

**PRE-BOARD EXAMINATION (JANUARY – 2019)****CLASS: XII****HOME SCIENCE****Time: 3 Hrs.****MAX. MARKS: 70****GENERAL GUIDELINES:**

- (i) All questions are compulsory.
- (ii) There are total 25 questions.
- (iii) Questions no.1-6 are of 1 mark, to be answered in one or two lines.
- (iv) Questions no.7-13 are of 2 marks, to be answered in 10-20 words
- (v) Questions no.14-15 are of 3 marks, to be answered in 20-30 words
- (vi) Questions no.16-21 are of 4 marks, to be answered in 30-50 words.
- (vii) Questions no.22-25 are of 5 marks, to be answered in 60-100 words.
- (viii) Support your answer with suitable examples wherever required.

**SECTION-A**

- 1 Define therapeutic meal modification. 1

**OR**

As per the latest RDA, How much protein is required by a 14 –year old adolescent boy?

- 2 Convince your house maid to open a savings account in a bank with two reasons. 1

- 3 Trace the steps of washing cotton clothes at home. 1

- 4 If comfort is the aim, which two qualities of fabric will you look for while buying it? 1

- 5 Why should the villagers enroll themselves in MGNREGA? 1

**OR**

Give two reasons to maintain the household account by a family.

- 6 After studying Food and Nutrition, suggest ways a student can get gainfully employed. 1

**SECTION-B**

- 7 Reflect the role of media on the identity of adolescents. 2

**OR**

How can parents help teenagers in handling peer pressure?

- 8 Propose a plan to meet the social needs of an eighty-year-old man. 2

- 9 Culture, media, food practices and food availability have a strong influence on the meal planning of a family. Support this statement with the help of one example each. 2
- 10 Growing children are susceptible to nutritional deficiencies. What foods would you suggest for them to overcome these deficiencies? 2

**OR**

Name any two items with ECO Mark and draw the logo of the same.

- 11 Skills of a family can help increase the real income of a family. Support the statement with the help of examples. 2
- 12 Meera noticed the shopkeeper measuring the cloth with a substandard scale. What are her responsibilities in this context? 2
- 13 Rahul is not happy with the seams of readymade pant. What are the possible reasons for his dissatisfaction? 2

**OR**

Name a suitable chemical which can be used to purify drinking water when you are travelling. Describe the procedure of purifying water in three steps.

### **SECTION-C**

- 14 You are in class XII. Write six tasks you will be required to perform to adjust better in the next stage (early/young adulthood). 3
- 15 Ramesh is an income tax payer. Convince him to invest in three tax saving schemes with reasons. 3

**OR**

While working in the Home science lab you stained your white shirt. Which six general principles will you follow while removing the stain?

### **SECTION-D**

- 16 Sixteen year old Deesha is not taking interest in any class activities and remains isolated. What could be the possible reason for it? Write any three causes and three symptoms of this problem. 4
- 17 What is jaundice? Write its three specific clinical symptoms. Suggest four specific dietary recommendations for such patients. 4

**OR**

Write down the expansion of FSSAI. List down any six conditions under which food is considered adulterated under FSSAI.

- 18 Radhika wants to make a weekly expenditure diary. But she does not know the format of the same. Help her in making the format and also explain any four advantages of maintaining record of expenditure. 4
- 19 Suggest an appropriate dress, keeping in mind elements of art and principles of design to suit your friend who is tall, heavy and fair. 4

**OR**

Your uncle wants to invest some money in any saving scheme. Name any two schemes which could help him. Write two benefits and two drawbacks of these schemes.

- 20 People of Basra village use alum to make the well water potable. Convince them to use chlorine instead. Also tell them the correct procedure of using chlorine. 4
- 21 Describe in detail the employment opportunities available after acquiring skill in Home Science. 4

**SECTION-E**

- 22 Your father has recently retired from his job. He has started getting angry on small issues frequently. Identify five causes of his anger and suggest five strategies to handle the situation. 5
- 23 Educate your pregnant cousin who lives in rural area about the importance of adding proteins and calcium in her diet. How much additional proteins and calcium is required by her? Write two sources of each nutrient. 5

**OR**

Rajni's family very often suffers from food borne infectious diseases. What advice would you give her regarding maintenance of hygiene while cooking and serving food to prevent such diseases?

- 24 Every employee invests a part of his income in PPF and EPF. Compare the features of Public Provident Fund (PPF) and Employee Provident Fund (EPF). 5
- 25 You have to design a frock for a one-year-old girl. What two features would you consider while selecting fabric for the frock? Suggest four ways each you can ensure rhythm and satisfactory workmanship in this dress. 5

