

- Q10. a) Adults are issued \_\_\_\_\_ after registration  
b) Full form of DWRCRA is \_\_\_\_\_ (2)
- Q11. How can constipation be avoided during pregnancy. (2)
- Q12. Write two objectives of diet modification during illness? (2)
- Q13. Sixteen years old Garima's friend Gunish wants to get physically intimate with her against her wishes. If you are Garima, in what four ways would you have refused him? Give two reasons for your refusal. (2)
- Q14. How is Jaundice caused? Which protein is increased in blood during Jaundice? Discuss causes of Jaundice. (3)
- Q15. Which food is adulterated by Argemone seeds? What are the adverse effects of having it? (3)
- Q16. Present eight important points you will keep in mind for maintaining hygiene in your kitchen? (4)
- Q17. Twenty years old Meeta got a new job away from home in another town. Detail out two new responsibilities each that she has to take regarding her career and home. Also state the preparation she would require to face this new situation. (4)
- Q18. Rehana lives in Goa with her husband and children. Briefly explain any four factors which would influence her selection of foods. Convince her with four reasons to plan the meals for her family. (4)
- Q19. What four important things would you keep in mind while considering diet of a pregnant lady? (4)
- Q20. a) What is the requirement of Iron during lactation and why? (4)  
b) What are the causes of High blood pressure?
- Q21. What is constipation? List three causes and symptoms of this disease. (4)
- Q22. Identify five emotional changes happening in adolescent girls. How do these changes influence their personality? (5)
- Q23. A family has been served moong dal, boiled rice, potato and carrot bhajia and chapati for lunch. Evaluate the adequacy of this meal to suit the requirements of a lactating mother and suitability for a member suffering from diabetes. Support your answer with adequate requirement. (5)
- Q24. What are the principles of Therapeutic Nutrition? (5)
- Q25. 'Keeping kitchen clean is as important as our body'. Justify. (5)

**BUDHA DAL PUBLIC SCHOOL PATIALA ( 12 Sept. 2017)**

**UNIT - I**

**Class - XII**

**HOME SCIENCE**

**Time: 3 hrs.**

**MM: 70**

- Q1. List two responsibilities of Gram Panchayat under MGNREGA. (1)
- Q2. Inform the staff at the ICDS centre about the changes in daily need for calcium and iron for pregnant women. (1)
- Q3. 'Colostrum is particularly beneficial for infants. Why? (1)
- Q4. Make list of foods that can be given to the preschool children. (1)
- Q5. 'Requirement of Iodine and Zinc is important in pregnancy'. Justify the statement. (1)
- Q6. Ravi is suffering from fever, keeping this in mind suggest two changes in the meals of the family given: Potato vegetable, Lady's finger, Bundi Raita, Puri, Banana, Custard. (1)
- Q7. After studying child development, Mrs. Jain started a Nursery School which is not doing well. Acquaint her with four ideas from her own expertise, implementation of which can help her extend her business and thus income. (2)
- Q8. After retirement, Mr. Gupta is now staying at home with his family. He often gets angry with everybody in a family. What could be the two reasons for his anger? Suggest two ways by which he can control his emotions. (2)
- Q9. In spite of boiling, the drinking water was declared unsafe. What could be the four possible reasons for this. (2)