NATIONAL BOARD OF SCHOOL EDUCATION

Question Paper Design

Subject : Home Science
Paper: Theory
Time: 3 Hrs.

Class: Secondary

Marks: 75

1. Weightage by Objectives

Objective	K	U	A	**Total**
Percentage of marks	30%	49%	21%	100%
Marks	25	42	8	75

2. Weight age to form of Questions

Forms of Questions	LA/E	SA	VSA	OBJ	TOTAL
No. of Questions	7	9	8	7	31
Marks Allotted	35	27	16	7	75

3. Weight age to content

sl.no.	Content Unit New Course	Marks
1	What is Home Science	2
2	The Food That We Eat	12
3	Fibres And Fabric	10
4	Home Maintenance	10
5	Health And Environment	12
6	My Family	15
7	Family Resources	12
8	Rights and Responsibilities	12
	Total	**75**

4. **Scheme of evaluation**
     Theory   **75 Marks**
     Practical   **25 Marks**

5. **Practical evaluation**

2 Practicals (from different units) 2x4=8	8 marks
Practical/Activity File (as proposed for TMA)	3 marks
Viva	4 marks
Total marks	15 marks
Time	2 ½ Hours

Blue Print

Sl. No	New Course	Knowledge				Understanding				Application				Total Marks
		E	SA	VSA	Obj	E	SA	VSA	Obj	E	SA	VSA	Obj	
1.	What is Home Science							$1(2)^{10}$						2
2.	The food that we eat				$1(1)^{1}$		$1(3)^{20}$	$1(2)^{11}$	$1(1)^{5}$	$1(5)^{30}$				12
3.	Fiber to Fabric		$1(3)^{16}$	$1(2)^{8}$			$1(3)^{21}$					$1(2)^{14}$		10
4.	Home Maintenance				$1(1)^{2}$	$1(5)^{26}$		$1(2)^{12}$				$1(2)^{15}$		10
5.	Health and Environment		$1(3)^{17}$		$1(1)^{3}$			$1(2)^{13}$	$1(1)^{6}$	$1(5)^{31}$				12
6.	My Family		$2(3)^{18,19}$		$1(1)^{4}$	$1(5)^{27}$					$1(3)^{23}$			15
7.	Family Resources					$1(5)^{28}$	$1(3)^{22}$		$1(1)^{7}$		$1(3)^{24}$			12
8.	Rights and Responsibilities	$1(5)^{25}$		$1(2)^{9}$		$1(5)^{29}$								12
	Sub Total	**5**	**12**	**4**	**4**	**20**	**9**	**10**	**3**	**10**	**6**	**2**	**0**	
	Toal	**25**				**42**				**18**				**75**

Total No. of Question asked   Marks
E   =   7   7x5 = 35
SA   =   9   9x3 = 27
VSA   =   8   8x2 = 16
Obj   =   7   7x1 = 7
Total   =   31   Marks = 75

SAMPLE QUESTION PAPER

Final version given for printing on 27-4-04

Note: All Questions are compulsory   Max Marks-75
                                                                            Time   3 hrs.

1.   In order to give a diet containing good quality protein to your family, you can use.

                                                                                            1

        (a)   germination
        (b)   combination
        (c)   fermentation
        (d)   conservation

1.   Name the common part present in iron toaster and geyser, which works as
         safeguard against overheating.   1

        (a)   thermostat
        (b)   fuse
        (c)   cord
        (d)   switch

3.   Malaria can be diagnosed by testing   1

        (a)   blood
        (b)   urine
        (c)   stool
        (d)   spit

4.   A child of 3 years old can speak sentences made of   1

        (a)   3-4 words
        (b)   5-6 words
        (c)   7-8 words
        (d)   10-12 words

5.   The maximum energy-giving nutrient is   1

        (a)   Minerals
        (b)   Proteins
        (c)   Carbohydrates
        (d)   Fats

6.   You will generally not find water closets in villages because they   1

        (a)   Need experts to construct
        (b)   Need a lot of water
        (c)   Are difficult to use
        (d)   Are a western form of latrine

7.   An example of human resource is   1

       (a)   Money
       (b)   Knowledge
       (c)   Land
       (d)   Material goods

8.   Give one reason why   2

       (a)   You cannot use nylon for making towels
       (b)   A silk saree cannot be scrubbed hard while washing.

