

HOME SCIENCE(219)

1. How much energy do we get from one gram of fat?

- (A) 3 kcal
- (B) 6 kcal
- (C) 12 kcal
- (D) 7 kcal

Answer: (C) 12 kcal

2. We do not get iron from which food?

- (A) Green leafy vegetables
- (B) Jaggery
- (C) Milk
- (D) Dates

Answer: (C) Milk

3. Which of the following cooking methods is done in controlled temperature?

- (A) Boiling
- (B) Steaming
- (C) Baking
- (D) Deep-frying

Answer: (C) Baking

4. Which fibre is shiny like silk and has good conductivity like cotton?

- (A) Rayon
- (B) Nylon
- (C) Polyester
- (D) Acrylic

Answer: (A) Rayon

**HOME SCIENCE (216) : SOLVED EXAM PAPER
(APRIL 2023)**

9. Which four wage employment opportunities are available to you after doing a course in interior decoration?

Answer:

- i. Interior Designer
- ii. Furniture Designer
- iii. Staff at show rooms
- iv. Conducting hobby courses/ classes
- v. Show case and window display design

10. Give four reasons for including carbohydrates in our meals.

Answer:

- i. Give energy and feeling of fullness.
- ii. Increase the bulk of our food.
- iii. Spare proteins to perform other functions.
- iv. Helps to make the food tasty.
- v. sugar sources: sugar, honey, jaggery, sweets, jam, murabba, etc.
- vi. Starch sources: cereals – like wheat, rice, bajra, maize, potatoes, sweet potatoes, calocasia, etc.

11. Briefly explain any four factors that influence meal planning.

Answer:

- i. **Age:** You would have seen that people eat according to their age. For example, a baby drinks only milk till about six months, a small child eats dalia and khichri in small quantities. Adolescents eat a variety of food and in more quantity as compared to children. Similarly old people eat soft and easy-to-digest food in small quantity. As the nutritional requirements vary with age so the type of food, its quantity and quality also change.
- ii. **Sex:** You must have noticed that your father can do more heavy physical work as compared to your mother. Because a man's body is more muscular than a woman's body. Hence a man requires more protein and energy than a woman. So, while planning a meal, it is important to keep in mind the sex of the family members.
- iii. **Seasonal availability:** Some vegetables like radish, fenugreek, carrot and peas are available in the winter season while other vegetables like bitter melon, bottle gourd and ladyfinger are available in summer. As you know seasonal food items are fresh, nutritious, less expensive and easily available than the off season food items. Therefore, seasonal food should be preferred while planning meals.

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- iv. **Weather:** All of us eat more in winter than in summer. This is because in winters our body needs more energy to maintain the body temperature. We enjoy eating peanuts, peanut chikki, sesame chikki and dry fruits during winters. These are energy rich foods and help us maintain body temperature.

12. Give any four reasons for enhancing nutritive value of food items.

Answer:

- i. provide food which can meet the nutritional requirements of the body;
- ii. provide opportunity for proper selection and preparation of food items;
- iii. provide an opportunity for balanced food;
- iv. improve the flavour and texture of the food;
- v. make available a variety in food;
- vi. assist in planning the daily menu, keeping in mind the content of the nutrient in the food;
- vii. prevent deficiency diseases in the body; and
- viii. develop good food habits.

13. Give any four suggestions to control water pollution in your area.

Answer:

- i. Make sure that untreated sewage water is not thrown into the sources of water.
- ii. Industries should not be allowed to throw untreated wastes into the river or pond.
- iii. Defecation in open and near the water source should be discouraged. Use latrines for defecation.
- iv. Latrines, soakage pits, dumping grounds and land fills should be far away from sources of water.
- v. Bathing, washing clothes or bathing animals in or near the harvested water sources should be banned. Rain water in special ponds or wells should be used for washing clothes and bathing animals.

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22. Differentiate between heredity and environment with the help of an example of each.

