

HOME SCIENCE

Time allowed : 3 hours

Maximum Marks : 70

GENERAL INSTRUCTIONS :

- (i) All questions are compulsory..*
- (ii) Marks for each question are indicated against it.*
- (iii) Read each question carefully and answer to the point.*
- (iv) All parts of a question should be attempted together.*

QUESTION PAPER CODE 69/1

1. Mention the standard marks you would look for while buying packets of baking powder and pure ghee. 1
2. Name any two grease solvents which are used to remove stains from garments. 1
3. At what age does an infant child cut his first milk tooth? How many milk teeth does he have when he is 2½ years old? 1
4. Why is friction method not used to wash woollens? 1
5. State two important points you would consider while buying clothes for an adolescent boy. 1
6. Indicate two cognitive abilities of a child at the age of six months. 1
7. Mention two adulterants which are commonly found in tea leaves. 1
8. When suffering from diarrhoea, which two kinds of foods should Sudha avoid in her meals. 1
9. Present two arguments to justify that crying is important in the language development of a child. 1

10. State two indicators of good workmanship in the collar of a gent's shirt. 1
11. To ensure accuracy in length, what four points would you check while buying fabric from a shopkeeper. 2
12. Rini is using a chemical to remove stains from her silk dress. What precautions should she take to prevent any damage to the fabric? 2
13. Home Science offers vast self employment opportunities in each of its fields. Support this statement with the help of an example from each field. 2
14. What four qualities of a fabric would qualify it to be comfortable? 2
15. State two indicators each by which a mother knows that her eight month old child has normal motor and social development. 2
16. Name two things which can damage cotton clothes during storage. What two steps should you adopt to prevent this spoilage? 2
17. In what four ways can a one year old express his emotion of fear? 2
18. Recommend four facilities you would want in the creche of your three years old brother. 2
19. Give four reasons as to why lactating women should regularly visit an ICDS centre. 2
20. Pradeep is a bank manager. He lives in a coastal area with his wife, old parents and grand-mother. Mention four important factors which would influence the meal planning of this family. 2
21. Use of chlorine tablets may not always assure you to get safe potable water. Support this statement with four reasons. 2
22. Most villages are suffering from swelling in feet and legs. The doctor has ascribed it to some adulteration in their food. What could be this adulterant? Mention three other symptoms associated with this adulterant. Suggest two ways by which villagers can safeguard themselves from buying adulterant foods. 3

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|-----|---|---|
| 23. | What could be six possible unhygienic practices adopted by roadside vendors selling chaat papri? | 3 |
| 24. | What six things your mother can do to supplement her real income? | 3 |
| 25. | Justify with six reasons as to why all families should maintain their household accounts. | 3 |
| 26. | Outline the steps of washing a silk sari at home. | 3 |
| 27. | Identify four symptoms of diphtheria. Present two important points for its prevention. | 3 |
| 28. | Illustrate four ways each of creating emphasis and harmony in a salwar-kameez suit. | 4 |
| 29. | List any four difficulties a deaf and dumb child may face in a normal classfoorm. What are the aids available which can help meet their specific needs. | 4 |
| 30. | A family where the daughter-in-law is pregnant has been served aloo parantha and curd for breakfast. What modifications will you carry out in this meal to suit the nutritional needs of a pregnant woman? Why does she require these additional nutrients? | 4 |
| 31. | Describe the right to information and right to safety. Write one step each taken by government which ensures that these two rights of consumers are adequately met. | 4 |
| 32. | Your brother works in a bank and wants to invest one lakh rupees. Suggest to him any two schemes which are safe and also provide tax rebate. Mention three other features of each of these two schemes. | 4 |

QUESTION PAPER CODE 69

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|----|---|---|
| 1. | Mention the standard marks you would look for on the packets of salt and honey, while buying. | 1 |
| 2. | Name two grease absorbents which are used to remove stains from garments. | 1 |
| 3. | At what age does an infant cut his first milk tooth? How many milk teeth does he get till one year. | 1 |

