General Instructions :

Read the following instructions carefully and strictly follow them :

- (i) All questions are compulsory.
- (ii) This question paper contains 35 questions.
- (iii) The question paper is divided into four sections – Sections A, B, C and D.
- (iv) Section A has questions no. 1 to 14 (Multiple Choice Questions) of 1 mark each.
- (v) Section B has questions no. 15 to 18 (Case study-based questions) and are of 1 mark each.
- (vi) Section C has questions no. 19 to 25 of 2 marks each and questions no. 26 to 29 of 3 marks each.
- (vii) Section D has questions no. 30 to 33 of 4 marks each and questions no. 34 and 35 of 5 marks each.
- (viii) Internal choices are given in some questions.
- (ix) Support your answers with suitable examples wherever required.

### SECTION A

1. Beti Bachao Beti Padhao Yojana was started by the Government of India with which of the following objectives? 1
  - (A) To enrol girls in a bridge course to prepare them for admission to a school
  - (B) To promote gender biased selection process
  - (C) To ensure survival, protection and education of the girl child
  - (D) To provide employment to all
2. Who does the actual cleaning of guest rooms and bathrooms in a hotel? 1
  - (A) Bellboy
  - (B) Doorman
  - (C) Room attendant
  - (D) Floor supervisor
3. Which of the following material is **not** suitable for making agitators in washing machines? 1
  - (A) Plastic
  - (B) Aluminium
  - (C) Bakelite
  - (D) Iron



4. Use of \_\_\_\_\_ is important for designing tools, machines, and workstations to reduce stress and health problems of the workers at the workplace. 1

(A) Entrepreneurship

(B) Ergonomics

(C) Anthropometry

(D) Physiology

5. What capacity of washing machine would be suitable to handle a large load of clothes for washing in one cycle in a big hotel? 1

(A) 100 kg

(B) 5 - 10 kg

(C) 20 - 30 kg

(D) 15 kg

6. Which of the following is a Food Supplementation Programme? 1

(A) National Nutritional Anaemia Prophylaxis Programme

(B) National Food for Work Programme

(C) Annapurna Scheme

(D) Mid-day Meal Programme

OR

POSHAN Abhiyaan was launched in March 2018 at which of the following places? 1

(A) Panipat, Haryana

(B) Jhunjhunu, Rajasthan

(C) Kanyakumari, Tamil Nadu

(D) Mysuru, Karnataka

7. What is the full form of NACO? 1

(A) National Arthritis Control Organisation

(B) New AIDS Control Organisation

(C) National AIDS Control Organisation

(D) National Alzheimer Community Organisation

8. The Government of India offers preschool education in urban and rural areas through : 1

(A) Creches

(B) Montessori schools

(C) Day care centres

(D) Anganwadis

9. Find the **incorrect** statement from the following : 1

(A) Canning was developed by Nicolas Appert.

(B) Food fortification is removing of nutrients from the foodstuffs.

(C) Lactose-free milk is an example of medical food.

(D) Temperature range between 5 - 60°C is known as danger zone.

P.T.O.





10. Select the correct pair.

- (A) Warli – Maharashtra (B) Channapatna Dolls – Kerala  
(C) Shola Craft – Gujarat (D) Bamboo Craft – Punjab

11. Match List-I with List-II.

<i>List-I</i> (Ways of market segmentation)	<i>List-II</i> (Basis of segmentation)
i. Demographic	1. Opinion on specific products or services
ii. Psychographic	2. Regions, climate
iii. Geographic	3. Similar lifestyles, interests
iv. Behavioural	4. Age, population

Choose the correct option from the following :

- (A) i – 1, ii – 2, iii – 4, iv – 3  
(B) i – 3, ii – 1, iii – 4, iv – 2  
(C) i – 4, ii – 3, iii – 2, iv – 1  
(D) i – 2, ii – 1, iii – 4, iv – 3


12. Match List-I with List-II.

<i>List-I</i> (Related to ECCE)	<i>List-II</i> (Age)
i. Toddler	1. 8 – 12 months
ii. Early childhood	2. Birth – 6 years
iii. Fear of unknown people	3. 2 – 3 years
iv. Integrated Child	4. Birth – 8 years

Development Services (ICDS)

