

Marking Scheme Outside Delhi (2014-15)
Home Science (69)
Class XII

Instructions:

- 1) The marking scheme carries only suggested value points to the answers. These are only guidelines and do not constitute the complete answer. The students can have their own expression and if the expression is correct the marks be awarded accordingly.
- 2) As per the orders of Honourable Supreme Court, the candidates would now be permitted to obtain photocopy of the answer book on request on payment of the prescribed fee. All examiners are once again reminded that they must ensure that evaluation is carried out strictly as per value points for each answer as given in the marking scheme.
- 3) All the Head examiners/ Examiners are instructed that while evaluating the answer scripts, if the answer is found to be **totally incorrect**. The **(x)** should be marked on the **incorrect answer and awarded '0' marks**.

- Q1** In 2010, what are the changes suggested by ICMR in the daily needs of calories and calcium for pregnant women? [1]
- Ans1** i) Calories — 350 calories
 ii) Calcium – 1200 mg [½ x 2 = 1]
- Q2** List any two benefits of MGNREGA. [1]
- Ans2** i) 100 days per year of guaranteed wage employment for rural people
 ii) Unemployment allowance for rural people
 iii) Builds infrastructure for rural people like toilets, roads etc.
 iv) Women gets 1/3rd reservation for jobs
 (any two) [½ x 2 = 1]
- Q3** Your sister is a home science graduate with special interest in textiles. Suggest her two employment opportunities which she can help her to enhance her skills in the areas of her interest. [1]
- Ans3** Work in a boutique, tailoring house
 i. Work in an upholstery shop
 ii. Work in a boutique.
 iii. Open repair shop
 iv. Any other. (any two) [½ x 2 = 1]
- Q4** Give two reasons to the members of family for the need to supplement their income. [1]
- Ans4** **Reason for supplementing-**
 i. Inflation / not able to meet the needs of family
 ii. For better standard of living
 iii. Increased demands of family
 iv. To achieve family goals
 v. Any other (any two) [½ x 2 = 1]

- Q5** Give two advantages of washing clothes with a detergent.. [1]
- Ans5**
- i) Breaks the surface tension of water
 - ii) Does not leave a scum on clothes
 - iii) Clothes become whiter
 - iv) Can be used in both soft and hard water.
 - v) Saves time
 - vi) Any other (any two) [$\frac{1}{2} \times 2 = 1$]
- Q6** Draw a standard mark which indicates that the product is environment friendly. [1]



[1 mark]

- Q7** In what two ways is identity of adolescent boys influenced by their cognitive changes ? [2]
- Ans6**
- i) Tendency to take risks
 - ii) Adolescents can think of many alternatives to their problems
 - iii) Become Critical
 - iv) Become Assertive
 - v) Become Argumentative
 - vi) More confident
 - vii) Self conscious
 - viii) Any other (any two) [$1 \times 2 = 2$]
- Q8** Suggest four ways of helping your friend who is suffering from depression. [2]
- Ans8**
- i) Counselling
 - ii) Sensitise the family
 - iii) Provide support
 - iv) Keep her occupied constructively
 - v) Any other. (any four) [$\frac{1}{2} \times 4 = 2$]
- Q9** Propose a plan to meet the social needs of an Eighty year old man. [2]
- Ans 9**
- i) Take them to parks for walks
 - ii) Enrol in some hobbies
 - iii) Visit relatives of same age or have them come over
 - iv) Take him to social functions
 - v) Any other . (any four) [$\frac{1}{2} \times 4 = 2$]

Q10 Your mother is forty years old . In your opinion , what are her two new responsibilities of this stage? How has she adjusted to these changes? [2]

Ans10 Responsibilities

- i) Getting children married
- ii) Settling children in their vocation

Taking Care -

- iii) for aged parents
- iv) of own health
- v) of their teenage children
- vi) of finances

(any two)

Suggestions

- i) Adopt healthy life styles
- ii) Keep full time help for taking care of elderly
- iii) Support and guide children
- iv) Participate in social causes (e.g. teach poor children, etc)

(any two)

[½ x4=2]

