

CLASS : 12th (Sr. Secondary)

2069/2019

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Total No. of Printed Pages : 24 **SET : A, B, C & D**

MARKING INSTRUCTIONS AND MODEL ANSWERS

HOME SCIENCE

ACADEMIC/OPEN

(Only for Fresh Candidates)

उप-परीक्षक मूल्यांकन निर्देशों का ध्यानपूर्वक अवलोकन करके उत्तर-पुस्तिकाओं का मूल्यांकन करें। यदि परीक्षार्थी ने प्रश्न पूर्ण व सही हल किया है तो उसके पूर्ण अंक दें।

General Instructions :

- (i) Examiners are advised to go through the general as well as specific instructions before taking up evaluation of the answer-books.
- (ii) Instructions given in the marking scheme are to be followed strictly so that there may be uniformity in evaluation.
- (iii) Mistakes in the answers are to be underlined or encircled.
- (iv) Examiners need not hesitate in awarding full marks to the examinee if the answer/s is/are absolutely correct.
- (v) Examiners are requested to ensure that every answer is seriously and honestly gone through before it is awarded mark/s. It will ensure the authenticity as their evaluation and enhance the reputation of the Institution.

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P. T. O.

- (vi) *A question having parts is to be evaluated and awarded partwise.*
 - (vii) *If an examinee writes an acceptable answer which is not given in the marking scheme, he or she may be awarded marks only after consultation with the head-examiner.*
 - (viii) *If an examinee attempts an extra question, that answer deserving higher award should be retained and the other scored out.*
 - (ix) *Word limit wherever prescribed, if violated up to 10%. On both sides, may be ignored. If the violation exceeds 10%, 1 mark may be deducted.*
 - (x) *Head-examiners will approve the standard of marking of the examiners under them only after ensuring the non-violation of the instructions given in the marking scheme.*
 - (xi) *Head-examiners and examiners are once again requested and advised to ensure the authenticity of their evaluation by going through the answers seriously, sincerely and honestly. The advice, if not heeded to, will bring a bad name to them and the Institution.*
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महत्त्वपूर्ण निर्देश :

- (i) अंक-योजना का उद्देश्य मूल्यांकन को अधिकाधिक वस्तुनिष्ठ बनाना है। अंक-योजना में दिए गए उत्तर-बिन्दु अन्तिम नहीं हैं। ये सुझावात्मक एवं सांकेतिक हैं। यदि परीक्षार्थी ने इनसे भिन्न, किन्तु उपयुक्त उत्तर दिए हैं, तो उसे उपयुक्त अंक दिए जाएँ।
- (ii) शुद्ध, सार्थक एवं सटीक उत्तरों को यथायोग्य अधिमान दिए जाएँ।
- (iii) परीक्षार्थी द्वारा अपेक्षा के अनुरूप सही उत्तर लिखने पर उसे पूर्णांक दिए जाएँ।
- (iv) वर्तनीगत अशुद्धियों एवं विषयांतर की स्थिति में अधिक अंक देकर प्रोत्साहित न करें।
- (v) भाषा-क्षमता एवं अभिव्यक्ति-कौशल पर ध्यान दिया जाए।
- (vi) मुख्य-परीक्षकों/उप-परीक्षकों को उत्तर-पुस्तिकाओं का मूल्यांकन करने के लिए केवल Marking Instructions/ Guidelines दी जा रही है, यदि मूल्यांकन निर्देश में किसी प्रकार की त्रुटि हो, प्रश्न का उत्तर स्पष्ट न हो, मूल्यांकन निर्देश में दिए गए उत्तर से अलग कोई और भी उत्तर सही हो तो परीक्षक, मुख्य-परीक्षक से विचार-विमर्श करके उस प्रश्न का मूल्यांकन अपने विवेक अनुसार करें।

