2023

QUESTION PAPER

AGLASEM.COM

HOME SCIENCE PAPER 1
(THEORY)

Maximum Marks: 70
Time Allowed: Three hours

*(Candidates are allowed **additional 15 minutes** for **only** reading the paper.*
*They must **NOT** start writing during this time.)*

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*Answer all questions in **Section A, Section B** and **Section C**.*
***Section A** consists of **objective / very short answer** questions.*
***Section B** consists of **short** answer questions.*
***Section C** consists of **long** answer questions.*
The intended marks for questions or parts of questions are given in brackets [ ].

SECTION A - 14 MARKS

Question 1

(i) The process of coating a food item with a dry ingredient before cooking is called: **[1]**

(a) Blanching.

(b) Marinating.

(c) Dredging.

(d) Braising.

(ii) Which one of the following methods is recommended for patients recovering after surgery? **[1]**

(a) Sauteing

(b) Steaming

(c) Pressure cooking

(d) Boiling

(iii) A psychological disorder in which individuals consume large quantities of food and purge later is called: **[1]**

(a) Anorexia Nervosa.

(b) Binge eating disorder.

(c) Bulimia Nervosa.

(d) Food fads.

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(iv) The primary functions of all the banks are accepting deposits and _____ money. [1]

(a) lending

(b) borrowing

(c) printing

(d) investing

(v) _____ is the process of adding an inferior substance to a food product, thus, lowering its quality. [1]

(vi) _____ is the standardisation mark given to wheat flour and spices to assure their quality. [1]

(vii) _____ is added to drinking water to disinfect the water. [1]

(viii) The origin of the Baluchari saree is in the state of _____ in India. [1]

(ix) Ruhee and Rohan are a newlywed couple who are planning to prepare lunch for their family for the first time. Suggest *any one* important factor of meal planning that they should consider. [1]

(x) What is meant by *nutritional adequacy*? [1]

(xi) Name the most common embroidery technique practised by the men of Kashmir. [1]

(xii) Choose the correct pair from the following options: [1]

(a) Grating – Carrots

(b) Kneading – Vegetables

(c) Whipping – Dough

(d) Soaking – Paneer

(xiii) Choose the correct pair from the following options: [1]

(a) Black Pepper – Argemone Seed

(b) Butter – Washing Soda

(c) Red Chilli powder – Metanil Yellow

(d) Coffee – Chicory Powder

(xiv) Name *any one* fabric on which Kutch/ Kathiawar embroidery is done. [1]

SECTION B - 28 MARKS

Question 2 **[4]**

Give *any two* points of difference between a *fixed deposit account* and a *recurring deposit account.*

Question 3 **[4]**

(i) Mention *any two* preliminary treatments given to food items while making a vegetable salad.

(ii) Reena has overcooked lentils. List *any two* changes that will occur in the cooked product.

Question 4 **[4]**

(i) State *any two* advantages of frying as a method of cooking.

(ii) Mention *any two* precautions to be taken while baking in an electric oven.

Question 5 **[4]**

(i) State *any two* differences between Shares and Debentures.

(ii) List *any two* reasons for Savings.

Question 6 **[4]**

State *any four* features of the Consumer Protection Act, 2019.

OR

What are *consumer aids*? Briefly describe *any two* Consumer Aids.

Question 7 **[4]**

(i) State *any two* advantages of Old Age Homes.

(ii) Enlist *two* ways of increasing life expectancy of the elderly.

Question 8 [4]

Briefly explain the process of making a Bandhini Dupatta.

OR

Briefly explain the *motifs* used on Phulkari Shawls.

SECTION C – 28 MARKS

Question 9

(i) What are the characteristics of Old Age? [4]

(ii) Discuss the stages of adulthood. [3]

Question 10

Bengali women wear delicate sarees made of sheer fabric on special occasions.

(i) Which popular woven sarees have been referred to? [1]

(ii) Which motifs and colours are used for making the above sarees? [3]

(iii) State *any three* ways of storing these sarees. [3]

Question 11

(i) Write the full form of FSSAI. What is the purpose of this agency? [4]

(ii) Discuss *any three* problems faced by the adolescents. [3]

Question 12

Mr. Ray makes nutritious and delicious vegetable 'khichdi' on all special occasions.

(i) Name the method that Mr. Ray uses to enhance the nutritive value of 'khichdi'. [1]

(ii) Explain the procedure that Mr. Ray follows to cook vegetable 'khichdi'. [2]

(iii) State *any four* advantages of the method used by Mr. Ray. [4]

OR

Vishal is a young boy who is overweight and gets tired easily. He wants to lose weight and, thus, decides to follow a diet plan.

(i) List *any two* food items that Vishal should avoid. [2]

(ii) What role can 'portion control' play in helping Vishal lose weight? [2]

(iii) List *any three* factors that Vishal should keep in mind while planning his meals. [3]