

Markingscheme 2016
Home science (69/ 1) Delhi (local)
Class XII

1. The marking scheme carries only suggested value points for the answers. These are only Guidelines and do not constitute the complete answer. The student can have their own expression and if the expression is correct, the mark be awarded accordingly.
2. Candidates are permitted to obtain photocopy of the Answer Book on request and on payments of the prescribed fee. All Examiners/ Head 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, should be marked on the incorrect answer and awarded 0 marks.

1. Convince pregnant women to include foods rich in zinc with two reasons in their daily meals.
 - I. Prevents miscarriage
 - II. Prevents foetal deformation
 - III. For growth of cells
 - IV. Good for immunity
 - V. Helps to Increase weight of foetus (any two)

[½ x2=1]

2. Give two examples of direct real income.

Examples

 - I. Skills of family members – stitches own clothes/ any other
 - II. Use of community resources - public transport/ any other
 - III. Judicious use of family assets - live in own house/ any other (any two)

[½ x2=1]

3. List two reasons of buying electrical items only from a reputed shop.
 - I. Will give guarantee
 - II. Shopkeeper will give bill
 - III. can file a complaint, if any problem
 - IV. Reliable / genuine products/ not duplicate
 - V. any other (any two)

[½ x2=1]

4. What can be the two possible reasons for higher cost of a dress in comparison of similar other dresses.
 - I. Cut on true bias
 - II. Material is of good quality
 - III. Fine/ hand embroidery done on it.
 - IV. Exclusive design
 - V. Branded/ designer
 - VI. Workmanship is of good quality
 - VII. Any other (any two)

[½ x2=1]

5. In what two ways have the villagers benefitted from MGNREGA?
 - I. Provides at least 100 - 150 days of guaranteed wage employment in each financial year
 - II. Will get unemployment allowance
 - III. Builds infrastructure for village – provide toilets, roads, better water supply
 - IV. 1/3rd reservation for women (any two)

[½ x2=1]

6. Name two occupations you can choose after you are trained in the area of food and Nutrition
 - I. Assistant chef
 - II. Dietician / Nutritionist
 - III. Hobby classes (cooking and baking etc)
 - IV. Catering
 - V. Any other (any two)

[½ x2=1]

7. Twenty five year old Seema is a teacher who has recently got married. Give her four suggestions to cope with her new responsibilities at home.

Suggestions

- I. Be open to new ideas/ try to understand other's point of view
- II. Adjust her habits of sleeping, eating etc.
- III. Accept others as they are
- IV. Educate self for motherhood
- V. Learn time, money and energy management techniques
- VI. Learn to manage household chores
- VII. Any other (any four)

[½ x4=2]

8. Your grandfather has come to stay with you for six months.Suggest four activities for him which can fulfill his recreational needs.
- I. Indoor games/ outdoor games
 - II. Become member of a library / dub (read newspapers, books and magazines)
 - III. Watch favorite shows on television
 - IV. Play music of interest
 - V. Gardening
 - VI. Outing- picnic/ holiday
 - VII. Any other (any four) [½ x4=2]
9. Mrs.Verma often getsinto trouble with her neighborsbecause of her anger for which she is repentant later on .Suggest to her four ways by which she can control her anger.
- I. Move away from the scene
 - II. Deep breathing/ Meditation
 - III. Divert attention – listen to music/ gardening, any other
 - IV. Write down thoughts
 - V. Talk to someone trustworthy
 - VI. Try to see reason of other persons anger
 - VII. Counseling
 - VIII. Any other (any four) [½ x4=2]
10. What four pointsshould be kept in mind while planning meal for nine months old infant?
- I. Soft/ easy to swallow food
 - II. Digestive
 - III. Rich in protein, iron and calcium/ nutritionally balanced
 - IV. Smooth consistency
 - V. According to her/ his tastes
 - VI. Bland/ less spices . (any four) [½ x4=2]
11. Make a cook aware of four most important rules of personal hygiene while cooking food.
- I. Bathe daily , wash hands with bacterial soap - especially after visit to washroom hand and before cooking
 - II. Tie/ cover hair
 - III. Not cook, if suffering from any skin or communicable disease
 - IV. Unpainted/ trimmed nails
 - V. Do not wear rings
 - VI. Wear dean clothes and apron
 - VII. Any other (any four) [½ x4=2]
12. While buying Bengal gram, which standard mark should you check on its label? In the absence of this mark, state the adulterant which maybe found in it and can be recognized with its shape. Mention two health hazardsof consuming such an adulterated food item.
- Standard mark - Ag - mark / FSSAI (½ mark)
- Adulterant - kesari dal (½ mark)
- Health hazards of kesari dal
- I. Pain and stiffness of knee and ankle joints
 - II. Paralysisof lower limbs
 - III. Crippled/ lathyrism (any two) [½ x4=2]
13. A family has been served kidney beans and rice alongwith dahi bhalla for lunch. Suggest four changes in it to meet four nutritional needs of a lactating mother.

