



Central Board of Secondary Education  
Question Paper 2015  
[Official]

By

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SET - 4

Series : SSO/1

कोड नं.

69/1

Code No.

रोल नं.

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Roll No.

परीक्षार्थी कोड को उत्तर-पुस्तिका के मुख-पृष्ठ पर अवश्य लिखें ।

Candidates must write the Code on the title page of the answer-book.

- कृपया जाँच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ 7 हैं ।
- प्रश्न-पत्र में दाहिने हाथ की ओर दिए गए कोड नम्बर को छात्र उत्तर-पुस्तिका के मुख-पृष्ठ पर लिखें ।
- कृपया जाँच कर लें कि इस प्रश्न-पत्र में 25 प्रश्न हैं ।
- कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, प्रश्न का क्रमांक अवश्य लिखें ।
- इस प्रश्न-पत्र को पढ़ने के लिए 15 मिनट का समय दिया गया है । प्रश्न-पत्र का वितरण पूर्वाह्न में 10.15 बजे किया जायेगा । 10.15 बजे से 10.30 बजे तक छात्र केवल प्रश्न-पत्र को पढ़ेंगे और इस अवधि के दौरान वे उत्तर-पुस्तिका पर कोई उत्तर नहीं लिखेंगे ।
- Please check that this question paper contains 7 printed pages.
- Code number given on the right hand side of the question paper should be written on the title page of the answer-book by the candidate.
- Please check that this question paper contains 25 questions.
- **Please write down the Serial Number of the question before attempting it.**
- 15 minutes time has been allotted to read this question paper. The question paper will be distributed at 10.15 a.m. From 10.15 a.m. to 10.30 a.m., the students will read the question paper only and will not write any answer on the answer-book during this period.

## गृह विज्ञान (सैद्धान्तिक)

### HOME SCIENCE (Theory)

निर्धारित समय : 3 घण्टे ]

[ अधिकतम अंक : 70

Time allowed : 3 hours ]

[ Maximum Marks : 70

सामान्य निर्देश :

- सभी प्रश्नों के उत्तर दीजिए ।
- इस प्रश्न-पत्र में कुल 25 प्रश्न हैं ।
- प्रश्न संख्या 1 से 6 तक एक अंक के प्रश्न हैं, जिनके उत्तर एक या दो लाइन में दीजिए ।
- प्रश्न-संख्या 7 से 13 तक दो अंकों के प्रश्न हैं, जिनके उत्तर 10 से 20 शब्दों में दीजिए ।
- प्रश्न संख्या 14 से 15 तक तीन अंकों के प्रश्न हैं, जिनके उत्तर 20 से 30 शब्दों में दीजिए ।
- प्रश्न-संख्या 16 से 21 तक चार अंकों के प्रश्न हैं, जिनके उत्तर 40 शब्दों में दीजिए ।
- प्रश्न-संख्या 22 से 25 तक पाँच अंकों के प्रश्न हैं, जिनके उत्तर 50 व 60 शब्दों में दीजिए ।
- जहाँ आवश्यक हो उपयुक्त उदाहरण सहित उत्तर दीजिए ।

69/1

1

[P.T.O.]

**General Instructions :**

- (i) *All questions are compulsory.*
- (ii) *There are total 25 questions.*
- (iii) *Question nos. 1-6 are for 1 mark, to be answered in one or two lines.*
- (iv) *Question nos. 7-13 are of 2 marks, to be answered in 10-20 words.*
- (v) *Question nos. 14-15 are of 3 marks, to be answered in 20-30 words.*
- (vi) *Question nos. 16-21 are of 4 marks, to be answered in 40 words.*
- (vii) *Question nos. 22-25 are of 5 marks, to be answered in 50-60 words.*
- (viii) *Support your answer with suitable examples wherever required.*

1. आई.सी.एम.आर. (ICMR) ने 2010 में 0-6 माह व 6-12 माह के बच्चों को स्तनपान कराने वाली माताओं के लिये कैलॉरी की दैनिक आवश्यकता में क्या परिवर्तन सुझाए हैं ? 1

In 2010, what are the changes suggested by ICMR in the daily needs of calories for lactating women when her child is between 0-6 months and between 6-12 months ?