SET – A

- | | | | |
|-----------|--------|------------------------------------------------------------------------------------------------------------------------------------------|---|
| 1. | (i) | (c) Food | 1 |
| | (ii) | (c) Nutritionally same | 1 |
| | (iii) | (a) Kills the germs | 1 |
| | (iv) | (b) At six weeks | 1 |
| | (v) | (b) Direct contact | 1 |
| | (vi) | (b) 14 – 16 Days | 1 |
| | (vii) | (a) First milk of the new mother | 1 |
| | (viii) | (b) Ironing | 1 |
| | (ix) | (a) Tinned items | 1 |
| | (x) | (d) All of the above | 1 |
| 2. | (i) | Helps your bone to grow & become strong. | |
| | (ii) | Makes your teeth healthy & strong | |
| | (iii) | Helps in clotting of blood | |
| | (iv) | Helps in movement of muscles | 2 |
| 3. | | Diet modification means serving the meal cooked for the family to any member after varying it in quality, quantity & frequency of meals. | 2 |

4. Can be stored for a longer period by keeping them in refrigerator. 2
5. To avoid falling ill/or developing infections due to the presence of germs under the nails. 2
6. (i) Washing using water
(ii) Dry cleaning using petro/ether. 2
7. Cotton, absorb perspiration & keep skin cool 2
8. Wise buying means to understand what where, when, how and how much to buy. 2
9. Two processes :
(i) Instruction
(ii) Imitation of observed behaviour 2
10. (i) Personal hygiene
(ii) Exercise
(iii) Rest & sleep
(iv) Correct posture
(v) Right eating habits
(vi) Clean home & work place environment
(vii) Climate & clothing
(viii) Socio cultural factors 3

11. Resistance of body against disease producing germs :

Two types :

- (i) Natural immunity
- (ii) Acquired immunity 3

12. **Infection** : introduction of germs into the body.

Incubation period : The gap between the entry of germs & the onset of the symptoms of the disease.

Contamination : Presence of infections agent or germs on a body surface or on clothes, in water, food or any in animate article. 3

13. (i) Marbling
(ii) Knotting
(iii) Clump tying/folding/circular binding. 3

14. (i) Cost
(ii) Age
(iii) Climate
(iv) Occupation
(v) Occassion
(vi) Figure 3

15. Consumer aids are any written or illustrated information that guides a consumer in selecting a product that she or he intends to purchase

Ex. :

- (i) Advertisements
- (ii) Labels
- (iii) Packaging
- (iv) Legislation
- (v) Consumer association

3

16. Deficiency :

- (i) Our body cannot use fat soluble Vitamin (Vit. A, D, E, K)
- (ii) Loss of weight
- (iii) Feel tired & restless
- (iv) Proteins are used to give energy to the body.

Sources : Veg. - nuts, dried fruits, veg. oil etc.

Animal - butter, ghee, milk, meat, egg, yolk.

OR

- (i) Combination
- (ii) Germination
- (iii) Fermentation
- (iv) Fortification

- 17.** (i) Likes & Dislikes
(ii) Nutritional needs of the family members
(iii) Seasonal Availability
(iv) Religion, region, cultural patterns etc.
(v) Variety in colour, texture, taste etc. 4
- 18.** (i) Low temperature preservation-refrigeration
(ii) High temperature preservation-boiling
(iii) Dehydration
(iv) Fermentation & picking
(v) Chemical preservation 4
- OR**
- (i) Storing of perishable food - in low temperature milk should be boiled first & then kept in fridge.
(ii) Storing of semi perishable food - by keeping in refrigerator.
(iii) Storing of non perishable food -properly dried & stored in air tight containers.
- 19.** (i) Daily cleaning
(ii) Weekly cleaning
(iii) Spring cleaning
(iv) Annual cleaning 4

