GENERAL INSTRUCTIONS
  i.   **The Marking Scheme carries only suggested value points for the answers. These are only Guidelines and do not constitute the complete answer. The students can have their own expression and if the expression is correct, the marks be awarded accordingly.**
  ii.   **As per orders of the Hon'ble Supreme Court, the candidates would now be permitted to obtain photocopy of the answer Book on request on payment of the prescribed fee. All examiners / Head Examiners are once again reminded that they must ensure that evaluation is carried out strictly as per points for each answer as given in the Marking Scheme.**
  iii. **All the Head Examiners / Examiners are instructed that while Evaluating the answer scripts, if the answer is found to be totally incorrect, the (x) should be marked on the incorrect answer and awarded '0' marks.**

Q1. List any two precautions you will take in order to save your expensive clothes.
   i)   Wash according to fabric
   ii) Store according to fabric requirement
   iii) Follow care label instructions
   iv) Any other   (Any two)   (½ ×2=1)

Q2. As per the latest RDA, how much protein is required by a 14-year-old adolescent girl?
      51.9 Gram.   (1 mark)

Q3. Mention any two skills that you will develop by studying a course of clothing and textiles.
Skills related to:-
   i)   Stitching
   ii) Dyeing
   iii) Designing
   iv) Laundering
   v)   Embroidery
   vi) Selection of fabrics
   vii) Any other   (Any two)   (½×2=1)

Q4. What two points will Mrs. Singh consider while planning a meal for her pregnant daughter-in-law?
   i)   Include foods rich in calories/ protein/ calcium,/ iron,/ zinc,/ vitamin A/ Vitamin C/, Folic Acid
   ii) Include Fibrous foods /fruits and vegetables
   iii) Avoid fat rich foods
   iv) Avoid spicy food
   v)   Increase the frequency of meals
   vi) Any other   (Any two)   (½×2=1)

Q5. State two consumer rights which will help you to get justice when cheated.
   i)   Right to be heard/ Represent / assured
   ii) Right to seek Redressal
   iii) Right to Consumer Education   (½×2=1)

Q6. Suggest two courses to your friend who wants to pursue her career in Home Science after Class XII.
   i)   B.SC / B.A. in Home Science
   ii) Fashion designing
   iii) Hotel Management
   iv) Interior Decoration
   v)   Bakery and Confectionary
   vi) Food Production
   iv) Any other   (Any two)   (½×2=1)

Q7. "Identity crisis is experienced by all adolescents during adolescence." Do you agree with the statement? Support your answer with two suitable examples.

   i) Adolescents confused whether child or adult . For example .At one minute they are told   that they are too young to participate in adult talk, next minute told they are big enough to take responsibilities
   ii) Idealism – Adolescents have a strong sense of right and wrong, realise a mismatch between their own ideals and those of others, feel misfit in their surroundings.
   iii) Confused about own strengths / weakness / potentials.
   iv) Any other   (Any two)   (1x2=2)

Q8. Draw a weekly format of maintaining household records.

Items	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
								Weekly Total

(2marks)

Q9. State any four ways to meet the social needs of a 60-year- old person.
   i)   Take him to all social gatherings
   ii) Family members should spend time with him
   iii) Make him join social groups / clubs/ NGO
   iv) Invite his friends /relatives at home
   v)   Any other   (Any four)   (½×4=2)

Q 10. How do diseases /illness affect the nutritional status of a person? Support your answer with two suitable examples.
      i)   Increase in energy demand / BMR
      ii) Loss of proteins / iron
      iii) Electrolyte imbalance / dehydration
      iv) Loss of water soluble vitamins
      v)   Any other   (Any two)   (1×2=2)

Q11. Your mother sent you to a departmental store to purchase a loaf of bread. Which four features will you check on the label?
   i)   Manufacturing date
   ii) Expiry date
   iii) Quantity/ net weight
   iv) MRP
   v)   Brand / Trade mark
   vi) Ingredients
   vii) Any other   (Any four)   (½×4=2)

Q12. Explain the action of soap and detergent in removing dirt from fabrics.
 A)**Cleaning action of soap**
      i) Soap molecule has two parts hydrophilic and hydrophobic.
      ii) Soap molecules surround the grease droplets and remove it   (1mark)
   B)**Cleaning Action of Detergents**
    i)   Detergent molecule has two parts - hydrophilic and hydrophobic.
    ii) Detergent breaks the surface tension / water becomes more fluid.
    iii) Detergent penetrates between dirt and fabric and dislodges it.   (1 mark)   (1+1=2)

13. "Warm colours and Cool colours influence the personality of a person." Justify the statement with two suitable examples of each.

Warm colours - Make a person appear
  i)   Larger
  ii) Emphasize body size

Cool colours - Make a person appear
  iii) Smaller/ minimize body size and shape
  iv) Slimmer   (i-iv Any two)   (1×2=2)

Q14. While working in the Home Science lab you stained your shirt. Which six general principles will you follow while removing the stain?

