

Series : SSJ/2

SET - 4

प्रश्न पत्र कोड नं. 069/2/4
Question paper Code No.

रोल नं.
Roll No.

1 7 6 3 5 5 5 2

परीक्षार्थी QP कोड को OMR उत्तर-पत्रक के मुख-पृष्ठ पर अवश्य लिखें।

Candidates must write the QP Code in the space allotted on OMR Sheet.

नोट / NOTE :

- (i) कृपया जाँच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ 32 हैं।
Please check that this question paper contains 32 printed pages.
- (ii) कृपया जाँच कर लें कि इस प्रश्न-पत्र में 55 बहुविकल्पीय प्रश्न (MCQs) हैं।
Please check that this question paper contains 55 Multiple Choice Questions (MCQs.)
- (iii) प्रश्न-पत्र में दाहिने हाथ की ओर दिए गए QP कोड नम्बर को छात्र OMR शीट में उपयुक्त स्थान पर लिखें।
QP Code given on the right hand side of the question paper should be written on the appropriate place of the OMR Sheet by the candidates.
- (iv) परीक्षा शुरू होने के वास्तविक समय से पहले इस प्रश्न-पत्र को पढ़ने के लिए 20 मिनट का अतिरिक्त समय आबंटित किया गया है।
20 minute additional time has been allotted to read this question paper prior to actual time of commencement of examination.

गृह विज्ञान (सैद्धान्तिक)
HOME SCIENCE (Theory)
सत्र - I / Term - I

निर्धारित समय : 90 मिनट

Time allowed : 90 Minutes

अधिकतम अंक : 35

Maximum Marks : 35

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P.T.O.

ENGLISH VERSION

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General Instructions :

- (i) There are total **55** questions.
- (ii) All questions carry **equal** marks.
- (iii) Question paper is divided into **three Sections – A, B and C**.
- (iv) **Section – A** has **25** Multiple Choice Questions. Attempt any **20** questions. In case more than desirable number of questions are attempted, **ONLY** first **20** will be considered for evaluation.
- (v) **Section – B** has **24** Multiple Choice Questions. Attempt any **20** questions. In case more than desirable number of questions are attempted, **ONLY** first **20** will be considered for evaluation.
- (vi) **Section – C** has **6** MCQs based on a case study. Attempt any **5** questions. In case more than desirable number of questions are attempted, **ONLY** first **5** will be considered for evaluation.

SECTION – A

(Attempt any 20 questions only)

1. Which Act of India made it mandatory to have crèche in a work place ?
 - (a) Plantation Labour Act of 1951
 - (b) Employees State Insurance Act
 - (c) Factories Act of 1948
 - (d) Mines Act of 1952
2. Shamu has stones in his kidney. You will give him _____ diet.
 - (a) Rich in Oxalates
 - (b) Rich in Proteins
 - (c) Low in Vitamins
 - (d) Low in Proteins

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3. Match the following :

- | | |
|-----------------------|----------------|
| 1. Channa Patna dolls | A. Maharashtra |
| 2. Coconut craft | B. Odisha |
| 3. Warli Art | C. Karnataka |
| 4. Shola craft | D. Kerala |

Choose the correct option :

- | | 1 | 2 | 3 | 4 |
|-----|---|---|---|---|
| (a) | C | D | A | B |
| (b) | D | C | B | A |
| (c) | A | B | D | C |
| (d) | B | A | C | D |

4. Which nutrient would you include in the meals of children to prevent goitre ?

- | | |
|---------------|-------------|
| (a) Vitamin C | (b) Iodine |
| (c) Iron | (d) Calcium |

5. Which one of the following is NOT a cause of Hidden Hunger ? Lack of _____.

- | | |
|-------------|------------|
| (a) Protein | (b) Iron |
| (c) Zinc | (d) Iodine |

6. To combat nutritional deficiency, which is NOT a food based strategy ?

- (a) School Nutrition Garden under Poshan Abhiyaan.
- (b) Promoting Breast feeding in Anganwadis.
- (c) Giving Zinc and Folic acid tablets to adolescent girls.
- (d) Adding additional nutrients to food.

7. Which of the following are NOT high risk foods ?

- i. Fish
- ii. Pulses
- iii. Prawns
- iv. Powdered Milk

- (a) i and ii
- (b) ii and iii
- (c) iii and iv
- (d) ii and iv

8. To avoid Salmonella infection, the cook should NOT adopt which of the following practice ?

- (a) chop meats on a separate chopping board.
- (b) use pasteurized milk.
- (c) store cooked food between 5 °C to 60 °C.
- (d) keep cooked food covered.

