

	<p>2. Can differentiate between living and non-living things 3. Egocentrism declines 4. Logical 5. Ability to conserve Any other, Any four</p> <p style="text-align: center;">OR</p> <p>Four features depicting language development of a six-year-old child-</p> <p>1. Become aware about the phonetics 2. Pronunciation improves 3. Grammatical correct speech 4. Can understand active sentences but not passive 5. Uses more verbs than nouns Any other, Any four</p>	<p style="text-align: center;">OR</p> <p>$\frac{1}{2} \times 4 = 2$</p>
21.	<p>Two examples showing family traditions influence meal planning -</p> <p>1. Due to certain traditions, fasts are observed and certain foods are restricted in the meal-during Navratras, some avoid non vegetarian foods. 2. Some families cook food in coconut oil. Any other, Any two</p> <p style="text-align: center;">OR</p> <p>Two examples showing likes and dislikes of an individual should be considered while planning meals-</p> <p>1. If a person does not like spinach, it can be given in the form of pakoras, koftas etc. 2. Children usually do not milk, it can be given in the form of curd, kheer, etc. Any other, Any two</p>	<p>2x1=2</p> <p style="text-align: center;">OR</p> <p>2x1=2</p>
22.	<p>Two ways to maintain a good posture while working at home-</p> <p>1. Do not work in static posture, change the posture in between. 2. For pushing heavy objects, we should crouch and bend knees, and keep the back straight. 3. While drying clothes, bucket containing washed clothes should be placed on a high school. Any other, Any two</p>	<p>2x1=2</p>
23.	<p>Four points to be considered while buying grocery items:</p> <ol style="list-style-type: none"> 1. Food packets should not be torn 2. Tins of food should not be puffed and bulging 3. Food items should not be rotten and blemished 4. Food should be fresh 5. Check the standardised marks, manufacturing and expiry date on the packets. 	<p>$\frac{1}{2} \times 4 = 2$</p>

	Any other, Any four	
24.	Two ways of creating variety in meals are: <ol style="list-style-type: none"> 1. Incorporate different methods of cooking 2. Choose variety of spices and condiments 3. By using different consistency of dishes 4. By selecting dishes of different colours Any other, Any two	$\frac{1}{2} \times 4 = 2$
25.	Four advantages of managing energy are: <ol style="list-style-type: none"> 1. Prevents delays and confusion 2. Increases the abilities of workers 3. More productive work is done in less time 4. Finish all work efficiently without feeling tired Any other, Any four	$2 \times 1 = 2$
26.	Three activities of FSSAI- <ol style="list-style-type: none"> 1. Specifies standards and guidelines for food articles. 2. Issues licenses to food service operators and registers small vendors 3. Give guidelines to other bodies for certification 4. Specifies food labeling standards Any other, Any three	$3 \times 1 = 3$
27.	a. To remove excessive blue- It should be dipped in plain water with few drops of vinegar or lime juice. b. The correct method of applying blue- <ol style="list-style-type: none"> 1. Blue is added in water 2. The water is stirred well 3. The article is opened and made wet and then dipped in above solution 4. The article is squeezed and put in the sun 	$1 + 2 = 3$ 1 $\frac{1}{2} \times 4 = 2$
28.	Three do's to be followed while maintaining hygiene in the kitchen- <ol style="list-style-type: none"> 1. Work surfaces, floors and walls should be non-absorbent, washable and without cracks. 2. Surfaces should be kept free of any infection growing in corners. 3. Walls and ceilings must be free from flaking. 4. Keep the drains clean and disinfected. Any other, Any three Three don'ts to be followed while maintaining hygiene in the kitchen- <ol style="list-style-type: none"> 1. No food particle should be left on the surface to rot. 2. Open drains should not be there. 3. Dustbins should not be overflowing. Any other, Any three	$\frac{1}{2} \times 6 = 3$

