

**MARKING SCHEME**

**Home Science (064)**

**Class -X (2017-2018)**

Time: 3 Hrs.

M.M. 75

**PROBABLE ANSWERS-**

**Ans.1. The old age needs special care because**

1. It is a period of decline
  2. Risk of many health problems
  3. Need for safety
  4. Inactive
  5. Physically weak
- Any other

**(any one) – 1 mark**

**Ans.2 Two common features of childhood are –**

**(1)**

1. learning to get along with age mates
  2. learning physical skills
  3. learning to follow social rules
  4. developing sense of morality and pattern of values
- any other

**(any two) 1/2+1/2= 1marks**

**Ans.3. When an article is excessively blue**

- (1) dip it in vinegar
- (2) Rinsing in clean water

**1/2+1/2= 1marks**

**Ans.4. Food hygiene is “safe handling of food in a way that will keep it safe and free from all contaminants.”**

**1**

**mark**

**Ans. 5. Doing, two or more activities together at the same time.**

**1 mark**

**Ans. 6.** R D A is Recommended Dietary Allowances given by ICMR which indicates daily requirement of nutrients which should be taken by an individual in his daily diet according to his age and occupation to remain healthy. **1 mark**

**Ans.7.** It is important to sterilize dustbin to kill pathogens and microorganisms which may grow in it. **1 mark**

**Ans .8.** factors affecting the safety of food at home are:

1. Kitchen hygiene
2. Personal hygiene
3. Hygienic practices while cooking and serving food
4. Any other (any two)

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

**Ans.9.** Play influence physical development of a child in following ways:-

- (1) Increases blood circulation
  - (2) Improves digestion and metabolism
  - (3) Increases height and weight
  - (4) Makes a child taller and stronger
  - (5) Helps the child to control his body
- Any other

**(Any two) 1+1 =2 marks**

**Ans. 10 .**Ways of reducing psychological fatigue:-

1. Make the job interesting
  2. Set small targets
  3. Change in routine
  4. Motivation and incentives
- (any other)

**any four ( $\frac{1}{2} \times 4 = 2$  marks)**

**Ans. 11.** Reasons of saving money are:-

1. Raise the standard of living

2. Achieving goals
3. Further investment
4. Meeting unforeseen expenses
5. Old age security
6. Any other

any four ( $\frac{1}{2} \times 4 = 2$  marks)

**Ans. 12. We can keep kitchen free from pests by:-**

1. Spraying insecticides
2. Maintaining cleanliness
3. Proper lighting (natural Light)
4. Covering drains
5. Using fly catchers
6. Using mesh on windows and doors
7. Any other

any four ( $\frac{1}{2} \times 2 = 2$  marks)

**Ans.13. Points to be considered while planning a balanced diet for a family:-**

1. Consider nutritional needs
2. Include seasonal foods
3. Include all five food groups for dining in a day
4. Should be cost effective
5. Attractive, colorful, variety etc.
- Any other

any four ( $\frac{1}{2} \times 4 = 2$  marks)

**Ans.14. FSSAI – Food Safety and Standards Authority of India**

1+1=2 marks



**Ans.15. Consumer education is acquiring all necessary knowledge that will promote the standard of living besides providing a better degree of satisfaction.**

- a) Government agency: - COPRA
- b) Non- Government agencies -

(1) Consumer education and research Centre – Ahmadabad

(2) Consumer guidance society of India  
Any other

(1+ ½ + ½ ) = 2 marks

Ans.16. characteristics of Adulthood are as follows:

1. Financial independence
2. Transition in family relationship
3. Adjustment to marriage life
4. Self directed
5. Any other (any four)

½ x4=2

**Ans.17. To bring Variety in meals:-**

1. Selection of food from different food groups
  2. Variety in colour combination
  3. Variety in texture – Soft, solid, Crisp, Liquid
  4. Variety in taste and flavor
  5. Variety in method of cooking
- Any other

(any three) (1+1+1= 3marks)

**Ans. 18. Possible reasons for holes in silk saree:-**

1. Storage area was damp
  2. Clothes were not washed
  3. Clothes were not dried properly
  4. Not properly packed
  5. Insect repellents were not used
- Any other (any three)

( ½ x3=1.5 )

**To avoid this problem-**

1. Storage area should be clean and dry
  2. Clothes should be washed/dry cleaned and dry
  3. Should be packed in newspaper or polythene.
  4. Use naphthalene balls/neem leaves
- Any other any three

(½ x3= 1.5) (1.5+1.5=3)

**Ans.19. Heavy work:** are the activities which require more energy.

examples: running, jogging and mopping etc.

