HOME SCIENCE (Theory)
गृह विज्ञान (सैद्धान्तिक)

Time allowed : 3 hours
निर्धारित समय : 3 घण्टे

Maximum Marks: 70
अधिकतम अंक : 70

General Instructions :
(i) All questions are compulsory.
(ii) Marks for each question are indicated against it.
(iii) Read each question carefully and answer to the point.
(iv) All parts of a question should be attempted together.

सामान्य निर्देश :
(i) सभी प्रश्न अनिवार्य हैं।
(ii) प्रत्येक प्रश्न के अंक उसके सामने दर्शाए गए हैं।
(iii) प्रत्येक प्रश्न को ध्यानपूर्वक पढ़ें तथा समुचित उत्तर दें।
(iv) प्रश्न के सभी भाग इकट्ठे हल किए जाएं।

1. Give any two advantages of breast-feeding for the infant.
शिशु के लिए स्तनपान करने के कोई दो लाभ बताइए।

2. Enumerate any two conditions by which food is considered to be adulterated according to the Prevention of Food Adulteration (PFA) Act.
खाद्य अपरिमितन नियमण अधिनियम (PFA Act) के अन्तर्गत बताईं गई आहारीय मिलावट की कोई दो स्थितियाँ बताइए।
3. List any two services provided by the Integrated Child Development Services (ICDS) scheme for children between 0-6 years.

4. How will you remove a dry blood stain from a white cotton shirt?

5. Give any two advantages of care that is provided to a 4-year old child by his/her grandparents.

6. You buy ‘sweets that are bright yellow in appearance from a local sweet shop. Name a problem that can arise due to consumption of these sweets and state why this happens.

7. Tell Rita two advantages of recording of her daily household expenditure.

8. Tell your friend about two important points that she should keep in mind while purchasing cloth for a salwar suit to be worn in extreme summer.

9. Give any four characteristics of a good soap for washing clothes.

10. What is a mobile creche? List any two facilities provided by it.

11. Name any two adulterants commonly found in milk. How would you detect the presence of these adulterants?

12. Mention four ways how straight lines in clothing help in disguising figure flows.
13. Give four functions, other than physical, of clothing for an individual.
एक व्यक्ति के लिए परिधान के चार ऐसे कार्य बताएं जो शारीरिक (physical) कार्यों से हटकर हैं।

14. Enumerate any four employment opportunities available to you on the basis of your knowledge and skills in food preparation and nutrition.
आपके खाना बनाने व पौष्टिक के ज्ञान व कौशल के आधार पर प्राप्त कोई चार रोजगार अवसर बताएं।

15. Define growth and development and give suitable examples of each.
वृद्धि एवं विकास की परिभाषा लिखिए तथा प्रत्येक के उचित उदाहरण दीजिए।

16. Mention your four responsibilities, as a consumer, while purchasing medicines.
एक उपभोक्ता के नाते, दवाओं की खरीद करते समय अपने चार कर्त्तव्य बताएं।

17. Explain the use of alum and chlorine tablets in making water safe for drinking.
फिटफिट व क्लोरीन की गोलियों का प्रयोग से पेय जल को सुरक्षित किस प्रकार बनाया जा सकता है? समझाएं।

18. Enumerate any six characteristics of motor development in infants under 1 year of age.
बच्चों के जीवन के पहले वर्ष में होने वाले गत्वात्मक विकास (motor development) के कोई छः लक्षण बताएं।

बचत करने के छः कारण समझाएं।

20. List six points you will consider while buying a good readymade skirt.
एक अच्छी सिली-सिलाई स्कर्ट खरीदने समय अप जिन छः बातों का ध्यान रखेंगे, उनकी सूची बनाएं।

21. Rani wants to buy a bottle of jam. Tell her about six important informations she should look for on the label of the jam bottle to ensure that she buys a good product.
रानी एक जैम (Jam) की बोतल खरीदना चाहती है। उसे बताएं कि एक अच्छी जैम की बोतल खरीदने के लिए उसे जैम की बोतल के लेबल (label) पर कौन-कौन सी छः आवश्यक जानकारियाँ देखनी चाहिए।

22. Present six considerations you will keep in mind while planning meals for a diarrhoea patient.
एक अतिसार से पीड़ित रोगी के लिए आहार आयोजन करते समय अप किन छः बातों का ध्यान रखेंगे?
23. Bharat is a young child who is suffering from fever, cough and running nose. He has pink rashes which first appeared on his face and later the rest of the body. Identify the disease Bharat is suffering from and suggest four ways of managing his condition.

24. Anupa’s family very often suffers from food-borne infectious diseases. Mention one important reason, emerging from her household, for this problem and four important points she will have to observe in order to deal with this problem.

25. Rajesh wants to invest his money for financial security during old age. Suggest any three methods of investment to him and one added advantage of each of your selected choices.

26. Rama wants to store away her woollen clothes for the summer. Give six precautions she should observe while doing this.

27. What is ‘meal planning’? Explain fully why it is important to plan meals for the family.

28. Explain any four ways of supplementing family income and support your answer with suitable examples.

29. What four tips would you give to a college-going girl in selecting her clothes? Support your answer with adequate reasons.

30. What are the four problems a partially blind child faces in a normal school? How can school help him to get over these problems?