


**CLASS XII
HOME SCIENCE (064)
ANSWER KEY-4 (2020-2021)**

| S.No | SECTION – A (Multiple Choice Questions) | MARKS |
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| 1 | d) Non-contamination by microorganisms OR b) Dehydration | 1 OR 1 |
| 2 | a) Providing comfortable working conditions | 1 |
| 3 | c) Pasteurization | 1 |
| 4 | d) Supervisor OR a) Restaurant Manager | 1 OR 1 |
| 5 | c) Quebral | 1 |
| 6 | c) A - ii), B iv), C- i), D - iii) | 1 |
| 7 | c) National Standards | 1 |
| 8 | c) Occupancy | 1 |
| 9 | Kanyakumari OR Community Radio | 1 OR 1 |
| 10 | Ergonomics | 1 |
| 11 | Shola Craft of Orissa OR Coconut Craft of Kerala | 1 OR 1 |
| 12 |  Wool Mark | 1 |

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| 13 | <p>The campaign affects people in the following ways:</p> <ol style="list-style-type: none">1. It lasts in the memory of the people and stimulates action.2. It creates conducive environment for adoption of work practices.3. The campaign makes people aware by providing messages in various subjects. <p>(Any other, any two)</p> | $\frac{1}{2} + \frac{1}{2} = 1$ |
| 14 | <p>Two main objectives of Early Childhood Care and Education mentioned in NCF (2005) are :</p> <ol style="list-style-type: none">1. Holistic development of the child to enable him/her to realise the potential.2. Preparation for School.3. Providing support services for women and children. <p>(Any other, any two)</p> <p style="text-align: center;">OR</p> <p>Radhika can choose the following career opportunities in the filed of 'Early Childhood Care and Education' :</p> <ol style="list-style-type: none">1. Caregiver in a creche.2. Caregiver in Day Care Centre.3. Team member for programmes for young children.4. Teacher in Nursery School. <p>(Any other, any two)</p> | $\frac{1}{2} + \frac{1}{2} = 1$ OR $\frac{1}{2} + \frac{1}{2} = 1$ |
| 15 | c) Women and Child Development Department | 1 |
| 16 | a) Pregnant and lactating mothers | 1 |
| 17 | b) To supplement the nutritional deficiencies in food | 1 |
| 18 | d) Macronutrient deficiency causes "Hidden hunger" | 1 |
| 19 | b) Value | 1 |
| 20 | d) Neutral Colours OR d) Light | 1 OR 1 |
| 21 | b) White OR c) Accented neutral harmony | 1 OR 1 |

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| <p>22</p> | <p>Essential four skills which should be possessed by Radha at her workplace are :</p> <ol style="list-style-type: none">1) Working productively2) Learning effectively3) Communicating clearly4) Working co-operatively5) Thinking critically and creatively6) Other skills required include : concentration, alertness, presence of mind, tactfulness, empathy, soft skills, abilities to trained, to delegate and to get others to do their work, forethought and vision, ability to multi task. <p>(Any other, any four)</p> <p style="text-align: center;">OR</p> <p>Social Entrepreneur can help to our society in following manners :</p> <ol style="list-style-type: none">1) To act as a catalyst for society.2) To benefit the society at large through the spirit of social welfare.3) To strive for the benefit of weak, neglected, disadvantaged groups, economically backward people.4) To improve the quality of life of people by their actions. <p>(Any other, any four)</p> | <p>$\frac{1}{2} \times 4 = 2$</p> <p style="text-align: center;">OR</p> <p>$\frac{1}{2} \times 4 = 2$</p> |
| <p>23</p> | <p>Two effects of Iron-Deficiency Anemia (IDA) are :</p> <ol style="list-style-type: none">1) Low levels of hemoglobin in blood.2) Physical fatigue, shortness of breath (breathlessness on slight exertion) may feel lethargic3) Paleness of conjunctiva of eyes, tongue and nail beds and soft palate4) In children, cognitive functions (attention span, memory, concentration) are adversely affected. <p>(Any other, any two)</p> <p>Two effects of Iodine Deficiency Disorder (IDD) are :</p> <ol style="list-style-type: none">1) Deficiency of iodine results in insufficient amount of thyroid hormone which is synthesised by the thyroid gland.2) Enlarged thyroid known as 'goitre' is the most common manifestation of iodine deficiency.3) Affects physical and mental growth.4) Iodine deficiency during pregnancy has several adverse effects specially resulting in mental retardation and congenital abnormalities of the fetus. <p>(Any other, any two)</p> | <p>1+1=2</p> |

