


Marking Scheme
2016-2017
Class: XII
Subject: Home Science (064)

Time: 3 Hrs

Maximum Marks: 70

| S No. | Answers | Marking scheme |
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| 1. | According to cephalocaudal principle of development, development occurs from head to toe. Example: Child first learns to control his head, then trunk followed by thighs and feet. | ½ ½ 1 |
| 2. | <ol style="list-style-type: none"> 1. Exposure to news and information 2. Motivated to participate in popular sports 3. Technology savy 4. Enhance knowledge of curriculum subjects 5. Impact on behaviour 6. Influence of supermodels 7. Any other (any two) | ½ + ½ = 1 |
| 3. | <ol style="list-style-type: none"> a. For secretion of milk b. Mineral absorption efficiency increases | ½ + ½ = 1 |
| 4. | Features of DWCRA <ol style="list-style-type: none"> 1 Improves socio-economic status of poor women and children form rural areas 2 Facilitate access to any poor women to employment 3 Impart training for skill development to poor women 4 Help women to take up income generating schemes. 5 Create assets and enhance standard of living (any two) | ½ + ½ = 1 |
| 5. | Benefit:- <ol style="list-style-type: none"> a. Part owner of the company b. If company is having heavy profit, investor also gets share Drawback:- <ol style="list-style-type: none"> a) no income tax rebate b) can have loss also (any one) | ½ + ½ = 1 |
| 6. | <ol style="list-style-type: none"> a. Vertical lines create illusion of height b. Makes short person look taller | ½ + ½ = 1 |

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| 7. | <p>Substance Abuse:</p> <ul style="list-style-type: none"> a. Lack of mental and physical co-ordination b. Impaired memory c. Reflexes become slow d. Hallucinations e. Increased blood pressure f. Nausea and insomnia g. Any other <p>(any two)</p> | $\frac{1}{2} + \frac{1}{2} + \frac{1}{2} + \frac{1}{2} = 2$ |
| 8. | <p><u>Similarity in GPF and PPF</u> (1)</p> <ul style="list-style-type: none"> a. Tax rebate b. Both are schemes of provident fund c. Both are long term policy <p>(any one)</p> <p><u>Difference in GPF and PPF</u> (1)</p> <ul style="list-style-type: none"> a. GPF is compulsory for salaried employees Any adult can open PPF account b. Certain amount is deducted from salary every month in GPF. Deposits can be either in a lump sum or instalments, in PPF. <p>(any one)</p> | $1 + 1 = 2$ |
| 9. | <ul style="list-style-type: none"> a. Dietician in hospitals, nursing homes etc. b. Health instructor in clubs or Gymnasiums c. Quality control manager d. Researcher at research organisations e. Run cookery classes f. Supply food for various occasions g. Demonstrator in preservation centres. h. any other <p>(any four)</p> | $\frac{1}{2} + \frac{1}{2} + \frac{1}{2} + \frac{1}{2} = 2$ |
| 10. | <p>Eco marks is found on – (1/2 + 1/2 = 1)</p> <ul style="list-style-type: none"> a. Textiles b. Cosmetics c. Soaps and detergents d. Paints e. edible and lubricating oils f. Packaging material g. any other <p>(any two)</p> | $1 + 1 = 2$ |

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| |  | | Eco Mark. | (1) | |
| 11. | Personal Hygiene: a. Should bathe everyday b. Wear clean washable clothes and aprons c. Hair should be tied d. Remove rings and watches e. Nails should be cut and unpainted f. Wear covered shoes g. Dewormed periodically h. any other (any four) | | | | $\frac{1}{2} + \frac{1}{2} + \frac{1}{2} + \frac{1}{2} = 2$ |
| 12. | Long term goals for which family should save money 1. education of children 2. marriage of children 3. buying properties 4. old age security 5. Raising standard of living 6. any other (any four) | | | (1/2 × 4 = 2) | 2 |
| 13. | Chlorine (1/2) Three Steps: 1. One teaspoon of bleaching powder is added in a glass of water 2. Then 3 tea spoons of this solution is taken and added in a bucket full of water 3. This is then left for 30 minutes ($\frac{1}{2} + \frac{1}{2} + \frac{1}{2} = 1 \frac{1}{2}$) | | | | $\frac{1}{2} + 1 \frac{1}{2} = 2$ |
| 14. | Three suggestions for choosing kurta 1 Kurta with horizontal lines which gives illusion of height 2 Kurta with bold prints 3 Select warm colours and use contrast | | | | (1 + 1 + 1 = 3) |
| 15. | | Modification for diarrhoea | Reason | | (1 + 1 + 1 = 3) |
| | Fried Rice | Boiled Rice | Fried food aggravated | | |

