General Instructions

- There are 25 general questions.

- Question nos. 1-6 are very short answer questions carrying 1 mark each. Answer to these questions should be in one or two lines.

- Question nos. 7-13 are short answer questions carrying 2 marks each. Answer to these questions should not exceed 10 to 20 words.

- Question nos. 14 and 15 are case study based and picture based questions carrying 3 marks each. Answer to these questions should not exceed 20 to 30 words.

- Question nos. 16-21 are long answer questions carrying 4 marks each. Answer to these questions should not exceed 30 to 40 words.

- Question nos. 22-25 are long answer questions carrying 5 marks each. Answer to these questions should not exceed 40 to 50 words.

- Support your answer with suitable examples wherever required.

- All questions are compulsory.

1. State the significance of Iodine and Zinc during pregnancy.
2. What is the function of pre-carbon filter in the UV filter?
3. What should be the frequency of meals for a person suffering from diarrhoea?
4. Write an example each of a grease solvent and a grease absorbent.
5. Draw the fabric care symbols for (a) Drip dry (b) Do not bleach.
6. Name the types of social group an adolescent has.
7. Meal Planning is influenced by season and occasion. Support this statement by citing two examples each.
8. What is 'Hypertension'? What should be the blood pressure of a healthy person?
9. Write two instances where you consider the advertisement to be misleading.

10. Give four tips to your friend regarding disposal of waste in the kitchen.

11. Remya's father who is in his late 70s is exhibiting anger very frequently.
    What methods should she adopt to manage his anger?

12. How will you remove the following stains:
    (a) Medicine stain from cotton clothes
    (b) Lipstick stain from synthetic clothes

13. What is 'Emphasis'? Illustrate two ways by which emphasis can be created in a frock.

14. Identify the message conveyed in the picture below.

(b) Suggest two schemes suitable for them along with its advantages (2 points each)

15. DWCRA is an important poverty alleviation programme implemented as sub-scheme under IRDP. Under this programme the target group is rural women of below poverty line families who are assisted to take up various income generating activities.

   The DWCRA groups of 10 to 15 members each are given a revolving fund of Rs.15,000. This fund is utilised by the groups for infrastructure support, for income generation and other gare activities.

   (i) What is DWCRA?
   (ii) What are the activities undertaken in DWCRA?
   (iii) How has DWCRA helped women in fulfilling their dreams?
16. How will you estimate the quantity of fabric to be purchased depending on the garment?  

17. What measures can be taken to prevent oneself from sexually transmitted diseases?  

18. Name the organisations which give standard marks. Write the three different standard marks you find on food products. Write two objectives of each.  

19. For a family: chana dal, parantha and custard have been planned. Suggest three modifications in it to suit the requirement of a lactating mother. Support your answer with appropriate reasons.  

20. Fill in the table below with the common adulterants and mention the simple methods of its detection.  

<table>
<thead>
<tr>
<th>Name of food item</th>
<th>Adulterants</th>
<th>Methods of detection</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Milk</td>
<td>a)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>b)</td>
<td></td>
</tr>
<tr>
<td>2. Pulses</td>
<td>a)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>b)</td>
<td></td>
</tr>
</tbody>
</table>

21. What are the important changes one has to accept for making his family life successful?  


23. Enlist the symptoms of 'Diabetes'. State the nutritional requirement of a diabetic patient.  

24. On account of cognitive development, what behavioural changes can you expect in 18 year old Rahul?  

25. What are the points worth considering while buying a shirt for your father?  

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