

# HALF YEARLY EXAMINATION, 2024-25

## HOME SCIENCE

Time – 3 Hrs.

Class – XII

M.M. : 70

Date – 03.09.2024 (Tuesday)

Name of the student \_\_\_\_\_ Section \_\_\_\_\_

### GENERAL INSTRUCTIONS:

- All questions are compulsory.
- There are total 35 questions.
- Question paper is divided into four sections-A, B, C and D.
- Section A has question no.1 to 14 (Multiple choice questions) and are of 1 mark each.
- Section B has question no.15 to 18 (case-based questions) and are of 1 mark each.
- Section C has question no. 19 to 25 of 2 marks each and question no.26 to 29 of 3 marks each.
- Section D has question no.30 to 33 of 4 marks each and question no.34 and 35 are of 5 marks each.
- Internal choices are given in some questions.
- Support your answers with suitable examples wherever required.

### Section A (Multiple Choice Questions)

- Q1. Which is not amongst the four pillars of Ergonomics? 1  
a. Biometrics      b. Anthropometry      c. Physiology      d. Industrial psychology
- Q2. Rahul ate a sandwich which appeared good and smelled pleasant. Within few hours he complained of severe stomachache, nausea and vomiting. This could be attributed to- 1  
a. Food adulteration      b. Food intoxication  
c. Food infestation      d. Food contamination
- Q3. While assessing nutritional status of a patient which factor is not considered by the clinical nutritionist? 1  
a. Anthropometric measurements  
b. Detailed information on diet and medication histories  
c. Relating the information on laboratory and physical measurements  
d. Diet survey
- Q4. Which is the key sector of ICDS to provide preschool education in remote areas? 1  
a. Anganwadis      b. Training institutes      c. Creche      d. Day care centres
- Q5. Codex India is located at- 1  
a. Ministry of food processing Industries  
b. Department of Agriculture and Cooperation  
c. Ministry of Health and Family Welfare  
d. Directorate General of Health
- Q6. The Factories Act 1948 makes sure that there is facility of \_\_\_\_\_ on the work premises. 1  
a. Canteen      b. Shade      c. Creche      d. First aid
- Q7. "Young children have different ways of understanding the world and they need a supportive environment". Name the psychologist who gave this theory. 1  
a. Piaget      b. Maria Montessori      c. Vygotsky      d. Sigmund Freud

- Q8. In which year the first SOS village was set up in India and who were the beneficiaries? 1  
 a. 1954 and disabled children                      b. 1964 and abandoned children  
 c. 1965 and special need children                d. 1963 and juvenile delinquents
- Q9. After surgery of stomach your grandfather is unconscious, which mode of feeding would be preferred for him and why? 1  
 a. Oral feeding and easy to chew                      b. Tube feeding and easy to digest  
 c. Intravenous feeding and to get nourishment    d. Nasogastric feeding and nutrition
- Q10. Your sister has completed her diploma in clinical nutrition and dietetics. Choose from the following options which are available to her to start her career? 1  
 a. School counsellor                                      b. Research and development and Nutraceuticals  
 c. ECCE    d. In Agriculture Industry
- Q11. Mr. Ramesh found a four year old child near the Railway station and handed over him to local Police. Suggest the suitable option for the police for the time being, where the child should be sent. 1  
 a. Juvenile home    b. Special home    c. Observation home    d. SOS Village
- Q12. Which of the following is not the function of FSSAI? 1  
 i. To establish international standards to protect the health of consumers  
 ii. Promote general awareness about food safety and food standards.  
 iii. To promote the development of standardization and related activities in the world  
 iv. Provide training programmes for persons who are involved or intend to get involved in food businesses  
 Choose the correct option.  
 a. i and ii                      b. ii and iv                      c. iii and iv                      d. i and iii
- Q13. Assertion (A) - Milk and curd spoil quickly within one or two days. 1  
 Reason(R) - They are perishable foods.  
 Select the most appropriate answer from the options given below.  
 a. Both A and R are true and R is the correct explanation.  
 b. Both A and R are true but R is not the correct explanation.  
 c. A is true R is false.  
 d. A is false but R is true
- Q14. Assertion (A) - Meaningful work is useful to society or to others, is done responsibly and is enjoyable to the worker. 1  
 Reason(R) - It is important to choose something to sustain the individual's enthusiasm to carry on his/her work.  
 Select the most appropriate answer from the options given below.  
 a. Both A and R are true and R is the correct explanation.  
 b. Both A and R are true but R is not the correct explanation.  
 c. A is true R is false.  
 d. A is false but R is true

## Section B (Case Based questions)

**Read the following passage and answer Q 15 to 18.**

In any society, nutritional problems are not just linked to food but to a variety of interacting/interrelated factors at various levels. While poverty is often the underlying cause, the situation becomes worse when a substantial proportion of families do not have access to basic amenities. Rural households have less access to toilets. Poor sanitation results in loss of work days and further economic loss. Further, considerable proportion of the population does not have safe drinking water.