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| | | | diarrhoea | | | | | | |
| | Dal Palak | Plain Boiled dal | Leafy vegetables should be restricted to avoid mechanical irritation | | | | | | |
| | Boondi Raita | Plain curd | Boondi is fired and not easy to digest | | | | | | |
| 16. | Positive Pressure: (1 + 1 = 2) a. Helps in achieving goals b. Motivation and encouragement c. Healthy habits d. any other (any two) | | | (2 + 2 = 4) | | | | | |
| | Negative Pressure (1 + 1 = 2) a. May loose individuality b. Can lead to stress and anxiety c. Can go for delinquent activities d. Distraction from studies e. any other (any two) | | | | | | | | |
| 17. | a) FSSAI- Food Safety and Standard Authority of India b) Conditions: 1 If food is composed of a poisonous or harmful substances 2 If food is substituted partly or wholly with cheap substance 3 If it contains any harmful substance 4 If it contains unpermitted colours or preservatives 5 It is contains extraneous matter 6 It is insect infested 7 any other (any six) | | | (1 + 3 = 4) | | | | | |
| 18. | Weekly Food Record Format | | | | | | | | (2 + 2 = 4) |
| | Item | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | Weekly Amount |
| | Milk | 110 | | | | | | | |
| | Fruits | 200 | | | | | | | |
| | Veg. | 150 | | | | | | | |
| | Daily | 460 | | | | | | | |

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| | <ol style="list-style-type: none"> 1 Make draft on newspaper 2 Select less alkaline detergent like reetha, ezee etc. 3 Use luke warm water to make solution 4 Use light pressure- kneading and squeezing method. 5 Rinse thoroughly 6 Squeeze with light pressure in towel 7 Spread on the draft made after washing on a flat surface <p><u>Precautions</u> (2)</p> <ol style="list-style-type: none"> 1 Do not use hard detergents 2 Do not use hot water 3 Do not hang on line for drying 4 Iron on wrong side and spread damp cotton cloth on them before ironing. | |
| 22. | <p>Life Style Diseases</p> <p>1. <u>Hypertension</u> (1/2)</p> <p><u>Dietary Management</u></p> <ol style="list-style-type: none"> a. Give high fibre diet b. Give complex carbohydrates c. Low fat dairy products should be given d. Low sodium and low calorie diet e. Avoid high intake of fat (1/2 × 4 = 2) <p>(any four)</p> <p>2. <u>Diabetes</u> (1/2)</p> <p><u>Dietary Management</u></p> <ol style="list-style-type: none"> a. Give high protein diet b. Give low carbohydrate diet c. Reduce fat intake d. Give permitted fruits in moderation e. Give liquids (1/2 × 4 = 2) <p>(any four)</p> | (1/2 + 2 + 1/2 + 2 = 5) |
| 23. | <p><u>Selection of Silk Saree</u></p> <ol style="list-style-type: none"> 1 Should buy from reputed shop and brand 2 Look for silk mark 3 Colour should be bight for the occasion 4 Should have latest design 5 any other <p>(any four) (1/2 × 4 = 2)</p> <p><u>Storing</u></p> <ol style="list-style-type: none"> 1 It should be properly aired | (2 + 3 = 5) |

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| | <ol style="list-style-type: none"> 2 Should be dry cleaned 3 Protect from light 4 Wrap in clean muslin cloth 5 Insert tissue paper between folds f. Keep in dry and insect proof boxes. $(1/2 \times 6 = 3)$ | |
| 24. | <p>Ways in which shopkeepers cheat consumers $(1/2 \times 4 = 2)$</p> <ol style="list-style-type: none"> a. Use defective weights and measures b. Adulteration c. Lack of quality products d. Price variation e. Misleading packing f. any other <p>(any four)</p> <p>Tips: $(6 \times 1/2 = 3)$</p> <ol style="list-style-type: none"> 1 Become aware of rights and responsibilities 2 Choose intelligently 3 Demand safe and reliable products at a reasonable price. 4 Read labels properly 5 Do not buy loose food stuffs 6 Always buy from reputed shops 7 Take action when faced with a problem 8 Always demand for bills 9 any other <p>(any six)</p> | (2 + 3 = 5) |
| 25. | <p><u>Strategies to control anger</u> $(6 \times 1/2 = 3)$</p> <ol style="list-style-type: none"> 1 Take deep breath and count up to ten 2 Move away from the scene 3 Talk to trust worthy person 4 Write thoughts on a paper and then destroy it 5 Count your blessings 6 Do yogasanas 7 Analyse and understand cause of the situation 8 any other <p>(any six)</p> <p>Consequences of anger $(1/2 \times 4 = 2)$</p> <ol style="list-style-type: none"> 1 Increased blood pressure 2 Low work efficiency 3 High pulse rate 4 Irritation 5 Lack of adjustment 6 any other <p>(any four)</p> | (3 + 2 = 5) |