4. Give two suggestions to remove excessive blue from cotton garments. 1
5. State two important points you would consider while buying clothes for a seven-month-old child. 1
6. Indicate two cognitive abilities of a child at the age of one year. 1
7. Mention two adulterants which are commonly found in coffee. 1
8. When suffering from fever, which two kinds of foods should Sudha have in her meals? 1
9. How does babbling help in the language development of a child? 1
10. State two indicators of good workmanship in the cuff of a gent's shirt. 1
11. To ensure accurate quantity, what four points would you check while buying milk from a milkman? 2
12. Rini spoilt her silk dress while removing stains with a chemical. What precautions should she have taken to prevent this? 2
13. "Home Science offers vast self employment opportunities in each of its fields." Support this statement with the help of an example from each field of Home Science 2
14. What four qualities of a fabric would determine its property of durability? 2
15. State two indicators each by which a mother knows that her four-month-old child has normal motor and social development. 2
16. Name two things which can damage silk clothes during storage. What two steps should you adopt to prevent this spoilage? 2
17. List four main reasons for a two-year-old child to get angry. 2
18. Which four qualities would you look for, while selecting staff for a creche? 2

19. Give four reasons as to why pregnant women should regularly visit an ICDS centre. 2
20. Rehman is a farmer. He lives in a hilly area with his wife, two school-going children and an old mother. Mention four important factors which would influence the meal planning of this family. 2
21. “Use of boiling method may not always assure you to safe potable water.” Support this statement with four reasons. 2
22. Most villages are suffering from paralysis. The doctor has ascribed it to some adulterant in their food. What could be this adulterant? Mention two other symptoms associated with this adulterant. How can villagers safeguard them-selves from buying adulterated foods? 3
23. List six desirable hygienic habits you would propose to a vendor who sells chat-papri by the roadside. 3
24. What six ways can college-going students adopt to help themselves in supplementing their real income? 3
25. Predict six problems a family can face if it does not maintain record of its household expenses. 3
26. Outline the steps of washing a woollen sweater at home. 3
27. Identify any three specific symptoms of polio. How can it be prevented? 3
28. Illustrate any four ways each of creating emphasis and rhythm in a dress of skirt and a top. 4
29. List any four difficulties a partially blind child may face in a normal classroom. What facilities can be made available in school which can help meet his/her specific needs. 4
30. A family with a lactating mother has been served aloo parantha and curd for breakfast. Modify the meal to suit the nutritional needs of the lactating mother, justifying your selection adequately. 4

31. Describe the right to information and right to basic needs. Write one step each taken by government which ensures that these two rights of consumers are adequately met. 4
32. Your brother works in a bank and wants to invest one lakh rupees. Suggest to him any two schemes which are safe and also provide tax rebate. Mention three other features of each of these two schemes. 4

Marking Scheme — Home Science

IMPORTANT NOTE:

1. Instructions for drawing up the Marking Scheme should be followed carefully.
2. If general instructions have to be given, do so at the beginning of the page itself.
3. Some subjects will require specific directions for particular type of questions.

Do not omit indication of value points, time required for any of the questions even though it may seem obvious.

QUESTION PAPER CODE 69/1 EXPECTED ANSWERS/VALUE POINTS

1. (i) Baking power - ISI
(ii) Ghee-Agmark [$\frac{1}{2} \times 2 = 1$]
2. (i) Acetone
(ii) Petrol
(iii) Methylated spirit
(iv) Carbon tetrachloride
(v) Ether
(vi) Benzene (any two) [$\frac{1}{2} \times 2 = 1$]

For Hindi Medium (above and below answers)

- (vii) Talcum powder
- (viii) Bran
- (ix) Chalk powder
- (x) Soap/detergent (any two)

3. (i) Between 5-8 months [$\frac{1}{2} \times 2 = 1$]
(ii) Teeth at 2½ months - Twenty
4. (i) Woollens have rough scaly surface. These scales overlap each other and some get entangled which leads to felting.
(ii) Delicate fibre becomes weak when wet (any one) [1]
5. (i) Variety - mix and match
(ii) According to fashion
(iii) Correct fit (any two) [$\frac{1}{2} \times 2 = 1$]
6. (i) Repeats interesting sounds caused by own actions (coos, gurgles)
(ii) Actions more purposeful/intentional behaviour
(iii) Can copy familiar actions (any two) [$\frac{1}{2} \times 2 = 1$]
7. (i) Iron fillings
(ii) Exhausted tea
(iii) Non-edible tea leaves artificially colored
(iv) Extraneous colour (any two) [$\frac{1}{2} \times 2 = 1$]
8. (i) Laxative/fibrous foods
(ii) Spicy
(iii) Irritants (chemicals/mechanical)
(iv) Oily/fried
(v) Stale foods
(vi) Extremely cold or hot foods (any two) [$\frac{1}{2} \times 2 = 1$]
9. (i) It is a pre-speech form which helps in communicating needs of a child
(ii) Know urgency of child's needs (cry loudly if need is urgent) [$\frac{1}{2} \times 2 = 1$]
10. (i) Has buckrum
(ii) Reinforced
(iii) Stitched with strong, coloured thread