The causes of malnutrition identify several levels of causes: immediate, underlying and basic.

- Q15. Which of the following is not one of the underlying causes? 1
- a. Insufficient rainfall for agriculture
  - b. Inadequate access to food
  - c. Inadequate care for mothers and children
  - d. Insufficient health services and unhealthy environment
- Q16. Following are nutrition programmes and their examples operating in India. Select the incorrect option. 1
- a. Food Supplementation Programme - Mid day meal
  - b. Food Security Programme - Public distribution system
  - c. ICDS-Annapurna Scheme
  - d. Nutrient Deficiency Control Programme- National Prophylaxis Programme
- Q17. What is the mission of Public Health Nutrition? 1
- a. To prevent over nutrition and to maintain optimal nutritional status of individual and family
  - b. To prevent under nutrition and to maintain optimal nutritional status of individuals
  - c. To prevent under nutrition and over nutrition problem of society.
  - d. To prevent both under nutrition and over nutrition and to maintain optimal nutritional status of the population
- Q18. Since past 15 days, Seema who is 30-year-old is feeling lethargic, breathlessness and fatigue on slight exertion. Identify the deficiency disease she might be suffering from. 1
- a. IDA                      b. IDD                      c. VAD                      d. Osteoporosis

## Section C (short answer type questions)

- Q19. What could be the four factors that lead to food deterioration or spoilage? 2
- Q20. Differentiate between Job and career. 2
- Q21. Discuss clinical nutrition as discipline. 2
- Q22. Public health nutrition is a multi-disciplinary field. With reference to the given statement discuss the concept of public health and nutrition in detail. 2
- Q23. After completion of 10+2 examination what is the professional scope in the field of food processing & technology? 2
- Q24. Write down the mission of international Organisation for standardisation. 2
- Q25. Why are the youth vulnerable? Give two reasons. 2
- Q26. The primary objective of early childhood care and education is the holistic development of the child and preparation for formal school. Justify this statement with the help of three examples each. 3

- Q27. Traditional role of men as a bread winner of the family and role of women is homemaker. Justify this statement. 3
- Q28. To meet the needs of vulnerable children, the government has adopted many programmes. Explain about any one in detail. 3
- Q29. How can the government respond towards the poverty situation in India in an effective manner? 3

**Section D (Long answer type questions)**

- Q30. Career is something that lasts a lifetime. Explain what is career, while choosing a career, which points should be considered? How can a career be satisfying? 4
- Q31. Mr. Dharampal has started his own food processing unit for exporting the products. His friend has suggested him to implement HACCP. 1+3=4
- a. What is HACCP?
- b. Highlight any three importance of HACCP to convince him to adopt it.

**OR**

Mrs. Ramvati has started her own bread manufacturing unit. She wants to get her manufacturing unit certified by Government of India.

- a. Name the new Food safety Act implemented in India.
- b. Which year it was implemented?
- c. Enlist any four functions of the new Food safety Act.
- Q32. In order for the child to grow optimally in all areas, it is important that the child's needs for food, shelter, health care, love, nurturance and stimulation be met in a holistic manner. SOS children's village and ICDS are example of some of the initiatives operating in the country to meet the needs of vulnerable children.
- a. Where was the first SOS village established in India? 1
- b. What is the main aim of SOS village? 1
- c. How can you distinguish it with ICDS? Give two points. 2
- Q33. Your friend Rohan is medical nutrition therapist in a city hospital.
- a. Indicate any four methods he will use to obtain the information on the patient's nutritional status and needs. 2
- b. Which is the best mode of feeding he will suggest for your grandmother who has undergone intestinal surgery and why? 1
- c. What type of diet he will recommend for your grandmother once she recovers and why? 1
- Q34. a. Outline three each short-term and long-term strategies implemented to solve nutritional problems in India. 3
- b. Describe any two nutrition programmes operating in our country. 2

**OR**

- a. Compare three each benefit and drawbacks of Food or Diet based strategies used to combat public nutrition problems in India.
- b. What are the two functions of Iodine in human body? Tell two ill- effects if pregnant woman is not taking recommended amount of iodine in her diet.
- Q35. Explain about following traditional occupations with it importance & reason of extinction. 5
- a. Embroidery and Textiles of India                      b. Visual arts
- c. Handicrafts    d. Agriculture



# HALF YEARLY EXAMINATION, 2024-25

## HOME SCIENCE

Time – 3:00 Hrs.