Answer:

BASIS	HEREDITY	ENVIRONMENT
Definition	Heredity refers to the genetic traits and characteristics that a person inherits from their parents and ancestors at birth.	Environment refers to the external factors and surroundings, including family, education, and social interactions, that influence an individual's development after birth.
Example	Sufi inherited her grey eyes from her mother and black hair from her father.	Nimrat's talent for music developed because her parents provided her with music lessons and instruments, nurturing her inherited talent.

23. Briefly write any four functions of a family.

Answer:

- i. protection from any danger to life
- ii. opportunities for emotional bonding among its members,
- iii. financial and emotional security
- iv. facilities for preparation for life through education
- v. passing of socio-cultural values
- vi. recreation

24. Write six reasons nutrients might get destroyed while cooking food.

Answer:

- i. **Washing After Cutting:** Washing vegetables after cutting can cause the loss of water-soluble vitamins like vitamin C and B-complex, as these nutrients can leach into the water.
- ii. **Peeling Thickly:** Peeling vegetables too thickly removes the skin and the layer just beneath it, where many vitamins and minerals are concentrated.
- iii. **Cutting into Small Pieces:** Cutting vegetables into small pieces increases the surface area exposed to heat and water, leading to greater nutrient loss during cooking.
- iv. **Cooking in Excess Water:** Using too much water for cooking and then discarding the excess can result in the loss of water-soluble nutrients.
- v. **Overcooking:** Prolonged cooking times at high temperatures can destroy heat-sensitive vitamins like vitamin C and certain B vitamins.
- vi. **Cooking Without a Lid:** Cooking food in an uncovered pan allows steam to escape, which can carry away heat-sensitive nutrients along with it.

25. What do you understand by life style diseases? Give four suggestions to prevent these diseases.

Answer: Some diseases do not get spread from one person to another through touch, air, food, water or sexual contacts. These diseases may develop in a person due to faulty eating and living habits e.g., obesity, diabetes and hypertension. These diseases are called life style diseases.

Four suggestions to prevent from life style diseases:

- i. take up regular exercise like walking, yoga, dancing, aerobics and cycling.
- ii. use stair-case instead of lift or escalator.
- iii. take a balanced diet at proper meal times. Do not over-eat.
- iv. avoid processed and packaged foods that are rich in sugar, fats, salt and calories and low in fiber, good quality protein, minerals (iron and calcium) and vitamins.
- v. eat whole grains like cereals (wheat, whole wheat flour), millets (jowar, bajra) and avoid refined foods like maida.
- vi. eat 400 - 500 gms of seasonal fruits and vegetables in a day.
- vii. drink plenty of water.
- viii. practice yoga or meditation to avoid stress in life.

28. Your grandmother is not feeling well. In what three ways each can you take care of her physical and emotional needs?

Answer:

PHYSICAL NEEDS	EMOTIONAL NEEDS
1. Ensure she takes her prescribed medication on time.	1. Spend quality time with her, listening to her stories and thoughts.
2. Help her with daily activities, such as preparing meals or helping her move around.	2. Offer emotional support by talking to her about any worries or concerns she may have.
3. Make sure she eats nutritious meals and stays hydrated.	3. Involve her in family activities and make her feel valued and loved.

29. Elaborate the role of salt, sugar, acid and oil in food preservation.

Answer:

Salt:

Salt acts as a preservative by drawing out water from food through osmosis, creating an environment where microorganisms cannot grow. This reduces the activity of enzymes and inhibits the growth of bacteria, thus preserving foods like pickles, chutneys, and fish.

Sugar:

Sugar, when used in high concentrations, dissolves in the water present in the food, reducing the water available for microorganisms to grow. This helps preserve foods like jams, jellies, and squashes, preventing spoilage by making the environment less favorable for microbial activity.

Acids:

Acids like vinegar, lemon juice, and citric acid increase the acidic content of food, which inhibits the growth of microorganisms. Foods like pickles, ketchup, and squashes are preserved by the use of these acids, which create a harsh environment for microbes.