- (iv) Collar size according to size of shirt
 - (v) No puckering at neckline
 - (vi) Collars evenly cut
 - (vii) Any other (any two) [$\frac{1}{2} \times 2 = 1$]
- 11.
- (i) He does not use a table to measure cloth
 - (ii) Measuring rod is not bend or broken
 - (iii) Does not stretch cloth while measuring
 - (iv) Cuts the fabric at the point where he has measured [$\frac{1}{2} \times 4 = 2$]
- 12.
- (i) Select chemical according to the stain and fabric
 - (ii) Test chemical in hidden corner
 - (iii) Simple to complex procedure
 - (iv) Use blotting paper to absorb extra chemicals
 - (v) Use chemicals in mild form
 - (vi) Work from outside to inside
 - (vii) Rinse all chemicals
 - (viii) Any other (any four) [$\frac{1}{2} \times 4 = 2$]
- 13.
- (i) Food and nutrition - cater parties, any other
 - (ii) Clothing and textiles - fashion designer, any other
 - (iii) Child development - baby sitter, open a school, any other
 - (iv) Home management - free lancer interior decorator, open florist shop, any other [$\frac{1}{2} \times 4 = 2$]
- 14.
- (i) Air permeability
 - (ii) Good conductivity
 - (iii) Stretchability
 - (iv) Absorbent
 - (v) Light weight
 - (vi) Soft (any four) [$\frac{1}{2} \times 4 = 2$]

15. Motor

- (i) Stand upright with support
- (ii) Crawl on stomach, hand and feet
- (iii) Crasp things
- (iv) Any other (any two)

Social

- (i) Attached to mother shows attachment by pulling hair/spectacles/bindis
- (ii) Can differentiate between angry/friendly voices
- (iii) Stranger anxiety (any two)

[$\frac{1}{2} \times 4 = 2$]

16. Causes of damage

- (i) Silver fish/Starch
- (ii) Mild dew
- (iii) Damp/dirty clothes
- (iv) Rust, if pins are left in the garment/rusted hooks (any two)

Precautions

- (v) Remove starch
- (vi) Store when completely clean/dry
- (vii) Air dry/Sun dry
- (viii) Spray insecticide in boxes before storing it
- (ix) Put newspaper on base of storage box (any two)

[$\frac{1}{2} \times 4 = 2$]

17. (i) Pulls away from source of fear

- (ii) Hides face
- (iii) Turns face away
- (iv) Cries

(v) Bed wetting

(vi) Any other (any four)

[$\frac{1}{2} \times 4 = 2$]

18. (i) Hygienic environment
(ii) Flexible timing
(iii) Trained staff
(iv) Suitable/safe toys
(v) Company of own age
(vi) First aid facility
(vii) Comfortable sleeping space
(viii) Safety and security
(ix) Any other (any four) [$\frac{1}{2} \times 4 = 2$]
19. (i) Postnatal care provided
(ii) Breast feeding promoted
(iii) Immunization of her child
(iv) Provided knowledge about balanced diet, weaning foods, child care
(v) Education for hygiene and sanitation (any four) [$\frac{1}{2} \times 4 = 2$]
20. (i) Regional - coastal - will include coconut, bananas/sea foods in meals
(ii) Age - grandmother will need meals which are easily digestible and bland
(iii) Activity - he is sedentary worker
(iv) Religion - Hindu - will not include beef in meals
(v) Like and dislikes
(vi) Use seasonal vegetables
(vii) Any other (any four) [$\frac{1}{2} \times 4 = 2$]
21. (i) Tablet not used in correct proportion to amount of water / 4 mg to 1 litre or one tablet to 20 litres
(ii) Tablet not allowed to react with water for sufficient time / 10 minutes for normal water / 20 minutes for more dirty water
(iii) Tablet not stirred properly/Water not shaken after putting tablet
(iv) Container not rinsed/Screw bands not rinsed
(v) Not stored in clean utensils (any four) [$\frac{1}{2} \times 4 = 2$]

