

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) Why has solar cooking become popular as a modern method of cooking?
 - (ii) What is meant by *pounding*? Give *one* example of its usage.
 - (iii) State *two* changes that occur in the nutritive value of food during germination.
 - (iv) List *any two* effects that advertisements have on consumers.
 - (v) Mention *two* ways of increasing life expectancy of the elderly.
 - (vi) State *one* difference between *bactericidal* and *bacteriostatic* methods of food preservation.
 - (vii) Define *binge eating* disorder.
 - (viii) Name *any two* adulterants commonly found in spices.
 - (ix) State the basic difference between the *wet* and *dry* methods of cleaning clothes.
 - (x) State *any two* common safety measures adopted in the home that help to minimise the risk of electrocution.
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PART II (50 Marks)
Answer any five questions.

Question 2

Cooking is a means of processing food to make it fit for human consumption. In this context, discuss:

- (a) The advantages of using pressure cooker to cook food. [5]
- (b) Merits and demerits of cooking food. [5]

Question 3

- (a) Briefly explain the importance of fats, when used during cooking of food. [5]
- (b) State *five* precautions to be taken to minimise loss of nutrients during cooking. [5]

Question 4

- (a) Discuss *any five* steps to ensure safety in the kitchen. [5]
- (b) Define the term *quality*. Give *any four* reasons for considering food to be of poor quality. [5]

Question 5

- (a) List *five* advantages of food preservation with suitable examples. [5]
- (b) Discuss *any five* points to be kept in mind in order to retain the nutritive value of green vegetables. [5]

Question 6

- (a) Explain *any five* non-nutritional factors to be kept in mind while planning a meal for the family. [5]
- (b) Discuss *any five* factors to be observed while preparing a special diet for a diabetic patient. [5]

Question 7

- (a) Explain *any five* causes of delinquency among adolescents. [5]
- (b) Describe the role of parents in guiding adolescents. [5]

Question 8

- (a) Explain the steps involved in the laundering of woollen garments. [5]
- (b) Discuss *any five* points to be kept in mind while storing expensive and delicate clothes. [5]

Question 9

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

- (a) Role of *Agmark* as a standardised mark. [5]
- (b) Stages of cognitive development during adolescence. [5]
- (c) Disposal of household wastes to maintain sanitation. [5]