

DIRECTORATE OF EDUCATION, GNCT OF DELHI

MID-TERM PRACTICE PAPER 2026

CLASS: XII SUBJECT: Home Science (064)

PRACTICE PAPER

(SESSION: 2026-27)

Time Allowed: 3 hours

Maximum Marks: 70

GENERAL INSTRUCTIONS

- 1 All questions are compulsory.
- 2 There are 32 questions in this paper
- 3 The question paper is divided into three sections – A, B, and C.
- 4 Section A has questions 1 to 14 multiple-choice questions and are of one mark each
- 5 Section B has question number 15 to 21 of 2 marks each and question number 22 to 25 of 3 marks each.
- 6 Section C has question number 26 to 30 of four marks each, and question no 31 and 32 of 5 marks each.
- 7 Internal choices are given in some questions.
- 8 Support your answers with suitable examples wherever required

SECTION A(MULTIPLE CHOICE QUESTIONS)

1. What is the main objective of the Kasturba Gandhi Balika Vidyalaya (KGBV) scheme?
A) To provide quality educational opportunities to girls from disadvantaged and backward areas
B) To provide educational opportunities to both boys and girls
C) To prevent female foeticide
D) To provide residential facilities for elderly women 1
2. Which of the following is a perishable food item?
A) Dried pulses
B) Fresh milk
C) Sugar
D) Wheat 1
3. Prachi is a 3-year-old girl. What are children of this age group called?
A) Toddler
B) Preschooler
C) Infant
D) Adolescent 1
4. Government-run Child Care Homes are primarily established for children in which age group?
A) 0–3 years

- B) 3–18 years
- C) 18–25 years
- D) 1–8 years.

1

5. Which of the following is used as an anthropometric measure to assess the nutritional status of a patient?

- A) Blood pressure
- B) Body weight
- C) Haemoglobin
- D) Blood sugar.

1

6. Which of the following is a career opportunity in the field of Early Childhood Care and Education (ECCE)?

- A) Anganwadi Worker
- B) Bank Manager
- C) Dietitian
- D) Teacher in a coaching centre.

1

7. What is the main objective of the 'Red Ribbon Express Campaign'?

- A) To promote awareness and prevention of HIV/AIDS
- B) To identify sports talent in rural areas
- C) To provide self-employment training to women
- D) To promote nutrition-related awareness among children.

1

8. Which of the following statements regarding the elderly population in India is correct?

- A) Most elderly people in India live in urban areas.
- B) Most elderly people in India live in rural areas.
- C) The elderly population in India is continuously declining.
- D) The number of people above 80 years of age is decreasing.

1

9. What is the main objective of diet therapy?

- A) To promote traditional dishes
- B) To prevent complications in disease conditions
- C) To provide appropriate medicines to the patient
- D) To assess the prevalence of nutritional problems.

1

10. VOICE , a consumer organisation, is associated with which country?

- A) America
- B) India
- C) England
- D) Australia

1

11. A person who starts a new business and operates it by taking risks is called a _____.

- A) Entrepreneur
- B) Consumer
- C) Employee
- D) Intermediary.

1

12. Match List I with List II.

List I – Deficiency Disorder	List II – Nutrient
1. V.A.D.	i. Iodine
2. I.D.D.	ii. Vitamin A
3. I.D.A.	iii. Protein
4. P.E.M	iv. Iron

Choose the correct option:

- A) 1-i, 2-iii, 3-ii, 4-iv
- B) 1-ii, 2-i, 3-iii, 4-iv
- C) 1-ii, 2-i, 3-iv, 4-iii
- D) 1-i, 2-iii, 3-ii, 4-iv.

1

13. The following statements are given as Assertion (A) and Reason (R).

Assertion (A): Storing food in airtight containers can help maintain its quality for a longer period.

Reason (R): Airtight packaging protects food from exposure to air and moisture.