2. MGNREGA की दो मुख्य बातें बताएँ । 1

List two salient features of MGNREGA.

3. आपकी बहन गृह विज्ञान में स्नातक (ग्रेजुएट) है तथा खाद्य व पोषण के क्षेत्र में उसकी विशेष रुचि है । उसे ऐसे दो वेतन रोजगार के अवसर सुझाएँ जहाँ वह अपने इस मनपसन्द कौशल को बढ़ावा दे सके । 1

Your sister is a home science graduate with special interest in Nutrition. Suggest her two employment opportunities which will help her to enhance her skills in the area of her interest.

4. एक परिवार को नियमित रूप से अपनी आय के कुछ अंश की बचत करने के लिये आप किस प्रकार प्रेरित करेंगे ? 1

How will you convince the members of a family to regularly save some portion of their income ?

5. साबुन से कपड़े धोने के दो लाभ बताएँ । 1

Give two advantages of washing clothes with a soap.

6. ऐसे मानक चिह्न का चित्र बनाएँ जिससे ऊन के शुद्ध होने का संकेत मिले । 1

Draw a standard mark which indicates that the wool is pure.

7. किशोरावस्था में हो रहे शारीरिक परिवर्तन किशोरों की अपनी पहचान को किन दो तरह से प्रभावित करते हैं ? 2

In what two ways is identity of adolescents influenced by their physical changes ?

8. किशोरावस्था में अक्सर दोस्त एक-दूसरे को समाजद्रोही गतिविधियों में भाग लेने के लिए दबाव डालते हैं । इस दबाव के विरुद्ध किशोर/किशोरियों को किन चार तरह से सक्षम किया जा सकता है ? 2

During adolescence, friends often pressurise each other to get involved in anti-social activities. In what four ways an adolescent can be trained to resist this pressure ?

9. एक अस्सी वर्ष के अर्धेड़ व्यक्ति की मनोरंजन सम्बन्धी आवश्यकताओं की पूर्ति के लिये चार सुझाव दीजिए । 2

Present four suggestions to meet the recreational needs of an eighty year old man.

10. पढ़ाई समाप्त करते ही, आपकी बाईस वर्षीय बहन का विवाह हो गया । जीवन के इस नए चरण में प्रवेश करने पर उसे कौन से दो नए उत्तरदायित्वों को निभाना होगा ? इन परिवर्तनों से समायोजन करने के उसे दो सुझाव दें । 2

Your twenty two year old sister got married right after completing her studies. State any two new responsibilities of this stage. Give her two suggestions which will help her to adjust to these changes.

11. सामान्य आहार के गाढ़ापन (consistency) व पकाने की विधि में बदलाव लाकर उसे एक रोगी के आहार में परिवर्तित किया जा सकता है। इस कथन का समर्थन प्रत्येक का एक-एक उदाहरण देकर करें। 2

Meals for a patient can be modified from normal meals by changing the consistency and the cooking method. Support this statement with the help of one example each.

12. खाद्य पदार्थों का चयन परिवार के सदस्यों की व्यक्तिगत पसंद व उनके धर्म से प्रभावित होता है। इस कथन की पुष्टि, एक-एक उदाहरण देकर करें। 2

Use one example each to show that selection of foods is influenced by individual preferences and religion of the family.

13. रसोई की आदतें साफ सुथरी हों, इसके लिए चार नियम बनाएँ। 2

Prepare four rules to ensure that the cook has hygienic habits.

14. आपकी दोस्त खूब खाती है और फिर वमन करके निकाल देती है। आपके अनुसार इसका कारण क्या है? यदि ऐसा लम्बे समय तक चलता रहा तो उसके दो परिणाम क्या होंगे? उसे इस समस्या से बाहर निकालने के लिये तीन सुझाव प्रस्तुत करें। 3

Your friend eats a lot and then vomits it out. What do you think is the problem with her? What are the two consequences if this continues for a long time? Present three suggestions to get her out of the problem.