Oil:

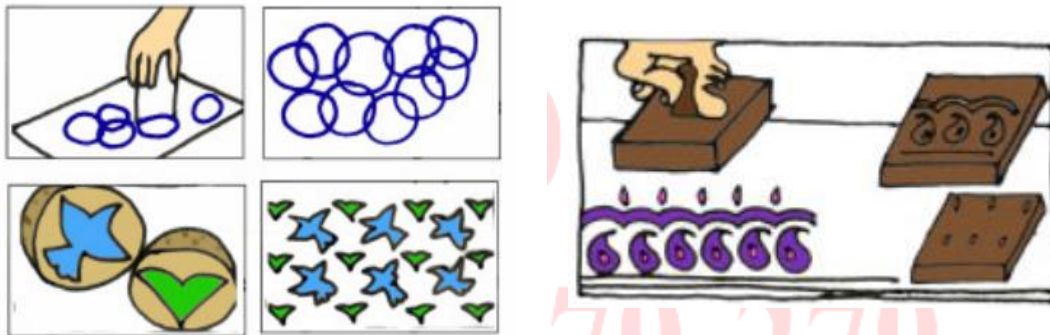
Oil creates a protective layer that prevents air and microorganisms from coming into contact with the food. In pickles, the oil helps block the growth of microbes by cutting off their access to air, thus preventing spoilage.

31. Briefly describe the process of using ‘Block printing’ and ‘Batik’ techniques.

Answer:

BLOCK PRINTING

Have you ever gone to a post office and observed letters or parcels being stamped. The stamp is first pressed into an ink pad and then onto the letter or parcel. Block printing is similar to this. Here a wooden block, which has a design engraved on it, is pressed into a thick dye paste and then stamped onto the fabric. Do not worry if you do not have a wooden block. You can follow the same procedure for printing at home using easily available objects in place of a blocks. Take any vegetable like ladies’ finger or onion or gourd (torai), cut and use it as a block. Even bowl, glasses leaves and flowers can also be used for printing.



BATIK

Batik is also a method of resist dyeing. Here, wax is used as a resist material to prevent the dye from colouring certain areas. On selected areas of the fabric, a mixture of Bees’ wax and paraffin wax is filled with a brush or a block, according to the design. These areas do not get coloured when dyed giving a patterned effect. The wax is later removed.



34. Make your family members aware of any eight first aid rules so that they do not panic in case of any accident at home or outside.

Answer:

- i. Keep a first aid box readily accessible in your house.
- ii. First aid should be given quickly, without wasting time.
- iii. You should remain calm and be resourceful while giving first aid.
- iv. Take the victim to a safe place, if needed.
- v. Reassure the patient
- vi. Disperse the crowd.
- vii. Attend first to injuries which can be fatal.
- viii. In case of unconsciousness do not give any liquids.
- ix. Keep emergency helpline numbers handy.
- x. Call the doctor.
- xi. Know the shortest route to the nearest medical institution and take the victim there.

35. List any eight consequences if values and ethics are not practiced in our society.

Answer:

1. **Increased Crime and Corruption:** Without ethical behavior, crime rates, including theft, fraud, and corruption, will rise, disrupting social order.
2. **Breakdown of Trust:** Trust between individuals, communities, and institutions will erode, leading to a more suspicious and fragmented society.
3. **Social Chaos:** The absence of a value system can create an imbalance, leading to lawlessness, lack of respect for laws, and social disorder.
4. **Moral Decay:** The gradual erosion of moral principles can result in a society where greed, dishonesty, and selfishness prevail over honesty and integrity.
5. **Discrimination and Injustice:** Without ethics, acts of discrimination, injustice, and inequality could become widespread, with vulnerable groups suffering the most.
6. **Damage to Public Property and Life:** Lack of respect for shared spaces and the environment could lead to vandalism, destruction of property, and environmental degradation.
7. **Breakdown of Family and Relationships:** Values such as respect, loyalty, and empathy are essential for maintaining healthy relationships. Their absence can result in broken families and strained social bonds.

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