22. (i) Adulterant-argemone

Symptoms

- (ii) Heart diseases
- (iii) Rash on exposed parts of body
- (iv) Enlarged liver
- (v) Renal failure
- (vi) Glaucoma
- (vii) Respiratory distress (any three)

Safeguard

- (viii) Buy food with standard mark/Agmark
- (ix) Reputed company and reputed brand
- (x) Sealed/not buy open packets (any two)

[$\frac{1}{2} \times 6 = 3$]

23. (i) Plates are not washed with clear water and detergents/does not use disposable plates and spoons.

- (ii) Does not use gloves to serve
- (iii) Does not cover food
- (iv) Does not cover dustbin
- (v) uses stale food
- (vi) Long and dirty nails and hands
- (vii) Has boils and cuts in hands
- (viii) Handle food when suffering from cold/cough
- (ix) Do not wipe spills with clean cloth
- (x) Does not use ladles to take out food

(any six) [$\frac{1}{2} \times 6 = 3$]

24. (i) Does her household chores herself
- (ii) Use community facilities - public bus to go for shopping
 - (iii) Shares carpool to leave children to school or go to office

- (iv) Does not order food/cook at home
 - (v) Teaches own child
 - (vi) Grows vegetables in pots/garden
 - (vii) Stitches garments for family
 - (viii) Bulk buying
 - (ix) Any other (any six) [$\frac{1}{2} \times 6 = 3$]
25. (i) Will know exact amount of money available to family
- (ii) Prevent wasteful expenditures
 - (iii) Avoid getting overcharged
 - (iv) Money lasts throughout the month
 - (v) Money is spend systematically
 - (vi) Helps to refer from the past and compare prices [$\frac{1}{2} \times 6 = 3$]
26. (i) Use luke warm water (do not soak)
- (ii) Use mild liquid soap reetha-nut solution
 - (iii) Use kneading and squeezing method (light pressure)
 - (iv) Rinse all soap in cold water
 - (v) Add few drops of vinegar lime juice in last rinse for shine. Add gum water along with vinegar for stiffness
 - (vi) Dry in shade on clothesline [$\frac{1}{2} \times 6 = 3$]
27. **Diphtheria**
- (i) Loss of appetite
 - (ii) Bull neck appearance
 - (iii) Tonsils get inflammed
 - (iv) May choke the patient
 - (v) High fever
 - (vi) Difficulty in swallowing

- (vii) Difficulty in breathing
- (viii) Grey lining in throat (any three) (½ each)

Prevention:

- (i) DPT vaccine given in 3 doses starting from 1½ months at one month interval
- (ii) booster dose given after 1½ year
- (iii) Isolate patient
- (iv) Disinfect clothing, beddings, toys, etc
- (v) Disposal of nasal/oral discharges in proper manner. (any three) [½ × 6 = 3]

28. **Emphasis:**

- (i) To emphasize neckline-embroider around neckline/any other example
- (ii) Contrasting collar will emphasize it/any other example of any other part
- (iii) Repeat color on neckline, hem, dupatta, cuff/Matching same color accessories (necklace, earring, bangles, any other example)
- (iv) Using an unusual collar/doing applique work on bodice to emphasize it, any other example (½ mark each)

Harmony:

- (i) Repetition of colour/design/embroidery/Duppata, salwar should have same print embroidery as in kameez/any other example
- (ii) Same fabric quality in all parts of dress/e.g. Use same texture/related colours fabric in duppata and salwar as the kameez/any other example
- (iii) Structural lines should have compatible angles/Align print of shirt and sleeves/ different panels in kameez should have same direction of print
- (iv) Gradation of colours/design
- (v) Size of print should be according to size of kameez (small print for small size kameez)
- (vi) Design of embroidery should complement the dress and not clash with it/e.g. geometrical design on flowers clash with each other
- (vii) Any other (any four) [½ × 8 = 4]