15. पानी को पीने योग्य बनाने के लिए, बसरा गाँव के लोग फिटकरी का प्रयोग करते हैं । इसके बदले उन्हें क्लोरीन की गोलियों का प्रयोग करने की सलाह दें । इन गोलियों के इस्तेमाल का सही तरीका, इनसे होने वाले दो लाभ व प्रयोग करते समय ली जाने वाली दो सावधानियाँ भी बताएँ ।

3

People of Basra village use alum to make their water potable. Convince them to use chlorine tablets instead. Tell them about the procedure to use these tablets, two advantages of using the tablets and two precautions while using them.

16. जब आपने चने की दाल को भिगोया तो पानी का रंग पीला हो गया । ध्यान से देखने पर आपने पाया कि दाल के दानों का आकार एक सा नहीं था । आपके विचार में यह दोनों बातें किस बात की द्योतक हैं ? ऐसे दो और खाद्य बताएँ जिसमें भी आपने ऐसा ही कुछ पाया है । ऐसी वस्तुओं के सेवन का स्वास्थ्य पर क्या प्रभाव पड़ता है ?

4

The water in which you soaked the Bengalgram (Channa dal) turned yellow. You also find that the shape of the dal is not uniform. What in your opinion is the reason for these two observations ? Name two more foods you have noticed have the same problem. What are the health hazards of consuming such foods ?

17. आपकी बहन ने बाज़ार से एक किलो मटर खरीदे लेकिन घर पर तोलने से उन्हें किलो से कम पाया । ऐसे चार तरीके बताएँ, जिनसे दुकानदार ने उसे धोखा दिया होगा ? भविष्य में ऐसी धोखाधड़ी से बचने के लिये उसे चार सुझाव भी दें ।

4

Your sister bought one kilo peas but when she weighed them at home, they were less than that. In what four ways could the shopkeeper have cheated her ? Tell her atleast four buying tips which can safeguard her from such frauds in future.

18. उच्चरक्तचाप (हाइपरटेंशन) का अर्थ बताएँ तथा इसकी पहचान के तीन विशिष्ट लक्षण भी बताइए । ऐसे व्यक्तियों को परोसे जाने वाले विशेष आहार से जुड़े चार सुझाव दें । 4

What is hypertension ? Write its three specific clinical symptoms. Suggest four specific dietary recommendations for such patients.

19. एक परिवार के सदस्य अपने कौशल व संपत्ति का प्रयोग करके अपनी मौद्रिक व वास्तविक आय में किन दो-दो तरीकों से वृद्धि कर सकते हैं ? 4

Suggest two ways each family members can increase their money and real income with the use of assets and skills.

20. एक परिवार को दोपहर के भोजन में मसालेदार चना भटूरा, दही भल्ला व आम का आचार परोसा गया है । एक गर्भवती महिला की पौष्टिक आवश्यकताओं की पूर्ति करने के लिये इसमें चार परिवर्तन कारण सहित सुझाइए । 4

A family has been served spicy chana bhature, dahi bhalla and mango pickle for lunch. Suggest four modifications in this meal to suit the nutritional requirements of a pregnant woman. Give four reasons for your suggestions.

21. दोषयुक्त उत्पाद बेचने के कारण शर्माजी कंपनी के विरुद्ध उपभोक्ता न्यायालय में शिकायत दर्ज करना चाहते हैं । शिकायत दर्ज करने के सभी पहलुओं के विषय में उनका मार्गदर्शन कीजिये । 4

Mr. Sharma wants to file a case in a consumer court against a company for selling faulty products. Guide him on all the aspects of filing the complaint.

22. पदार्थों पर लगे लेबल व इंटरनेट दोनों ही उपभोक्ता की जानकारी के महत्त्वपूर्ण साधन हैं । इन दोनों को प्रयोग करने के तीन-तीन लाभ व दो-दो कमियाँ बताएँ । 5

Labels on products and internet both are important consumer aids. List three advantages and two drawbacks each of using both.