**Moderate work:** activities which require average energy, such as ironing, sweeping and cooking etc.

**Light work:** activities which require minimum energy such as watching T.V, listening music, etc. 1x3=3

**Ans.20. Advantages of meal planning are:-**

1. Fulfills the nutritional needs of all family members
  2. Attractive meals can be served
  3. Saves time, energy and fuel
  4. Leftover food can be used
  5. Keep individual likes and dislikes in mind
  6. Can be planned within family budget
- Any other, any four

**(1x4=4 marks)**

**Ans.21. Points to ensure quality in a pant:-**

1. Design should be latest and suits the wearer
  2. Seams should be strong and flat
  3. Finished by interlocking
  4. Pleats should be carefully stitched and neatly finished
  5. Fasteners should meet exactly and should be invisible
  6. Lining in pocket should be light weight, strongly attached, smooth and comfortable
- Any other any four **(1x4=4)**

**Ans.22. Common adulterants in vegetable oils:-**

1. Mineral oil
  2. Argemone oil
- Anyone

(1 mark)

### Health Hazards

1. Gastro intestinal disturbance
2. Interfere with absorption of fat soluble vitamin
3. Affects vital organs

(Any one )

(1 mark)

Two rules to be followed:-

1. Buy from reputed shops
2. Read the label carefully
3. Buy only packed and properly sealed food
4. Check standard marks

Any other (any two, 2 marks)

(1+1+2=4 marks)

**Ans.23. Rules of hygiene to be followed while serving food are:-**

1. Wash your hand
2. Cover the food
3. Use clean utensils to serve
4. Serve with clean hands using gloves
5. Used plates should be washed immediately

(Any four, 1x4=4)

**Ans.24.Precautions while storing milk and milk products**

1. Should be properly boiled and cooled before storing in refrigerator
2. Do not mix old milk with fresh milk
3. It should be covered
4. Milk products such as curd, cream and paneer should be stored in cool place
5. Butter should be stored preferably in refrigerator

Any other

(any four 1x4=4 marks)

**Ans. 25.Safety of toys for two years old child:-**

1. No sharp edges
2. Paint used on toys should be colour fast and nontoxic
3. Should not be of cheap material
4. Should be of good quality
5. Should not be too small

Any other

(any four 1x4=4)

**Ans. 26.Work simplification methods -**

(1) Minimizing unnecessary movement e.g.(1) use minimum utensils during cooking.

(2) use tray or trolley to carry utensils.

(2) Doing work in systematic order e.g. (1) Cleaning and dusting before cooking

(2) Dovetailing

(3) Developing skills in work eg. Learn baking skills before trying baking at home.

(4) Working in proper body, posture e.g. using table and chair while writing and studying.

(5) Storing equipment and supplies near the work place e.g. placement of table and chair near the book shelf.

any other

(any four  $1 \times 4 = 4$ )

Ans.27. Procedure of removing old tea stain from white cotton shirt:  $\frac{1}{2} \times 4 = 2$

1. use salt water

2. soak in glycerin

$\frac{1}{2} \times 4 = 2$

3. soak in lime juice

4. pour boiling water over borax

$2 + 2 = 4$

precautions to be followed while removing stains:

1. try to remove the stain when it is fresh

2. try chemicals on the corner of the fabric

3. use dilute and mild reagents first

4. rinse the garment several times to remove the effect of chemicals

**Ans. 28. Problems faced by adolescents –**

(1) Identify crises

- (2) Depression
- (3) Substance abuse
- (4) Eating disorder
- Any other

(any three,  $1 \times 3 = 3$  marks)

Coping up:- (1) Share the problems with parents and peers.