29. **FOR FULLY DEAF AND DUMB**

- (i) Cannot hear, so have to rely on sight
- (ii) Problems in social adjustment due to lack of communication
- (iii) Take time to learn concepts which rely on language
- (iv) Teacher talking in exaggerated way - cannot guess the words through lip reading
- (v) Teacher not standing still in one place, while talking
- (vii) Negative attitude of children and teachers/no guidance and support from teachers
- (viii) Not given opportunities/activities not organized keeping their disability in mind
- (ix) Problem in social adjustment due to difficulty in communication (Any four)

AIDS AVAILABLE

- (i) Sign language (use of manual alphabets)
- (ii) Maketon (pictures with sign language)
- (iii) Lip reading
- (iv) Seating in semi circle
- (v) Organize activities according to abilities (any four) [$\frac{1}{2} \times 8 = 4$]

OR

PROBLEM FOR PARTIAL DEAD AND DUMB

- (i) Difficulty in hearing
- (ii) Too much noise can hamper hearing with hearing aid
- (iii) Teacher talking in exaggerated way - cannot guess the words through lip reading
- (iv) Teacher not standing still in one place, while talking
- (v) Own personality may be irritable, pessimistic, introvert, moody, inferiority complex
- (vi) Not given opportunities/activities not organized keeping their disability in mind. (any four)

AIDS FOR PARTIALLY DEAD AND DUMB

- (i) Use of hearing aids
- (ii) Auditory hearing units
- (iii) Seating in semi circle
- (iv) Organize activities according to abilities (any four) [$\frac{1}{2} \times 8 = 4$]

30. (i) Any thing rich in iron (mint, anar) in curd
- (ii) Give more curd for calcium
- (iii) Add methi for folic acid in parantha
- (iv) Add besan/dal in atta for proteins (any four relevant suggestions)

Reasons:

- (i) Iron is needed for hemoglobin, increased iron absorption
- (ii) Folic acid is needed for regeneration of blood cells/helps reduce abnormalities, prevents anemia
- (iii) Proteins is needed for growth of foetus, placenta, uterus, breast size
- (iv) Calcium is needed for increased mineral absorption, formation of bones of foetus deficiency, leads to decalcification of mothers bones/teeth [$\frac{1}{2} \times 8 = 4$]

31. **The right to information:** This ensures provision of information about the quality, standard, quantity, potency, purity, standard and price of goods and services through detailed labels/leaflets/booklets, so as to protect the consumer against unfair trade practices and not be misled by lack of information or misinformation.

Steps taken by government:

- (i) Issuing warnings along with advertisement of toxic products (e.g. cigarette smoking is injurious to health)
- (ii) Prohibits deceptive packaging. Example of imitation labels
- (iii) Makes sure packages clearly identify their price and content
- (iv) Any other (any one)

Right to safety: A consumer has the right to demand safe goods and be protected against all harmful products like adulterated food or unsafe electrical appliances.

For example, if your oven gives an electrical shock, or your cooker bursts, then under the right to safety, you can file a complaint against the manufacturers

ROLE OF GOVERNMENT

- (i) Issues standardized marks
- (ii) Has enforced PFA act to curb adulteration
- (iii) Organizes consumer awareness programmes
- (iv) Formulates right and responsibilities by COPRA
- (v) Consumer forums set up to protect consumer rights.
- (vi) Any other (any one)

[1 × 4 = 4]

32. PUBLIC PROVIDENT FUND

- (i) Loan facility
- (ii) High rate of interest / 8% interest
- (iii) Interest tax free
- (iv) Can withdraw money after 6 years/premature withdrawal allowed

Or NSC

- (i) High rate of interest/8%
- (ii) No limit of investment
- (iii) Short time investment/Matures after 6 years
- (iv) Can take loan against it

OR LIC

- (i) Interest tax free in LIC
- (ii) Easy/Low premiums in installments
- (iii) Can take loan
- (iv) Family secure/future secure

OR Employees Provident Fund

- (i) Rate of interest is 8.5%
- (ii) Compound interest (interest on interest)
- (iii) Every month cut from salary/easy payments
- (iv) Take loan
- (v) Safe future/old age/retirement

Or Fixed deposit in banks for 5 years

- (i) Loan
- (ii) Higher rate of interest than savings
- (iii) Inculcate habit of saving
- (iv) Simple and accessible

(½ mark each for name of scheme and ½ mark each for three features each of two schemes)

