

BUDHA DAL PUBLIC SCHOOL, PATIALA
First Term Examination (15 September 2023)
Class XII (Humanities)
Subject - Home Science

Time: 3hrs.

M.M. 70

Note: All questions are compulsory.

Section - A

- Q1. According to UNESCO, _____ is the best investment a country can make as it promote holistic development, gender equality and social cohesion. (1)
a) Health b) ICDS c) Aanganwadi d) ECCE
- Q2. Saloni ate hot dog which seemed to be fresh but next day he complained to severe stomachache, diarrhea and fever. This could be due to (1)
a) Food contamination b) Food adulteration c) Food infection d) Food poisoning
- Q3. A good preschool will provide which of the following experience likely to be beneficial for young children? (1)
a) Rote learning b) Teacher centered approach c) Formal teaching d) Child centered approach
- Q4. The objective of the equal remuneration act is (1)
a) Equal wages for same work
b) Different working hours
c) Equality among men and women in every field
d) Special facilities for women
- Q5. As per the NCF 2005, the basic objectives of ECCE are (1)
i) Holistic development of the child to enable him/her to realize the potential
ii) Preparation for school
iii) Preparation essential skills in ECCE professional
iv) Providing support services for woman and children
v) Managing chronic disease
a) I, ii, iii b) i, iii, v c) ii, iii, iv d) iii, iv, v
- Q6. Which of the following parameters are not considered while taking anthropometric measurement? (1)
a) Waist circumference b) Height c) Haemoglobin level d) Weight
- Q7. How can illness influence the nutritional status of an individual? By (1)
i) Providing alternate therapy
ii) Impairment in a person's ability to eat and swallow
iii) Promoting holistic recovery
iv) Problem with digestion, absorption
v) Interference with proper metabolism options are
a) i, ii, iii b) i, iii, v c) ii, iv, v d) iii, iv, v
- Q8. Which of the following is not an objective of diet therapy? (1)
a) Formulation of the diet to meet the needs of the patient.
b) Modification of the existing diets to ameliorate (rectify) the disease condition
c) Prevention of short term and long term complications in case of chronic diseases
d) Educating and prescribing medicines to the patients

- Use of ergonomics in any workplace is not important for which of the following (1)
- a) optimum work capacity
 - b) increase in errors
 - c) increase in productivity
 - d) comfortable work conditions
- Q10. Neelu opens a crèche in her home for an economic purpose, it is an example of (1)
- a) informal family care b) formal child care
 - c) institutionalized centre d) substitute care
- Q11. Which of the following is correct about salmonella bacteria? (1)
- a) Salmonella live in the intestines of people and animals
 - b) Eating contaminated food or drinking contaminated water
 - c) Children are most likely to get infected by it
 - d) All of the above
- Q12. SOS children's village is a (1)
- a) Non government organization b) International organisation
 - c) Both a and b d) None
- Q13. The program which is aimed at international cooperation with the UN agencies is (1)
- a) National Youth Corps Scheme
 - b) NSS
 - c) Scouts and Guides
 - d) Common Wealth Youth Programme
- Q14. In India, after a massive earthquake which organization will provide immediate emergency relief to the children? (1)
- a) NSS b) SOS children's village c) ICDS d) Government
- Q15. A large proportion of people suffer from _____ deficiencies mainly iron, zinc, vit - A, iodine, folic acid, B₁₂ in varying degrees of severity (1)
- a) Macronutrients b) Micronutrients c) Nutrients d) All of the above
- Q16. Which knowledge/ skills are needed specifically in the area of Food Product Development? (1)
- a) knowledge of ingredients, their weighting and measuring
 - b) cooking skills
 - c) labelling and packaging of marketable products
 - d) Assessment of quality of raw food products
- Q17. Codex Alimentarius Commission comes under the ministry of (1)
- a) Ministry of health
 - b) Ministry of family welfare
 - c) Ministry of health and family welfare
 - d) Ministry of food laws
- Q18. Early Childhood Education is
- a) To conduct tests to know about children's learning
 - b) A programme that demands strict discipline
 - c) A formal education programme
 - d) A school readiness programme

Section - B

- Q19. Your mother is admitted in the hospital for a surgery. Her gastrointestinal tract is functioning properly but she is not able to take food by mouth. Which feeding route should be adopted in this situation? Write any one advantage of the method.
- Q20. What do you understand by the term food based strategy? Enlist two food based strategies you may adopt to tackle Public Nutrition problems.
- Q21. What do you understand by the term 'Hidden Hunger'? Name any two conditions classified under 'Hidden Hunger'.
- Q22. During Covid, Sania has done online diploma on Food Product development. If she wants to start Food Processing Unit, what four skills she may require to do so?
- Q23. Your younger sister is very confused regarding which career to choose. Mention four factors she should consider while taking career related decision.
- Q24. Renu has recently joined new company but she is finding it difficult to adjust with her colleagues. Suggest her any four essential soft skills she must adopt at her workplace.
- Q25. Write any two ways by which Salmonella spreads.
- Q26. a) Differentiate between Food Infection and Food Toxication.
b) State any two roles of ECCE professional

Section - C

- Q27. Mrs. Gupta has started her own bread manufacturing unit. She wants to get her manufacturing unit certified by Govt. of India.
a) Name the new Food Safety Act implemented in India
b) Enlist any two functions of the New Food Safety Act
- Q28. Mr. Singh has started his own food processing unit for exporting the products. His friend has suggested him to implement HACCP
a) What is HACCP?
b) Highlight any two important points of HACCP to convince him to adopt it.
- Q29. a) In which year the first SOS children's village was set up?
b) Explain two features of SOS children's village.

Section - D

- Q30. a) Why are youth vulnerable? Give two reasons.
b) What is National Service Scheme?
c) Highlight any two activities taken up under National Service Scheme?
- Q31. As per the NCF (2005), What are the basic objectives of ECCE?
- Q32. Match the following
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|-----------------|--|
| a) Creche | i) ICDS |
| b) Anganwadi | ii) substitute care |
| c) Kindergarten | iii) develop natural interest and activities |
| d) Montessori | iv) providing early childhood |

Q33. Match the following

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| a) National Service Scheme | i) Juveniles |
| b) Integrated Child Development Scheme | ii) Old man |
| c) Mobile Medicare Units | iii) Youth |
| d) Special Homes | iv) Children |

Section - E

- Q34.
- a) _____ is spread by the faecal - oral route and can be transmitted by food and water.
 - b) _____ is the technique to convert raw material into finished or semifinished products.
 - c) Low weight babies have _____ growth.
 - d) _____ is the science of food, nutrients and other substances as well as their digestion, absorption and utilization by the body.
 - e) _____ are adaptive and positive behaviour abilities to deal with challenges of working life.
- Q35. Explain 5 ways of diet modifications to meet the needs of an individual. Give an example of each.