23. जीवन बीमा व राष्ट्रीय बचत प्रमाण-पत्र योजनाओं की विशेषताओं की परस्पर तुलना कीजिए । 5

Compare the features of LIC and National Saving Certificate (NSC).

24. नेहा की सूती पोशाक पर चिकनाई व काफी के दाग लगे हैं । इन्हें छुड़ाने के लिये एक-एक रसायन का नाम बताएँ । साथ ही बताएँ कि इन्हें छुड़ाते समय कौन सी आवश्यक सावधानियाँ बरतनी होंगी । इन दोनों रसायनों को अन्य किन दो धब्बों को छुड़ाने के लिए प्रयोग किया जा सकता है ? 5

Neha has some grease and coffee stains on her cotton dress. Suggest her one suitable chemical each which will help her to remove the stains. Also tell her important precautions she should take while removing these stains. Name one more stain each for which these two chemicals can be used.

25. आपने एक किशोरी के लिए स्कर्ट और स्कार्फ के साथ एक कमीज का डिज़ाइन बनाया है । इसके लिए कपड़े का चुनाव करते समय आप कौन सी दो विशेषताओं को ध्यान में रखेंगे ? पोशाक में महत्त्व (emphasis) व संतोषजनक कारीगरी सुनिश्चित करने के लिये अपने चार-चार सुझाव बताइये । 5

You have designed a skirt and a shirt top with scarf for an adolescent girl. What two features would you consider while selecting its fabric ? Suggest four ways each you can ensure emphasis and satisfactory workmanship in this dress.

Central Board of School Education

**Marking Scheme 2015**

[Official]

**Marking Scheme Delhi (2014-15)**  
**Home Science (069/1)**  
**Class XII**

**Instructions:**

1) The marking scheme carries only suggested value points to the answers. These are only guidelines and do not constitute the complete answer. The students can have their own expression and if the expression is correct the marks be awarded accordingly.

2) As per the orders of Honourable Supreme Court, the candidates would now be permitted to obtain photocopy of the answer book on request on payment of the prescribed fee. All examiners are once again reminded that they must ensure that evaluation is carried out strictly as per value points for each answer as given in the marking scheme.

3) All the Head examiners/ Examiners are instructed that while evaluating the answer scripts, if the answer is found to be **totally incorrect**. The **(x) should be marked on the incorrect answer and awarded '0' marks**.

- Q1** In 2010, what are the changes suggested by ICMR in the daily needs of calories for lactating women when her child is between 0-6 months and between 6-12 months? [1]
- Ans1** i) 0-6 months -600 calories  
 ii) 6-12 months – 520 calories [ ½ x 2=1]
- Q2** List two salient features of MGNREGA. [1]
- Ans2** i) 100 days per year of guaranteed wage employment  
 ii) Unemployment allowance  
 iii) Builds infrastructure like roads, toilets etc.  
 iv) Run by gram panchayat for rural area  
 v) It is meant for unskilled labour  
 vi) Only job card holders are eligible .  
 vii) 1/3<sup>rd</sup> labour force is women  
 viii) No contractors allowed  
 ix) Any other (any two) [ ½ x 2=1]
- Q3** Your sister is a home science graduate with special interest in Nutrition. Suggest her two employment opportunities which will help her to enhance her skills in the area of her interest. [1]
- Ans3**
- i) Work in a bakery shop
  - ii) Work in a kitchen as an assistant to a chef
  - iii) Take cookery classes
  - iv) Supply tiffins
  - v) Demonstrator on T.V
  - vi) Any other
- (NOTE: ANY TWO EXAMPLES FROM WAGE OR SELF EMPLOYMENT)**
- [ ½ x 2=1]