Kidney beans	Serve more Kidney beans(protein) with less spices / any other add coriander leaves / palak leaves for (vitamin A) / any other Add lemon(vitamin C) / any other
rice	add carrot (for vit A) and broccoli (for folic acid and zinc)/ any other
Dahi bhalla	Give morecurd (calcium) add fruits (vitamin c) add nutsfor protein /calcium/ calories/ any other

Any other four relevant suggestions

[½ x4=2]

14. Namita is an adolescent girl who tries to vomit every time after eating her meals. What do you think is the reasonsfor this ?If she continues like this, what could be its two possible health hazards? Suggest her two ways to come out of this condition? Also mention the role of family in dealing with the problem

- A. Suffer from - Bulimia (½ mark)
 - B. Health hazards
 - I. Dehydration
 - II. Irritation and rupture of gastrointestinal tract
 - III. Swollen salivary gland
 - IV. Rectal bleeding
 - V. Kidney disorders
 - VI. Any other (any two) [½ x2=1]
 - C. Suggestions for her
 - I. Improve self image / self concept.
 - II. Exercise
 - III. Avoid junk food / eat healthy foods (any two) [½ x2=1]
 - D. Role of family
 - I. Provide guidance & counseling
 - II. Health education
 - III. Keep a close watch on dietary habits (any one) (½ mark)
- [½ +1+1+½=3]

15. For purifying her drinking water, Geeta has to buy either reverse osmosis filter or an ordinary electric filter. Help her take a decision by giving her all the necessary information she would require about these filters. CHOOSE ANY ONE OPTION WITH COMPLETE JUSTIFICATION

Electric filter

- I. Has a candle - takes care of suspending particles
- II. Carbon particles - takes care of chemical impurities
- III. UV light - Inactivates microorganisms
- IV. No wastage of water
- V. Easy maintenance
- VI. Work well in soft water
- VII. Works on electricity
- VIII. Not able to remove virus, e-coli
- IX. Filter gets changed ever six months
- X. Cheaper than RO (any six)

OR

Reverse osmosis filter

- I. Has sediment filter which removes suspended particles
- II. Two Activated carbon filters removes chemicals and enhance taste
- III. Semi-permeable membrane removes lead ,arsenic etc
- IV. Ultra violet lamp removes all e- coli, virus, etc.
- V. Retains essential elements
- I. Wastage of water
- II. Expensive
- III. filters need to be changed once a year.
- IV. Last for longer time/ 15 years

(any six) (½ mark each) [½ x6=3]

16. Mention four distinct characteristics of sixteen year old girl. What is the impact of mass media on their identity?

Characteristics of 16 year old adolescent

- I. Moodiness
- II. Egocentrism
- III. Personal fable
- IV. Imaginary audience
- V. Give more importance to peers
- VI. Any four developmental changes from any domain

[½ x4=2]

Impact of mass and media

- I. More updated and aware
- II. Technology savvy / have no phobia for technology.
- III. Body image – talk , dress as the celebrities
- IV. Anorexia and Bulimia / eat junk food
- V. Demand of branded clothes / phones
- VI. Any other (any four)

[½ x4=2]

[2+2=4]

17. Mrs and Mr Jain live with their fourteen year old son in a remote area. Discuss how this information would influence the selection of food items for their daily meals. Also present why and what additional information you would require if you want to plan balanced meal for the family.

A. Food get influenced by

I. Religion – Vegetarian/ Jains will not select onions and garlic.

II. Age – adolescent need more protein, calcium and Iron

III. Sex- give more quantity for satiety

IV. Region- will select foods which are grown locally

V. Any other (Any four) ($\frac{1}{2} \times 4 = 2$)

B. Any four other factors affecting meal planning

I. Purchasing power- will buy low cost food if have less money

II. occupation – need more calories if a heavy worker than a sedentary worker

III. Climate conditions – select chilled foods like butter milk in summers and soups in cold climate

IV. Any other factor (any four) ($\frac{1}{2} \times 4 = 2$)

[2+2=4]

18. On the basis of which two clinical symptoms does a doctor diagnose that a person is suffering from hypertension? Suggest four dietary changes one can make in the family meals to suit his specific need. Recommend two precautions one can follow to make meals suitable for such a condition.

Two clinical symptoms

I. Headaches

II. Dizziness

III. Breathlessness/ shortness of breath

IV. Fatigue

V. Any other (any two) ($\frac{1}{2} \times 2 = 1$)

Four dietary tips:

I. High fiber

II. Low salt/ sodium free diet

III. Low fat/ less calorie foods

IV. Plenty of fluids/ water (any four) ($\frac{1}{2} \times 4 = 2$)

Precautions

I. Low salt/ no pickles

II. no coffee

III. no preservatives,

IV. avoid fried foods

V. avoid too much spicy foods

VI. any other (any two) ($\frac{1}{2} \times 2 = 1$)

[1+2+1=4]

19. Your mother is finding it difficult to manage the monthly household expenditure within the monthly allowance she is given. She also knows that this allowance cannot be increased for some time to come. In your opinion, what can be an alternative solution of this problem? Give at least eight suggestions.

