

HOME SCIENCE (216)

Section – A

1.

Vitamin C of vegetables gets lost when they are :

- (i) Cut in big pieces
- (ii) Washed after cutting
- (iii) Cut for long before cooking
- (iv) Washed before peeling

Choose the **correct** option.

- (A) (ii) and (iii) (B) (ii) and (iv) (C) (iii) and (iv) (D) (i) and (iv)

Answer: (B) (ii) and (iv)

Explanation:

(ii) Washed after cutting: Washing vegetables after cutting them can lead to the loss of water-soluble nutrients like Vitamin C.

(iv) Washed before peeling: Washing before peeling can also contribute to nutrient loss as water-soluble vitamins can leach out.

2.

Which one of the following is a lifestyle disease ?

- (A) Diabetes (B) Cholera (C) Typhoid (D) Tetanus

Answer: (A) Diabetes.

Explanation:

Diabetes is considered a lifestyle disease, often linked to factors such as poor diet, lack of exercise, and other lifestyle choices. The other options, **Cholera, Typhoid, and Tetanus**, are infectious diseases and not classified as lifestyle diseases.

3.

For how many months does a foetus remain in the mother's womb ?

- (A) Seven (B) Nine (C) Ten (D) Eight

Answer: (B) Nine.

Explanation:

The typical duration of a fetus's development in the mother's womb is around **nine months**.

HOME SCIENCE (216): SOLVED EXAM PAPER (APRIL 2024)

18.

The rickshaw puller deliberately took Ganiv through a long route so that he can charge her more. Which value is he lacking ?

- (A) Punctuality (B) Honesty (C) Regularity (D) Courtesy

Answer: (B) Honesty.

Explanation:

The rickshaw puller is lacking **honesty** by deliberately taking a longer route to charge more, which is a dishonest act.

19.

Very often you realise the cloth vendor have measured less cloth. Next time you will catch him if he tries to :

- (i) Stretches cloth while measuring
(ii) Uses table to measure the cloth
(iii) Uses measuring rod
(iv) Sells cheap fabric at actual price

Choose the **correct** option :

- (A) (i) and (iv) (B) (iii) and (ii) (C) (i) and (ii) (D) (ii) and (iv)

Answer: (A) (i) and (iv)

Explanation:

You should be cautious if the vendor **stretches the cloth while measuring** (i) or **sells cheap fabric at the actual price** (iv), as these are tactics used to deceive customers and measure less cloth or sell inferior quality fabric.

20.

Which of the following statements are true or false ? (any 4)

- (i) White clothes should be soaked overnight.
- (ii) Only white coloured clothes should be soaked.
- (iii) Soak very dirty clothes separately.
- (iv) Too many clothes should not be soaked together.

Answer:

(i) **False** – White clothes should not necessarily be soaked overnight, as prolonged soaking can damage the fabric.

(ii) **False** – Not only white-colored clothes should be soaked; other colored clothes may also be soaked based on the type of fabric and stains.

(iii) **True** – Very dirty clothes should be soaked separately to prevent dirt from transferring to other clothes.

(iv) **True** – Too many clothes should not be soaked together to ensure effective cleaning and avoid overcrowding in the water.

21.

- (i) Which of the following option best describes the relationship between the **Assertion** and **Reason** ?

Assertion : Expanding stage of family influences their expenditure.

Reason : Expenses of a family is more if they have school going children.

Choose the **correct** option :

- (A) Both **Assertion** and **Reason** are true
- (B) Both **Assertion** and **Reason** are false
- (C) **Assertion** is correct and **Reason** is false
- (D) **Assertion** is false and **Reason** is correct

Answer: (A) Both Assertion and Reason are true

- (ii) Two types of fatigues are _____ and _____.

Answer: The two types of fatigues are **physical** and **mental**.

(i) Match the following **Column I** with that of **Column II**.

Column I	Column II
(I) Blanching	(a) Raising the Temperature
(II) Sun drying	(b) Lowering the Temperature
(III) Freezing	(c) Arrest action of Enzymes
(IV) Pasteurisation	(d) Dehydration

Choose the **correct** option.

