

**शिक्षा निदेशालय, राष्ट्रीय राजधानी क्षेत्र दिल्ली**  
**Directorate of Education, GNCT of Delhi**  
**Suggested Answers of Practice Paper**  
**Term-II (Session-2021-2022)**  
**Class - XI**  
**Home Science (Code: 064)**

Q. No.	SECTION - A	Marks
1.	1) Wash clean and dry, ensure no moisture before they are packed and stored away. 2) Woolens should be brushed well and dry cleaned before they are stored. 3) All stains and starch should be removed before storing. 4) The shelves, boxes or closets chosen for storing should be clean, dry and insect free, away from dust and dirt. 5) Pack loosely in cupboards or trunks. Too compact and tight packing may result in permanent creases at the folds of the fabrics. 6) Put insect repellents like naphthalene balls, neem leaves etc. Any other (Any four)	$\frac{1}{2} \times 4=2$
2.	Common qualities of persons rated 'high' on the wellness and well-being profile- i. High self-esteem, a positive outlook, and a sense of purpose ii. A strong sense of personal responsibility and commitment iii. A good sense of humor iv. A concern for others v. A respect for the environment vi. A physically fit and an integrated healthy lifestyle vii. Absence of addictive behaviours viii. A capacity to cope with life's challenges ix. An ability to continue to learn x. A capacity to love and an ability to nurture xi. An ability for effective communication. Any other (Any four)	$\frac{1}{2} \times 4=2$
3.	Four ways to adopt the affection- oriented disciplining approach in child rearing 1) Parents should explain to the children about the consequence of their actions and reason with them and to prevent them from doing unsuitable actions. 2) Parents should be firm in their discipline but are affectionate and gentle with the child. 3) Parents must themselves model (show) the qualities they wish the children should have, 4) Parents should not use punishment to discipline the child and use explanation to point out desirable behaviour. Any other (Any four)	$\frac{1}{2} \times 4=2$

**OR**

**Motor Development Milestones**

1	Birth-3 Months	Lifting and holding the head
2	Newborn	Newborns can move their head from side to side slightly
3	1 month	They can raise their head
4	2 months	They can also lift their chest while lying on stomach
5	3 months	The infant begins to hold her/his head, and this is a major milestone in development. If the child is unable to do this even by the age of 6 months, it shows that there is delay in development
6	4 - 6 months	Can roll over from back to stomach and stomach to back

(Any four)

$\frac{1}{2} \times 4=2$

- 4.
- Babies should be put on breast milk soon after birth because during the first 2-3 days a yellow-coloured fluid known as colostrum is produced. Babies must be fed on it as it is very rich in antibodies and protects a child from infections. WHO recommends exclusive breast feeding for six months.
  - Besides energy, children should get:
    - Protein - For growth.
    - Calcium - For healthy bones.
    - Iron - For growth and expansion of blood volume

$1+1=2$

5. Important deficiency diseases that may occur in childhood
- Protein Energy Malnutrition (PEM): leads to growth retardation and infections leading to diarrhoea and dehydration
  - Anemia: caused due to iron deficiency
  - Nutritional blindness: results due to vitamin A deficiency
  - Rickets and osteopenia are bone-related: due to shortage of vitamin D and calcium
  - Goitre (enlargement of the thyroid gland): due to deficiency of Iodine
- (Any four)

$\frac{1}{2} \times 4=2$

**OR**

**National Immunisation Schedule (Recommended by ICMR)**

Age of the child	Vaccine
Birth	BCG, OPV, HEP B
6 weeks	OPV, PENTA (DPT + Hep B + Hib)
10 weeks	OPV, PENTA (DPT + Hep B + Hib)
14 weeks	OPV, PENTA (DPT + Hep B + Hib)
9 months	MR (Measles, Rubella)

$\frac{1}{2} \times 4=2$

Full names of four important vaccines

- BCG-Bacillus Calmette-Guerin (anti TB)
  - OPV-Oral Polio Vaccine
  - DPT-Diphtheria, Pertussis and Tetanus
  - HEP B- Hepatitis B
  - Hib- Haemophilus influenzae type b (Hib) bacteria
- Any other (Any four)

6. The features of pre-school age children's garments are:
- The garments should be able to withstand the wear and tear as children in this age group play a lot.
  - The open part of front should be big or long.
  - Should have large and comfortable neckline.
  - Collar in clothing should be avoided.
  - Design and colour should be attractive