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| <p>24</p> | <p>Four different organizations that provide hospitality services are :</p> <ol style="list-style-type: none">1) Hotel2) Motel3) Lodge4) Resort5) Furnished Apartments6) Furnished Camps7) Guest Houses8) Cruise <p>(Any other, any four)</p> <p style="text-align: center;">OR</p> <p>Four career opportunities related to Hospitality Management are as follows:</p> <ol style="list-style-type: none">1) Working in housekeeping departments on different positions.2) Entrepreneurial opportunities in housekeeping.3) Working in positions in front office and reception / control desk in hotel.4) Entrepreneurial opportunities for supply of flower arrangement.5) Specialist in theme based events within the organization. <p>(Any other, any four)</p> | <p>$\frac{1}{2} \times 4 = 2$</p> <p style="text-align: center;">OR</p> <p>$\frac{1}{2} \times 4 = 2$</p> |
| <p>25</p> | <p>Development means positive changes in the socio-economic and cultural lives of the majority of the people on a permanent basis without exploitation and violence. Developments in most parts of the world calls for intensive efforts to tackle the problems of mass illiteracy, population, malnutrition, poor health, hunger and pollution etc.</p> <p>Development communication is utilizing the power of communication as a catalyst for social development. It is the practice of systematically applying the processes, strategies and principles of communication to bring about positive social change.</p> | <p>$1+1=2$</p> |

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| 26 | <p>Four different places of care and maintenance of clothes are :</p> <ol style="list-style-type: none">1) Household level2) Dhobi3) Dry-cleaning shops4) Commercial laundry / Institutional laundry | $\frac{1}{2} \times 4 = 2$ |
| 27 | <p>SOS Children village provides long term support to orphans and abandoned children in the following ways :</p> <ol style="list-style-type: none">1) In SOS Children's village, children experience relationships and love and overcome their sad experiences.2) Children become educated and self-reliant in SOS Children's Village. Help and shelter are given till the age of twenty-four to build a career and stand on their own feet.3) The children stay here with the mother even after getting job.4) It provides a community to every child, so that every child has familial roots. <p>(Any other, any four)</p> | $\frac{1}{2} \times 4 = 2$ |
| 28 | <p>When designing a suit for a fat woman, Rama should take the following measures to remove the emphasis of the stomach.</p> <ol style="list-style-type: none">1) Emphasis on the neck by embroidery etc.2) Do not emphasise / highlight the belly region with patches etc.3) Avoid contrasting colours.4) Avoid belt in the waist area. <p>(Any other, any three)</p> <p>Rama should take the following measures to bring harmony/conformity while designing a suit for a fat woman.</p> <ol style="list-style-type: none">1) The fabric of salwar, kameez and dupatta should be of the same texture.2) The colour of dupatta should match with the colour of the suit.3) The design / print of salwar, kameez and dupatta should match with each other. <p>(Any other, any three)</p> | $1 \frac{1}{2} + 1 \frac{1}{2} = 3$ |