Q11 “Meals for a patient can be modified from normal meals by changing their frequency and the nutrients.” Support this statement with the help of one example each. [2]

Ans11 **i) Change in frequency** : Give small meals at frequent intervals. e.g; panjiri to lactating woman in morning and fruits in mid morning / any other example
ii) Nutrients : One nutrient is increased or decreased for example high fibre for constipation and low fibre for diarrhoea / low salt for high blood pressure / any other example. [1 x2=2]

(½ mark for example and ½ for explanation)

Q12 Use one example each to show that selection of foods is influenced by their availability and family traditions. [2]

i. **Availability:**

Food is selected according to seasonal availability for example peas in winters are selected and included in most of the dishes / replace expensive foods with cheaper alternatives like locally available foods (use curd/ tomato puree instead of tomatoes)/ Any other example

ii. **Family traditions:**

Families make traditional foods on some occasions like gujiya on holi/ they refrain to eat meats on certain days of the week / Any other example

(½ mark for example and ½ for explanation)

[1 x2=2]

Q 13 Prepare four rules to ensure hygiene of your kitchen surfaces . [2]

- i) Clean work surfaces with hot water and disinfectant.
- ii) Wipe spills immediately.
- iii) Walls tiled or painted with washable paints
- iv) Washable counters and floors
- v) Seal all crevices and cracks

(any four) [½ x4=2]

Q 14 Your friend does not eat much food as she thinks she is very fat. What do you think is the problem with her? What are the two consequences if it continues for too long? Present three suggestions to get her out of this problem. [3]

Ans 14 Reason - Anorexia nervosa [½ mark]

Consequences

- i) Irregular menses
- ii) Stunted growth
- iii) Muscle wasting
- iv) Oedema
- v) Bone loss
- vi) Malnourished
- vii) Kidney failure
- viii) Heart shrinks

(any two) [½ mark each]

Three ways to help

- i) Educate them on consequences and misconceptions of anorexia
- ii) Provide counselling to improve self esteem
- iii) Keep a check on their eating habits
- iv) Motivate them to adopt healthy life style
- v) Encourage them to have their meals with the family.
- vi) Any other

(any three) [½ x6=3]

Q 15. People of Basra village use alum to make the well water potable. Convince them to use chlorine instead. Also tell them the correct procedure of using chlorine. [3]

Ans 15. Reason: Chlorine will kill the coliform micro-organisms whereas alum will remove only suspended particles. [1 mark]

Procedure

- i) Mix 1 teaspoon of bleaching powder in 1 glass of water
- ii) Then put 3 tea spoon of this water from this glass and
- iii) Put in 20 litres of water
- iv) Leave for 30 minutes

[½ x4=2]
[1+2=3]

Q 16. The water in which you soaked the Bengal gram (chana dal) turned yellow. The shape of the grains was also not uniform. What in your opinion, is the reason for both these problems? Name two more foods with which you may have the same problem. Mention two health hazards each of consuming such foods. [4]

Ans 16 i) **Yellow colour because of** metanil yellow

ii) **Shape not uniform because of** - Kesari dal

[$\frac{1}{2} + \frac{1}{2} = 1$]

- **Other food adulterated with metanil yellow**

Besan/ sweet meats- jalebi/ladoo, jaggery, ice candy, faluda(**any one**)

- **Other food adulterated with kesari dal:**

i) Whole masoor(in whole form)

ii) Arhar dal(in split form)

iii) Besan (in powder form) (**any one**)

Health hazards of metanil yellow

[$\frac{1}{2} + \frac{1}{2} = 1$]

i) Carcinogenic

ii) Abnormalities of skin, lungs, eyes , bones.

iii) Sterility

iv) Anaemia

v) Mental retardation

vi) Lead accumulation

(**any two**)

[$\frac{1}{2} \times 2 = 1$]

Health hazards of Kesari Dal:

i) Pain and stiffness of knee, ankle and joints in males

ii) Paralysis of lower limbs/crippled(/ lathyrism)

[$\frac{1}{2} \times 2 = 1$]

[1+1+1+1=4]

