

**APEEJAY SCHOOL, SHEIKH SARAI**  
**FIRST TERM EXAMINATION, 2019-20**

**SS-24**

**CLASS-XII**  
**HOME SCIENCE**

*Time allowed : 3 Hrs.*

**M.M. : 70**

---

---

**General Instructions :**

1. *All questions are compulsory.*
2. *There are 33 questions in all.*
3. *Read each question carefully and answer to the point.*
4. *Please write down the serial number of the question before attempting it.*

*Question No. 1 to 18 carries 1 Mark.*

*Question No. 19 to 23 carries 2 Mark.*

*Question No. 24 to 25 carries 3 Mark.*

*Question No. 26 to 29 carries 4 Mark.*

*Question No. 30 to 33 carries 5 Mark.*

---

---

1. \_\_\_\_\_ is a continuous process.
2. Sexual changes occur due to \_\_\_\_\_ in the body.
3. Name the two adulterant in arhar dal.
4. List two names of NGO working for old people.
5. Name two wage employment you can choose after you are trained in the area of Fabric and Apparel Science.
6. Write the main two vocational hazards young adulthood face.
7. Development proceeds from General to specific. Explain
8. Write the two main causes of emotional stress in adolescents.
9. Why should we use flour with bran?
10. Name the disease caused by excessive use of kesari dal.
11. Give two objectives of NRLM.
12. Suggest two activity in school which can help meet the need of adolescent for competence.
13. In how many groups, food stuff have been divided by ICMR.
14. Why mother's milk is best for an infant.

**P.T.O.**

15. Recognise the state : Rohan has blue lips and sunken eyes.
16. Name the standard marks given to coffee and soaps.
17. Enumerate the importance of Silkmark.
18. Describe the use of Alum for purifying water.
19. Enumerate four ways by which food can get contaminated during cooking.
20. Give four reasons of a teen indulging in Substance abuse.
21. Write four main causes of concern during middle adulthood.
22. Elaborate the effect of social norms and culture on the personality of adolescents.
23. Which four rules of personal hygiene would you take care while working in the kitchen.
24. Discuss the behaviour changes that occur in Bulimia Nervosa. What are the consequences of Anorexia Nervosa and suggest 2 ways to deal with it.
25. List two disease caused by impure water. How will you use chlorine tablets to make the water potable.
26. Explain the changes that occur in cognitive development during adolescence.
27. Which test should be done to diagnose diabetes. What are the factors which affect the requirement of calories in diabetic patient. Why fats and what type of fats should not be given to the patient of hypertension.
28. Meal planning is influenced by the structure of family. Support your statement with help of two example. Write the six important factors your will keep in mind while planning a meal for an Adolescents.
29. Discuss three problems which Ankit may get involved in due to depression. How can adults help him overcome them.
30. Name the minerals which are important in the diet of lactating mother and why. For a family meal aloo vadi (urad dal), chapatti and curd has been planned. Suggest three modification in it to suit the requirement of pregnant lady. Support your answer with reason.
31. What are the three major old age problem. Explain in brief about any three. Suggest four ways by which you can control your anger.
32. What do you understand by the term 'adulterant'. Write 8 conditions under which foods are considered adulterated according to PFA.
33. What do you mean by diet therapy. What type of food should be given to patient suffering from Jaundice. Discuss two causes and symptoms of Jaundice.

**APEEJAY SCHOOL, PANCHSHEEL PARK**

**PRE-BOARD EXAMINATION, 2019-20**

**10**

**CLASS-XII**

**HOME SCIENCE**

**Time allowed : 3 hrs.**

**Maximum Marks : 70**

**General Instructions :**

1. **All questions are compulsory.**
2. **There are 33 questions in all.**
3. **Question nos. 1-18 are for 1 marks, to be answered in one or two lines.**
4. **Question nos. 19-23 are of 2 marks, to be answered in 10-20 words.**
5. **Question nos. 24-25 are of 3 marks, to be answered in 20-30 words.**
6. **Question nos. 26-29 are of 4 marks. to be answered in 30-50 words.**
7. **Question nos. 30-33 are of 5 marks to be answered in 60-100 words.**