[½ × 8 = 4]

QUESTION PAPER CODE 69

EXPECTED ANSWERS/VALUE POINTS

1.
 - (i) Salt-ISI
 - (ii) Honey - Agmark [½ × 2 = 1]
2.
 - (i) Talcum powder
 - (ii) Bran
 - (iii) French chalk
 - (iv) Powdered magnesia (any two) [½ × 2 = 1]
3.
 - (i) Around 6 months/5-8 months
 - (ii) At one year – 6 teeth [½ × 2 = 1]
4.
 - (i) Dip in plain water
 - (ii) Put vinegar/lime in this water [½ × 2 = 1]
5.
 - (i) Reinforced from knees
 - (ii) Extra allowance
 - (iii) Comfortable
 - (iv) Soft clothes
 - (v) Easy to maintain
 - (vi) Easy to wear

- (vii) Pastel/pleasant colors
 - (viii) Correct size
 - (ix) Any other (any two) [$\frac{1}{2} \times 2 = 1$]
- 6.
- (i) One action leads to another
 - (ii) Imitates behaviour
 - (iii) Actions become more purposeful/intentional behaviour
 - (iv) Repeats action in variety of ways
 - (v) Can anticipate events better (any two) [$\frac{1}{2} \times 2 = 1$]
- 7.
- (i) Chicory
 - (ii) Powdered date seeds
 - (iii) Powdered tamarind seeds (any two) [$\frac{1}{2} \times 2 = 1$]
- 8.
- (i) Bland/non spicy
 - (ii) Soft
 - (iii) Digestible
 - (iv) Lot of fluids
 - (v) High calorie diet (any two) [$\frac{1}{2} \times 2 = 1$]
- 9.
- (i) Helps in vocal mechanism/Clears speech
 - (ii) Helps in muscular coordination
 - (iii) Quickens the learning process of speech (any two) [$\frac{1}{2} \times 2 = 1$]
- 10.
- (i) Placket of cuff front over back
 - (ii) Stitched with strong, matching colored thread
 - (iii) Even stitches
 - (iv) Reinforced with buckrum/tatum
 - (v) Cuffs equal in size/even stitches
 - (vi) Any other (any two) [$\frac{1}{2} \times 2 = 1$]

11. (i) Measure should not have a false bottom
(ii) When he measures he should fill it to the brim
(iii) He should empty the content completely
(iv) Standard measure with stamp is used
(iv) Let foam settle (any four) [$\frac{1}{2} \times 4 = 2$]
12. (i) Test chemical in hidden corner
(ii) Use chemicals in mild form
(iii) Follow simple to complex procedure
(iv) Work from outside to inside
(v) Rinse all traces of chemicals
(vi) Select chemical according to fabric/stain
(viii) Use blotting paper to absorb extra chemical (any four) [$\frac{1}{2} \times 4 = 2$]
13. (i) Food and nutrition - chef, lobby, manager, any other
(ii) Clothing and textiles - fashion designer in a garment factory, any other
(iii) Child development - counselor, open a school, baby sitter, any other
(iv) Home management - interior decorator with an architect, any other [$\frac{1}{2} \times 4 = 2$]
14. (i) Blended fibre/manmade fibre
(ii) Filament stronger than staple yarns
(iii) Mercerized
(iv) High thread count
(vi) Twill weave/plain weave (any four) [$\frac{1}{2} \times 4 = 2$]
15. Motor
(i) Sit with support
(ii) Roll from back to side
(iii) Reach for dangling object (any two)

Social

- (i) Can distinguish between noise and voice
- (ii) Responds with smile
- (iii) Recognizes people who care for him (any two) [$\frac{1}{2} \times 4 = 2$]

16. Causes of damage

- (i) Perspiration
- (ii) Carpet beetle

Precautions

- (iii) Clean/dry clean before storage
- (iv) Spray insecticide in boxes before storing it
- (v) Change newspaper
- (vi) Air dry to remove perspiration [$\frac{1}{2} \times 4 = 2$]

17. (i) Inability to carry out certain actions

- (ii) Denial to wishes
- (iii) Take away possessions
- (iv) Minor discomfort
- (v) Feeling jealous (any four) [$\frac{1}{2} \times 4 = 2$]