9   Write four problems seen in society due to the lack of values.   2

10.   After doing Home Science, Rita is looking for jobs. Educate her about
      four areas where she can get employment.   2

11.   Which two diseases spread through infected food and water? How can
      these be controlled?   2

12.   Which cleaning material can Mala use to clean bathroom tiles and brass
      taps in her home?   2

13.   List any four possible conditions when Rahul can become a victim of   2
      poisoning.

14.   List any two qualities you would look for, while buying a bed sheet.   2

15.   Lokesh is 30 yrs. old. He wants to save his money for future use.
      He is thinking of either buying jewelry or investing in Public Provident
      Fund. Help him make a decision, giving at least two advantages for your
      choice.   2

16.   State any three qualities a fabric for rainy season should have.   3

17.   Mention any four diseases that spread through air. Suggest one measure
      you could take to prevent the spread of such diseases.   3

18.   What are the three most common signs of pregnancy?   3

19.   Support these three statements with the help of an example each.
      Development   occurs
      a) from head to legs
      b) from centre of body towards outside.
      c) at different rate at different age levels.   3

20.   Give three reasons why you think preserving food is necessary?   3

21.   Name any four types of fabrics available in the market. Compare any
      two on the basis of their heat conduction property.   3

22.   Which six qualities should you check before buying a readymade
      suit for your mother?   3

23.   Your friend Roop has just become pregnant. Keeping in mind the
      statement that ' only a healthy woman gives birth to a healthy baby',

	explain to her the kind of food she should eat.	3
24.	Radha wants to decorate her home with the help of pictures. Which three steps of planning she should keep in mind, before evaluating the decoration of her house?	3
25.	Why are consumer aids important to a consumer? Describe any two such aids.	5
26.	What are the major points you must keep in mind while selecting a house?	5
27.	How will you help your younger sister to prepare for marriage?	5
28.	Convince your friend about the need to save money from her monthly expenditure.	5
29.	There was a fire at Sheela's house. Identify six possible causes for this.	5
30.	Point out four nutritional requirements of adolescent girls staying in a hostel. Suggest two dishes which will be appropriate for them. Give justification for your choice.	5
31.	Describe the removal of garbage from your home. How frequently do you remove it? Why? What precaution will you take if you have to keep it for a day? Why?	5

Answers

1.	B		1
2.	A		1
3.	A		1
4.	A		1
5.	D		1
6.	B		1
1.		B	1

8. a) Does not absorb moisture easily.   1+1=2
     b) Silk looses strength when wet.

9. Problems -

     1. Lack of punctuality in schools, offices, shops.
     2. Disrespect to elders, parents, teachers, employees etc.
     3. Gender discrimination
     4. Indiscreet use and wastage of resources
     5. Rude behavior
     6. Insensitive to the needs of disadvantaged

                                                  (Any four)   4X ½ = 2

Ans. 10 She can get employed in

     i) Polytechnics
     ii) Industrial Training Institute
     iii) Institute of Hotel Management
     iv) Angan wadi/Balwadi Centres
     v) Home Science Colleges
     vi) Schools offering Home Science and Vocational Courses.

                                                  (Any four)   4X ½ = 2

Ans. 11 Diseases – diarrhoea, Cholera, Jaundice   (Any 2)   1
           Precautions – Drink boiled or treated water.
           - keep all food covered to prevent contamination by flies.   1
                                                              1+1 = 2

Ans. 12   For Bathroom tiles
             Soap, Vim, Water   1

             For Brass taps   1
             Tamarind/lemon/dry mango powder   1+1 = 2

Ans. 13 i) Consuming expired medicines
        ii) Handling insecticides in kitchen.
        iii) Eating unwashed fruits and vegetables.
        iv) Drinking contaminated water.
        v) Eating contaminated food.
        vi) Acids and alkalis.

                                               (Any four)   4x½ = 2

Ans. 14   i)   colour fastness
          ii)   strength of the fabric
          iii)   softness of bedsheet – matched
          iv)   colour of bedsheet – matched with colour of rooms/curtains.
 	
                                                             (Any two)
	1x2 = 2

Ans. 15   He should invest in PPF because
          a)   he gets a tax rebate
          b)   he can take a loan against it
          c)   small amount of money is deducted every month
          d)   employer also puts in the same amount of money
                                                           (Any two)
	1x2 = 2

Ans. 16   i)   It should dry fast.
          ii)   It should not wrinkle when wet.
          iii)   It should not lose strength when wet.
              It should be of a fast colour.
                                               (Any three)
	1x3 = 3

Ans. 17   Four diseases
          Influenza ,Diphtheira
          Measles,Mumps or any other
 	
          Measures
          Cover mouth while coughing or sneezing.
	1X4 = 2
	
	1
	2+1= 3

Ans. 18   i)   Missed period
          ii)   Morning sickness/nausea
          iii)   Increase in frequency of urination
          iv)   Changes in the breast.
          v)   Digestive upsets.
 	