- Q4** How will you convince the members of a family to regularly save some portion of their income? [1]
- Ans4** Need to save:
- i) Inflation,
  - ii) Emergencies/unforeseen expenses,
  - iii) Provide security,
  - iv) Meet future goals
  - v) retirement/old age
  - vi) Raise standard of living
  - vii) Any other **(any two)** [  $\frac{1}{2} \times 2=1$  ]
- Q5** Give two advantages of washing clothes with a soap. [1]
- Ans5** i) Economical  
ii) Eco friendly  
iii) Any other **(any two)** [  $\frac{1}{2} \times 2=1$  ]
- Q6** Draw a standard mark which indicates that the wool is pure. [1]
- Ans6** **NOTE: Marks NOT TO BE DEDUCTED FOR NEATNESS** [1]



- Q7** In what two ways is identity of adolescents influenced by their physical changes? [2]
- Ans7** i) Feels awkward  
ii) Feels conscious  
iii) Shy  
iv) Over confident  
iii) Any other **[1x 2=2]**
- Q8** During adolescence, friends often pressurize each other to get involved in anti-social activities. In what four ways an adolescent can be trained to resist this pressure? [2]
- Ans8** i) Learn to refuse  
ii) Keep away from them  
iii) Join other group which has positive social values  
iv) Take help from elders/share with parents.  
v) Counsel them about its consequences.  
vi) Equip them to make decisions about right and wrong behavior.  
vii) Any other **(Any four)** [  $\frac{1}{2} \times 4=2$  ]

- Q9** Present four suggestions to meet the recreational needs of an Eighty year old man. [2]
- Ans9**
- Indoor and outdoor games- carrom, ludo, chess, etc.
  - Give them cell phone to chat with friends
  - Take them to public parks and amusement parks
  - Encourage them to enroll in some hobbies like painting, reading, gardening, etc.
  - Put on music/ television shows of their choice.
  - Take them to cinemas, temples etc.
  - Any other (any four) [  $\frac{1}{2} \times 4 = 2$  ]
- Q10** Your twenty two year old sister got married right after completing her studies. State any two new responsibilities of this stage. Give her two suggestions which will help her adjust to these changes. [2]
- Ans10**
- Adjustment with husband
  - Adjustment with husband's family
  - Doing household chores
  - Plan pregnancy
  - Taking decisions according to family needs
  - Any other (any two) [  $\frac{1}{2} \times 2 = 1$  ]
- Suggestions:**
- Accept other people and do not try to change anyone
  - Time, money and energy management
  - Educate herself on pregnancy and childcare.
  - Open to suggestions/Ready to learn new things
  - Any other (any two) [  $\frac{1}{2} \times 2 = 1$  ]
- [1 + 1 = 2]
- Q11** Meals for a patient can be modified from normal meals by changing the consistency and the cooking method. Support this statement with the help of one example each. [2]
- Ans11**
- Consistency-**
    - Give liquid diet (e.g. dal soup)
    - Semi solid/ soft diets (e.g. custard, khichri)
    - Any other (any one) [  $\frac{1}{2} \times 2 = 1$  ]
  - Cooking method** – steaming/ blanching/ stewing (e.g.- mixed vegetable/idlis) (any one)
- NOTE :  $\frac{1}{2}$  MARK FOR EACH POINT AND  $\frac{1}{2}$  MARK FOR EACH EXAMPLE** [  $\frac{1}{2} \times 2 = 1$  ]
- [1 + 1 = 2]
- Q12** Use one example each to show that selection of foods is influenced by individual preferences and religion of the family. [2]
- Ans12**
- Religion:** due to their religion they may abstain from eating certain foods, eg. Jains' do not eat onions and garlic, Muslims eat halal meat and do not eat pork, Hindus do not eat beef/ any other example [  $\frac{1}{2} \times 2 = 1$  ]
  - Individual Preferences:** they may change the form of food, according to likes and dislikes – if person does not like bottle gourd – they may be given kofta or pao bhaji,/ any other example.
- NOTE :  $\frac{1}{2}$  MARK FOR POINT AND  $\frac{1}{2}$  MARK FOR THE EXAMPLE** [  $\frac{1}{2} \times 2 = 1$  ]
- [1 + 1 = 2]

