• कृपया जाँच कर ले कि इस प्रश्न-पत्र में मुद्रित पृष्ठ 7 हैं।
• प्रश्न-पत्र में दाहिने हाथ की ओर दिए गए कोड नंबर को छात्र उत्तर-पुस्तिका के मुख-पृष्ठ पर लिखें।
• कृपया जाँच कर ले कि इस प्रश्न-पत्र में 25 प्रश्न हैं।
• कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, प्रश्न का क्रमांक अवश्य लिखें।
• इस प्रश्न-पत्र को पढ़ने के लिए 15 मिनट का समय दिया गया है। प्रश्न-पत्र का वितरण पूर्वांश 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 7 printed pages.
• Code number 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 check that this question paper contains 25 questions.
• Please write down the Serial Number of the question 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.

Home Science (Theory)

वृह विज्ञान (सैंड्रानिक)

निर्धारित समय : 3 घंटे
Time allowed: 3 hours

अधिकतम अंक : 70
Maximum Marks: 70
General Instructions:

(i) All questions are compulsory.

(ii) There are total 25 questions.

(iii) Questions no. 1 - 6 are for 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 40 words.

(vii) Questions no. 22 - 25 are of 5 marks, to be answered in 50 - 60 words.

(viii) Support your answer with suitable examples wherever required.
1. Convince a lactating woman to eat foods rich in zinc with two reasons.

2. List two sources a family can use to increase its indirect real income.

3. Apart from poor quality, list two other drawbacks of buying electrical items from roadside vendors.

4. List two signs of a good drape in a skirt.

5. In what two ways have the village women benefitted from MGNREGA?

6. Name two occupations you can choose after being trained in the area of fabric and apparel science.
7. Twenty five year old Seema has started staying away from her family because of her new job. List two problems which she is likely to face at work. Suggest her two ways to cope with her responsibilities.

8. Your grandfather has come to stay with you for six months. State his four physical needs where he might need your help.

9. Anger is one emotion, that can break relationships. Suggest four steps you can take if you want to avoid this to happen.

10. What four points should be kept in mind while planning meals for an adolescent girl?

11. Make a cook aware of any such four ways which can ensure there are no cockroaches in the kitchen.

12. While buying turmeric which standard mark should you check on its label? In the absence of this mark, state the adulterant which may be found in it. Mention two health hazards of consuming such adulterated turmeric.
3. A family has been served chick peas, rice and boondi raita for lunch. How far this meal is adequate for a pregnant woman in her second semester of pregnancy? Give two suggestions to make this meal adequate for her.

14. Namita is an adolescent girl who suffers from convulsions. Her arms have many needle prick marks. What do you think she is suffering from? What could be its two possible health hazards if this condition continues for long time? In what three ways can she be helped to come out of this condition?

15. Pani ko pane yogn bhana ke liye goila rives osmosis (Reverse osmosis) ka filter khordana chahta hai. Abhi tak woh kloroine ko goiliyon ko sahayata se pani ko pene yogn bhana rahi thi. In doonee vibhishyon ke laabh va kamyon ko tuhona karke bataiye kha ukka nirman samhi hai ya nahi.

For purifying her drinking water, Geeta has been using chlorine tablets. Now she wants to buy a reverse osmosis filter. Compare the advantages and drawbacks of both these methods and state whether her decision is right or not.

16. Soolah naur ki ladkicyon ke char visesh gun lihein. Iss samay unki pahchan ke banane me medhia (sanghar maadhyam) ka yogan dhan visstara se samjhaen.

Mention four distinct characteristics of sixteen year old girls. Explain fully the impact of media on establishing their identity.
17. A family with two adolescent boys, lives in a remote area. Elaborate how the choice of their food gets influenced by their culture, food practices, media and peer group?

18. On the basis of which two clinical symptoms does a doctor diagnose that a person is suffering from diabetes? Why is the food cooked for the family not suitable for him? Suggest two important dietary changes in a meal which can help to meet the needs of this person.

19. Your mother wants to supplement her family income. What are two possibilities available to her for achieving this objective? Using three examples from each possibility explain how she can achieve her objective.

20. Illustrate the symbol of purity of silk sari to Radhika. Elaborate the course of action to be taken in case this symbol is fake. What other steps should she adopt to prevent such incidents in future?
1. यदि रेखा, आकार, रंगों व लघुका चतुर्वैकं में प्रयोग किया जाए तो अत्यन्त पल्ली व लघुका कद को महिला को भी नादा प्रतीत करया जा सकता है। चित्रों की सहायता से इस काम की पुष्टि कीजिए।

Clever use of line, shape, colours and rhythm can help make an extremely thin and tall woman appear shorter. Validate this statement with the help of diagrams.

22. आप कर बचाने के लिए, आपके पिताजी बैंक या डाकखाने में निवेश करना चाहते हैं। इन दोनों से उपलब्ध निवेश की किसी दो योजनाओं से मिलने वाली पूँच-पूँच विशेषताओं को तुलना करें जिनके आधार पर वह सही विकल्प चुन सकें।

In order to save tax, your father wants to invest in either a bank or a post office. Compare five features each of any two schemes available from each institution so that he can make a wise choice.

23. उपशोकाओं को आमतौर से कौन सी दस समस्याओं का सामना करना पड़ता है?

Write ten common problems faced by consumers.

24. आपकी माँ को अपने ऑफिस की पोशाक के लिए कपड़ा खरीदना है। उसकी देखरेख सुविधाजनक हो इसके लिए वह कपड़े की कौन सी चार विशेषताओं की जाँच करें? पोशाक की संयोगजनक कारीगरी के लिए उन्हें दर्जा को कौन से छं निर्देश देने चाहिए?

Your mother wants to buy fabric for her clothes to be worn in an office. To ensure easy maintenance, which four features should she check while selecting the fabric? Also state six instructions she should give to the tailor for satisfactory workmanship of the outfits.

25. सादूँ बनाने की दो मुख्य सामग्रियों का नाम बताएं। विस्तार से समझाएं कि डिटरजेंट कपड़ों की धुलाई में अपना योगदान किस प्रकार देता है? कीमती वस्त्रों पर से दाग धब्बे छुड़ते समय आप कौन से चार नियमों का पालन करें?

List two main ingredients used for making a soap. Explain fully how detergent works in the cleaning of the fabric? Which four rules will you follow while removing stains from expensive garments?