Alternative Suggestions (either to reduce expenses or supplement income or use skills, assets, community resources)

I. Eat at home

II. Do not buy branded products

III. Do household chores herself

IV. Grow vegetables in own kitchen garden/ pots

V. Use community facilities

VI. Bargain prices

VII. Manage finances intelligently

VIII. Use of own skills (stitch clothes etc.)

IX. Any other (any eight) ($\frac{1}{2} \times 8 = 4$)

20. Illustrate the symbol of purity of wool to Radhika. Elaborate fully what she should do incase this symbol is fake?? What other step should she adopt to prevent such incidents in future?

Draw wool mark (5 stripes on all three sides)(MARKSNOT TO BE DEDUCTED FORNEATNESS)



(1 mark)

In case the symbol is fake

- I. Approach the shopkeeper
- II. If do not get appropriate response then approach district forum with full documents & file a complaint along with relevant documents
- III. Affidavit stating complaint is true
- IV. Original bill & registered AD of complaints
- V. Address of self and opposite party
- VI. State the compensation

(1+1=2)

Other steps

- I. Be alert / Survey market
- II. Take bill and keep carefully
- III. Buy from reputed shop
- IV. Buy reputed brand
- V. Any other

(any two)

(1 mark)

(1 +2 +1=4)

21. Clever use of line , shape , color and emphasis can help make a fat woman with heavy arms appear slimmer.

Explain and validate this with the help of diagrams.

{ ½ mark for picture and ½ mark for explanation}

- I. Line -draw picture of dress with vertical lines/ Aline
- II. Shape – draw picture of small prints
- III. Draw picture of similar colour combination or one colour in the whole garment / use dark color
- IV. Emphasis – draw pictures – shift emphasis towards the hem/ neck lines and shift emphasis away from arms/ waist

[1×4=4]

22. Compare any five features of Monthly Income Scheme (MIS) and National Saving Certificate (NSC)

FEATURES	MIS	NSC
Minimum amount to be invested	I. 1500 /-	I. 100 /-
Length / time period	II. 5 year	II. 5 year / 10 years
Maximum limit of investment	III. 4.5 lakh (single) 9 lakh (joint)	III. No limit
Tax rebate	IV. No	IV. Yes
Premature withdrawl	V. Allowed (with deduction)	V. Not allowed
Interest	VI. 7.6 %/ 8.4%/ lesser rate of interest	VI. 8.1/ 8.5(for 5 years) a. / Higher rate of interest
Facility of monthly income	VII. Yes	VII. no

Any five differences

[1×5=5]

23. Describe five malpractices each of shopkeepers and manufacturers which the consumers often face.

Shopkeeper:

- I. Charges more MRP/ alter MRP and stick own price
- II. Refuse to show pamphlet
- III. Sells sub standard brands
- IV. Sells adulterated / loose items
- V. Try to promote sale of items which are expired or sell items which fetch them higher commission
- VI. Use faulty weights and measures
- VII. Hoarding and black marketing
- VIII. Misleading sales
- IX. Any other (any five)

Manufacturers :

- I. Packs less quantity than written on label
- II. Uses imitated label.
- III. Produce inferior / adulterated goods
- IV. Inadequate labeling and concealed facts
- V. Make products under unhygienic conditions
- VI. Uses fake standard mark
- VII. Exaggerated advertisement
- VIII. Any other (any five)

[2½+2½= 5]

24. Mahima plays basketball. Elaborate four important features she check while selecting the fabric for her sport dress? Also state six instructions she should give to the tailor for satisfactory workmanship for this dress?

Fabric should be –

- I. Stretchable
- II. Stain resistant
- III. Wrinkle resistant
- IV. Absorbent
- V. Air permeability
- VI. Good conductivity
- VII. Easy to maintain
- VIII. Strong/ Durable (any four)]
- IX. Any other

Workmanship

- I. Pocket deep and reinforced
- II. Stitched with matching/ contrasting colored thread.
- III. Waist band has enough loops for belt
- IV. Stress areas reinforced with double thread
- V. Print on different parts of dress are aligned
- VI. Any other (any six)

[½ x10=5]

25. List two main ingredients which are used for making a detergent. Write in detail how they help to remove dirt from clothes. Comment on cleaning quality of the soap/ detergent you are using to wash your clothes at home. In your opinion, what is the reason for your satisfaction/ dissatisfaction.

Ingredients of detergents

- I. Long chain hydrocarbon from petroleum
- II. Sulphuric acid
- III. Sodium hydroxide
- IV. Surfactants/
- V. Builders/ phosphates
- VI. Stabilizers (any two)

How detergents help to remove dirt

- I. Head- hydrophilic tail – hydrophobic form micelles
- II. Break surface tension of water – water becomes fluid
- III. Detergents reach between dirt and cloth
- IV. Scrubbing breaks dirt
- V. Surround dirt float on top
- VI. Dirt is carried by tail

(2 marks)

Cleaning quality of soaps(dissatisfaction)	Cleaning quality of detergents(satisfaction)
Leave clothes grey	Detergent is better as it does not combine with Ca & Mg salt of water and leaves the clothes bright
Not effective in cold water	Readily dissolves in cold and hot water.
	Require less water
	Do not leave deposits

(any two) Justification of either soap or detergent

(2 marks)

[1+2+2=5]