9. Which of these is NOT an invisible Biological Hazard ?

- (a) Bacteria
- (b) Yeast
- (c) Molds
- (d) Weevils

10. In context to development, why does your ten month old niece starts crying when she sees strangers ?

- (a) She is deeply attached to her mother.
- (b) She is able to recognize familiar faces.
- (c) She is afraid of being away from her mother.
- (d) She does not like strangers.

11. Fourteen year old Rahul and his friends were found guilty in a bank robbery. Which kind of home will they be kept in custodial care ?

- (a) Jail
- (b) Observation homes
- (c) Special home
- (d) Juvenile/Children's home

12. Your sister is very tall but her weight is not adequate to her height. Her condition is known as

- (a) Stunting
- (b) Wasting
- (c) Underweight
- (d) Cretinism

13. Which aspect is NOT related to Ergonomics at work place ?

- (a) Design of work centre.
- (b) Correct temperature and light of office.
- (c) Comfortable handle of appliance.
- (d) Cost of transportation.

14. Food spoilage can be prevented by adopting which of the following method ?

- (a) Removing salt from food.
- (b) Adding moisture in food.
- (c) Making oxygen available in food.
- (d) Removing moisture from food.

15. Who developed the process of pasteurization ?

- (a) Nicolas Appert
- (b) Nicolas Pasteur
- (c) Appert Pasteur
- (d) Louis Pasteur

16. What do you understand by social entrepreneur ? The one who is innovative, willing to take risks as well as work
- (a) continuously for his company.
 - (b) for the welfare of neglected and disadvantaged group.
 - (c) creatively and passionately.
 - (d) co-operatively with entire staff.
17. Your sister complains of lactose intolerance. The doctor has advised her to have lactose-free milk. What is this food called ?
- (a) Nutraceuticals
 - (b) Phytochemical
 - (c) Functional food
 - (d) Medical foods
18. Consumption of too much of processed foods may lead to all conditions, except :
- (a) Hypertension
 - (b) Diabetes
 - (c) Obesity
 - (d) AIDS
19. Methods and techniques used to transform raw ingredients into finished / semifinished product is known as _____.
- (a) Food Manufacturing
 - (b) Food Processing
 - (c) Food Science
 - (d) Food Technology
20. Making groundnut oil from groundnuts is an example of _____.
- (a) Synthetic foods
 - (b) Food derivatives
 - (c) Manufactured foods
 - (d) Formulated foods

21. Which one of the following foods is **not** fortified ?

- (a) Wheat flour
- (b) Salt
- (c) Potatoes
- (d) Milk

22. Your sister wants to adopt a child. Which government agency should she approach for this ?

- (a) CARE
- (b) CARA
- (c) CAARE
- (d) CAPA

23. Sita works in the village fields. She does not want her elder daughter to drop out of school to take care of her younger brother. Where can she leave her six month old child in her absence ?

- (a) Creche
- (b) Day Care Centre
- (c) Anganwadi
- (d) Montessori school

24. At which age a child clings to his/her mother and follows her everywhere ?

Around _____

- (a) 6 months
- (b) 2 years
- (c) 1 year
- (d) 4 months

25. Which of the following is not a role of FSSAI ?

- (a) Spreading awareness of adulteration
- (b) Licensing food operators
- (c) Labelling food products
- (d) Settling trade disputes .

SECTION – B

(Attempt any 20 questions only)

26. Children need a concerned, caring and knowledgeable adult. Name the psychologist who has stressed this need.
- (a) Vygotsky (b) Piaget
(c) Maria Montessori (d) Sigmund Freud
27. Selling imitation products of popular brands has become very common. This indicates lack of control in which of the following food management system ?
- (a) GMP (b) GHP
(c) HACCP (d) Both (b) and (c)
28. Some shopkeepers intentionally mix metanil yellow in turmeric, to cheat their customers and earn profit. This is an example of food
- (a) Contamination (b) Adulteration
(c) Intoxication (d) Infection
29. Which one of the following food is minimally processed ?
- (a) Jam (b) Pickle
(c) Orange juice in Tetrapack (d) Rice flour
30. Which method would your mother adopt to preserve mint leaves at home ?
- (a) Salting (b) Blanching
(c) Smoking (d) Sun drying

- (a) Mid-day meals . (b) Sarv Shiksha Abhiyaan
(c) Swachh Bharat Abhiyaan . (d) Beti Bachao Beti Padhao

- (a) Give liquid food by mouth at small intervals.
- (b) Tube feeding.
- (c) Special solutions through intravenous feeding.
- (d) Alternate between tube feeding and intravenous feeding.

