

HOME SCIENCE PAPER 1

(THEORY)

(Maximum Marks: 70)

(Time allowed: Three hours)

(Candidates are allowed **additional 15 minutes** for **only** reading the paper.

They must **NOT** start writing during this time.)

Answer **all** questions from Part I and **five** questions from Part II.

All working, including rough work, should be done on the same sheet as the rest of the answer.

The intended marks for questions or parts of questions are given in brackets [].

PART I (20 Marks)

Answer **all** questions.

Question 1

[10×2]

- (i) State *two* reasons why frying is not recommended as a method of cooking for people recovering from illness.
- (ii) Explain the term *special diet*.
- (iii) State *any two* health hazards due to bacterial contamination of food.
- (iv) Mention the importance of vinegar in food preservation industry.
- (v) State *any two* advantages of dry cleaning clothes.
- (vi) Name *two* foods that should be avoided during diarrhoea.
- (vii) Differentiate between *incidental adulteration* and *intentional adulteration*.
- (viii) List *two* common symptoms of drug abuse.
- (ix) State the role of liming in increasing the nutritive value of food.
- (x) State *two* factors to be kept in mind while choosing clothes for the rainy season.

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PART II (50 Marks)
Answer any five questions.

Question 2

Cooking brings about physical and chemical changes in food. In this context, discuss:

- (a) Advantages and disadvantages of boiling, as a method of cooking. [5]
- (b) Changes in nutritive value during cooking. [5]

Question 3

- (a) Discuss the importance of food preservation. [5]
- (b) Explain the use of low temperature in the preservation of food. [5]

Question 4

Adequate nutrition and a well-balanced diet is of vital importance. In this context, explain:

- (a) Importance of a good breakfast. [5]
- (b) Objectives of planning family meals. [5]

Question 5

- (a) Enumerate measures to prevent fire accidents at home. [5]
- (b) Discuss ways in which argemone is used as an adulterant in food. Mention its health hazards. [5]

Question 6

- (a) What is the role of advertisement and its impact on consumers? [5]
- (b) Enumerate the reasons for variation in prices of commodities in the market. [5]

Question 7

- (a) Discuss *any five* problems faced by adolescents. [5]
- (b) What is the role of peers during adolescence? [5]

Question 8

- (a) Explain the steps involved in washing of table linen. [5]
- (b) State the procedure to be followed for the storage of woollen garments at home. [5]

Question 9

Write short notes on *any two* of the following:

- (a) Microwave cooking. [5]
- (b) Storage of perishable goods. [5]
- (c) Safety measures for the elderly. [5]