Class – XII

M.M. : 70

Date – 14.09.2024 (Saturday)

Name of the student \_\_\_\_\_ Section \_\_\_\_\_

### GENERAL INSTRUCTIONS:

1. All questions are compulsory.
2. Question paper is divided into four sections-A, B, C and D.
3. Section A has question no.1 to 14 (Multiple choice questions) and are of 1 mark each.
4. Section B has question no.15 to 18 (case-based questions) and are of 1 mark each.
5. Section C has question no. 19 to 25 of 2 marks each and question no.26 to 29 of 3 marks each.
6. Section D has question no.30 to 33 of 4 marks each and question no.34 and 35 are of 5 marks each.
7. Internal choices are given in some questions.
8. Support your answers with suitable examples wherever required.

### Section A (Multiple Choice Questions)

- Q1. Which of the following is not a life skill? 1  
a. Sympathy      b. Empathy      c. Self awareness      d. Decision- making
- Q2. Which of the following act as biological catalysts to accelerate chemical reactions in food? 1  
a. Pesticides      b. Exposure to light      c. Enzymes      d. Moisture
- Q3. Identify the craft involved in manufacture of the object in the illustrations. 1



For visually impaired candidate Name the famous craft of Assam.

- a. Coconut      b. Puppetry      c. Bamboo      d. Shola
- Q4. Who among the following did research to spoilage and preservation of grape wine? 1  
a. Darwin      b. Dalton      c. Nicholas Appert      d. Louis Pasteur
- Q5. Which of the following fact/s is incorrect regarding the Hazard Analysis and Critical Control Point (HACCP)? 1  
a. It assures consistently good quality products  
b. It is a preventive approach to ensure food safety  
c. This is not essential for consumer protection and international food trade  
d. It enables to work in a cost effective manner for assuring food safety.

- Q6. Which of the following parameters not considered while taking anthropometric measurements? **1**  
 a. Waist circumference    b. Height    c. Hemoglobin level    d. Weight
- Q7. According to the NCF, 2005, which of the following is not a basic aim of ECCE? **1**  
 a. Preparing a child for formal education  
 b. Overall growth and development of a child  
 c. Offering support services to women and young children  
 d. Offering child care services to orphans
- Q8. Mr. Ramesh found a four year old child near the Railway station and handed over him to local Police. Suggest the suitable option for the police for the time being, where the child should be sent. **1**  
 a. Juvenile home    b. Special home    c. Observation home    d. SOS Village
- Q9. Which type of diets should be prescribed by the dietician to your grandfather who is suffering from kidney and chewing problem respectively? **1**  
 a. Low protein diet and mechanical soft diet  
 b. High protein diet and mechanical soft diet  
 c. Low fibre diet and liquid diet  
 d. High fibre diet and regular diet
- Q10. Salmonella exists in the intestinal tract of animals, raw milk and eggs but it can be destroyed by- **1**  
 a. Heating    b. Cooling    c. Refrigeration    d. Deep Freezing
- Q11. In which of the following children home the child is prepared for reintegration into his/her family and society and such a plan is made so that he/she does not commit any crime again? **1**  
 a. Juvenile home    b. Special home    c. Observation home    d. SOS Village
- Q12. Match the following- **1**  
 A. Manufactured food                      i) Lactose free milk  
 B. Medical food                              ii) Bread  
 C. Formulated food                        iii) Enzymes used in food industry  
 D. Synthetic food                            iv) Papad  
 Pick the correct option-  
 a. A iv, B i, C ii, D iii                      b. A ii, B i, C iv, D iii  
 c. A iv, B i, C iii, D ii                        d. A iii, B ii, C iv, D i
- Q13. Assertion (A) - According to the latest figures from the world health organisation, unsafe food is the cause for more than 200 diseases, ranging from diarrhoea to cancer. **1**  
 Reason(R) - increasing pollution of water, soil and air and excessive use of chemical fertilizers is responsible for food contamination.  
 Select the most appropriate answer from the options given below.

- a. Both A and R are true and R is the correct explanation.
- b. Both A and R are true but R is not the correct explanation.
- c. A is true R is false.
- d. A is false but R is true

Q14. Assertion (A) – National plan of action for women was taken up by the department of social welfare. 1

Reason (R) – It was set to implement the equal remuneration act

Select the most appropriate answer from the options given below.

