

**CLASS XII**  
**HOME SCIENCE (064)**  
**PRACTICE QUESTION PAPER-3 (2020-2021)**

**TIME- 3 Hours**

**MM – 70**


**GENERAL INSTRUCTIONS-**


1. All questions are compulsory.
2. There are total 36 questions.
3. Question paper is divided into 3 sections - A, B and C.
4. Section A has question no. 1 to 14 (objective type questions) and are of 1 mark each.
5. Section B has question no. 15 to 21 (case study based multiple choice questions) and are of 1 mark each.
6. Section C has question no. 22 to 27 of 2 marks each and question no. 28 and 29 of 3 marks each, question no. 30 to 33 of 4 marks each and question no. 34 to 36 of 5 marks each.
7. Internal choices are given in some questions.
8. Support your answers with suitable examples wherever required.

S.NO	SECTION - A (OBJECTIVE TYPE QUESTIONS)  Multiple Choice Questions	MARKS
1	<p>Name the Foods that are specially manufactured for individuals with specific needs according to disease and can be used only with a doctor's prescription.</p> <p>a) Antioxidants  b) Phytochemicals  c) Nutraceuticals  d) Medical foods</p>	1

	<b>OR</b>	
	<p><b>Name the antioxidant that is present in food and play an important role in nutrition of an individual.</b></p> <p>a) Beta- carotene b) Iron c) Vitamin B d) Vitamin D</p>	
<b>2</b>	<p><b>What do you mean by meaningful work?</b></p> <p>a) Not Useful for society b) Done with responsibility c) Provides mental satisfaction d) Both b) and c)</p>	<b>1</b>
<b>3</b>	<p><b>The stages of the guest cycle are as follows- Pre- Arrival, -----, Occupancy and Departure of the room.</b></p> <p>a) Arrival b) Welcome c) After arrival d) Check-out</p>	<b>1</b>
<b>4</b>	<p><b>In ----- laundry, Ironing of clothes is not given much importance.</b></p> <p>a) Airways b) Hotels c) Hospital d) Resorts</p> <p style="text-align: center;"><b>OR</b></p> <p><b>----- % or more work is done in manually operated washing machines.</b></p> <p>a) 10% b) 40% c) 50% d) 70%</p>	<b>1</b>

5	<p>Through Red Ribbon Express train, important information regarding which disease has been given.</p> <p>a) Anaemia b) HIV / AIDS c) Malnutrition d) High Blood Pressure</p>	1
6	<p>Match the following</p> <p>A) Food Infection                      i) Stone, wood B) Biological hazard                  ii) Banned food colour C) Chemical hazard                    iii) Infection and toxicity D) Physical hazard                    iv) Salmonella</p> <p>Choose correct option:</p> <p>a) A - iv), B - iii), C - ii), D - i) b) A - ii), B - iv), C- i), D - iii) c) A - i), B    ii), C- iv), D - iii) d) A - iii), B - iv), C - i), D - ii)</p>	1
7	<p>Among these one is not the responsibility of buying agency –</p> <p>a) Identifying vendors b) Negotiate cost c) Quality checks d) Selling</p>	1
8	<p>Landscape management outside the Hotel is the work of -----.</p> <p>a) Housekeeping control desk b) Guest room brigade c) Lost and found section d) Horticulture and flower arrangement team</p>	1

	<b>Fill in the blanks-</b>	
9	<p>The 10-60 second brief message that is broadcasted in between programs, comes under -----.</p> <p>a) Logo b) Public Service Announcement c) Educational material d) Subject detailed information</p> <p style="text-align: center;">OR</p> <p>Self Employed Women's Association (SEWA) is a union of lakhs of poor women in ----- in India.</p> <p>a) Formal sector b) Business sector c) Informal sector d) Communication sector</p>	1
10	<p>----- is used in the workplace to increase productivity.</p> <p>a) Ergonomics b) Technical incompetence c) Challenges d) Crises</p>	1
11	<p>Identify the picture, give name and the state with which it is associated?</p> 	1

	<p style="text-align: center;"><b>OR</b></p> <p><b>Identify the design technique, give name of the state where it is popular?</b></p> 	
12	<b>Draw standard mark Hallmark.</b>	1
13	<b>State two main characteristics of Development Communication.</b>	1
14	<p><b>Your sister wants to setup her own Creche. What aspects she should be taking care while setting it?</b></p> <p style="text-align: center;"><b>OR</b></p> <p><b>Give the guiding principles of Early Childhood Care and Education.</b></p>	1
	<b>SECTION B (CASE STUDY BASED QUESTION)</b>	
15	<p><b>Protein- Energy Malnutrition is the problem for every society and country. It is more prevalent in developing countries as compared to developed countries. Its main cause is- insufficient intake of food in terms of daily nutritional requirements of individuals in both quantity and quality. Apart from this, infections in children like- diarrhoea, measles, breathing infections, worms in intestines also give rise to Protein- Energy Malnutrition.</b></p> <p><b>Deficiency of what causes Marasmus disease?</b></p> <p>a) Deficiency of Vitamin A  b) Deficiency of Iron  c) Deficiency of Vitamin D  d) Energy and Protein deficiency.</p>	1