Six principles
  i)   Remove when fresh
  ii)   Select correct chemical according to type of fabric
  iii) Test the effect of chemical on hidden area
  iv)   Apply chemical from back of fabric
  v)   Use several diluted applications
  vi)   Stain should be worked from outside towards inside
  vii) Neutralize the reagent and rinse thoroughly
  viii) Any other   (Any six)   (½ x6=3)

Q15. A group of students from Class X is going on an excursion trip. Demonstrate to them the method of cleaning water by using chlorine tablets. Also explain to the any two advantages of using chlorine tablets.

Method of cleaning water by using chlorine tablets is as follows:-
  i)   Dissolve one tablet of 4mg in 1 litre of water./ Use 2 tablets if water is very dirty.
  ii) Shake after 3 minutes and use after 10 minutes   (2 marks)

Advantages of using chlorine tablets are:
  i)   Convenient, simple and cheap method
  ii)   Destroy bacteria / coliform
  iii) Any other   (Any two)   (½ x2=1).
                                                                                          (2+1=3)

Q16. What do you understand by the term 'Personal Hygiene'? Make a chart mentioning 6 do's and 6 don't to be followed in your Home Science lab.

Personal hygiene is cleanliness of an individual's body parts.   (1 mark)

Do's and Don'ts to be followed in home science lab

Do's		Don'ts	
i)	Tie and cover hair	i)	Do not keep hair open
ii)	Wear clean apron and cap	ii)	Do not wear dirty apron
iii)	Use clean dusters	iii)	Do not handle food if suffering from infection
iv)	Wipe any spills immediately	iv)	Do not leave any food unattended on gas
v)	Throw waste in the dustbin	v)	Not leave duty dishes
vi)	Taste food with spoons	vi)	Do not lick fingers
vii)	Wear gloves	vii)	Any other
viii)	Cover any cut/wound		
ix)	Any other		

                                        (Any three do's and don'ts each)   (½ x6=3)

                                                                                          (1+3=4)

Q17. Explain any four situations in which a consumer can file a complaint in the CPA and also list any four reliefs which are available to consumers under this Act.

Consumer can complain in case of :--
  i) Defect in product
  ii) Deficiency in service
  iii) Charged more than MRP
  iv) Restrictive trade practice
  v) Unfair trade practice
  vi) Any other   (Any four)

Four reliefs which are available to consumer are:
  i) Items may be replaced
  ii) Removal of defects of goods / hazardous products
  iii) Removal of deficiency in services
  iv) License of shopkeeper may be cancelled
  v) Refund money
  vi) Compensation for any loss
  vii) Any other   (Any four)   (½ x8=4)

Q18. Write any four new responsibilities of a newly-wed couple and also explain four skills they need to have to manage these responsibilities.

New responsibilities:
  i) Adjustment with spouse
  ii) Adjustment with in laws
  iii) Adjust to new pattern of life
  iv) Managing household chores
  v) Family planning
  vi) Any other   (Any four)

Skills require to manage these responsibilities are:
  i) Emotional maturity
  ii) Be patient and flexible
  iii) Good communication skills
  iv) Respect feelings and opinion
  v) Develop strategies to save time and energy
  vi) Open to suggestions
  vii) Any other   (Any four)   (½ x8=4)

Q19. When is food said to be adulterated? Give any four points in support of your answer. Name one adulterant which might be present in arhar dal and also write any two health hazards of the same.

Food to be adulterated when:-
  i) Some inferior and harmful substances is added
  ii) Valuable constituent is removed from food
  iii) Preservatives and colours are used above the permitted level
  iv) Unpermitted preservatives and colours are used
  v) Food is prepared under unhygienic conditions   .(Any four)   (½ x4=2)
       Name of Adulterant   in Arhar dal
       Kesari dal /metanil yellow (any one)   (1 mark)

Adulterants which might present in arhar dal with two health hazards (any two)
  i) Kesari Dal- Lathyrism, paralysis of lower limbs, stiffness and pain of knee and ankle joints, Patient seems crippled(any two)   (½ x2=1)

                                    OR

  ii) Metanil Yellow- Sterility, kidney stone, cancer, degeneration of reproductive organs (any two)
                                                        (2+1+1=4)

Q20. Define the term 'Investment'. Name any two long term schemes which will help a person to invest his/ her savings for further use. Write two advantages and two disadvantages of each.