- Q13** Prepare four rules to ensure that the cook has hygienic habits. [2]
- Ans13**
- i) Uses spoon to taste food
  - ii) Washes hands with soap before handling food
  - iii) Keeps food covered
  - iv) Immediately wipes spills
  - v) Does not handle food if suffer from skin disease/ boils
  - vi) Observes personal hygiene (Wears clean clothes/ keeps nails trimmed/ covers hair/etc.)
- (any four)** [ ½ x 4=2]
- Q14** Your friend eats a lot and then vomits it out. What do you think is the problem with her? What are the two consequences if this continues for a long time? Present three suggestions to get her out of the problem. [3]
- Ans14** Suffering from – Bulimia Nervosa [ ½ mark]
- Consequences:**
- i) Salivary glands get swollen
  - ii) Ruptures and irritation in gastrointestinal tract
  - iii) Kidney disorders
  - iv) Bleeding from rectum
  - v) Dehydration/ Electrolyte imbalance **(any two)** [½ x 2=1]
- Ways to help:**
- i) Educate them on consequences and misconceptions of bulimia
  - ii) Provide counseling to improve self esteem
  - iii) Keep a check on their eating habits
  - iv) Motivate them to adopt healthy life style.
  - v) Any other **(any three)** [ ½ x 3=1 ½ ]
- [ ½ +1 + 1 ½ =3]
- Q15** People of Basra village use alum to make their water potable. Convince them to use chlorine tablets instead. Tell them about the procedure to use these tablets, two advantages of using the tablets and two precautions while using them. [3]
- Ans15** **Method:** [1]
- i) One tablet (4mg) is dissolved in 1 litre of water.
  - ii) Leave for 10 minutes before consuming.
- OR.**
- i) One tablet in 20 litres of water,
  - ii) Leave for 20 minutes before consuming.
- Advantages:**
- i) Kills coliform
  - ii) Easy to use
  - iii) Quick **(any two)** [1]
- Precautions:**
- i) Keep in dry place
  - ii) Should not be expired
  - iii) If water is more dirty, use 2 tablets and wait for 20 minutes before using. **(any two)** [1]
- [1 x 3=3]

**Q16** The water in which you soaked Bengalgram (Channa Dal) turned yellow. You also find that the shape of the dal is not uniform. What in your opinion is the reason for these two observations? Name two more foods you have noticed have the same problem. What are the health hazards of consuming such foods? **[4]**

**Ans16** i) **Yellow colour because of** metanil yellow  
 ii) **Shape not uniform because of** - Kesari dal **[ ½ + ½ =1]**

- **Other food adulterated with metanil yellow**

Besan/ sweet meats- jalebi/ladoo, jaggery, ice candy, faluda( **any one**)

- **Other food adulterated with kesari dal:**

i) Whole masoor( in whole form)

ii) Arhar dal( in split form)

iii) Besan ( in powder form) **( any one)**

**Health hazards of metanil yellow** **[ ½ + ½ =1]**

i) Carcinogenic

ii) Abnormalities of skin, lungs, eyes , bones.

iii) Sterility

iv) Anemia

v) Mental retardation

vi) Lead accumulation **( any two)** **[ ½ x 2=1]**

**Health hazards of Kesari Dal:**

i) Pain and stiffness of knee, ankle and joints in males

ii) Paralysis of lower limbs/crippled(/ lathyrism ) **[ ½ x 2=1]**

**[1+1+1+1=4]**

**Q17** Your sister bought one kilo peas but when she weighed them at home, they were less than that. In what four ways could the shopkeeper have cheated her? Tell her atleast four buying tips which can safeguard her from such frauds in future. **[4]**

**Ans17** i) Used stones instead of standard weights  
 ii) Used hollow weights  
 iii) Kept the balance on a slope  
 iv) Hanged iron rings  
 v) Put magnet  
 vi) Sprinkled water / soaked them in water  
 vii) Balance not correct  
 viii) Use of improper hand scale **(any four)**