Q17. Your sister bought two metres of cloth but when her tailor measured it, it was less than that. Mention four ways the shopkeepers have cheated her. Tell her at least four buying tips which can safeguard her from such frauds in future. [4]

Ans 17 Ways shopkeeper can cheat

i) Used table / hands span/ arms span to measure the cloth

ii) Used bend/ broken rod

iii) Stretched the fabric while measuring

iv) The measuring rod may not be standardized

($\frac{1}{2}$ mark each)

Wise buying tips

i) Be alert – watch closely while fabric is being cut

ii) Refuse to buy if uses table/ hands span/ arms span

iii) Insist in using a straight measuring rod.

iv) Take bills

v) Buy from reputed shops

(**any four**)

($\frac{1}{2}$ mark each)

[$\frac{1}{2} \times 8 = 4$]

Q18. What is jaundice? Write its three specific clinical symptoms. Suggest four dietary recommendations for such patients. [4]

Ans18. Jaundice

- i) Infection in liver
 - ii) Increase in bile pigments above the normal range
- (any one) (½ mark each)

Clinical symptoms

- i) Fever
 - ii) Abdomen pain
 - iii) White tongue
 - iv) Dark yellow urine.
 - v) Pale skin and eyes
 - vi) Chalky stools
 - vii) Nausea
 - viii) Weakness
- (any three) (½ mark each)

Dietary recommendations

- i) Bland diet
 - ii) Light and digestible
 - iii) Avoid fried/ fat free foods
 - iv) Lots of liquids
 - v) Diet rich in easily digestible carbohydrates
 - vi) Initially low in proteins and fibre
 - vii) Any other
- (any four) [½ x 4 =2]
[½ +1½ + 2=4]

Q19. Suggest four ways each for family members to increase their direct and indirect real income . [4]

Ans19 Direct real income (without use of money)

- i) Using skills of family members and doing own job- tailor own clothes, sweep/ study on own instead of taking tuitions /any other
- ii) Use community facilities like library, parks, government hospitals, etc.
- iii) Bargain prices.
- iv) Use assets judiciously- grow vegetables on vacant land.
- v) Parents teaching own children etc.

(any four)

Indirect real income (with use of money)

- i) Buy good quality products(goods) which last for a long time
 - ii) Hire a good servant and enjoy his/her services
 - iii) Use perks / reimbursements given by company e.g. car, house, telephone bills .
 - iv) Barter/exchange home made products with friends
(exchange jams and pickles)
- (any four) [½ x8=4]

Q 20. A family has been served dahi bhalla, chana bhature and mango pickle for lunch. Suggest four modifications in this meal to suit the nutritional requirements of a lactating woman. Give four reasons for your suggestions. [4]

Ans 20

Family Meal	Modifications	Reasons
Chana	Less Spicy and add Coriander Leaves	Folic Acid
	More Quantity of Chana	Proteins, Zinc
Bhature	Stuff With grated Paneer	Calcium, Protein
	Knead Dough with curd	Vitamins, proteins and calcium
Dahi	Add Pineapple Pieces Add More Curd	Vitamin C (Revised ICMR) Calcium
Bhalla	Stuff With Cashew Nuts	Zinc
Mango Pickle	Replace pickle with Amla Chutney with Less Spices	Vitamin C
	Add Salad (Carrots)	Vitamin A
	Tomatoes	Vitamin C

Any other

(any four)

Any four suggestions for a nutrient with reasons

[2+2=4]

Q 21. Mr Sharma wants to file a case in a consumer court against a company for its poor services. Guide him on all the aspects of filing the complaint. [4]

Ans 21. i) Should complain within two years of purchase

- ii) Send registered ad to opposite party stating his complaint
- iii) Fill in prescribed form - write name and description, address of complainant
- iv) Write name and description, address of opposite party/ company
- v) Write facts relating to complaint- when, where it arose
- vi) Attach bills, copy of registered AD sent to opposite party conveying the complaint
- vii) State the relief sought by the complainant
- viii) Attach an affidavit stating contents to be true and submit in appropriate forum and pay fees.