$\frac{1}{2} \times 4=2$

	<p>6) Promote self-help features for both child and the mother.</p> <p>7) Clothes should be made from lightweight materials that are pre-shrunk and are easy to care.</p> <p>8) Cotton is the most suitable fabric for preschoolers. It is hygienic, absorbent, and easy to launder.</p> <p>9) The design features on the ready-to-wear preschooler's dress must provide ease in care.</p> <p>Any other (Any four)</p>	
7.	<p>Complementary Foods Examples-</p> <p>Egg Yolk - by 7 months, starting with half teaspoon</p> <p>Pulse and cereals - well-cooked separately or in combinations. Milk and sugar may be added</p> <p>Any other (Any Two)</p> <p>Guidelines for complementary feeding</p> <ol style="list-style-type: none"> <li>1) Only one food should be introduced at a time.</li> <li>2) Small quantities should be fed in the beginning which can be gradually increased.</li> <li>3) Do not force if the child dislikes any food. Try something else and re-introduce later.</li> <li>4) Spicy and fried foods should be avoided for small babies.</li> <li>5) All types of food should be encouraged without showing personal dislikes.</li> </ol> <p>Any other (Any Two)</p>	1+1=2
<b>SECTION - B</b>		
8.	<p>Principles underlying sound investments</p> <ol style="list-style-type: none"> <li>1) Safety of the principal amount</li> <li>2) Reasonable rate of return</li> <li>3) Liquidity</li> <li>4) Recognition of effect of world conditions</li> <li>5) Easy accessibility and convenience</li> <li>6) Investing in needed commodities</li> <li>7) Tax efficiency</li> <li>8) After investment service</li> <li>9) Time period</li> <li>10) Capacity</li> </ol> <p>Any other (Any Six)</p> <p><b>OR</b></p> <p>Main sources of credit facility</p> <ol style="list-style-type: none"> <li>a) Commercial banks</li> <li>b) Cooperative banks and agricultural banks</li> <li>c) Credit unions</li> <li>d) Self-help groups</li> </ol> <p>Any other (Any Two)</p> <p>4 Cs of credit</p> <ol style="list-style-type: none"> <li>1) <b>Character</b> means willingness and determination to repay a loan as agreed, even though it is at greater cost and inconvenience than the borrower anticipated.</li> <li>2) <b>Capacity</b> means the ability to meet an obligation when it is due.</li> <li>3) <b>Capital</b> means net worth.</li> <li>4) Collateral consists of specific units of capital which are pledged as security for a given loan.</li> </ol>	<p><math>\frac{1}{2} \times 6 = 3</math></p> <p>1+2=3</p>

9.	<p>Clothes for Children with Special Needs-</p> <p>Garments for children with special needs are selected according to the type of disability and the associated difficulties.</p> <ol style="list-style-type: none"> <li>1) Comfort is the primary criterion, cotton is the most preferred fabric for summer, and velvet, corduroy and wools for winter.</li> <li>2) The garments should be strong to withstand abrasion in case the children use orthotic devices or wheelchairs.</li> <li>3) Garments should have reinforcements at specified areas for calipers and braces.</li> <li>4) Openings should be easily accessible and easy to fasten. Hence, Velcro and zippers with key chains are good choices.</li> <li>5) Garments should be easy to wash.</li> <li>6) Wearing and taking off should be simple, and so wider necklines, waist belts with elastics, front open plackets and front pockets can be the preferred choices.</li> <li>7) Aesthetic appeal in colour and print so that the wearer feels good. They should be well-stitched yet easy to wear.</li> <li>8) The clothes not only must be appealing to the eye and comfortable to wear, but also ecologically and socio-culturally appropriate.</li> </ol> <p>Any other (Any Six)</p>	$\frac{1}{2} \times 6 = 3$
10.	<p>Budget is the most common planning device for the use of money. A budget is a plan for future expenditure.</p> <p>A family budget gives in detail the income and the expenditure for a month or a year. It mentions all the sources of income during the period and all the items of expenditure under different headings, such as food, clothing, housing, entertainment, travel, education, health and medicine and savings.</p> <p>There are mainly five steps in making a budget.</p> <ol style="list-style-type: none"> <li>(i) List the commodities and services needed</li> <li>(ii) Estimate the cost</li> <li>(iii) Estimate total expected income</li> <li>(iv) Bring expected income and expenditure into balance.</li> <li>(v) Check plans</li> </ol>	$\frac{1}{2} + 2\frac{1}{2} = 3$
<b>SECTION - C</b>		
11.	<p>Dimensions of a healthy lifestyle -</p> <ol style="list-style-type: none"> <li>1) <b>Social aspect:</b> This emphasizes the interdependence with others, making friends and having meaningful, satisfying, and stable relationships with others.</li> <li>2) <b>Physical aspect:</b> This refers to deliberate choices for a lifestyle that includes adequate physical activity, well balanced diets, and good fitness regimen</li> <li>3) <b>Intellectual aspect:</b> This encompasses the extent to which one engages in creative, stimulating mental activities</li> <li>4) <b>Occupational aspect:</b> This is concerned with the satisfaction gained from one's work and how much one feels enriched by the work.</li> <li>5) <b>Emotional aspect:</b> This is closely related to the degree of awareness and acceptance that one has of one's feelings.</li> <li>6) <b>Spiritual aspect:</b> This addresses one's continuous involvement in seeking meaning and purpose of life and living,</li> <li>7) <b>Environmental aspect:</b> This deals with the interaction and interdependence between humans and the environment.</li> <li>8) <b>Financial aspect:</b> This focuses on informed decision-making and learning how to manage financial resources wisely, save, invest, and plan for the future.</li> </ol>	$\frac{1}{2} \times 8 = 4$



