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HS/XII/A.Sc/HSc/25

2 0 2 5

HOME SCIENCE

Full Marks : 70

Time : 3 hours

The figures in the margin indicate full marks for the questions

General Instructions :

- (i) Write all the answers in the Answer Script.
- (ii) Attempt Part—A (Objective-type Questions) serially.
- (iii) Attempt all parts of a question together at one place.

(PART : A—OBJECTIVE)

(Marks : 30)

A. Choose and write the correct answer : 1×6=6

1. A malpractice which is often adopted for selling goods like vegetables, cereals, sugar, etc., is
 - (a) defective weights and measures
 - (b) black marketing
 - (c) unfair trade practices
 - (d) None of the above

(2)

2. Implementation of community development programme on a national scale requires

- (a) adoption of consistent policies
- (b) specific administrative arrangements
- (c) recruitment and training of personnel
- (d) All of the above

3. The first step in fibre identification is

- (a) microscopic observation
- (b) burning test
- (c) visual inspection
- (d) chemical test

4. _____ is used to draw lines at right angles and it is also marked in inches and centimeters.

- (a) Meter scale
- (b) Measuring square
- (c) Measuring tape
- (d) None of the above

(3)

5. 1 gram of carbohydrate yields
- (a) 9 calories of energy
 - (b) 4 calories of energy
 - (c) 6 calories of energy
 - (d) 10 calories of energy
6. Which of the following is essential for clotting of blood?
- (a) Vitamin E
 - (b) Vitamin B₆
 - (c) Vitamin C
 - (d) Vitamin K

B. Fill in the blanks :

1×6=6

1. Teaching them the dignity of labour is one of the specific objectives of _____ club.
2. _____ means the addition or removal of something in order to lower the quality of a foodstuff.

(4)

3. Filament fibres are of ____ types.
4. Tea stain is a ____ stain.
5. A ____ diet is one which contains different types of foods in such quantities and proportions that the need for all nutrients is adequately met.
6. ____ cooking kills all bacteria and hence the food is safe and hygienic to eat.

C. Write whether the following statements are *True* or *False* :

1×3=3

1. The Applied Nutrition Programme (ANP) is an educational program in India that aims to improve nutritional status and address malnutrition.
2. Yarns are fibres laid or twisted by a process called weaving.
3. The recommended dietary allowance of iron for an adolescent girl of 16–18 years is 32 mg/d.

(5)

D. Match Column—A with Column—B : 1×3=3

Column—A

Column—B

- | | |
|------------------------|--------------------------------|
| 1. Mahila Mandal | (a) Goitre |
| 2. Sodium hypochlorite | (b) Rural employment programme |
| 3. Iron deficiency | (c) Javelle water |
| | (d) Anaemia |

E. Write on the following in not more than 5 sentences each : 2×6=12

1. TRYSEM
2. Importance of kitchen gardening
3. Guidelines for stain removal
4. Classification of fibres
5. Disadvantages of cooking
6. Sources of vitamin A

(6)

(PART : B—DESCRIPTIVE)

(Marks : 40)

- F.** Answer any *one* of the following : 12
1. (a) Explain the broad and specific objectives of community development. $2\frac{1}{2}+2\frac{1}{2}=5$
 - (b) Enumerate the philosophy of community development. 7
 2. (a) Write about consumer rights. 6
 - (b) Explain the role of voluntary agencies. 6
 3. Write short notes on the following :
 - (a) ICDS 4
 - (b) Adult education programme 4
 - (c) Compost making 4
- Or*
- (a) Layout of a kitchen garden 5
 - (b) Selection of Rabi and Kharif crops 3
 - (c) Selection of manures 4

(7)

G. Answer any *two* of the following : 7×2=14

1. Differentiate between vegetable fibres and animal fibres. 3½+3½=7
2. What are the different types of yarns? Explain about novelty yarns with diagrams. 2+5=7
3. How will you remove the following stains from cotton fabric?
 - (a) Ink stain 3
 - (b) Lipstick stain 2
 - (c) Curry stain 2
4. What are bleaching agents? Explain the different types of bleaching agents with examples. 1+6=7
5. Name the different finishing equipments. Explain each of the finishing equipments with diagrams. 1+6=7

H. Answer any *two* of the following : 7×2=14

1. Define the following :
 - (a) Food 1
 - (b) Nutrition 2
 - (c) Health 2
 - (d) Therapeutic diet 2

(8)

2. What are fat-soluble vitamins? Give one function of each fat-soluble vitamin. Mention the source of each.

1+4+2=7

Or

Name the sources of vitamin C. Write the functions of vitamin C in human body and name the diseases caused by its deficiency.

2+2½+2½=7

3. Classify food according to the five food groups plan. 7

Or

What do you mean by food guide? Explain the food guide pyramid with figure.

2+5=7

4. What are the causes and preventive measures of protein-calorie malnutrition?

3½+3½=7

5. Explain the methods of food preparation under the following heads :

(a) Steaming 2

(b) Deep and shallow frying 2

(c) Pressure cooking 2

(d) Baking 1