18. (i) Trained to handle emergencies

- (ii) Patient
- (iii) Loves and cares for children
- (iv) Honest
- (ix) Any other (any four) [$\frac{1}{2} \times 4 = 2$]

19. (i) Supplementary foods and nutrition supplements are given to pregnant women

- (ii) Tetanus shots
- (iii) Prenatal monitoring and referral services

- (iv) Educated for hygiene and sanitation
 - (v) Educated for nutrition and child care (any four) [½ × 4 = 2]
- 20.
- (i) Region - hilly - rice is grown more so would eat more rice/locally grown foods are planned
 - (ii) Religion - muslim - would eat halal meat, no pork
 - (iii) Activity - heavy worker will need more calories
 - (iv) Age appropriate - children need more protein, calcium and iron rich foods
 - (v) Health appropriate - if suffer from any illness (any four) [½ × 4 = 2]
- 21.
- (i) Not strained/sedimentation not done before boiling
 - (ii) Not boiled for 10 minutes
 - (iii) not stored in clean containers/not allowed to boil
 - (iv) not stored in clean containers/not covered [½ × 4 = 2]
- 22.
- (i) **Adulterant** - kesari dal/lathyrus satyvus
- Symptoms**
- (ii) Stiff knees
 - (iii) Pain in ankle joints
- Safeguard**
- (iv) Buy food with standard mark/Ag mark
 - (v) Reputed company and reputed brand
 - (vi) Buy sealed packets/do not buy open packets [½ × 6 = 3]
- 23.
- (i) Cleans plates with clean water and detergents/use disposable plates and spoons
 - (ii) Uses gloves to serve
 - (iii) Uses ladles to serve
 - (iv) Covers food
 - (v) Uses covered dustbin

- (vi) Uses fresh food/does not use any leftovers
- (vii) Keeps nails trim
- (viii) Does not dip fingers in water glass while serving
- (ix) Uses spoon for tasting food
- (x) Does not sneeze on food/does not handle food when cold/cough
- (xi) Immediately wipes spills with clean cloth (any six) [$\frac{1}{2} \times 6 = 3$]

- 24.
- (i) Share transport to go to college
 - (ii) Reduce expenditures - mix and match clothes/eat at home
 - (iii) Use community facilities - library instead of buying books/public transport
 - (iv) Grow vegetables in pots/garden
 - (v) Help at home instead of keeping servants
 - (vi) Exchange notes/books
 - (vii) Share rental accommodation/books
 - (viii) Any other (any six) [$\frac{1}{2} \times 6 = 3$]

For Hindi medium above alongwith below answer is correct

- (i) Bargain prices and save and get satisfaction
- (ii) Borrow notes/books and derive satisfaction
- (iii) Buying things which will last for long time - get satisfaction
- (iv) Watching movie together at home instead of spending in movie halls
- (v) Any other (any six including for direct/indirect) [$\frac{1}{2} \times 6 = 3$]

- 25.
- (i) Will know exact amount of money in hand
 - (ii) Leads to wasteful expenditure
 - (iii) May get overcharged
 - (iv) Money may not last throughout the month
 - (v) Money may be spent unsystematically
 - (vi) No records - do not have anything to refer from the past
 - (vii) Any other (any six) [$\frac{1}{2} \times 6 = 3$]

26. (i) Draw an outline of sweater on paper
 (ii) Use mild liquid soap or reetha-nut solution (do not soak)
 (iii) Use light pressure (kneading and squeezing)
 (iv) Use lukewarm water
 (v) Rinse all water - don't squeeze
 (vi) Place on outline, pull to shape and leave dry on flat surface, in shade [½ × 6 = 3]

27. (i) Mild fever with chilliness and body pain
 (ii) Pain when bends forward or lifts limbs
 (iii) Foot drop
 (iv) Paralysis after 2-3 days (any three) (½ mark each)

Prevention:

- (i) Polio drops given in 4 doses started at birth/booster dose at 18 months
 (ii) Avoid crowding
 (iii) Use pasteurized milk
 (iv) Swimming pool chlorinated
 (v) Adopt anti fly measures/food hygiene
 (vi) Dispose off excreta carefully (any three) [½ × 6 = 3]

28. **Emphasis:**

Skirt:

