

HOME SCIENCE (321)

SECTION-I

1. Tell two possible reasons of frustration fatigue.

Answer:- In frustration fatigue there is bodily discomfort, general feeling of tension, unsatisfactory results and a desire to escape from the situation. This happens because the worker is inexperienced, disturbed too often, worried, overworked and not appreciated.

2. A newborn's birth weight is 3 kilograms. What will be his weight at 6 months and one year?

Answer:- Given a newborn's birth weight of 3 kilograms:

- i. At 6 Months : The baby's weight typically doubles by 6 months. So, if the birth weight is 3 kg, the weight at 6 months would be approximately 6 kg ($3 \text{ kg} \times 2$).
- ii. At 1 Year : By 1 year, a baby's weight is generally about three times their birth weight. Therefore, the weight at 1 year would be approximately 9 kg ($3 \text{ kg} \times 3$).

3. Seema wants to financially support her family after senior secondary. For which jobs should she apply in the area of housekeeping?

Answer:- In commercial establishments, the housekeeping services are done by a team of specialized people according to different areas. Here is a detailed list of areas which need housekeeping.

- i. Rooms and corridors: ceiling and wall paint, wall paper, fans, air-conditioners, electrical switches and sockets, wiring, windows, doors, glass panes, bed, bed-making, carpets, locks, keys, etc.
- ii. Toilets: taps, sinks, water closet, geysers, water supply, electrical sockets and switches, supply of towels, toilet paper, toiletries (soap, shampoo, etc.)
- iii. Linen: linen (table napkin, tablecloth) towels, bed sheets, bed covers, blankets, garments of guests, staff uniforms, etc
- iv. Furniture and furnishings: furniture, curtains, table lamps, tube lights, chandeliers, bulbs, sofas, dining tables and chairs, etc.
- v. Gardens: Plants, pots, lawn (grass), flowers, trees, bushes, hedges, etc.
- vi. Public areas: stair case, corridors, lobby, conference/ seminar room, waiting halls, recreation room, parking area, clubs, swimming pool, offices, common toilets etc.

4. You are buying a toy for a one year old child. Which two features would you check to ensure its safety?

Answer:- When buying a toy for a one-year-old, safety is crucial.

- i. Size and Choking Hazard:

Ensure the toy is large enough that it cannot be swallowed or become a choking hazard. Toys should not have small parts that can break off and be swallowed. Many toy safety standards recommend that parts of a toy be larger than the diameter of a child's throat (about 1.25 inches) to minimize choking risks.

- ii. Material and Toxicity:

Verify that the toy is made from non-toxic materials. Look for labels or certifications indicating that the toy is free from harmful chemicals, such as lead or phthalates. The toy should be made from durable, child-safe materials that won't break easily and pose a risk of injury.

5. What are two signs of good mental and social health?

Answer:- Two signs of good mental health :

- i. ability to accept the realities of life and face them
- ii. confidence in your abilities
- iii. ability to cope with day to day stress of life
- iv. helpful attitude towards others
- v. the ability to seek help when needed

Two signs of good social health:

- i. have a positive attitude towards life
- ii. get along well with others
- iii. have a pleasant personality
- iv. fulfil responsibilities and duties towards others
- v. have healthy interpersonal relationships
- vi. be able to accept disagreement positively

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8. Which two features each would you check in the workmanship of a dress of an eight year old boy and an eighty year old women?

Answer:- When checking the workmanship of a dress for an eight-year-old boy and an eighty-year-old woman, you should consider features appropriate for their age and needs:

i. For an Eight-Year-Old Boy:

- a. Durability and Reinforced Areas: Check for strong stitching, especially in high-wear areas like the knees, elbows, and seat. The fabric should be durable and able to withstand rough play. Reinforced seams or patches in these areas are a good sign of quality workmanship.
- b. Comfort and Fit: Ensure that the dress fits well and allows for easy movement. Look for features like adjustable waistbands or elastic to accommodate growing children, and check for soft, comfortable linings that prevent irritation.

ii. For an Eighty-Year-Old Woman:

- a. Ease of Dressing: Verify that the dress has features that make it easy to put on and take off, such as buttons, zippers, or elastic. Consider closures that are user-friendly and minimize the need for assistance.
- b. Comfort and Fabric Quality: Check that the fabric is soft and gentle on the skin, avoiding any that might cause irritation or discomfort. The dress should be well-constructed with smooth seams and no scratchy tags or labels. Additionally, ensure that the fit is appropriate, providing comfort without being too tight or too loose.

9. Write two differences in the weaves used in a mulmal dupatta and jeans.

Answer:- Mulmal dupattas and jeans differ significantly in their weave types and fabric characteristics. Mulmal fabric, used for dupattas, typically features a plain or simple loom weave, resulting in a soft, lightweight, and airy texture. This weave is designed for delicate, breathable garments, offering a gentle and comfortable drape. In contrast, jeans are made from denim fabric, which uses a twill weave to create a diagonal pattern on the fabric's surface. This twill weave gives denim its distinctive durability and strength, making it much more substantial and robust compared to the lighter mulmal. Additionally, mulmal has a lower fabric density, contributing to its sheer and flowing quality, ideal for a delicate garment like a dupatta. On the other hand, denim's higher density and thicker yarn provide the rugged structure needed for jeans, ensuring they can withstand regular wear and maintain their shape over time.