- a. Both A and R are true and R is the correct explanation.
- b. Both A and R are true but R is not the correct explanation.
- c. A is true R is false.
- d. A is false but R is true

### Section B (Case Based questions)

**Read the following passage and answer Q 15 to 18**

Nutrition is the science of food, nutrients and other substances as well as their digestion, absorption and utilization by the body. Optimum nutrition is important for providing immunity and protection from infection, and to promote recovery from a variety of illnesses as well as managing chronic diseases. Nutrition and health are intimately interlinked. Health problems, illness/disease and their treatment can affect nutritional status in a variety of ways such as -

- i) by impairing a person's ability to eat and/or swallow,
- ii) by interfering with digestion, absorption and metabolism.

The specialized area of nutrition which deals with nutritional management during illness is clinical nutrition, more recently called medical nutrition therapy. The professional who delivers this service is referred to as dietician/medical nutrition therapist/clinical nutritionist.

Q15. \_\_\_\_\_ are non-nutrient constituents present in foods that have physiological or biological activity and influence health. 1

- a. Nutraceuticals                      b. Medical foods      c. Phytochemicals      d. Functional foods

Q16. Which of the following are features of optimum nutrition? 1

- i. Providing protection from disease                      ii. Ensuring abundance of food
- iii. Promoting recovery from illness                      iv. Promoting socio-economic health
- ii. Managing chronic disease

Choose the correct option.

- a. i,ii,iii                      b. i,ii,v                      c. ii,iii,iv                      d. iii,iv,v

Q17. Which of the following is NOT an objective of diet therapy? 1

- a. Formulation of the diet to meet the needs of the patient
- b. Modification of the existing diets to ameliorate(ractify) the disease condition
- c. Prevention of short-term and long-term complications in case of chronic diseases
- d. Educating and prescribing medicines to the patients

- Q18. How can illness influence the nutritional status of an individual? 1
- By:
- i. providing alternate therapy
  - ii. impairment in a person's ability to eat and swallow
  - iii. promoting holistic recovery
  - iv. problem with digestion, absorption
  - v. interference with proper metabolism
- Choose the correct option.
- a. i,ii,iii                      b. i,iii,v                      c. ii,iv,v                      d. iii,iv,v

**Section C (short answer type questions)**

- Q19. List some of the old methods of preservation that your grandmother used to followed at home with their viability in present times. 2
- Q20. Differentiate between work and meaningful work. 2
- Q21. Rohini is very good at cooking. She wants to pursue her career in this field. But her friends are taking mainstream subjects. Thus, she is not able to decide which stream she should take. Convince her by explaining four career options related to the field of cooking. 2

**OR**

Which four skills are required by a student of Home science to run his/her own bakery from home?

- Q22. "A healthy environment is a positive work environment". Write any four ways by which a teacher can create healthy environment in her class. 2
- Q23. What is done in food processing to extend shelf life? 2
- Q24. Write down the mission of World Health Organisation. 2
- Q25. Why were children's homes formed? Indicate the need of three kinds of children's homes. 2
- Q26. The primary objective of Preschool education is the holistic development of the child and preparation for school. Justify this statement with the help of three examples each. 3
- Q27. During COVID, Reema has done online diploma on food processing. 3  
In order to start a food processing unit, What four skills she may require to do so?
- Q28. Why were Nehru Yuva Kendras established and list any four programmes run under these Kendras? 3
- Q29. Where can one find visual arts in India? What are they inspired from? 3

**Section D (Long answer type questions)**

- Q30. Mr. Anil wants to open up an institution for children. 4
- a) Guide him about any four principles given by NCF (2005) to be kept in mind.
  - b) Which four facilities must be included in the institution for children?



- Q31. A food hazard can enter/come into the food at any stage of the food chain, therefore, adequate control throughout the food chain is essential. Explain three ways with two features of each to ensure food safety and quality. Also state two importance of FSSA, 2006. **4**

**OR**

Elaborate on eight knowledge and skills required by a personnel involved in food product development.

- Q32. i) Why are elderly vulnerable? Give any two reasons to support your answer. **2+2=4**  
Name any two programmes operating in our country for elderly people.  
ii) Write the reasons for children of slum area being more vulnerable.
- Q33. Compare two points of differences between tube feeding and intravenous feeding. And also give three each objectives of diet therapy. **4**
- Q34. a. The professional clinical nutritionist uses a logical approach to handle the nutritional care process. With reference to the given statement discuss the role played by a professional nutritionist. **3+2=5**  
b. Define medical foods and bioactive compound.

**OR**

- a. Which four methods are used by a dietitian to assess the nutritional status of the family?
- b. What are the two functions of Iron in human body? Tell two ill-effects if pregnant woman is not taking recommended amount of iron in her diet.
- Q35. Explain about life skills and its importance relation to healthy work life. **5**