SET – B

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- | | | | |
|-----------|--------|-----------------------------------------------------------------------------------------------------|---|
| 1. | (i) | (d) All of the above | 1 |
| | (ii) | (a) Nutrients | 1 |
| | (iii) | (b) Make germs inactive | 1 |
| | (iv) | (d) Dengue | 1 |
| | (v) | (d) All of the above | 1 |
| | (vi) | (a) 12 to 14 days | 1 |
| | (vii) | (a) Infectious agent | 1 |
| | (viii) | (b) Infection | 1 |
| | (ix) | (d) All of the above | 1 |
| | (x) | (b) Values | 1 |
| 2. | (i) | Functions - Required for making red blood cells in our blood. | |
| | (ii) | Found in the form of hemoglobin in our blood & helps the blood to carry oxygen throughout the body. | 2 |
| 3. | | Light and easily digestible. | 2 |
| 4. | | To store in low temperature, shelf value of milk can be increased by boiling. | 2 |
| 5. | | Ears develop yellow Wax which can block the ears. This can cause temporary deafness. | 2 |

- 6.** (i) By hand
(ii) Using plastic scrubbing brush
(iii) By using wooden beating sticks. 2
- 7.** (i) Friction in applied to cotton articles.
(ii) Washing by trneeding & squeezing. 2
- 8.** Damage to the digestive system, kidney & liver, vomiting, anaemia, Diarrohea etc. food poisoning, brain damage & also may cause cancer. 2
- 9.** (i) Punctuality & regularity
(ii) Politeness
(iii) Alertness
(iv) Maintaining discipline
(v) Loyalty
(vi) Honesty 2
- 10.** (i) Had good posture
(ii) Gets sound sleep
(iii) Energetic
(iv) Has bright clear eyes
(v) Regular bowel movements
(vi) Good appetite
(vii) Clean breath 3

- 11.** At birth – BCG, oral polio
At 6 weeks – BCG, DPT - 1
At 10 weeks – DPT – 2 & OPV – 2
At 14 weeks – DPT – 3 & OPV – 3
At 9 months – measles
At 15 months – MMR
At 16-24 months – DPT & OPV
At 5-6 years – DT with second dose after one month if DPT not given earlier. 3
- 12. Symptoms :** Ear ache, swelling on one or both sides of face.
Management :
(i) Isolation till swelling, subside
(ii) Disinfection of articles used by patient
(iii) Proper rest & nourishment required 3
- 13.** (i) Scouring/cleaning
(ii) Bleaching
(iii) Stiffening
(iv) Calendaring 3
- 14.** (i) Design of the garment
(ii) Workmanship

- (iii) Price
 - (iv) Care & Maintenance 3
- 15.** (i) Must make sure that we take bills for any purchase
- (ii) Must not encourage black marketing or hoarding.
 - (iii) Consumer should support each other in case if any complaint
 - (iv) Adulterated food items can be reported to Assistant Director, Director general of Health services. 3
- 16.** Deficiency symptoms :
- (i) Night blindness
 - (ii) Skin becomes dry
 - (iii) One catches infection easily
- Prevention :** Vitamin A rich diet can help in improving condition eg. dark green, red & yellow vegetables & fruits liver, egg yolk, carrots, fish, milk, green leafy vegetables. 4

OR

Goiter & cretinism prenatal life iodine rich food items as iodised salt, fish, roots & tubers.

- 17.** (i) Buy food in bulk
- (ii) Buy from cooperative stores
 - (iii) Buy seasonal foods

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- (iv) Make one dish meals
- (v) Compare price & quality while buying
- (vi) Make use of leftovers
- (vii) If space permits, grow your own vegetables.

4

- 18.** (i) Preserve by killing the micro organisms.
- (ii) Preserve by preventing or delaying the action of micro organisms.
- (iii) Preserve food by lowering temperature. 4

OR

Perishable food : In refrigerator Shelf value of milk can be increased by boiling.

Semi-perishable : Apples, bananas, potatoes onion, egg etc.

Keep in refrigerator, even outside.

Non perishable : Can also be dried & stored in airtight containers.

- 19.** (i) Household garbage must be disposed off in public garbage place.
- (ii) Proper disposal of waste water through drainage pipes.