- vi. **Usage Instructions:** Labels often include instructions on how to use or prepare a product, which is essential for ensuring proper use and achieving desired results. For example, a label on a cleaning product provides specific instructions for safe and effective use, including dilution ratios and safety precautions.

21. a) How would you sterilize glass bottles for storing home made jams?
b) What steps would you adopt while freezing 5 kilograms peas at home?

Answer:-

- a) Sterilizing Glass Bottles for Storing Homemade Jams

To ensure that glass bottles are properly sterilized for storing homemade jams, follow these steps:

1. **Clean Thoroughly:** Start by washing the glass bottles and lids in hot, soapy water to remove any residue or dirt. Use a bottle brush to reach into the bottles and ensure they are thoroughly cleaned. Rinse well to remove all soap.
2. **Sterilize in Boiling Water:** Place the cleaned bottles and lids in a large pot filled with water. Ensure that the bottles are fully submerged. Bring the water to a boil and let it boil for 10 minutes. This will kill any bacteria, yeast, or mold that might be present.
3. **Dry and Cool:** Carefully remove the bottles and lids from the boiling water using tongs and place them on a clean, dry towel or rack to air dry. Avoid touching the inside of the bottles or lids to prevent contamination.
4. **Preheat Oven (Optional):** For additional sterilization, you can place the bottles (not the lids) in a preheated oven at 160°C (320°F) for 10-15 minutes. This helps ensure they are completely dry and sterile before filling.
5. **Fill While Hot:** To avoid contamination, fill the bottles with hot jam while they are still warm from sterilization. This ensures a proper seal and reduces the risk of spoilage.

- b) Steps for Freezing 5 Kilograms of Peas at Home

To freeze peas effectively and preserve their quality, follow these steps:

1. **Select and Wash:** Choose fresh, tender peas. Rinse them thoroughly under cold running water to remove any dirt or debris.
2. **Blanching:** Blanching is essential to preserve color, texture, and nutritional value. Boil a large pot of water. Add the peas and blanch them for 2-3 minutes. The water should return to a boil quickly once the peas are added.
3. **Ice Bath:** Immediately transfer the blanched peas to a large bowl of ice water to stop the cooking process. Let them cool for the same amount of time they were blanched, usually 2-3 minutes.
4. **Drain and Dry:** Drain the peas well and pat them dry with a clean towel to remove excess moisture. This helps prevent ice crystals from forming during freezing.
5. **Pack in Freezer Bags:** Portion the peas into freezer-safe bags or containers. Remove as much air as possible from the bags to prevent freezer burn. Label each bag with the date for easy reference.

**SECTION-II
OPTION-I**

23. Mention any four activities involved in daily household cleaning.

Answer:-

1. **Dusting Surfaces:** This involves using a duster or a microfiber cloth to remove dust and dirt from surfaces such as shelves, countertops, and furniture. Dusting helps prevent the buildup of dust and allergens, contributing to a cleaner and healthier home.
2. **Vacuuming and Sweeping Floors:** Vacuuming carpets and rugs or sweeping hard floors helps remove dirt, crumbs, and debris. Regular vacuuming and sweeping prevent the accumulation of dust and dirt, which can affect indoor air quality and the appearance of flooring.
3. **Wiping Down Surfaces:** This includes cleaning kitchen countertops, dining tables, and bathroom surfaces using appropriate cleaning solutions. Wiping down surfaces removes spills, stains, and bacteria, maintaining cleanliness and hygiene in high-use areas.
4. **Emptying Trash Bins:** Regularly emptying trash bins throughout the house prevents odors and the buildup of waste. This involves replacing trash bags and ensuring that waste is disposed of properly, contributing to a cleaner and more organized home environment.

24. What four points would you consider while hanging paintings in your drawing room?

Answer:- When hanging paintings in your drawing room, several key factors should be considered to ensure a harmonious and visually pleasing display.

- i. It is important to position the paintings at eye level, with the center of the artwork typically around 57-60 inches from the floor. This height ensures that the paintings are easily viewed and appreciated.
- ii. Consider the proportion of the artwork to the wall space; large paintings should be centered on expansive walls, while smaller pieces are best displayed in a gallery arrangement. Avoid overcrowding to maintain visual clarity.
- iii. Proper lighting is crucial; use natural light or strategically placed spotlights to highlight the paintings and enhance their colors, while avoiding direct sunlight or harsh lighting that might cause glare or damage.
- iv. Ensure that the paintings complement the room's color scheme and decor style. The artwork should blend seamlessly with the existing furnishings and contribute to the desired atmosphere of the room. By addressing these elements, you can create a well-balanced and aesthetically pleasing arrangement that enhances the overall look of your drawing room.

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