	<p style="text-align: center;">OR</p> <p>Six personal hygiene activities –</p> <ol style="list-style-type: none"> 1. Bathe daily 2. Hands should be washed thoroughly for 20 seconds with hot water and bactericidal soap. 3. Wear clean washable and light coloured apron 4. Nails should be kept unpainted and trimmed. 5. Wear covered shoes 6. Rings and watches should not be worn as particles of food may accumulate under them. 7. Hair should be free from dandruff/lice and tied and covered with an absorbent cap. 8. Avoid scratching hair and nose pricking. <p>Any other, Any six</p>	<p style="text-align: center;">OR</p> <p>$\frac{1}{2} \times 6 = 3$</p>						
<p>29.</p>	<p>Importance of play in child development with three examples-</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 40%; padding: 5px;">1. Physical Development</td> <td style="padding: 5px;">Blood circulation increases Height increases Child becomes stronger</td> </tr> <tr> <td style="padding: 5px;">2. Motor Development</td> <td style="padding: 5px;">Better eye and hand co-ordination</td> </tr> <tr> <td style="padding: 5px;">3. Cognitive (Mental) Development</td> <td style="padding: 5px;">Child learn about new objects</td> </tr> </table> <p>Any other, Any three examples</p> <p style="text-align: center;">OR</p> <p>Six points to be kept in mind while selecting the toy-</p> <ol style="list-style-type: none"> 1. It should not be too small. 2. Toys should be soft with round edges and no sharp edges. 3. Paints used on the toys should be colour fast and non- toxic. 4. Only ISI marked toys should be bought. 5. Toys should be bright and colourful /attractive. 6. Age-appropriate toys should be selected. 7. Toys should not be very noisy. <p>Any other, Any six</p>	1. Physical Development	Blood circulation increases Height increases Child becomes stronger	2. Motor Development	Better eye and hand co-ordination	3. Cognitive (Mental) Development	Child learn about new objects	<p>$3 \times 1 = 3$</p> <p style="text-align: center;">OR</p> <p>$\frac{1}{2} \times 6 = 3$</p>
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<p>30.</p>	<p>a. Two ways to reduce physiological fatigue-</p> <ol style="list-style-type: none"> 1. Rest and relax 2. Divide work in smaller units 3. Alternate between heavy and light activities <p>Any other, Any two</p> <p>b. i. Psychological Fatigue</p> <p>ii. Four measures the office management practice to avoid this fatigue-</p> <ol style="list-style-type: none"> 1. Giving rewards 2. Perks 	<p>$1 + 1 + 2 = 4$ $\frac{1}{2} \times 2 = 1$</p> <p style="text-align: center;">1</p> <p>$\frac{1}{2} \times 4 = 2$</p>						

	<p>3. High pay package 4. Make the atmosphere pleasant Any other, Any four</p>																
31.	<p>Four features related to physical changes of teenage boys and girls-</p> <table border="1"> <thead> <tr> <th>PHYSICAL FEATURES</th> <th>GIRLS</th> <th>BOYS</th> </tr> </thead> <tbody> <tr> <td>HAIR GROWTH</td> <td>Growth of hair on underarms and pubic area</td> <td>Growth of hair on face underarms, body/chest and pubic area</td> </tr> <tr> <td>VOICE</td> <td>Voice become shrill</td> <td>Voice cracks and becomes harsh</td> </tr> <tr> <td>HIPS</td> <td>Rounded and curvy hips</td> <td>Lean hips</td> </tr> <tr> <td>BREAST/MUSCLES</td> <td>Development of breasts</td> <td>Development of muscles</td> </tr> </tbody> </table> <p>Any other, Any four</p>	PHYSICAL FEATURES	GIRLS	BOYS	HAIR GROWTH	Growth of hair on underarms and pubic area	Growth of hair on face underarms, body/chest and pubic area	VOICE	Voice become shrill	Voice cracks and becomes harsh	HIPS	Rounded and curvy hips	Lean hips	BREAST/MUSCLES	Development of breasts	Development of muscles	4x1=4
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32.	<p>a. Food Safety: Food safety means an assurance that food is acceptable for human consumption and will not cause any harm.</p> <p>b. Three conditions under which food is considered unsafe for human consumption:</p> <ol style="list-style-type: none"> 1. When food has preservatives and food colour in excess than prescribed. 2. When food has heavy metals. 3. When container of the food reacts with the food material. 4. When food has residues of pesticides in excess amount. <p>Any other, Any three</p>	<p>1 +3=4</p> <p>3 x 1= 3</p>															

34. a. Three precautions to be taken while planning meals-

1. Drink plenty of water
 2. Include protein rich food
 3. Avoid spicy and fried foods
 4. Frequent meals
 5. Avoid strong flavoured foods
- Any other, Any three

1.5+2+1.5=

5

$\frac{1}{2} \times 3 = 1.5$

b. Sample Menu and nutrients:

MEAL	MENU	NUTRIENTS
Lunch	Spinach potato curry	Iron, Vitamin A
	Arhar dal (less spicy)	Protein
	Chapati	Carbohydrates, Fiber
	Curd	Protein, Calcium
	Green Salad	Vitamins and Minerals

2 (For menu)

&

1.5 (for 3 nutrients)

Any other menu

OR

Five food groups with one major nutrient present -

Food Groups	Nutrients
Cereals, grains and products	Carbohydrates
Pulses and Legumes	Proteins
Milk, meat and their products	Calcium
Fruits and Vegetables	Vitamins
Fats and sugars	Fats

OR

2.5+2.5=5

$\frac{1}{2} \times 5 = 2.5$

(Food groups)

$\frac{1}{2} \times 5 = 2.5$

(Nutrients)

Any one nutrient for each food group

35.	<p>a. Two possible reasons for the damage-</p> <ol style="list-style-type: none">1. Might have moisture in it2. Might be starched3. Storage container might be dirty4. Kurta might be dirty.5. There must be dampness in the storage space <p>Any other, Any two</p> <p>b. Three tips for storing cottons-</p> <ol style="list-style-type: none">1. Should be de-starched before storing.2. Should be stored away from dampness.3. Should be properly dried before storing.4. Storage place/cupboard should be clean. <p>Any other, Any three</p>	<p>2+3=5 2x1=2</p> <p>3x1=3</p>
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