- (A) (I)-(b), (II)-(d), (III)-(a), (IV)-(c)
(B) (I)-(a), (II)-(b), (III)-(d), (IV)-(c)
(C) (I)-(c), (II)-(d), (III)-(b), (IV)-(a)
(D) (I)-(c), (II)-(d), (III)-(a), (IV)-(b)

Answer:

The correct answer is (A).

Here is the correct matching:

- (I) Blanching → (c) Arrest action of Enzymes
- (II) Sun drying → (d) Dehydration
- (III) Freezing → (b) Lowering the Temperature
- (IV) Pasteurisation → (a) Raising the Temperature

(ii) Two advantages of roasting method.

Answer:

1. **Enhances flavor:** Roasting intensifies the flavor of the food by caramelizing its surface, making it more delicious.
2. **Preserves nutrients:** Since roasting involves dry heat, it helps retain most of the nutrients in the food without leaching them into water, as in boiling.

**GET FULL MARKS WITH
EXPERT SOLVED PAPERS**



**CLASS 10TH AND
CLASS 12TH
ALL SUBJECTS AVAILABLE**



**NIOS LAST YEAR
SOLVED PAPERS**

**GET ALL TMA'S - SOLVED AND
READY TO UPLOAD**



AVAILABLE EXCLUSIVELY ON



UNNATI EDUCATIONS

9654-279-279, 9899436384



*order
now!*

**RS. 75
PER PDF**



SECTION - B

32. Give two advantages of including germinated foods in the meals.

Answer:

1. **Increased nutritional value:** Germinated foods are rich in vitamins, especially vitamin C, and enzymes, which enhance their nutritional content.
2. **Improved digestion:** Germination makes the food easier to digest by breaking down complex starches into simpler forms.

33. Suggest any four ways to conserve nutrients while cooking Carrots and Potatoes.

Answer:

1. **Cook with the skin on:** Cooking vegetables with their skins helps retain nutrients, as peeling can remove essential vitamins and minerals.
2. **Use minimal water:** When boiling or steaming, use the least amount of water necessary to prevent nutrient loss.
3. **Avoid overcooking:** Overcooking can lead to the destruction of vitamins, especially water-soluble ones like vitamin C.
4. **Cook quickly:** Use quick cooking methods such as steaming or microwaving to preserve the nutrient content of the vegetables.

34. Identify any four ways people are responsible for causing noise pollution.

Answer:

1. **Playing loud music:** Excessive volume from music systems or loudspeakers contributes to noise pollution.
2. **Honking excessively:** Unnecessary honking by vehicles, especially in crowded areas, increases noise levels.
3. **Using loud machinery:** The use of industrial machines or construction equipment without noise control measures adds to the pollution.
4. **Bursting firecrackers:** During festivals or celebrations, firecrackers create a significant amount of noise pollution.

HOME SCIENCE (216): SOLVED EXAM PAPER (APRIL 2024)

41. Sonali is not able to meet her monthly expenses in her present income. Suggest her any four ways she can cut down her expenses.

Answer:

1. **Prioritize essential purchases:** Focus on buying only the necessities and avoid spending on non-essential or luxury items.
2. **Reduce utility bills:** Cut down on electricity, water, and gas usage by conserving energy and resources.
3. **Plan meals and avoid eating out:** Cooking meals at home and planning them in advance can help reduce food expenses.
4. **Use public transportation:** Instead of using personal vehicles or taxis, she can opt for public transport to save on fuel and travel costs.

42. Apart from soap and water, what materials are used for washing tiles, plastic buckets and metal taps in the bathroom ?

Answer:

1. **Baking soda:** Used for scrubbing tiles and removing stains.
2. **Vinegar:** Effective for cleaning metal taps and removing mineral deposits.
3. **Bleach:** Used for disinfecting and whitening surfaces like tiles.
4. **Lemon juice:** Helps in removing stains and adding shine to metal taps.

43. How will you prepare orange squash from one litre orange juice ?

Answer:

1. **Ingredients:**

- 1 liter orange juice
- 1 kg sugar
- 25 grams citric acid
- 750 ml water
- Preservative like sodium benzoate (if storing for long periods)

HOME SCIENCE (216): SOLVED EXAM PAPER (APRIL 2024)

2. Method:

1. Dissolve the sugar in 750 ml water by heating the mixture until the sugar is fully dissolved, forming a syrup.
2. Add citric acid to the syrup and let it cool.
3. Mix the orange juice into the cooled syrup.
4. Add the preservative if desired, according to the instructions on the package.
5. Strain the mixture and store the squash in clean, sterilized bottles.