- (iii) Open drains are not good for healthy environment.
- (iv) Human excrete must be disposed off safely & hygienically.
- (v) Safe drinking water. 4

SET – C

-
- 1.** (i) (d) All of the above 1
 - (ii) (b) Variety of 1
 - (iii) (b) Meat 1
 - (iv) (c) At 15 months 1
 - (v) (a) Cancer 1
 - (vi) (b) 2-3 weeks 1
 - (vii) (a) Infection 1
 - (viii) (b) Dyeing 1
 - (ix) (a) Electrical goods 1
 - (x) (a) Disciplining 1
 - 2.** Helps in proper functioning of thyroid gland in our body. 2
 - 3.** More of proteins for the growth. 2

4. It helps to control the immediate environment of a food/food product useful in creating conditions that extend the storage life of a food. 2
5. The manner in which one sits or walks. While standing is the one in which the head, neck, chest & abdomen are placed & balanced vertically one above the another. 2
6. Finisher applied with some specific purpose for which it is to be used eg. wrinkle resistance, pesticide proof, water proof. 2
7. To extinguish the fire as it is made up of wool & it does not catch fire easily & as self-extinguishing as well. 2
8. Crippling, legs become weak & gradually leads to paralysis of legs. 2
9. (i) To choose between right & wrong or conflicting choices.
(ii) Values help us in disciplining. 2
10. (i) Helpful to others
(ii) Sensitive to the needs of others
(iii) Be confident
(iv) Does not get anxious or worried
(v) Is not annoyed on small issues. 3

- 11.** (i) Early diagnosis
(ii) Notification
(iii) Isolation
(iv) Treatment
(v) Quarantine 3
- 12.** (i) Sudden severe watery diarrhoea
(ii) Vomiting
(iii) Muscular cramps
(iv) Rapid dehydration
(v) Suppression of Urine 3
- 13.** (i) Dipping
(ii) Sponging
(iii) Dropping 3
- 14.** (i) Brand labels
(ii) Descriptive labels
(iii) Certification labels
(iv) Care Labels 3
- 15.** (i) To be taken on advice of the registered doctor.
(ii) Bought only after acquiring a prescription from a doctor.

- (iii) To check the company name, quantity, quality, manufacturing & expiry of the medicines
- (iv) Purchase correct dose of medicines.
- (v) Make sure we are not allergic to any of the medicines. 3

16. Deficiency Symptoms of B complex : Sore mouth, sore tongue, redness of tongue & cante at the angle of mouth.

- (i) Loss of appetite
- (ii) Tenderness of calf muscles leading to motor weakness

Prevention : Include pulses & sprouts, whole grains - wheat rice etc. in diet. 4

OR

Rickettes, osteoporosis, osteomalacia in adults

Affect clotting of blood.

Sources - Milk & Milk products, curd, cheese butter etc. green vegetables, til.

- 17.** (i) Nutritional needs of all the family members can be met.
- (ii) Ingredients can be purchased & kept ready in advance.
 - (iii) Prepreparation can be done to save time.

- (iv) One can plan for variety, texture & color combination.
- (v) Can cater to the food preferences of individual members.
- (vi) Can make use of left overs. 4

- 18.**
- (i) Wash hands & dry before handling food.
 - (ii) Those suffering from diarrhoea or worm infection should not handle food.
 - (iii) Food should be selected with care
 - (iv) Food should be kept covered
 - (v) Food should be stored at proper temperature.
 - (vi) Spoiled food should be discarded.
 - (vii) Knives & Work areas should be cleaned.
 - (viii) Keep drinking water in clean containers.