Choose the correct option from the following :

- (A) i – 4, ii – 2, iii – 1, iv – 3  
(B) i – 1, ii – 3, iii – 2, iv – 4  
(C) i – 3, ii – 1, iii – 4, iv – 2  
(D) i – 3, ii – 4, iii – 1, iv – 2

- 
13. With advancement in food and pharmaceutical industry, which nutritional supplements are being used for nourishing patients? 1

- (i) Nutraceuticals
- (ii) Polychlorinated biphenyls
- (iii) Phytochemicals
- (iv) Food preservatives

Choose the correct option from the following :

- |                    |                    |
|--------------------|--------------------|
| (A) (i) and (ii)   | (B) (i) and (iii)  |
| (C) (iii) and (iv) | (D) (ii) and (iii) |

**OR**

India is often referred as the 'Diabetes capital' of the world. Identify two possible causes of a chronic disease such as diabetes. 1

- (i) Taking diet prescribed by medical nutrition therapist
- (ii) Less physical activity
- (iii) Increase in sugar and fat consumption
- (iv) Increase in fibre consumption

Choose the correct option from the following :

- |                    |                    |
|--------------------|--------------------|
| (A) (i) and (ii)   | (B) (ii) and (iv)  |
| (C) (ii) and (iii) | (D) (iii) and (iv) |

14. The objectives of Swachh Bharat Mission campaign are : 1

- (i) Prevention of HIV/AIDS
- (ii) Encouraging deforestation
- (iii) Elimination of open defecation
- (iv) Construction of household and community owned toilets

Choose the correct option from the following :

- |                    |                   |
|--------------------|-------------------|
| (A) (iii) and (iv) | (B) (i) and (iii) |
| (C) (ii) and (iv)  | (D) (i) and (ii)  |

P.T.O.



## SECTION B

### (Case Study-Based Questions)

Read the passage carefully and answer the questions no. 15 to 18.

Health and nutrition are intimately interlinked. In some diseases, nutrition plays a major role in its management and treatment, and for some it complements the medical treatment. Nutritional status and support, prior to and after illness, plays an important role in determining prognosis, recovery and even duration of hospitalization. Nutritional assessment is required to obtain information on the patients' nutritional status and nutritional needs. A dietitian can develop a nutrition care plan by analyzing the nutritional requirements in state of disease and also provide appropriate diet counselling and guidance.

15. Which of the following is an **incorrect** pair ? 1
- (A) Soft diet : Semi-solid foods
  - (B) Liquid diet : Fluids high in fibre and fats
  - (C) Regular diet : Normal foods, all food groups included
  - (D) Mechanical soft diet : Mashed and pureed foods
16. Which of the following statements is correct with respect to Clinical Nutrition and Dietetics ? 1
- (A) It is also called Public Nutrition Therapy.
  - (B) It is the specialised area of nutrition which deals with nutrition during illness.
  - (C) It addresses the problems of the community at large.
  - (D) It improves the sanitary condition of rural households.
17. Given below are two statements labelled as Assertion (A) and Reason (R). 1
- Assertion (A) : In tube feeding, nutritionally complete feeds are delivered to a patient through a tube.
- Reason (R) : Oral feeding means that the patient is nourished with special solutions which are given through a drip in a vein.
- Select the most appropriate answer from the options given below :
- (A) Both (A) and (R) are true and (R) is the correct explanation of (A).
  - (B) Both (A) and (R) are true, but (R) is **not** the correct explanation of (A).
  - (C) (A) is true, but (R) is false.
  - (D) (A) is false, but (R) is true.





18. Given below are two statements labelled as Assertion (A) and Reason (R). 1

*Assertion (A) :* Fish is high in Omega-3 fatty acids which are essential components of cells.

*Reason (R) :* They can protect the heart from abnormal heart rhythm.

Select the most appropriate answer from the options given below :

- (A) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (B) Both (A) and (R) are true, but (R) is **not** the correct explanation of (A).
- (C) (A) is true, but (R) is false.
- (D) (A) is false, but (R) is true.