[½ x 8=4]

Q 22. Advertisements shown on television and internet both are important consumer aids. List three advantages and two drawbacks each of using both. [5]

Ans 22. Advertisements: Advantages

- i) Consumer get information of new product available in market
- ii) Know how to use
- iii) Know special features
- iv) Choose from variety of products
- v) Any other

(any three)

(½ mark each)

Drawbacks

- i) Exaggerated and misleading
 - ii) Complete information is not given
 - iii) shown very briefly - cannot refer to it whenever needed
 - iv) Negative impact on impressionable minds (mindless copying)
 - v) Any other
- (any two) (½ mark each)**

Internet --Advantages

- i) Consumer can use it any time
- ii) Wide variety of products advertised
- iii) Accessible/ convenient from home
- iv) Quick/ no time wasted
- v) Cost effective
- vi) Can compare rates, detailed features of products
- vii) Easy mode of payments
- viii) Can sell, buy from home
- ix) Consumer can maintain records
- x) Consumer can complain to the manufacturer in writing

(any three)**Drawbacks**

- i) Frauds – can gain personal information of credit card, address and dupe consumer.
- ii) Exaggerated picture may be shown on the internet
- iii) Cannot touch and feel the product before buying
- iv) Risk of virus, spam while downloading

(any two)**[½ x10=5]**

Q 23. Compare the features of Public Provident Fund (PPF) and Employee Provident Fund (EPF)

[5]

S.No.	FEATURES	PPF	PF
1.	Who can invest ?	Anyone can invest in it.	Only salaried persons can invest
2.	Length /time period	15 years can be extended in another block of 5 years and so on	earning period
3.	Maximum Limit	1 ½ lakh (per annum w.e.f(1.8.14)	can get deducted more to a limit of basic salary+ DA , etc

4.	Minimum limit	Rs 500 per annum	12 % of basic salary is deducted every month
5.	Loan	Available between 3 rd to 6 th year	Available any time of earning period
6.	Tax rebate	available	available
7.	Premature withdrawal	Allowed after 7 th year once each year 50% of 3 rd preceeding year	Not allowed
8.	Interest taxable or /taxfree	Interest taxfree	Interest taxfree
9.	Rate of interest (w.e.f 1 st April 2014)	8.7%	8.75%
10.	When can one deposit ?	Option of paying once in a year or in instalments (not more than 12 in a year)	every month cut from salary

Any five differences**[½ x10=5]**

Q24. Neha has some tea and ball pen ink stains on her cotton dress. Suggest her one suitable chemical each along with six important precautions she should adopt while removing these stains. Name more stains for which these two chemicals can be used.

- Chemical used for Tea stains** – borax
- One more stain for which borax can be used – coffee
- Chemical used for Ball pen** – methylated spirit
- One more stain for which methylated spirit can be used: lipstick/grease
(any one)

Precautions for removing stains

- Choose the right chemical as per the stain and fabric
- Test the chemical in a hidden corner of the fabric.
- Use diluted chemical and repeat if necessary.
- Work in a circular movement starting from outer towards centre.
- Neutralize chemical with appropriate reagents.
- Rinse all traces of chemicals immediately after removing the stains.

[½ x 10=5]

Q25 You have to design a frock for a one year old girl. What two features would you consider while selecting fabric for this frock? Suggest four ways each you can ensure rhythm and satisfactory workmanship in this dress? [5]

Ans 25. Selection of fabric

- Soft, comfortable
- Easy to maintain
- Air permeable
- Good conductivity
- Pastel colour
(any two)

For Rhythm

- i) Repetition --repeat piping on neckline, hem and cuff/ any other
- ii) Gradation-Embroider flowers of varying sizes/ any other
- iii) Radiation- have puff sleeves/ any other
- iv) Parallelism-Pleats in skirt of frock/ any other
- v) Alteration- Embroider alternate row of flower and lines on upper bodice /any other

(any four)

Good workmanship

- i) Allowance at hem and seams
- ii) Stitched with matching coloured , strong thread
- iii) Fasteners at shoulders
- iv) Large neckline/ suitable placket openings
- v) Flat seams / French or Run And Fell seams.

(any four)

[1+2+2=5]

[$\frac{1}{2}$ x10=5]