**Wise buying tips**

i) Be alert- watch closely while weighing vegetables

ii) Refuse to buy if uses stones, insist on using stamped weights.

iii) Check his balance for magnet, iron rings etc.

iv) Buy from reputed shops / outlets which give bills

v) Check the weighing balance for accuracy.

vi) Any other **(any four)** **[ ½ x 8=4]**

**Q18** What is hypertension? Write its three specific clinical symptoms. Suggest four specific dietary recommendations for such patients. [4]

**Ans18** **Physiological conditions:**

- i) Too much pressure in the blood flow in the arteries/ blood pressure is more than normal.

[ ½ ]

**Clinical Symptoms**

- i) Dizziness  
 ii) Frequent headache  
 iii) Palpitation  
 iv) Uneasiness

(any three)

[ ½ x 3= 1 ½ ]

**Dietary recommendations**

- i) Less salt or sodium free salt  
 ii) Avoid fried foods  
 iii) High fiber diet  
 iv) Plenty of water  
 v) Avoid processed foods like sauces, papads, chutneys with high salt content.  
 vi) Any other

(any four)

[ ½ x 4 = 2 ]

[ ½ +1½ +2=4]

**Q19** Suggest two ways each family members can increase their money and real income with the use of assets and skills.

**Ans19** **Increase money income by using assets**

- i) Give a portion of house on rent  
 ii) Grow vegetables on vacant land (if available) and sell

**Increase money income by using skills**

- i) Make articles and sell  
 ii) Use skills to do a job ( tutor, carpenter, tailor)  
 iii) Any other

**Increase real income by using assets**

- i) Grow vegetables in own garden/ kitchen garden  
 ii) Judicious use of family assets

**Increase real income by using skills**

- i) Use of bargaining skills to save money  
 ii) Use skills to do own work  
 iii) Any other

[ ½ x 8=4]

**Q20** A family has been served spicy chana bhature, dahi bhalla and mango pickle for lunch. Suggest four modifications in this meal to suit the nutritional requirements of a pregnant woman. Give four reasons for your suggestions. **[4]**

**Ans20**

FAMILY MEAL	MODIFICATIONS	REASONS
Chana	i. Less spicy and add coriander leaves ii. More quantity of chana	1. Folic acid, Vitamin A, Iron 2. Proteins
Bhature	1. Stuff with grated paneer 2. Knead dough with beetroot/green leafy vegetables	1. Calcium, Vitamin A, Protein 2. Iron
Dahi	Add pineapple pieces	Vitamin C (revised ICMR)
Bhalla	Stuff with raisins/ dates	Iron, Zinc
Mango Pickle	1. Replace mango pickle with amla chutney with less spices.	Vitamin C

**Any other example / suggestions for one nutrient with four reasons** **[2+2 = 4]**

**Q21** Mr. Sharma wants to file a case in a consumer court against a company for selling faulty products. Guide him on all the aspects of filing the complaint. **[4]**

- Ans21**
- i) Should complain within two years of purchase
  - ii) Send registered AD to opposite party stating his complaint.
  - iii) Fill in prescribed form – write name and description, address of complainant
  - iv) Write name and description, address of opposite party/ company
  - v) Write facts relating to complaint – when, where it arose
  - vi) Attach bills, copy of registered AD sent to opposite party conveying the complainant
  - vii) State the relief sought by complainant
  - viii) Attach an affidavit stating contents to be true and submit in appropriate forum and pay fees.
- [ ½ x 8=4]**

**Q22** Labels on products and internet both are important consumer aids. List three advantages and two drawbacks each of using both. **[4]**

- Ans22** Advantages of labels
- i) List of ingredients present which alerts consumer (for any ingredients he may be allergic to/ is vegetarian)
  - ii) Rate and cost effectiveness can be checked
  - iii) Standard marks indicate quality – can buy good quality
  - iv) Can contact manufacturer for complaint
  - v) Can refer to label as and when required
  - vi) Check expiry/best before date
  - vii) Any other
- (any three)** **[ ½ x 3=1 ½]**