A)**Investment:** When savings are made to grow, it is known as investment.   (1 mark)

B) **Name of scheme – PF/ PPF/LIC (Any two)**   (½ x2=1)

        C)**Advantages of Public Provident Fund**
- i) High rate of interest
- ii) Safe / secure
- iii) Tax Rebate
- iv) Interest Tax free
- v) Loan facility   (Any one)

      Disadvantages of PPF:
- i)   Withdrawal can be done only after 6 years
- ii)   Only one PPF account can be opened
- iii) Cannot invest more than 1.5 lakhs in a year   (Any one)

      Advantages of Provident Fund
- i)   High rate of interest
- ii)   Safe / secure
- iii)   Tax Rebate
- iv)   Loan facility
- v)   Interest Tax free   (Any one)

      Disadvantages of PF
- i) Premature withdrawal not allowed unless for marriage / house loan
- ii) Only for salaried people

                                  (Any one)

      Advantages of Life Insurance Scheme
- i)   Provides Life cover
- ii) Payment / premium made in small investments
- iii) Tax Rebate
- iv) Loan facility
- v) Get Lump sum amount at maturity   (Any one)

      Disadvantages of LIC
- i)   No liquidity / premature withdrawal not allowed
- ii) Low interest rate
- iii) Value of money reduces over time

                             (Any one)   (1+1 +2=4)

(Note:- one advantage and one disadvantage of any <u>two schemes</u> from above)

Q21. "Different clothes are required by different age groups." What four points will you consider while selecting clothes for 5-year-old sister and 13 year-old brother?

For 5-years old sister:-
- i) Comfortable / air-permeability / Good conductivity/ moisture absorbency
- ii) Easy to wear
- iii) Stain resistance
- iv) Extra allowances at seems and hems
- v) Strong and durable
- vi) No unnecessary strings /trimmings
- vii) Good fit
- viii) Any other   (Any four)

For 13 years old brother:-
- i) Extra allowances
- ii) According to Fashion
- iii) Stretchable / durable
- iv) Mix and Match
- v) Easy to maintain
- vi) Any other   (Any four)   (½ x8=4)

Q22. Which six feature will Nidhi look for in a readymade gown to showcase efficient workmanship? Which mark in the label will indicate that it is 100% pure silk? Draw the logo of the same.

a) Workmanship
- i) Cutting along the selvedge / on true bias
- ii) Alignment of print on arms and bodice
- iii) Continuous even seams, with matching and strong thread
- iv) Matching base of zip / smooth sliding of zip
- v) Armhole of sleeves and necklines reinforced
- vi) Matching linings good quality
- vii) Lining shorter than the main garment
- viii) Enough seam / hem allowance
- ix) Any other   (Any six)   (½ x6=3)

b) Silk Mark   (1 mark)

c) Logo of Silk Mark

                                             (1 mark)
                                           (3+1+1=5)

Q23. Differentiate between Direct and Indirect Real Income. Explain any three ways by which you and your college studying brother can supplement the family income.

Direct Real Income	Indirect Real Income
i) Flow of goods and services without the use of money.	i) Flow of goods and services with the use of money.
ii) Any one example of direct income	ii) Any one example of indirect income

                                           (2 marks)

Three ways by which you and your brother can supplement family income
- i) Take up a part time job/ take tuitions
- ii) Study hard and not take tuition.
- iii) Iron own clothes
- iv) Eat at home / take tiffin from home
- v) Make handicraft and sell
- vi) Make decorative items / food items and sell
- vii) Use public transport
- viii) Not buy branded clothes
- ix) Any other   (Any three)   (1x3=3)
                                             (2+3=5)

Q24. Write any four symptoms of diabetes. List four major considerations in dietary management of the same. Name any two food items which should be liberally allowed to a diabetic patient.

Symptoms of diabetes

       i)   Frequent urination
      ii)   Frequent thirst
    iii) Tingling / numbness of hands and feet
    iv) Blurred vision
     v)   Weight loss
    vi) Weakness
   vii) Delayed healing of wounds and cuts
  viii) Any other   (Any four)

Considerations in dietary management of Diabetes

       i)   Avoid sweets
      ii)   High protein and low carbohydrate diet
    iii) Short meals at frequent intervals
    iv) Include high fibre diet
     v)   Low fat intake
    vi) Give permitted fruits in moderation
   vii) Any other   (Any four)

Foods liberally allowed to a diabetic patient

       i)   Green leafy vegetables
      ii)   Sprouts
    iii) Vegetables salads
    iv) Whole pulses
     v)   Any other   (Any two)   ($^1/_2 \times 10 = 5$)

Q25. Educate a group of student of Class 10th and 11th about four cases of substance abuse among adolescents and also explain any two consequences of substance abuse on physical health and mental health respectively. Write any two ways of controlling it.

Causes of substance abuse

   i) Peer pressure
  ii) Low self-esteem
 iii) Depression
 iv) Academic problems
  v) Family problems
 vi) Easy accessibility
vii) Any other   (Any four)

Consequences of substance abuse on physical health

   i)   HIV / AIDS / Hepatitis
  ii) Liver damage / Cirrhosis of liver
 iii) Mouth and lung cancer
 iv) Bronchitis
  v) Weak immune system
 vi) Inflamed stomach / pancreas
vii) Any other   (Any two)

Consequences of substance abuse on mental health

   i) Lower Concentration Level
  ii) Depression / anxiety
 iii) Convulsions
 iv) Impaired memory
  v) Reflexes becomes slow
 vi) Hallucinations
vii) Any other   (Any two)

Two ways of controlling

   i) Rehabilitation
  ii) Counselling
 iii) Support from family
 iv) Spread awareness
 vi) Any other   (Any two)   ($^1/_2 \times 10 = 5$)