### SECTION C

19. Name any four self-employment avenues in the field of food processing that can be taken up as a household or cottage scale activity. 2
20. (a) What is meant by CARA ? Highlight its one function to meet the needs of vulnerable children. 2

OR

- (b) What is meant by NSS ? Write its one aim in the development of youth in India. 2
21. How do Indian consumers tend to get swayed by enticing sales promotion gimmicks and fall prey to them ? 2
22. In a training programme, Jatin has learnt how life skills help to become successful in professional life. Which four core life skills would he now suggest to his team members at his work place ? 2
23. As per the National Curriculum Framework (NCF) – 2005 Position Paper on Early Childhood Education, mention any two basic objectives of Early Childhood Care and Education (ECCE). 2

- 10  
28
24. (a) Classify colours on the basis of Munsell's colour wheel. Provide an example of any one type of colour.

2

**OR**

- (b) Differentiate between Structural and Applied design.

2

25. Various job options are available in food industry with respect to food safety and quality control. Get information on any four career avenues available in this field from your brother who has completed his Masters in Food Microbiology.

2

26. 'Consumers must purchase products with standardization marks.' Justify this statement by giving two reasons. ISI Mark is the certification mark of which organisation ?

3

27. (a) To an aspiring professional in the field of Development Communication, suggest any three knowledge and skills required to be successful in this field.

3

**OR**

- (b) Compare print media with television as a method of Development Communication.

3

28. Commercial laundries are organised in different sections which deal with specific jobs.

- (a) Make a list of any four jobs done in various sections for an entrepreneur who wants to set up his own commercial laundry.

- (b) What do you understand by system of code tags in a commercial laundry ?

2+1=3

29. (a) Food has been preserved using various methods since prehistoric times.

- (i) Make a list of four old methods of food preservation, which are still being used today.

- (ii) Name any one institute in India offering specialised courses in Food Processing and Technology.

2+1=3

**OR**





- (b) (i) Discuss briefly the significance of food processing and technology as a discipline.
- (ii) By whom are standards for fortification of staple foods like salt, milk, oils laid down in India ? 2+1=3

### SECTION D

30. HACCP involves identification of food hazards during each stage in the food chain.

- (a) Give full form of HACCP.
- (b) Mention three reasons why implementing HACCP in food industry is important. 1+3=4

31. (a) Shaurya has checked into a hotel. Which department's staff will first greet and welcome him ? List any other three services provided by this department. 4

OR

- (b) The phrase 'A home away from home' is often used in hospitality industry, to denote that guests are provided with comforts and facilities similar to their homes. In this context, mention any four types of establishments who offer hospitality services. 4

32. Anil is designing a bridal lehenga :

- (a) How can he create rhythm in it ? Suggest two ways, with examples.
- (b) Which colour scheme or colour harmony would he use if he wants to design the lehenga in a single hue ?
- (c) Name any one technique that can enhance the texture of the lehenga through surface ornamentation. 2+1+1=4



33. It is important to recognise the elderly as a human resource and their rich experience should be used for national development.

- (a) To ensure a healthy and secure life for the elderly, which initiative was taken by the Government of India in the year 1999 ?
- (b) State three reasons why the elderly are considered to be a vulnerable group.
- (c) List any three facilities provided in multi-service centres for older persons.

$$1 + 1\frac{1}{2} + 1\frac{1}{2} = 4$$

34. (a) Hitika has joined as a visual merchandise designer in a reputed fashion store which deals with only ready-to-wear clothing lines.

- (i) List three job responsibilities which are expected of her to attract more customers.
- (ii) Which terms are used in France for the following ?
  - (1) Ready-to-wear clothing
  - (2) Art of dress making

$$3 + 2 = 5$$

OR

(b) Reema is a fashion designer and runs a fashion designing institute.

- (i) How will she explain the five stages of 'Fashion Cycle' to the new students pursuing this course ?
- (ii) Draw a labelled 'Fashion Cycle' graph/diagram to be displayed in her institute.

$$2\frac{1}{2} + 2\frac{1}{2} = 5$$

**For Visually Impaired Candidates**

- (ii) No need to draw Graph/Diagram.

35. (a) 'India is facing the double burden of malnutrition.' Justify this statement by giving two reasons.

- (b) Indian health care services help to promote, maintain, monitor or restore health of people. Discuss how these health services are provided to people at three different levels.

$$2 + 3 = 5$$