1. \_\_\_\_\_ and \_\_\_\_\_ are the ways of camouflaging the figure flaws by use of clothes. (1)
2. \_\_\_\_\_ product carry HALLMARK. (1)
3. Liquidity means \_\_\_\_\_. (1)
4. \_\_\_\_\_ and \_\_\_\_\_ are the methods of indicating size on the label of a Gent's Shirt. (1)
5. \_\_\_\_\_ and \_\_\_\_\_ are the two eating disorders. (1)
6. Two advantages of using reverse osmosis system to make water safe are \_\_\_\_\_ and \_\_\_\_\_ (1)
7. DWCRA stands for \_\_\_\_\_. (1)
8. Benefits of savings are to \_\_\_\_\_ and \_\_\_\_\_. (1)
9. \_\_\_\_\_ is the daily need of calorie for lactating women when her child is between 0-6 month old. (1)
10. Expand FSSAI \_\_\_\_\_. (1)
11. State two advantages of putting money in provident fund. (1)
12. What type of diet should be given to prevent dehydration during diarrhoea. (1)
13. Name two adulterant found in milk. (1)
14. How will you record family expenditure for one day. (1)
15. What is the time limit for redressal of a complaint in the consumer court. (1)
16. List three main types of jaundice. (1)

**P.T.O.**

17. Identify two need of an old person. (1)
18. What is the effect of vertical lines in apparel on the body shape of person? (1)
19. Which four skills are required by a student of Home Science to run his/her own bakery from home? (2)
20. Meal for a patient can be modified from normal meals by changing the consistency and cooking method. Support this statement with help of one example each. (2)
21. Suggest four ways parents can help in shaping the personality of their adolescent boys? (2)
22. What do you understand by the term "Drape"? How will you check the draw in a dress? Write any two ways of it. (2)
23. Your twenty two year old sister got married right after completing her studies. State two new responsibilities of this stage. Give her two suggestions which will help her to adjust to these changes. (2)
24. List six points you will keep in mind while choosing clothes for your mother who is thin and tall. (3)
25. While working in kitchen, your friend got a stain on her white kurti. How will you help her in identifying a stain? Also guide her the appropriate way of removing the unknown stain without damaging her kurti. (3)
26. Define savings ? Compare any four features of Monthly Income Scheme (MIS) and National Savings Certificate (NSC) ? (4)
27. Mention four distinct characteristics of sixteen year old girls. What is the impact of mass media on their identity? (4)
28. Clever use of line, shape, colour and texture can help make a fat women with heavy arms appear slimmer. Explain and validate this with the help of diagram. (4)
29. Labels on product and internet both are important consumer aids. List two advantages and two drawback each of using both. (4)
30. Identify any five different stressors in the life of class XII students. Discuss any five skills which he/she can use to combat with that stress. (5)
31. Discuss the various aids for laundering clothes. (5)
32. What is hypertension? Write its four specific clinical symptoms. Suggest four specific dietary recommendations for such patients. (5)
33. Your friend Ridhima is very short tempered and beings shouting and misbehaving at the smallest issues. Explain six strategies of anger management. Also, mention four consequences of anger outbursts if not controlled at this stage. (5)



|                 |  |
|-----------------|--|
| ROLL NO.        |  |
| NAME            |  |
| CLASS & SECTION |  |

APEEJAY COMMON PRE-BOARD EXAMINATION, 2019-20

12

CLASS-XII

HOME SCIENCE (064)

Time allowed : 3 hrs.

Maximum Marks : 70

General Instructions :

- (1) All questions are compulsory.
- (2) There are total 33 questions.
- (3) Question nos. 1-18, Section A, are objective type questions and are of 1 mark each.
- (4) Question nos. 19-23, Section B, is of 2 marks each, to be answered in 10-20 words.
- (5) Question nos. 24-25, Section C is of 3 marks each, to be answered in 20-30 words.
- (6) Question nos. 26-29, Section D is of 4 marks each, to be answered in 40 words.
- (7) Question nos. 30-33, Section E is of 5 marks, to be answered in 60-100 words.
- (8) Internal choices are given in sections A, B, C, D and E.
- (9) Support your answer with suitable examples and figures wherever required.

SECTION-A

FILL IN THE BLANKS :

1. Two chemicals used in water purification are \_\_\_\_\_ and \_\_\_\_\_.
2. Principles of sound investment are \_\_\_\_\_ and \_\_\_\_\_.

OR

- Expansion of MGNREGA is \_\_\_\_\_.
3. Recognise the state: Muskaan often suffers from infections which do not heal and has gone very weak: \_\_\_\_\_
  4. When suffering from diarrhoea \_\_\_\_\_ and \_\_\_\_\_ types of food should be avoided.
  5. \_\_\_\_\_ and \_\_\_\_\_ are the examples of indirect real income.