- (2) Take adequate sleep.
- (3) Take proper nutrition
- (4) Do exercise
- (5) Positive thinking
- (6) Should not feel to societal peer pressure.
- (7) Channelizing of their energy

any other (any two  $1 \times 2 = 2$  marks)

( $3+2=5$  marks)

**Ans.(29)**

- **Family Income**:-It is that stream of money, goods services and satisfaction that comes under the control of family, to be used by them to satisfy needs, desires and to discharge obligations. (1 mark)
- **Money Income**:- Income that family acquires in the form of money over a fixed period of time. E.g. wages, bonuses, pay, rent etc. ( $1+1=2$  marks)
- **Real Income**:-It is the flow of commodities and services available for the satisfaction of human wants over a given period of time. E.g. Direct Income and Indirect Incomes ( $1+1=2$  marks)

( $1+2+2=5$  marks)

**Ans. 30**

- **Therapeutic Diet** is a meal plan that controls the intake of certain food or nutrients. It is usually a modification of regular diet. (1 mark)

**Types of therapeutic diet based on consistency**

(1) **Liquid diet** includes food in Liquid state e.g. fruit juices, soup, butter milk, used in diarrhea, indigestion, fever etc.



(2) **Semi solid diet** Include foods that are in Semi solid form e.g. custard, khichri etc., used for the patients with gastrointestinal problem.

(3) **Soft diet** includes the foods which are easy to chew and made of simple digestible foods with no spices and fibers, used for patients with gastrointestinal disturbances.

(1+1+1=3)

- **Advantages**

(1) To maintain or restore good nutrition in patients

(2) Concerned with the recovery from illness

(3) Used to supplement the medical treatment

Any other (any two =  $1 \times 2 = 2$ )

(1+2+2 marks)

Ans.31.

**One day Time Plan**

**Time**

**Activities**

5:00 – 5:30a.m.

Freshen up and milk/tea

5:30 – 7:00 a.m.

Study time

7:00 – 7:45 a.m.

Packing of school bag, Dressing etc.

7:43 – 8:00 a.m.

Cycle to school

8:00 – 2:30 p.m.

School hours

2:30 – 2:45 p.m.

Reach back home

2:45 – 3:00 p.m.

Freshen up

3:00 – 3:15 p.m.

Lunch

3:15 – 4:30p.m.

Rest

4:30 – 5:30 p.m.

Study

<b>5:30 – 6:30 p.m.</b>	<b>Leisure time activity</b>	
<b>6:30 – 7:00 p.m.</b>	<b>Help in house hold work</b>	
<b>7:00 – 8:30 p.m.</b>	<b>Study</b>	
<b>8:30 – 9:00 p.m.</b>	<b>Dinner</b>	
<b>9:00 – 10:00 p.m.</b>	<b>Study</b>	
<b>10:00p.m. – 5:00 a.m.</b>	<b>To bed</b>	<b>(3 marks)</b>

**Advantages:**

- (1) Key to success
- (2) Saves time and energy
- (3) Helps in planning ahead
- (4) Finish all jobs in time
- (5) Relieving tension

Any two      2 marks

(3+2=5 marks)

32.

3

<b>sample menu for a day</b>			
<b>Breakfast</b>	<b>Lunch/dinner</b>	<b>Tea</b>	<b>Food groups</b>
Vegetable poha	Rice/chapati	Vegetable corn cutlet	<b>Cereals</b>
Ground nut in poha	Chole	Chana dal	<b>Pulses</b>
Peas, carrot. Tomato, onion in poha	Cabbage & potato vegetable	Potato, spinach, onion, carrot in cutlet, served with amla chutney	<b>Vegetables</b>

Milk shake	Kheer	Tea	<b>Milk</b>
Banana in milk shake	Dry fruits in kheer	Amla in chutney	<b>Fruits</b>
Sugar in milk shake	Sugar in kheer	In tea	<b>Sugar</b>

$\frac{1}{2} \times 4 = 2$

**Nutrients in food groups:**

Cereals - **carbohydrates**

Pulses - **protein**

Vegetables and fruits- **vitamins and minerals**

Milk - **protein, calcium**

$3 + 2 = 5$