- (i) Belt on waist will emphasize it
 (ii) Embroidery around the waist/hemline/any other
 (iii) Contrasting colour on waist/border
 (iv) Putting unusual button or applique work (any two)

Shirt:

- (i) Contrast collar/pocket/cuff
 (ii) Embroidery around the waist/hemline/any other
 (iii) Contrasting colour or waist/border
 (iv) Putting unusual button or applique work (any two)

Rhythm:

- (i) Repetition - repeat piping on neckline, hem and cuff
- (ii) Gradation - Embroider flowers of varying sizes
- (iii) Radiation - have puff sleeves/gathers in skirt
- (iv) Parallelism - Pleats in skirt/tucks in shirt
- (vii) Alteration - Embroider alternate row of flower and lines on upper bodice/
skirt (any four) [$\frac{1}{2} \times 8 = 4$]

29. **Difficulties:**

- (i) Unable to follow blackboard work
- (ii) Poor lighting
- (iii) Lack of big prints in books
- (iv) Non-availability of grey/green boards
- (v) Too much glare in visual aids
- (vi) Clumsy
- (vii) Feeling of inferiority complex
- (viii) Feel isolated
- (ix) Any other (any four)

Aids Available

- (i) Green/grey board
- (ii) Magnifying glass
- (iii) Audio aids
- (iv) Motivation from teachers
- (v) Help from classmates
- (vi) Enough lighting in class (any four) [$\frac{1}{2} \times 8 = 4$]

30. **Modification:**

- (i) Add anything rich in vitamin A and C in curd parantha
- (ii) Give more curd for calcium

- (iii) Add methi/and other folic acid rich food (green leafy, soyabean etc.) in parantha
- (iv) Add besan/dal/soyabean/kale chane powder in atta for proteins

(any four relevant suggestions)

Reasons:

- (i) Vitamin A is needed for healthy glowing skin, healthy bones and vision of infant
- (ii) Vitamin C is needed to provide immunity to child
- (iii) Folic acid is needed for regeneration of blood cells
- (iii) Proteins is needed for repair and maintenance of cells and tissues
- (v) Calcium is needed for production of milk/mineral absorption efficiency increases (any four reasons)

[$\frac{1}{2} \times 8 = 4$]

31. **A. The right to information:** This ensures provision of information about the quality, standard, quantity, potency, purity, standard and price of goods and services through detailed labels/leaflets/booklets, so as to protect the consumer against unfair trade practices and not be misled by lack of information or misinformation.

Steps taken by government:

- (i) Issuing warnings along with advertisement of toxic products (e.g. cigarette smoking is injurious to health) any other
- (ii) Prohibits deceptive packaging. Example of imitation labels
- (iii) Makes sure packages clearly identify their price and content
- (iv) Any other (any one)

- B. Right to basic needs:** Right to basic goods and services guarantees dignified living. It includes adequate food, clothing, health care, drinking water and sanitation, shelter, education, energy and transportation

Steps taken by government

- (i) Rations at subsidized rates for low income families
- (ii) Health care facilities

- (iii) Safe drinking water
- (iv) Low cost housing schemes
- (vi) Any other (any one)

[1 × 4 = 4]

32. **PUBLIC PROVIDENT FUND**

- (i) Loan facility
- (ii) High rate of interest/8% interest
- (iii) Interest tax free
- (iv) Can withdraw money after 6 years/premature withdrawal allowed
- (v) Compound interest

OR NATIONAL SAVING CERTIFICATE (NSC)

- (i) High rate of interest/8%
- (ii) No limit of investment
- (iii) Short time investment/Matures after 6 years
- (iv) Can take loan against it

OR LIC

- (i) Interest tax free
- (ii) Easy/Low premiums in installments
- (iii) Can take loan
- (iv) Family secure/future secure/life accident cover

OR PROVIDENT FUND

- (i) High rate of interest is (8.5% 9.5%)
- (ii) Compound interest (interest on interest)
- (iii) Every month cut from salary/easy payments
- (iv) Take loan
- (v) Safe future

OR FIXED DEPOSIT IN BANKS FOR 5 YEARS

- (i) Loan
- (ii) Higher rate of interest than savings

(iii) Inculcate habit of saving

(iv) Simple and accessible

**(½ mark each for name of scheme and ½ mark each for three features
each of two schemes)**

[½ × 8 = 4]

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