P.T.O.

6. Two possible reasons for extreme depression in a sixteen year old boy can be \_\_\_\_\_ and \_\_\_\_\_.

**OR**

\_\_\_\_\_ and \_\_\_\_\_ are the social traits which develop in adolescents.

7. \_\_\_\_\_ is used around the neckline, it gives proper shape without any stretch.
8. \_\_\_\_\_ and \_\_\_\_\_ are the two precautions you will take while using boiling process to purify potable water.
9. Expand FSSAI \_\_\_\_\_.
10. Binge eating and purging are the symptoms of \_\_\_\_\_.

**MULTIPLE CHOICE QUESTIONS :**

11. Which is the main source of fat in diabetes.
- (a) Saturated Fat.
  - (b) Fatty Acid.
  - (c) Unsaturated Fat.
  - (d) Saturated and Unsaturated Fat.
12. Which type of lines should be used in a dress of a short stature woman?
- (a) Vertical lines
  - (b) Horizontal lines
  - (c) Diagonal lines
  - (d) Plain
13. The most important need of your grandfather is
- (a) Rich and fatty food.
  - (b) New clothes.
  - (c) Going around to visit places.
  - (d) Being looked after by family members.
14. Which are the symptoms of Diabetes Mellitus :
1. Frequent urination 2. High fever 3. Excessive thirst. 4. Blurred vision 5. Odema
- (a) 5,4 and 2
  - (b) 1,3 and 4
  - (c) 5,1 and 3
  - (d) 1,2 and 4
15. In order to supplement your family income, you want to start a business of homemade laundry soaps. Name two usual components, you will use while making soap at home.
- (a) Alkali like caustic soda, caustic potash & Animal or vegetable fat
  - (b) Alkali & chains of fatty acids

- (c) Starch and cellulose  
(d) Animal or vegetable fat & acetic acid
16. Which of them is not a texture in a cloth.
- (a) Coarse. (b) Hue.  
(c) Fine. (d) Glossy.
17. World Consumer Rights Day is celebrated on.
- (a) 15th September. (b) 17th March.  
(c) 17th September. (d) 15th March.
18. Pihu can use to restore the brightness and crispness of fabric while laundering
- (a) Liquid soap/detergent  
(b) Optical whiteners/Starching the fabric  
(c) Mercerizing/Calendaring  
(d) Bleaching/Bluing

#### SECTION-B

19. Simran is very good at cooking. She wants to pursue her career in this field. But her friends are taking mainstream subjects. Thus, she is not able to decide which stream she should take. Convince her by explaining four career options related to the field of cooking.

OR

List two wage employment and two self employment opportunities you get after studying about fabric and apparel science.

20. Mention four points of workmanship you will check in a readymade shirt to ensure that it is of good quality.
21. Which four rules of personal hygiene would you take care while working in the kitchen.
22. Reflect the role of media both positive and negative on the identity of adolescents.

OR

Development is multidirectional. Explain with help of an example.

23. Give two situation in which a person can file a complaint. What is the time limit for the redressal of a complaint in the consumer court.

#### SECTION-C

24. What is adulteration? Name two food stuff that can be adulterated with Kesari dal. What are the two harmful effects of this adulterant?

25. Soni has some tea and ball pen ink stain on her cotton dress. Suggest her one suitable chemical each along with four important precautions she should adopt while ways to remove these stains.

**OR**

What are the main methods of removing stains ? What would you do to remove unknown stain.

**SECTION-D**

26. Your uncle wants to invest some money in any savings scheme. Name any two schemes which may help him. Write two benefits and two drawbacks of each scheme.

**OR**

What do you understand by standardised marks. Name the bureau awarding ISI mark. Which standardised mark you will look for while purchasing a silk saree. Draw its logo.

27. Keeping the special requirements of an old person in the family in mind, suggest four modification in a meal to suit his nutritional needs. What four dietary considerations will you follow for school going children while planning meal.
28. Aggression is very common in today's adult. Write any four possible reasons for it and also explain four ways of controlling anger.
29. List four points you will keep in mind while choosing clothes for your mother who is short and fat. Illustrate two ways each you can create harmony and balance in this dress.

**OR**

What four points you will consider while selecting a dress for an office going women who is 40 years old and short in height and has heavy arms. Give reason for your consideration.

**SECTION-E**

30. What is the difference between soaps and detergents. What precautions you would take while storing silk clothes.

**OR**

Suggest tips for safe storage of clothing to your sister who is going for vacation in coastal area. Suggest her any five steps each for daily wear and occasional wear clothes.