**Drawbacks**

- i) Blurred / small / not readable
- ii) Do not give complete information
- iii) Imitate popular brands
- iv) Not in local language

(any two)

[ ½ x 2=1]

**Internet**

**Advantages**

- i) Consumer can use it any Time
- ii) Wide variety of products advertised
- iii) Accessible from home / convenient
- iv) Quick/ no time wasted
- v) Cost effective
- vi) Can compare rates, detailed features
- vii) Easy mode of payments
- viii) Can sell. Buy from home
- ix) Consumer can maintain records
- x) Consumer can complain to the manufacturer in writing

(any three)

[ ½ x 3=1 ½ ]

**Drawbacks**

- i) Frauds – can access personal information of credit card, address and dupe consumer.
- ii) Exaggerated picture may be shown on the internet
- iii) Cannot touch and feel the product before buying
- iv) Risk of virus, spam while down loading

(any two)

[ ½ x 2 =1]

[1 ½ +1+1 ½ +1=5]

**Q23** Compare the features of LIC and National Saving Certificate (NSC).

[5]

**Ans23**

S. No.	Features	LIC	NSC
1	What is the time period?	May mature after death/ longer period of investment	Mature after 5 years and 10 years / shorter period of investment
2	Maximum limit	Investment limit according to sum insured	No limit of investment
3	Minimum limit	According to policy	Rs. 100
4	Loan	Available	Available
5	Tax rebate	Available	Available
6	Premature withdrawal	Not allowed	Not allowed
7	Interest taxable or / tax free	Interest tax free	Interest Taxable
8	Rate of interest (w.e.f. April 2014)	Low rate of interest	Higher rate of interest
9	When to invest?	Investment / payment to be done periodically (every year/ quarterly)	Investment to be done once in lump sum in the beginning.

(Any five differences)

[ ½ x 10=5]

**Q24** Neha has some grease and coffee stains on her cotton dress. Suggest her one suitable chemical each which will help her to remove the stains. Also tell her important precautions she should take while removing these stains. Name one more stain each for which these two chemicals can be used.

- Ans24**
- Chemical for coffee stains- borax
  - One more stain for which borax can be used – tea
  - Chemical for grease stain – methylated spirit, or any other organic solvent( petrol / kerosene)
  - One more stain for which methylated spirit can be used – lipstick/ ball pen ( any one)
- [ ½ x 4=2]**

**Precautions for removing stains**

- Choose the right chemical as per the stain and fabric
  - Test the chemical in hidden corner of the fabric.
  - Use diluted chemical and repeat if necessary.
  - Work in a circular movement starting from outer towards centre.
  - Neutralize chemical with appropriate reagents.
  - Rinse all traces of chemicals immediately after removing the stains.
- [ ½ x 6=3]**  
**[ 2+3 =5]**

**Q25** You have designed a skirt top with scarf for an adolescent girl. What two features would you consider while selecting its fabric? Suggest four ways each you can ensure emphasis and satisfactory workmanship in this dress.

- Ans25**
- According to latest fashion
  - Neutral colour skirt so that she can mix and match
  - According to her choice
  - According to body shape
  - According to Personality
  - Any other **(any two)**
- [ ½ x 2=1]**

**To ensure emphasis**

- Contrasting coloured belt on waist,/ contrasting coloured scarf/ any other
  - Embroidery around the waist/ neckline/ sleeves/ any other
  - Applique work on waist to attract attention/ any other
  - Unusual buttons on shirt/ unique design on skirt/ any other
- (any four)** **[ ½ x 4=2]**

**Note: The student may also show through clear illustrations.**

**Good workmanship**

- Allowance at hem and seams
  - Stitched with matching colour thread
  - Thread used is strong
  - Reinforced at underarms.
  - Seams interlocked
  - Enough fasteners on plackets of shirt / skirt
  - Any other **(any four)**
- [1 ½ x 4=2]**  
**[1+2+2=5]**