- i. Poshan Abhiyaan
- ii. Anemia Mukht Bharat
- iii. National Iodine Deficiency Disorder Control Program
- iv. Mid-day meals Program

(a) iii and i
(c) i and iv

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35. As a registered dietician, you have less chances to work in

- (a) Health Clubs
- (b) Industrial canteens
- (c) Hospitals
- (d) Physiotherapy clinics

36. Which of these are not international standards ?

- i. ISO
- ii. Agmark
- iii. ISI
- iv. CAC

Select the correct option.

- (a) i and ii
- (b) ii and iii
- (c) iii and iv
- (d) iv and i

37. HACCP does not help to control

- (a) potential hazard identification
- (b) new product development
- (c) food quality assurance
- (d) risk assessment

38. Children at which age group have jumpy walk ?

- (a) 1 to 2 years
- (b) 2 to 3 years
- (c) 9 months to 1 year
- (d) 3 to 4 years

39. To avail the benefits of National Old Age Pension Scheme (NOAPS) the person should have all, except :

- (a) be above 65 years.
- (b) not have any means of subsistence.
- (c) have no financial support from family members.
- (d) not own a house and should be a male member only.

40. Given below are two statements labelled as Assertion (A) and Reason (R).
Select the most appropriate answer from the options given below.

Assertion (A) : SOS village is government organization in which children grow in stable family environment.

Reason (R) : In this a mother lovingly looks after 10-15 children till they become adult.

- (a) (A) and (R) both are true and (R) is the correct explanation of (A).
- (b) (A) and (R) both are true, but (R) is NOT the correct explanation of (A).
- (c) (A) is false, but (R) is true.
- (d) Both (A) and (R) are false.

41. Given below are two statements labelled as Assertion (A) and Reason (R).
Select the most appropriate answer from the options given below.

Assertion (A) : National Service Volunteer Scheme gives opportunities to youth to involve themselves in programmes of national development through Nehru Yuva Kendras.

Reason (R) : Youth are involved in activities such as non-formal education, social service camps and vocational training.

- (a) (A) and (R) both are true and (R) is the correct explanation of (A).
- (b) (A) and (R) both are true, but (R) is NOT the correct explanation of (A).
- (c) (A) is false, but (R) is true.
- (d) Both (A) and (R) are false.

42. Given below are two statements labelled as Assertion (A) and Reason (R).
Select the most appropriate answer from the options given below.

Assertion (A) : Mechanical diet is free from fibre.

Reason (R) : These diets are given to patients suffering from diabetes.

- (a) (A) and (R) both are true and (R) is the correct explanation of (A).
- (b) (A) and (R) both are true, but (R) is NOT the correct explanation of (A).
- (c) (A) is false, but (R) is true.
- (d) Both (A) and (R) are false.

43. Given below are two statements labelled as Assertion (A) and Reason (R).
Select the most appropriate answer from the options given below.

Assertion (A) : Adolescent girls suffering from Anemia complain of breathlessness and fatigue on slight exertion.

Reason (R) : This is because of low levels of haemoglobin in blood as "haemoglobin is required for carrying oxygen in the body.

- (a) (A) and (R) both are true and (R) is the correct explanation of (A).
- (b) (A) and (R) both are true, but (R) is NOT the correct explanation of (A).
- (c) (A) is false, but (R) is true.
- (d) Both (A) and (R) are false.

44. Given below are two statements labelled as Assertion (A) and Reason (R).
Select the most appropriate answer from the options given below.

Assertion (A) : Patients suffering from abnormal heart rhythm should consume fish once a week.

Reason (R) : Fish is a rich source of Omega-3 fatty acids which are essential components of cells.

- ☒ (a) (A) and (R) both are true and (R) is the correct explanation of (A).
- ☒ (b) (A) and (R) both are true, but (R) is NOT the correct explanation of (A).
- (c) (A) is false, but (R) is true.
- (d) Both (A) and (R) are false.

45. Given below are two statements labelled as Assertion (A) and Reason (R).

Select the most appropriate answer from the options given below.

Assertion (A) : Night Blindness is caused due to deficiency of Vitamin A.

Reason (R) : Vitamin A is important for maintaining healthy eyes.

- (a) (A) and (R) both are true and (R) is the correct explanation of (A).
- (b) (A) and (R) both are true, but (R) is NOT the correct explanation of (A).
- (c) (A) is false, but (R) is true.
- (d) Both (A) and (R) are false.