                                                          (Any Three)
	1X3 = 3

Ans. 19   a)   First, the child gains control over the head, then the child gains
                control of the trunk and then is able to sit and then stand.
          b)   In the beginning, child grasps toys with whole body, then both arms, then both
                hands, then only with fingers.
          c)   In the first six years of life and adolescence the pace of growth is very fast but slows
                down during childhood and later years.
	1X3 = 3

Ans: 20   -   Adds variety in the diet
          -       Makes food easy to store.
              Food can be made available every where.
	1X3 = 3

Ans: 21   Fabrics available
          Cotton/Wool/Silk/Nylon/Polyester/Rayon   (Any 4)
 	
          Cotton/rayon is a good conductor of heat and keeps the body cool.
	½ x4 = 2
	
	½ x 2 = 1

	Wool/Silk/Nylon/Polyester are bad conductors of heat and keep the body warm.		1+2 = 3

Ans. 22
a) Seams should be finished properly
b) Seam allowance should be adequate
c) Garment should be stitched on the grainline.
d) Fasteners firmly stitched
e) Finishing of garment should be satisfactory
f) Quality of fabric should be good.

½ x 6

Ans.23 .
a) Eat a dry piece of toast/ biscuit before getting up from bed to avoid morning sickness
b) Eat raw salads, fruits and drink plenty of fluids to avoid constipation
c) Eat regular and balanced diet
d) Avoid spicy and fried food that increases digestive upsets
e) Eat small but frequent meals
f) Eat last meal at least 2-3 hours before bed time

1x 3 = 3

(Any three)

Ans.24
i) Planning- Activities have been properly listed and sequenced
ii) Organizing- Responsibilities have been fixed and all the resources have been collected and assembled.
iii) Implementing- Activities have been implemented as per the planning and organizing.

1x3 = 3

1x 1=1

Ans.25
A consumer aid is anything written or illustrated that helps and guides a consumer in selecting a product he/she wants to buy.

2x2=4

Describe any two of the following -
i) standardization marks
ii) labels and catalogues
iii) packages
iv) advertisement
v) consumer associations and cooperatives.

1 + 4 = 5

Ans. 26 Points to consider
-       adequate sunlight
-       proper ventiliation
-       clean surroundings
-       no loud noise
-       good locality with basic amenities like school markets, hospital, post-office, bank etc.
-       budget
-       according to requirements   (Any 5)

1X5 = 5

Ans. 27 You will

i) help her to develop confidence in herself.
ii) inculcate in her a healthy respect for the opposite sex
iii) explain to her the reproductive system.
iv) Educate her about the reproductive system

1X5=5

v) Emphasize the importance of child spacing and breast feeding		

Ans. 28 Your friend must save money every mouth because she will need it for-

        i)   education of children
        ii)   marriage of children
        iii)   emergencies such as medical needs/damage to property etc.
        iv)   making her family life comfortable.   1X5=5

Ans.29   i)   misuse of matches, hot ashes/ cigarettes
                 thrown carelessly
        ii)   carelessness while lighting/pumping stove.
        iii)   unattended stove
        iv)   gas leakage   1X5=5
        v)   sparking in faulty wiring in kitchen

Ans. 30 Specific requirements

        -      energy giving (more calories)
        -      more protein
        -      more minerals and vitamins   1/2X4=2
        -      attractive, nutritious snacks.

                                                     1x2=2

        Suggestions

        -      stuffed parantha with chutney
        -      stuffed kulcha with chole
        -      vegetable sandwiches
        -      mixed vegetable raita
        -      peanut chikki
        -      stuffed omlette
        -          idli sambhar

                                                    1
        Justification for the choice to be given   2+2+1= 5

31.   Removal – kitchen   dustbins   municipality dustbin
     Frequency   -   at least daily
     Reason -   garbage decays and produces foul   .
     Precaution   -   collect in a clean dustbin, keep covered
     Reason -   dirty dustbin attracts insects, cockroaches, fires, spreads   1X5= 5
                         foul smell.