Diagram showing a holistic approach to wellbeing.

12. a) Grease solvents: Turpentine, kerosene, white petrol, methylated spirit, acetone, carbon tetra chloride  
Grease absorbents: Bran, Fuller's earth, talcum powder, starch, French chalk  
(Any two)
- b) General considerations- Removal of stains
- i. Remove the stain when fresh.
  - ii. Identify the stain and use the right procedure for its removal.
  - iii. For unknown stains, start with a simple process and move to a complex one.
  - iv. Repeated use of milder reagent is better than one time use of a strong agent.
  - v. Wash all fabrics with soapy solution after stain removal to remove all traces of chemicals from it.
  - vi. Dry fabrics in the sun as sunlight acts as natural bleach.
  - vii. For delicate fabrics try out the chemicals on a small portion of fabric; if they damage the fabric, do not use them.
- (Any four)
- c)
- Do not bleach  or  or 
- Dry in shade  or 
- For Visually impaired candidates in lieu of part C**  
Techniques of stain removal (Any two)
- i. Scraping
  - ii. Dipping
  - iii. Sponging
  - iv. Drop Method

- a. For dry-cleaning, the most common solvents used are perchloro-ethylene, a petroleum solvent, or a fluorocarbon solvent.
- b. When cleaning is done by solvents or absorbents it is called Dry-cleaning. It is generally done in industrial establishments and not at the domestic level.
- The items are brought to the drycleaner's and identified with a tag that includes special instructions. Items are first inspected and treated at a spot board. Customers who identify the stains for the dry cleaner make the cleaning task easier and satisfactory.
  - Additional treatment that many dry cleaners are equipped to do include replacing buttons, doing minor repairs to items, replacing sizing, water repellency and other finishes like permanent creases, moth proofing and cleaning fur and leather.
  - Some dry cleaners also clean and sanitise feather pillows, blankets, quilts and carpets, and clean and press draperies.

c. Do not iron



or



Use cold water

(Instead of 30, students might write as 29°C, as given in the NCERT (Prescribed Textbook))

**For Visually impaired candidates in lieu of part c**

Two methods of washing - (Any two)

- i. Friction washing
- ii. Kneading and squeezing
- iii. Suction
- iv. Washing by machines

1+2+1=4

13. The Concrete Operational stage – 7-11 years: This stage corresponds to the stage of middle childhood

Characteristics-

- 1) The child can now mentally reverse performed actions and focus on multiple dimensions or aspects of a problem at the same time.  
Example of pouring water into another glass, she/he can reason that when the water is poured from the wide glass to the narrow glass, the amount of water does not change because nothing was added.
- 2) The children at this stage are less egocentric. They see that different people can see the same event in different ways because of different situations and different sets of values. This helps in the development of emotions especially emotions of sympathy and empathy.
- 3) The child develops a stable number concept – she/he understands how much quantity a particular number signifies and does not make errors in counting. She/he can understand that a particular object can belong to a number of different categories, Example of fruits- Fruits can be classified as those with seeds and those without seeds; the same set of fruits can also be classified as fruits that grow in winter and those that grow in summer; and also, on the basis of their taste, sweet or sour.  
Thus, the same fruit would belong to different sets with each criterion of classification.

1+3 =4