

Class: XII
Home Science (064)
Marking Scheme 2018-19

Time allowed: 3 Hours

Maximum Marks: 70

Q No	SECTION A	Marks
1.	Abstract thinking, systematic thinking, and Personal fable, any other. (any two) OR Anxious, shy, awkward any other. (any two).	1
2.	Idli, low fat milk, fat free curd, any other.	1
3.	Placements of decorations should be at compatible angles, prints on different parts should align with those on the bodies, Hem of sleeves and hem of bottom should be well aligned, any other. (any two)	1
4.	Safe, cool potable water, saves gas consumption, saves time, any other (any two)	1
5.	Coolness, restfulness, excess cool colours may lead to depression, any other (any two) OR Types of yarn (Blended are more durable), Fiber (man-made are stronger), Weave (Woven are sturdier than knitted), any other. (any two)	1
6.	By reducing expenditure, judicious use of possessions, by investments, any other. (any two)	1
SECTION B		
7.	(i) Add more nutrient like Protein, Calcium, Iron (ii) Snacks provided should be nutritious. (iii) Oily food should be avoided. (iv) Overeating or skipping meals should be discouraged (v) Any other (any four) ($\frac{1}{2} \times 4 = 2$) OR Low cost lunch for an adolescent boy: (i) Seasonal vegetable (ii) Moong daal (iii) Chapati (iv) Chach (v) Seasonal salad	2
8.	Positive – i. awareness, ii. technology savvy, iii. any other (any two) Negative - i. Influenced by body figures of supermodels, ii. No leisure time activities, iii. Anti-social and risky behavior, iv. Any other (any two)	2
9.	Development of Woman and Children in Rural Areas (DWRCA). Rs.11,000/- per month.	2
10.	i. Channelizing his energies by helping him to take part in co-curricular activities. ii. By sharing negative experiences of others with him. iii. Encouraging him to say No to his peers who are already bunking classes. iv. Counselling sessions with school counselor. v. Any other (any four) OR i. To spread awareness about safe sex methods. ii. Awareness about maintain reproductive health. iii. Awareness about STD's. iv Any other (any two)	2
11.	i. Teaching water purification methods in rural areas. ii. Giving training to under privileged women to cook healthy and nutritious meals. iii. Teaching women to be economical by managing available resources to fulfil their needs.	2

	iv. Adult education v. Any other (any four)	
12.	i. Firm to touch, ii. Free from resins, iii. Should give good lather, iv. Any other (any two) Advantages – i. Soaps are cheaper, ii. Soaps are biodegradable, iii. Any other (any two)	2
13.	i. Mix the starch paste or powder in water, mix well. ii. No lumps iii. Dip the opened, wet article in solution. iv. Squeeze well and dry in sun. OR i. Wrap in clean white sheets. ii. Insert tissue paper in between. iii. Air occasionally and refold in opposite direction. iv. Never place naphthalene balls.	2

SECTION C

14.	i. She should outline the garment on a sheet of paper before washing. ii. Neutral or mild detergent should be used. iii. Should use kneading and squeezing method. iv. High temperature of water should be avoided. v. She should never wring the woolen jacket. vi. Should be dried on a flat surface, in shade. vii. While ironing wet muslin cloth should be placed on it. viii. Any other (any six)	3
15.	Advantages: i. Helps in achieving goals. ii. Helps meeting unforeseen expenses. iii. Provide security iv. Help in raising standard of living. v. Any other (any four) Factors: i. Safety and security, ii. Accessibility, iii. Liquidity, iv. Capacity, v. Rate of Interest, vi. Any other (any two) OR PPF Advantages: i. Deposit qualifies for tax rebate. ii. Interest earned is tax free. iii. Loans may be availed between 3 rd to 6 th financial year. iv. Any other (any two) PPF Disadvantages: i. Long term scheme ii. Poor liquidity (Pre mature withdrawal is from 7 th year) iii. Pre mature closure is allowed only after 5 year (any three)	3