46. Given below are two statements labelled as Assertion (A) and Reason (R).

Select the most appropriate answer from the options given below.

Assertion (A) : The word Gender is socially constructed.

Reason (R) : Males and females are expected to perform their roles according to their social and cultural traditions. There is no written rule that says that only men should earn and women should only do household work.

- (a) (A) and (R) both are true and (R) is the correct explanation of (A).
- (b) (A) and (R) both are true, but (R) is NOT the correct explanation of (A).
- (c) (A) is false, but (R) is true.
- (d) Both (A) and (R) are false.

47. Given below are two statements labelled as Assertion (A) and Reason (R).
Select the most appropriate answer from the options given below.

Assertion (A) : India is the diabetic capital of the world.

Reason (R) : Decrease in physical activity less fibre consumption and increase in sugar and fat consumption are also some of causes of diabetes.

- (a) (A) and (R) both are true and (R) is the correct explanation of (A).
- (b) (A) and (R) both are true, but (R) is NOT the correct explanation of (A).
- (c) (A) is false, but (R) is true.
- (d) Both (A) and (R) are false.

48. Given below are two statements labelled as Assertion (A) and Reason (R).
Select the most appropriate answer from the options given below.

Assertion (A) : Food handlers suffering from cold and cough should not cook food.

Reason (R) : Staphylococcus aureas are present in nasal passage and throat of healthy individuals.

- (a) (A) and (R) both are true and (R) is the correct explanation of (A).
- (b) (A) and (R) both are true, but (R) is NOT the correct explanation of (A).
- (c) (A) is false, but (R) is true.
- (d) Both (A) and (R) are false.

49. Given below are two statements labelled as Assertion (A) and Reason (R).
Select the most appropriate answer from the options given below.

Assertion (A) : Experience of familiarity and challenges in everyday routines is one of the guiding principle of ECCE.

Reason (R) : Based on this principle, the tasks given to children should be neither too easy nor too difficult, otherwise children will lose interest and motivation to engage in the activity.

- (a) (A) and (R) both are true and (R) is the correct explanation of (A).
- (b) (A) and (R) both are true, but (R) is NOT the correct explanation of (A).
- (c) (A) is false, but (R) is true.
- (d) Both (A) and (R) are false.

SECTION – C

(Attempt any 5 questions only)

Case Study :

There are several programmes and services operating in the country to meet the needs of vulnerable groups of society. One of the ways in which the government responds to the needs of those who are in difficult circumstances, is by setting up institutions and initiating programmes dedicated to the children, youth and the elderly. ICDS is the world's largest early childhood programme which aims to meet the health, nutrition, stimulation and early education needs of children below six years of age in an integrated manner so as to foster their development. Preschool education is also provided to young children at Montessori schools. These schools are based on the principles of early care education.

In order to be socially useful and economically productive, youth need appropriate education and training, gainful employment and adequate opportunities for personal development and advancement. The National Service Scheme (NSS) aims at involving college level students in programmes of social services and national development.

Sonali works in one of the ICDS centre and is aiming to be a clinical nurse specialist. During pandemic she worked overtime and derived satisfaction when people got cured. She also donated her one month salary to help the needy.

50. ICDS promotes the health of children below one year by emphasising on all except

- | | |
|---------------------------|--------------------------|
| (a) Immunisation | (b) Pre-school education |
| (c) Vitamin A supplements | (d) Growth monitoring |

51. Which one prominent life skill did Sonali exhibit while helping people during the Pandemic ?

- | | |
|-------------------------|------------------------|
| (a) Self awareness | (b) Empathy |
| (c) Communication skill | (d) Coping with stress |

52. After working hard, Sonali was satisfied when people got cured. What does this perspective of her work indicate ?

- (a) Job
- (b) Calling
- (c) Livelihood
- (d) Career

53. Sonali is aiming to be a Clinical Nurse Specialist. Which perspective of work does this indicate ?

- (a) Job
- (b) Calling
- (c) Livelihood
- (d) Career

54. In which activity does National Service Scheme (NSS) NOT involve college level students ?

- (a) Tree plantation
- (b) Construction of roads
- (c) Removal of weeds from lakes
- (d) Organising Jamborees

55. Montessori school teachers have to be committed to the well being and learning of children. They should provide suitable opportunities for the growth and development of children. To teach the children about plants, the Montessori school teacher should

- (a) show them pictures of plants.
- (b) make the children grow a plant.
- (c) tell them a story of a plant.
- (d) Let them play.