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| <p>29</p> | <p>Two reasons that why our youth are vulnerable :</p> <ol style="list-style-type: none">1) The efforts of young people to keep pace with the biological changes occurring in their bodies have a direct impact on their identity and health.2) Puberty is the period in life in which he prepares to play the role of an adult. During this period, the youth makes the two most important decisions of his life:<ul style="list-style-type: none">• Earn livelihood.• Start a family life by marrying.3) Due to increasing competition in the world today, the pressure of youth to better themselves than their peers and other people is increasing, due to which many problems and extreme stress are created in them.4) When the youth do not get positive support from their family or home environment, then sometimes they get intoxicated with peers.5) In the absence of proper information related to sexual and reproductive health, youth can face many dangers related to them. (Any other, any two) <p>Four important needs of youth are :</p> <ol style="list-style-type: none">1) Proper education and training2) Gainful employment3) Fair opportunities for personal growth and progress4) Good Health Services, Clean Environment5) Social protection and protection against all forms of exploitation6) Opportunities for appropriate participation of youth in<ul style="list-style-type: none">• Socio-economic affairs• Cultural affairs• Decision making affairs7) Access to physical education, sports, adventure and recreational opportunities (Any other, any four) <p style="text-align: center;">OR</p> <p>Six Programmes operating for elderly in India are :</p> <ol style="list-style-type: none">1) Respite Care Homes and Continuous Care Homes for Older persons who live in old age homes but are seriously ill requiring continuous nursing care and respite; | <p>1+2 = 3</p> <p style="text-align: center;">OR</p> <p>$\frac{1}{2} \times 6 = 3$</p> |
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| | <p>2) Multi-Service Centres for Older Persons to provide daycare, educational and entertainment opportunities, healthcare, companionship;</p> <p>3) Mobile Medicare Units to provide medical care to the older persons living in rural and isolated and backward areas;</p> <p>4) Day Care Centres for Alzheimer’s Disease/Dementia Patients to provide specialised day-care;</p> <p>5) Help-lines and Counseling Centres for older persons;</p> <p>6) Awareness Generation Programmes for Older Persons and Care Givers like self-care, preventive health care, disease management, preparation for old age/healthy and productive ageing, intergenerational bonding;</p> <p>7) National Old Age Pension Scheme (NOAPS) meant for old persons subsistence on their own or through financial support from family members. Beneficiaries should be above 65 years, need to provide proof of age and their destitute status. The state governments can add to the amount from their own resources.</p> <p>(Any other, any six)</p> | |
| <p>30</p> | <p>The characteristics of the health care sector are as follows:</p> <ol style="list-style-type: none">1) Special attention is paid to cleaning, sanitation and disinfection in their washing houses.2) In the hospital, mainly cotton and fast colour clothes (special colors of the hospital or department) are used, which can be washed easily.3) Special finishing such as starch or whitening is not taken care of on these clothes. Their iron is also not given special attention.4) In many hospitals where the risk of infection is high, the disposable material is often used there. This discarded material is burnt and destroyed. <p>(Any other, any two)</p> <p>Examples of health care sector: hospitals, large nursing homes etc.</p> <p>(Any other, any two)</p> <p>The features of the hospitality sectors are as follows:</p> <ol style="list-style-type: none">1) In this area special attention is paid to cleanliness and hygiene as well as aesthetic and final finishes of clothes. | <p>2+2=4</p> |

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| | <p>2) These include bleach of white clothes to make them clean. Apart from this, all the clothes are put on the bed, like iron is done properly and folding is done according to need.</p> <p>3) Hotels and restaurants have a variety of fabrics of different yarns, weaving and finishings. Therefore, while washing, proper washing material and process are taken care of.</p> <p>4) There is also a provision for washing the clothes of the guests, for which special attention is given. (Any other, any two)</p> <p>Examples of hospitality care areas: hotels, restaurants, resorts, etc. (Any other, any two)</p> <p style="text-align: center;">OR</p> <p>The care and maintenance of the clothes used in the institutions has the following objectives:</p> <p>1) Protecting clothing from any kind of heavy physical damage and fixing any damage caused while using clothing.</p> <p>2) Do not lose the look and feel of clothes and keep them fresh.</p> <p>3) Maintaining the durability of clothing. (Any other, any two)</p> <p>Washing clothes is both science and art, it can be explained as follows:</p> <p>1) Washing clothes is science because scientific principles and techniques are used in it, such as using materials to wash clothes according to the fiber of the clothes, etc.</p> <p>2) Washing clothes is an art because to achieve attractive results from washing requires excellence related to skills such as ironing and folding clothes, etc. (Any other, any two)</p> | <p style="text-align: center;">OR 2+2=4</p> |
| <p>31</p> | <p>Significance of food quality and food safety are as follows:</p> <p>1. With the change in modern lifestyle, food habits have also changed rapidly. Due to lack of time, it has become easier to go out to eat or to order food from outside than to cook at home. This is the reason why the food industry in India is developing as a business. In such a situation, when foods are prepared in large quantities and many hours in advance, then it is very important to take care of their safety.</p> | <p>2+2=4</p> |