16	<p><b>Which disease is caused in children due to the deficiency of energy and protein?</b></p> <p>a) Night blindness b) Goitre c) Kwashiorkor d) Anaemia</p>	1
17	<p><b>Which of the disease is caused in adults due to deficiency of Iron?</b></p> <p>a) Rickets b) Osteomalacia c) Tuberculosis d) Anaemia</p>	1
18	<p><b>Which of the following is an incorrect statement?</b></p> <p>a) Infections in children like- measles, diarrhoea also increases malnutrition.</p> <p>b) Worms in intestines also give birth to malnutrition.</p> <p>c) This problem is negligible in developing countries.</p> <p>d) Insufficient food intake increases malnutrition.</p>	1
	<p><b>Large institutions like - hospitals, hotels have their own laundry departments.</b></p> <ul style="list-style-type: none"> <li>● <b>Health care sector - here laundry takes care of hygiene, cleanliness and disinfection. In hospitals primarily excellent fast dyes are used, which can easily be washed. Special finishes like stiffening or bleaching may not be done to perfection.</b></li> <li>● <b>Hospitality sector - In this field, hygiene and cleanliness are the main areas of concern. White clothes are bleached, so that these are spotless clean.</b></li> </ul> <p><b>Clothes of different yarn, weaves and finishes are used in hotel and restaurants. So, while washing, suitable washing ingredients and methods are taken into consideration.</b></p>	

19	<p><b>What kinds of clothes are used in hospitals?</b></p> <ul style="list-style-type: none"><li>a) Synthetic</li><li>b) Silk</li><li>c) Cotton</li><li>d) Wool</li></ul>	1
20	<p><b>Which sector lays stress on aesthetics and finishes of clothes?</b></p> <ul style="list-style-type: none"><li>a) Hospital</li><li>b) Hostel</li><li>c) Hotel</li><li>d) Prison</li></ul> <p style="text-align: center;"><b>OR</b></p> <p><b>System of ----- helps to identify clothes according to each customer.</b></p> <ul style="list-style-type: none"><li>a) Machine</li><li>b) Tags</li><li>c) Repairing</li><li>d) Stiffening</li></ul>	1
21	<p><b>Which of these is not a Finish?</b></p> <ul style="list-style-type: none"><li>a) Folding</li><li>b) Ironing</li><li>c) Starching</li><li>d) Calendering</li></ul> <p style="text-align: center;"><b>OR</b></p> <p><b>Involvement of operator is not required in -----</b></p> <ul style="list-style-type: none"><li>a) Manually Operated machine</li><li>b) Fully Automatic machine</li><li>c) Semi-Automatic machine</li><li>d) Laundry</li></ul>	1

	<b>SECTION C</b>	
22	<p>How one can improve work life?</p> <p style="text-align: center;">OR</p> <p>How can an intelligent and smart manager provide an excellent work environment? Write four points.</p>	2
23	Which fields you can choose in clinical nutrition for a career?	2
24	<p>What is meant by Hidden hunger?</p> <p style="text-align: center;">OR</p> <p>Give difference between underweight and wasting.</p>	2
25	To be a successful Journalist, one should have a knowledge of language and computer skills. Explain.	2
26	What are the services provided by the food and beverage department?	2
27	What is SOS children's village? Write its two objectives.	2
28	Give differences between Formal balance and Horizontal Balance. Make suitable diagrams also.	3
29	<p>Give details of any three programs organized for Youth in India.</p> <p style="text-align: center;">OR</p> <p>Why are Elderly vulnerable? Write six points.</p>	3
30	<p>What skills will your friend require in the field of care and maintenance of clothes for earning a living? Mention the scope in this field.</p> <p style="text-align: center;">OR</p> <p>Rama wants to get her heavy curtains ironed from dhobi. Explain the type of Iron they use and how is it beneficial?</p>	4



31	Your brother has set up a factory to prepare jam-jelly, which four points he should keep in mind for ensuring food quality?	4
32	According to Juvenile Justice Act, when is a child called a delinquent?	4
33	How can you start your own work/ self-employment in the field of Food processing and Technology? Explain.	4
34	What is Diet therapy? Write its four objectives. Give its two types also.	5
35	<p>Explain your mother any four problems / malpractices while buying goods from the market? What are standardised marks?</p> <p style="text-align: center;">OR</p> <p>After taking training in Consumer Education and Protection, which career options are available to students?</p>	5
36	How can you create Harmony in your dress? Explain with two examples.	5