SECTION D

16.	Weekly Expenditure Format	4																																																																																										
	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>S. No.</th> <th>Name of Item</th> <th>Mon day</th> <th>Tues day</th> <th>Weds day</th> <th>Thurs day</th> <th>Fri day</th> <th>Satur day</th> <th>Sun day</th> <th>Total Expenditure</th> </tr> </thead> <tbody> <tr> <td>1.</td> <td>Middle</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>2.</td> <td>Cereal</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>3.</td> <td>Fruit</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>4.</td> <td>Bread</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>5.</td> <td>Pulses</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>6.</td> <td>Vegetable</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>7.</td> <td>Ironing</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>Total</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	S. No.	Name of Item	Mon day	Tues day	Weds day	Thurs day	Fri day	Satur day	Sun day	Total Expenditure	1.	Middle									2.	Cereal									3.	Fruit									4.	Bread									5.	Pulses									6.	Vegetable									7.	Ironing										Total									2m
S. No.	Name of Item	Mon day	Tues day	Weds day	Thurs day	Fri day	Satur day	Sun day	Total Expenditure																																																																																			
1.	Middle																																																																																											
2.	Cereal																																																																																											
3.	Fruit																																																																																											
4.	Bread																																																																																											
5.	Pulses																																																																																											
6.	Vegetable																																																																																											
7.	Ironing																																																																																											
	Total																																																																																											

	<p>Advantages of maintaining records are:</p> <ol style="list-style-type: none"> To know the amount variable. To know the exact expenditure Help to the saving. Help to cut down unnecessary expenditure Avoid getting cheated by over charging Any other 	
17.	<p>Standard mark on: Jwellary – Hallmark Cosmetic – ISI</p> <p>Buying tips for jwellary:</p> <ul style="list-style-type: none"> • Buy from reputed shop. • Check the Hallmark. • Check the weight. • Check the price carefully. <p>Any other</p> <p>For Cosmetics:</p> <ul style="list-style-type: none"> • See the standard mark • Check the brand • Check the expiry date • Check the composition • Any other <p style="text-align: center;">OR</p> <p>Format/ Procedure to file complaint in Consumer Forum:</p> <ol style="list-style-type: none"> Complaint to be filled on a plain paper before 2 years. Stamp paper is not required for declaration. Send notice to opposite party. Fill the prescribed form. State the facts related to complaint. Specify compensation. Attach bills, court fees and AD and submit to court as per compensation. Court's final order will be sent. 	4
18.	<p>Optimum temperature for the growth of bacteria is 5°C TP 60°C.</p> <p>Tips for storage of food in refrigerator are:</p> <ol style="list-style-type: none"> Raw and cooked food should be stored separately. Wrap the meat and meat product before storing it. Cover the food such as milk so that it cannot absorb the flavours of other food items. Do not over load the refrigerator. Once frozen food has been thawed it should never be frozen again. Meat, poultry and other perishable foods should be stored within 2 hours of purchasing. Once the can is opened immediately transfer it to plastic container. Do not open the door of refrigerator frequently. Any other 	4
19.	<p>Adulteration: Addition or removal of harmful or vital substances from food is called Adulteration.</p> <ol style="list-style-type: none"> Coriander powder – dirt, saw dust, sand 	4

	<p>ii. Red chili powder – lead chromate iii. Black pepper – papaya seeds (Dried) iv. Turmeric – Metanil yellow v. Any other (any two) ($\frac{1}{2} \times 2 = 1$)</p> <p>Precautions to be followed while buying spices: i. Buy packed spices. ii. Try to buy whole spices. iii. It is powdered, check the standard mark. iv. Buy from reputed shop. v. Take bill. vi. Any other.</p> <p style="text-align: center;">OR</p> <p>Besan flour – Kesari dal powder. Besan Burfi – Lead chromate colour</p> <p>Precautions to be taken: i. Buy from trusted shop. ii. Always buy items marked with certified marks. iii. Take bill. iv. Be an alert consumer. v. Any other (any two)</p> <p>Health hazards: i. Kesari dal – Lathyrism, Brain function disorder, any other ii. Lead chromate – Lung cancer, Shortness of breath, any other</p>	
20.	<p>Age influence the selection of clothing example: i. For 6 months old child select – Comfortable, small, prints and light colour clothes. ii. For school going child select – dark colour, comfortable and easy to maintain clothes. iii. Any other (any two)</p> <p>Selection of Salwar Kameez for grandmother: i. Salwar Kameez should be of soft material as their skin become to it ii. It should be of light colour and small prints. iii. Neck should be big. iv. Kameez should not be too tight. v. Salwar should have elastic for easy wear. vi. Any other (any four)</p>	4
21.	<p>Disha is suffering from Mental Problem ‘Depression’. Causes are as follows: i. Biological cause, ii. Hormones imbalance, iii. Early childhood trauma, vi. Inherence, v. Any other</p> <p>Symptoms: i. Feel sad and cry for no reason. ii. Conflicts with friends and parents. iii. Lack of confidence iv. Lack of sleep. v. Slow thinking. vi. Any other (any three)</p>	4