44. Which are the three unnecessary household activities that make the home makers tired ? Suggest them one alternative each to improve these.

Answer:

1. **Frequent dusting of the entire house:** Instead of dusting every day, homemakers can schedule dusting for once or twice a week. This reduces the physical strain and allows more time for other tasks.

Alternative: Use dust covers for furniture and clean only high-traffic areas regularly.

2. **Washing clothes daily:** Washing clothes every day can be tiring and time-consuming.

Alternative: Accumulate clothes and wash them once or twice a week using a washing machine to save time and effort.

3. **Cooking multiple meals daily:** Preparing fresh meals for every meal of the day can be exhausting.

Alternative: Plan and prepare meals in bulk, then refrigerate or freeze them. This saves time and reduces daily cooking workload.

45. Make the villagers aware of ill effects of air pollution on their health. Suggest them four ways to control this pollution.

Answer:

Ill Effects of Air Pollution on Health:

1. **Respiratory problems:** Air pollution can cause breathing difficulties, coughing, asthma, and even long-term lung damage.
2. **Cardiovascular diseases:** Prolonged exposure to polluted air increases the risk of heart disease and stroke.
3. **Eye irritation:** Polluted air can cause burning, itching, and watering of the eyes.
4. **Weakening of the immune system:** Continuous exposure to polluted air can weaken the body's immune system, making people more susceptible to infections.

Ways to Control Air Pollution:

1. **Plant more trees:** Trees help absorb harmful pollutants and purify the air, improving overall air quality.
2. **Reduce burning of waste:** Instead of burning agricultural or household waste, practice composting or other eco-friendly disposal methods.
3. **Use clean fuels:** Encourage the use of cleaner fuels like LPG or biogas for cooking instead of burning wood or coal.
4. **Avoid using vehicles unnecessarily:** Promote walking or cycling for short distances to reduce emissions from vehicles.

46. Suggest any five ways to develop self esteem in adolescents.

Answer:

1. **Encourage positive self-talk:** Help adolescents focus on their strengths and achievements instead of their weaknesses, building a positive self-image.
2. **Provide opportunities for success:** Allow them to take part in activities where they can excel, helping them experience accomplishment and boost confidence.
3. **Support independence:** Encourage them to take responsibility for their actions and make decisions, fostering a sense of self-worth and independence.
4. **Acknowledge their efforts:** Praise their hard work and dedication, not just the outcomes, which reinforces their belief in their abilities.
5. **Create a supportive environment:** Surround them with positive influences and emotional support, helping them feel valued and respected.

HOME SCIENCE (216): SOLVED EXAM PAPER (APRIL 2024)

47. Garvita spoilt her new woollen sweater when she washed it for the first time. Which five possible mistakes she may have committed ?

Answer:

1. **Used hot water:** Washing woollens in hot water can cause the fibers to shrink and lose their shape.
2. **Used strong detergent:** Using a harsh detergent instead of a mild one specifically designed for woollens can damage the delicate fibers.
3. **Wringing the sweater:** Twisting or wringing woollens can stretch and distort the fabric, leading to a misshaped sweater.
4. **Soaked for too long:** Leaving the woollen sweater soaked in water for an extended period can weaken the fibers and cause felting.
5. **Dried it improperly:** Hanging the sweater to dry can stretch it out. Woollens should be laid flat to dry to maintain their shape.

9654-279-279

9899436384

**GET FULL MARKS WITH
EXPERT SOLVED PAPERS**



**CLASS 10TH AND
CLASS 12TH
ALL SUBJECTS AVAILABLE**



**NIOS LAST YEAR
SOLVED PAPERS**

**GET ALL TMA'S - SOLVED AND
READY TO UPLOAD**



AVAILABLE EXCLUSIVELY ON



UNNATI EDUCATIONS

9654-279-279, 9899436384



*order
now!*

**RS. 75
PER PDF**

