

Q13. Give reasons:

- a) Why more fruits and salads should be included in the diet of a person suffering from constipation.
- b) Why green leafy vegetables should not be served to a person suffering from diarrhoea. (2)

Q14. Name one adulterant eat commonly found in mustard seeds, chana dal and turmeric powder. Mention one health hazard of each adulterant. (3)

Q15. Your friend does not eat much food as she thinks she is very fat. What do you think is the problem with her? What are the 2 consequences if it continues for long. Present 2 suggestions to get her out of this problem. (3)

Q16. Ramesh wants to buy a good readymade trouser. Give 4 points you will tell him to consider before making the purchase. (4)

Q17. What is jaundice? Write its three specific clinical symptoms. Suggest 4 specific dietary recommendations for such patients. (4)

Q18. People in a village are using four pitcher system for purifying the water. Explain them the method and importance of using chlorine tablets for water purification. (4)

Q19. You have a lactating mother in your family. Point out special dietary requirements for her and explain how will you ensure these are fulfilled.(4)

Q20. Explain two points each you would keep in mind while selecting clothes for:

- (a) infants (b) children (4)

Q21. What is meal planning? Give three reasons why is it important to plan meals for a family. (4)

Q22. What is diabetes Mellitus. Give its 4 symptoms. Present six considerations that you will keep in mind while planning meal for a diabetic patient. (5)

Q23. Write the methods of removing following stains:

- a) Grease stain on cotton clothes
- b) Blood stain on woollen clothes
- c) Lipstick stain on linen clothes
- d) Ink stain on synthetic clothes
- e) Turmeric stain on silken clothes (5)

Q24. Which five factors will you keep in mind while selection of foodstuffs for the family. (5)

Q25. Home Science offers a wide range of career opportunities. Support this statement with one example from each field of home science. (5)

BUDHA DAL PUBLIC SCHOOL PATIALA (Sept. 2015)

UNIT - I

Class - XII

Paper - HOME SCIENCE

Time: 3 hrs.

MM: 70

- Q1. List 2 causes of emotional stress in adolescents. (1)
- Q2. What is the RDA of proteins and iron for a pregnant woman? (1)
- Q3. What types of lines should be used in the dress of a short stature girl and why? (1)
- Q4. List 2 benefits of DWCRA. (1)
- Q5. Mention the standard marks you would look for while buying packets of pure ghee and preserved fruit juice. (1)
- Q6. What is weaning? When it should be started? (1)
- Q7. Suggest 2 ways of helping your friend who is suffering from depression. (2)
- Q8. Give 4 precautions one should adopt while handling food in the kitchen. (2)
- Q9. What is ORS? Mention 2 conditions in which it is given to a person. (2)
- Q10. 'Breast fed is best fed'. Support this statement with 2 reasons. (2)
- Q11. Mention two points you would consider while planning a therapeutic diet. (2)
- Q12. Give 2 advantages of washing clothes with a detergent. (2)