2. Various types of processed foods available in the market, instant foods and ready-to-eat foods are very important to be safe for health.
 3. The demand for different types of spices, flavoring spices, special spice mixes (e.g.- Biryani Masala, Pav Bhaji Masala, Chana Masala etc.) used to prepare food at home is increasing in villages and cities. Therefore, it has become necessary to take special care of their quality and also to be safe for health.
 4. Due to the increase in the number of food-borne diseases internationally in the last few decades, active surveillance is needed especially to take care of food security.
 5. When food is cooked and distributed in large quantities, then there is an increased risk of spoilage due to a long gap in the cooking and consumption time. In such a situation proper management is necessary to preserve food.
 6. The chemical preservatives, artificial colors, fragrances etc. used to preserve food items at the industrial level are also required to be regularly analyzed keeping in mind the food safety and quality.
 7. Food is contaminated due to increasing pollution of water, land and atmosphere and excessive use of chemical fertilizers and pesticides in agricultural products. Keeping foods safe from this type of contamination is extremely important.
- (Any other, any two)

The differences between chemical and biological hazards are as follows:

| S. No. | Chemical Hazards | Biological Hazards |
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| 1 | Chemical hazard in foods is caused by chemicals or harmful substances. | Biological hazard in food is spread by food-borne pathogens. |
| 2 | Pesticides, chemical residues, toxic metals, polychlorinated biphenyls, preservatives, food dyes and other adulterants are examples of chemical hazards. | Norovirus, Rotavirus, Hepatitis E, Salmonella, Staphylococcus aureus and various food-borne pathogens are examples of biological hazards. |
| | (Any other, any two) | (Any other, any two) |

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| <p>32</p> | <p>Sarika can make parents aware of the following benefits of pre-school education :</p> <ol style="list-style-type: none">1) Pre-school education is informal.2) Preschool education is child-centered.3) The way to teach children in sports, makes learning easy and interesting.4) Children like to be with other children and learn to do different tasks very fast. For example, looking at other children eating food on their own, putting toys in their place after playing, etc.5) Often the environment of pre-school institutions is very beneficial for their children in difficult situations in their learning.6) Children who require additional support have the benefit of pre-school education to receive informal education later.7) Pre-school education complements the benefits of a good learning environment at home. For example, in case of any deficiency in the home environment, it helps in the growth and development of the child outside the house.8) Due to the responsibility of taking care of younger siblings, many times older children have to leave their studies. That is why when the institutional care is available to the younger children then the older children get the benefit and they go to school and get education.9) In pre-school education, care and education of children is taken care of with their health and nutrition. <p>(Any other, any eight)</p> | <p>$\frac{1}{2} \times 8 = 4$</p> |
| <p>33</p> | <p>The classification of processed foods based on the extent and type of processing is as follows:</p> <ol style="list-style-type: none">1. Minimally Processed Foods - These are processed as little as possible in order to retain the quality of fresh foods. Generally the processes used are cleaning, trimming, shelling, cutting, slicing and storage at low, i.e., refrigeration temperatures.2. Preserved Foods – The methods of preservation used do not the change the character of the product substantially e.g., frozen peas and frozen vegetables, dehydrated peas, dehydrated vegetables, canned fruits.3. Manufactured Foods – In such products, the original characteristics of the raw products are lost and some basic methods of preservation are used, often using various ingredients such as salt, sugar, oil or even chemical preservatives. Examples | <p>$1 \times 4 = 4$</p> |

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| | <p>are pickles, jams, marmalades, squashes, papads, wadis.</p> <ol style="list-style-type: none">4. Formulated Foods – These are products prepared by mixing and processing of individual ingredients to result in relatively shelf – stable food products such as bread, biscuits, ice cream, cakes, kulfi.5. Food Derivatives – In industry, components of foods may be obtained from the raw product through purification e.g., sugar from sugarcane or oil from oilseeds. In some cases, the derivative or the component may be processed further e.g., conservation of oil to Vanaspati (the process is called hydrogenation).6. Synthetic Foods – These are products that are manufactured through microbial or chemical synthesis, for example, enzymes used in industry, nutrients such as vitamins.7. Functional Foods – These are foods that can have a beneficial effect on human health.8. Medical Foods – These are used in dietary management of diseases, for example, low sodium salt, lactose-free milk for persons with lactose intolerance. <p>(Any four)</p> | |
| 34 | <p>The specialised area of nutrition which deals with nutrition during illness is “Clinical Nutrition”. In recent time this field is called Medical Nutrition Therapy.</p> <p>Significance of Clinical Nutrition :</p> <ol style="list-style-type: none">1) Clinical nutrition focuses on the nutritional management of patient with established disease.2) The professional clinical nutritionist / dietician uses a systematic and logical approach to the nutrition care process, focusing on each person / patient’s unique needs and addresses them in an individualistic and holistic manner. <p>(Any other, any two)</p> <p>Knowledge and skills to become a Clinical Nutritionist or Dietitian:</p> <ol style="list-style-type: none">1) She/he should pass 10 + 2 level and after that B.Sc. Degree with specialization in nutrition.2) In case, she/he wants to become dietitian than she/he must complete at least Post Graduate diploma in Dietetics with an | 1+1+3 = 5 |