OR

- (i) Micro organisms : Presence of air, temperature high moisture content.
- (ii) Insects & worms & rodents
- (iii) Enzymes

- 19.**
- (i) Keep floors Clean & dry
 - (ii) Ensure proper lighting
 - (iii) No toys strewn on the floor

- (iv) Use a stable ladder
- (v) Wear non slippery foot wears
- (vi) While sleeping never leave burning candle
- (vii) Label all the chemicals
- (viii) Keep away from children 4

SET – D

- 1.** (i) (b) Vitamins & Minerals 1
- (ii) (a) Energy rich foods 1
- (iii) (a) Water 1
- (iv) (d) At 9 months 1
- (v) (a) First milk of the new mother 1
- (vi) (a) Diabetes 1
- (vii) (b) Incubation period 1
- (viii) (a) Contamination 1
- (ix) (c) Paralysis of legs 1
- (x) (b) Values 1
- 2.** (i) Helps in reducing stored fat
- (ii) Adds to physical mobility
- (iii) Increases mental alertness
- (iv) Ensures better digestion & respiration 2

3. 14 to 16 days

Symptoms : Moderate fever, back pain appearance of rashes which appear like dew drops. 2

4. Helps in proper working of our muscular and nervous system. 2**5.** Combination of temperature & time required to eliminate a desired number of micro organisms from a food product. It is application of heat :

(i) Pasteurization

(ii) Boiling

(iii) Sterlization 2

6. Stain is an unwanted mark of discoloration on a fabric caused due to contact with another substance which cannot be removed by the normal washing process requires special treatment. 2**7.** Infants have delicate skin & thus need to be dressed in soft, absorbent material, partel shades & clothing with minimum buttons & strings etc. 2

- 8.** Indian Standard Institute
Chemicals, electrical goods, biscuits etc. 2
- 9.** Two process :
(i) Instruction
(ii) Imitation of observed behaviour 2
- 10.** Posture if incorrect, will put pressure on the organs in the chest & the abdomen & cause pain or deformity. It also develop backache due to a bent spine. 3
- 11.** Use different methods of cooking
eg. you can serve potatoes as potatoes curry, as cutlets, also as raita, stuffed aloo, fingerchips etc.
- 12.** Provide a handkerchief
Taught them to cover their nose & mouth
While coughing & sneezing
In case of sore throat gargling with warm
Water with common salt in it will be helpful 3
- 13.** (i) To give a smooth, shinning & fresh look

(ii) Starched articles do not get dirty early

(iii) Improves personality 3

- 14.** (i) Trim your nails regularly
- (ii) Clean your teeth, skin & various other body parts daily
- (iii) Wash & comb your hair neatly
- (iv) Buy Clothes of proper fit, size & shape
- (v) Mend all tears, holes, seams etc.
- (vi) Remove the stains immediately
- (vii) Clean, mend & polish footwear regularly 3
- 15.** (i) Develop the ability to take right decisions.
- (ii) Not be misled by false promises
- (iii) Give us knowledge about various standardization marks & their importance.
- (iv) Be aware of our rights & responsibilities as a consumer.
- (v) Look for safe, reliable & quality products at a fair price.
- (vi) Take care of any problems that we might face as a consumer. 3
- 16.** Vit. D Rickets is a childhood disorder weakening of bones caused by lack of Vit. D, calcium & Phosphate.
- Prevention - sunlight is important to skin production Vit. D. 4

OR

Due to iron deficiency there is not enough hemoglobin that affects the carrying of oxygen to different parts of the body for important functions.

Prevention - Include green leafy vegetables whole cereals, pulses, jaggery etc. in food.

- 17.** (i) Cereals
(ii) Pulses
(iii) Milk, meat poultry
(iv) Fruits & vegetables
(v) Oils, ghee, butter, sugar, honey etc. 4
- 18.** (i) Seasonal variation in food production
(ii) Provides variety
(iii) Helps in better distribution
(iv) Prevents wastage of food
(v) Increase shelf value
(vi) Improves nutritional quality of food consumed.

OR

Conditions :

- (i) Presence of air
(ii) Temperature
(iii) High moisture content

- (iv) Damaged skin of fruits or vegetables
 - (v) Low level of salt, sugar or acid content in the food.
- 19.** (i) Eating food at proper times
- (ii) Not eating snacks in between meals
 - (iii) Include lot of fruits & vegetables in meals
 - (iv) Not eating too many sweets & chocolates.
 - (v) Avoiding too much of fast food & fried foods
 - (vi) Eating food in the right quantity
 - (vii) Munching food well before swallowing. 4