SECTION E

22.	<p>Causes of aggression:</p> <ol style="list-style-type: none"> i. Dis-satisfaction because of non- functionality desire. ii. Loneliness iii. Physical or mental illness iv. No more to do v. Neglected by family onwards. vi. Any other (any five) <p>Handling Anger:</p> <ol style="list-style-type: none"> i. Accepting the problem. ii. Seeking help from others. iii. Do yoga and meditation. iv. Engage in social work. v. Positive thinkers. vi. Express your anger. vii. Any other (any five) 	5
23.	<p>Dietary Consideration for Mrs. Sharma:</p> <ol style="list-style-type: none"> i. She should consume frequent small meals. ii. She should include more Protein energy and Vitamin C in her diet. iii. She should avoid oily and spicy fried as it may cause indigestion to infant. iv. She should include fruits and milk in her diet. So that she can get Vitamin C and Calcium in appropriate amount. v. Any other (any three) <p>Points to be considered while introducing weaning to 6 months old child:</p> <ol style="list-style-type: none"> i. Introduce one food at a time. ii. Do not force the child to eat. iii. Start with liquid diet such as dal water, rice water. iv. Start with one or two teaspoon. v. Gradually change the consistency of food. vi. Any other (any four) <p style="text-align: center;">OR</p> <p>Importance of Protein in pregnancy:</p> <ol style="list-style-type: none"> i. For the growth and development of fetus. ii. For the cell development. <p>Calcium:</p> <ol style="list-style-type: none"> i. For bone formation. ii. Teeth formation. iii. Growth of fetus. <p>Requirement of Protein in pregnancy = 78 gm & Calcium – 1200 mg</p> <p>Sources of Protein: Pulses & legumes, milk, egg, cheese, any other</p> <p>Source of Calcium: Milk, yoghurt, cheese, almonds, beans, any other</p>	5
24.	<p>Real Income: is the flow of goods and services that is available for certain period of time to meet the needs of the family. It is of two types.</p> <p>Direct Real Income: is income which is received by members of the family without using money. Example are use of family assets, use of community facilities, skill of family members.</p>	5

	<p>Indirect Real Income: Income which is generated by the family members with some medium of exchange, usually money is involved. Examples are:</p> <ul style="list-style-type: none"> i. Goods & services by paying money ii. Fringe benefit iii. Barter system <p>Increasing Direct Real Income:</p> <ul style="list-style-type: none"> i. Using skill of family members such as stitching of clothes, gardening, making pickles etc. ii. Study home and not taking tuitions. iii. Taking home made tiffin iv. Using carpool & public transport v. Any other <p>Increasing Indirect Real Income:</p> <ul style="list-style-type: none"> i. Hire maid for services. ii. Buying labor saving devices. iii. Company's accommodation. iv. Reimbursement of bills v. Any other 	
25.	<p>Hem – Enough seam allowance, Even width, No puckering, Any other (Any two)</p> <p>Seam – Matching thread, Continues stitches, Interlocking or French seam, Any other (Any two)</p> <p>Placket – Deep enough to provide easy wear, Sufficient fasteners, Underlap not visible on the right side, Any other (Any two)</p> <p>Zipper – Matching colour, Neat finish, Should run smoothly, Any other (Any two)</p> <p>Pleats – Have sufficient material to be deep, Fall evenly, Any other (Any two)</p>	5