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| | <p>internship to qualify to be a registered Dietitian.</p> <p>3) After completion of B.Sc. in Life Sciences, Biochemistry, Microbiology or Biotechnology, she/he can get admission in postgraduate diploma level in M.Sc.</p> <p>4) After completing their university education, after further study a dietitian can obtain a certificate of "Registered Dietitian". (Any other, any three)</p> | |
| 35 | <p>1) Consumer: A person who purchases or consumes goods and services to satisfy his personal needs is called a consumer.</p> <p>2) Consumer Products: The term means any article, produced or distributed for sale to a consumer for personal or family use in one's home or in an institution, e.g. School, Hospital, College, Office etc. or for business purposes.</p> <p>3) Consumer behavior: It is the process through which the buyer makes decisions about purchasing.</p> <p>4) Consumer Forum: A place/organization where consumers can discuss consumer products / services and their advantages and disadvantages. Some forum work as advocacy groups that seek to protect consumers and help them address problems faced vis-a-vis consumer products.</p> <p>5) Consumer Footfalls: The number of customers / consumers, who visit any given space such as store or a mall, is called consumer footfall.</p> <p style="text-align: center;">OR</p> <p>Advantages of Consumer Education:</p> <p>1) The consumer is able to select the right item at the right price</p> <p>2) The consumer is not a victim of undue pressure and advertisements.</p> <p>3) The consumer can take full advantage of the money spent on the commodity.</p> <p>4) The consumer is aware of his rights, obligations and related laws.</p> <p>5) The consumer gets information about standardization marks.</p> <p>6) The consumer gets complete market information such as – where good, cheap, reliable goods are found. (Any other, any four).</p> | <p>1 X 5 = 5</p> <p style="text-align: center;">OR</p> <p>2+3= 5</p> |

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| | <p>Career opportunities after training in consumer education and protection are:</p> <ol style="list-style-type: none">1) Work in government organizations like Bureau of Indian Standards, Directorate of Marketing and Inspection, Ministry of Consumer Affairs in various decision making managerial and technical positions.2) Work in voluntary consumer organizations for product testing, creating consumer awareness, consumer education or empowerment, publication of their magazine, etc.3) Start your own consumer organization dealing with the issues related to consumer education and protection.4) Work with market research organizations in areas of consumer behavior, product reach, and consumer acceptance of new products, consumer feedback and suggestions.5) Work with the department of Audio-Visual Publicity as content developer for their advertisements - dealing with consumer awareness and education in the print and electronic media.6) Those who have excellent writing skills may take up journalism related to consumer affairs.7) Work in National Consumer Helpline for doing consumer counselling, helping people in getting redressal to their complaints. <p>(Any other, any six)</p> | |
| 36 | <p>Fashion Merchandiser is a person who facilitates conversation of inspiration into design, uses technology to conceptualise and address the planning, production, promotion and distribution of products in the fashion industry, to meet the needs and demands of a consumer.</p> <p>Market can be segmented in various ways :</p> <ol style="list-style-type: none">1) Demographic Segmentation is on the basis of population, age, sex, occupation, education and income.2) Geographic Segmentation is on the basis of cities, states and region. Climate of various places may vary and it plays an important role as choice of merchandise, especially as selection of clothes is climate dependent. | 1+4= 5 |

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| | <p>3) Psychographic Segmentation is one the basis of lifestyle like social activities, interests, leisure pursuits, needs and wants. People having similar lifestyles can make up a target market group.</p> <p>4) Behavioural Segmentation is one the basis of opinion on specific products or services. Many times rating of usage of products and services is done. This helps in improving the service/product and makes it different from others.</p> | |
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