31. Define cognition. Explain three formal operational stages of cognition with example. Discuss its impact on the Identity of adolescents.
32. Name the minerals which are important in the diet of lactating mother and why. For a family meal aloo vadi (urad dal), chapatti and curd has been planned. Suggest three modification in it to suit the requirement of pregnant lady. Support your answer with reason.



(PART : D)

28. Read the source given below and answer the following questions

**Rules for monks and nuns**

These are some of the rules laid down in the Vinaya Pitaka:

When a new felt (blanket/rug) has been made by a bhikkhu, it is to be kept for (at least) six years. If after less than six years he should have another new felt (blanket/rug) made, regardless of whether or not he has disposed of the first, then – unless he has been authorised by the bhikkhus – it is to be forfeited and confessed. In case a bhikkhu arriving at a family residence is presented with cakes or cooked grain-meal, he may accept two or three bowlfuls if he so desires. If he should accept more than that, it is to be confessed. Having accepted the two or three bowlfuls and having taken them from there, he is to share them among the bhikkhus. This is the proper course here. Should any bhikkhu, having set out bedding in a lodging belonging to the sangha – or having had it set out – and then on departing neither put it away nor have it put away, or should he go without taking leave, it is to be confessed.

**QUESTIONS :**

1. Which book specifies the rules for Buddhist monks and nuns? (2)
2. Explain any two rules framed for them. (2)
3. Why was the status of all equal in the Buddhist Sanghas? (2)

29. Read the source given below and answer the following questions :

**IN THE PRAISE OF TASVIR**

Abu'l Fazl held the art of painting in high esteem:

Drawing the likeness of anything is called tasvir. His Majesty from his earliest youth, has shown a great predilection

for this art, and gives it every encouragement, as he looks upon it as a means both of study and amusement. A very large number of painters have been set to work. Each week, several supervisors and clerks of the imperial workshop submit before the emperor the work done by each artist, and His Majesty gives a reward and increases the monthly salaries of the artists according to then excellence displayed. ... Most excellent painters are now to be found, and masterpieces, worthy of a Bihzad, may be placed at the side of the wonderful works of the European painters who have attained worldwide fame. The minuteness in detail, the general finish and the boldness of execution now observed in pictures are incomparable; even inanimate objects look as if they have life. More than a hundred painters have become famous masters of the art. This is especially true of the Hindu artists. Their pictures surpass our conception of things. Few, indeed, in the whole world are found equal to them.

**QUESTIONS :**

1. What is a painting according to Abul fazl? (2)
  2. How did Akbar encourage art of painting? (2)
  3. Bring out any two features of paintings depicted by Hindu painters. (2)
30. Read the source given below and answer the following questions:

**Maulvi Ahmadullah Shah**

Maulvi Ahmadullah Shah was one of the many Maulvis who played an important part in the revolt of 1857. Educated in Hyderabad, he became a preacher when young. In 1856, he was seen moving from village to village preaching jihad (religious war) against the British and urging people to rebel. He moved in a palanquin, with drumbeaters in front and followers at the rear. He was therefore popularly called Danka Shah – the Maulvi with the drum (danka). British officials panicked as thousands began following the Maulvi and many Muslims began seeing him as an inspired prophet. When he reached Lucknow in 1856, he was stopped by the police from preaching in the city. Subsequently, in 1857, he was jailed in Faizabad. When released, he was elected by the mutinous 22nd Native Infantry as their leader. He fought in the famous Battle of Chinhat in which the British forces under Henry Lawrence were defeated. He came to be known for his courage and power. Many people in fact believed that he was invincible, had magical powers, and could not be killed by the British. It was this belief that partly formed the basis of his authority.

**QUESTIONS :**

1. Who was Maulvi Ahmad Shah? What was his contribution to the Revolt of 1857? (3)
2. What was the opinion of people about him? (3)

**(PART : E)**

**31. MAP WORK :** (6)

- (i) On the outline political map of India identify the following places A, B AND C associated with Indian National Movement.
- (ii) On the same map locate and label the following:
  1. Gwalior
  2. Lothal
  3. Thanjavur

Question for Visually impaired candidates only: in lieu of question no. 31

1. Place where pledge for Purna Swaraj was taken. (1)
2. Names of any three Mahajanpadas (3)
3. Territory annexed under Subsidiary Alliance in North India (1)
4. Place where Great Bath was found (1)