Select the most appropriate answer from the options given below-

- A) Both A and R are true, and R is the correct explanation of A.
- B) Both A and R are true, but R is not the correct explanation of A.
- C) A is true, but R is false.
- D) A is false, but R is true.

1

14. The following statements are given as Assertion (A) and Reason (R).

Assertion (A): Microorganisms are chemical hazards to food safety.

Reason (R): Microorganisms can cause foodborne diseases in humans through food.

Select the most appropriate answer from the options given below-

- A) Both A and R are true, and R is the correct explanation of A.
- B) Both A and R are true, but R is not the correct explanation of A.

- C) A is true, but R is false.
D) A is false, but R is true.

1

SECTION B : (VERY SHORT ANSWER AND SHORT ANSWER QUESTIONS)

15. a) Under what circumstances may Substitute care be required?

OR.

2

15 b) What needs of young children are fulfilled in a day-care centre?

16. a) Reema has started a garment manufacturing unit. To boost the morale of her employees, what kind of healthy work environment can she develop at the workplace? Write any two measures.

OR.

2

16 b) Farhan has been advised to adopt ergonomics to increase the productivity of his factory. Write any two benefits of ergonomics.

17. a) Vipin wants to establish an effective food control system to ensure food safety and quality. Explain the major components of this system.

OR.

2

17 b) Rahul wants to trade the spices prepared by him at the international level. Suggest any two major international food standards that he should know about.

18. According to the National Curriculum Framework (NCF-2005), write any two major objectives of Early Childhood Care and Education (ECCE).

2

19. Which four groups among young people are considered especially vulnerable?

2

20. Nargis has been appointed as an editor in a newspaper. Write any two essential skills that she needs to perform her work effectively.

2

21. How are Phytochemicals different from Nutraceuticals?

2

22. Neha works in a milk-processing unit. Suggest any three essential measures that she should follow to ensure food safety.

3

23 a). Define the following terms briefly:

- a) Food Science
- b) Food Processing
- c) Food Technology.

OR.

3

23 b) Write any three basic concepts of food processing used to prevent food from spoilage.

24 a). Abdul has decided to work in the field of Early Childhood Care and Education. Write any three career opportunities available to him in this field.

OR.

3

24 b). Jasmine wants to start a preschool centre for young children. Suggest her any three guiding principles to ensure the holistic development of children.

25. Write about the levels of health care available in India, with examples.

3

SECTION C (LONG ANSWER QUESTIONS)

26. Radha's family has been engaged in the traditional pottery occupation for generations. Currently, this occupation is facing many challenges due to the increasing popularity of machine-made products.

- i. Give an example of another traditional occupation in India.
- ii. List two reasons for the extinction of traditional occupations .
- iii. List two ways to revive traditional occupations .

1+1+2=4

27. a) Divyanshi kept cooked food at room temperature for two days, after which it developed a foul smell.

- i) Write any two possible causes of food spoilage.
- ii) Name any two microorganisms that spoil food.

OR.

2+2=4

27. b) Seema's grandmother preserves fenugreek leaves and cauliflower by drying them in winter..

- i) List any two other traditional methods of food preservation giving examples
- ii) Based on the extent and type of processing, write about any two types of processed foods.

28.i) Write any three points highlighting the importance of HACCP in the food industry.

ii) Write the full form of HACCP.

3+1=4

29.i) Who first used the term “Development Communication”?

ii) Write any three characteristics of Development Communication.

1+3=4

30. Gokul, aged 60, is suffering from kidney disease and has recently undergone surgery.

i) What type of diet would be suitable for Gokul?

ii) What factors should a dietitian consider while planning a modified diet for him?

2+2=4

31. Mohan, aged 65, is economically weak and has no family member to take care of him.

i) Which two documents/certificates would Mohan require to avail the benefits of the National Old Age pension scheme?

ii) Write about any three other programmes being implemented for the elderly in India. 2+3=5

32 a). Write any five nutrition programmes being implemented in India to address the problem of malnutrition.

OR.

5

32 b). Write any five underlying causes of malnutrition at the household and family level.