

**Directorate of Education, GNCT of Delhi**  
**Practice Paper**  
**(2024-2025)**  
**Class – XII**  
**Home Science (064)**

Time : 3 hours

Maximum Marks : 70

**GENERAL INSTRUCTIONS :-**

1. All questions are compulsory.
2. This question paper contains 35 questions.
3. Question paper is divided into four sections – A, B, C and D.
4. Section 'A' has questions No. 1 to 14 are Multiple Choice Questions and are of 1 mark each.
5. Section 'B' has questions No. 15 to 18 are Case Based Questions and are of 1 mark each.
6. Section 'C' has questions No. 19 to 25 are of 2 marks each and questions No. 26 to 29 and are of 3 marks each.
7. Section 'D' has questions No. 30 to 33 are of 4 marks each and questions No. 34 to 35 and are of 5 marks each.
8. Internal choices are given in some questions.
9. Support your answers with suitable examples wherever required.

S.No.	SECTION A (MULTIPLE CHOICE QUESTION)	Marks
1.	The Government of India provides pre-school education in urban and rural areas through which of the following?  (A) Creches (child care centres) (B) Anganwadis (C) Montessori schools (D) Day care centres	1
2.	Which one of the following best defines the role of G.H.P.?  (A) Manufacturers or processors take proactive steps for product safety (B) Minimize or eliminate contamination and false labeling (C) Helps the consumers to buy safe products (D) It ensures that all food handlers have adopted good hygiene practices	1

3.	<p>Sun drying is the oldest method of food preservation. Which principle of food preservation is involved in it?</p> <p>(A) Lowering of temperature  (B) Reduction of pH  (C) Removal of water  (D) Controlling the availability of oxygen</p>	1
4.	<p>Which of the following department is not a part of support services department?</p> <p>(A) Finance and accounts  (B) Front Office  (C) Human resource Department  (D) Sales and marketing department</p>	1
5.	<p>Which quality is not required for an entrepreneur to achieve his goals?</p> <p>(A) Willingness to work hard  (B) Good communication skills  (C) Positive attitude  (D) Rigidity in decision making</p> <p style="text-align: center;"><b>OR</b></p> <p>_____ are abilities that enable people to function in challenging situations</p> <p>(A) Values  (B) Life skills  (C) Attitude  (D) Negative behavior</p>	1
6.	<p>After surgery of stomach your uncle is unconscious, which mode of feeding would be preferred for him and why?</p> <p>(A) Oral feeding and easy to chew  (B) Tube feeding and easy to digest  (C) Intravenous feeding and to get nourishment  (D) Nasogastric feeding and nutrition</p>	1
7.	<p>Shalini wants to pursue her career in the field of development communication. Which one is the best option for her from the following option?</p> <p>(A) Visual Merchandiser  (B) Child Professional</p>	1

	(C) Radio Jockey (D) Research Scholar											
8.	Choose the correct pair of minimally processed food with its correct example.  (A) <del>Preserved</del> Food : Lactose free milk (B) Manufactured Foods : Canned fruits (C) Medical foods : Pickle (D) Formulated Foods : Cake	1										
9.	What services were provided in the sustainable access in rural India (SARI) project?  (A) Employment services (B) E-Government services (C) Agricultural services (D) Community services	1										
10.	Which of the following quality does not determine the texture of the fabric?  (A) Fibre type (B) Yarn type (C) Ornamentation of fabric (D) Cost of Fabric	1										
11.	Match the traditional occupations of India given in List I with the Indian states given in List II -  <table style="width: 100%; border: none;"> <thead> <tr> <th style="text-align: left;">List I (Traditional Occupation)</th> <th style="text-align: left;">List II (States)</th> </tr> </thead> <tbody> <tr> <td>i. Shola Craft</td> <td>1. Karnataka</td> </tr> <tr> <td>ii. Coconut Craft</td> <td>2. Odisha</td> </tr> <tr> <td>iii. Warli Painting</td> <td>3. Kerala</td> </tr> <tr> <td>iv. Channapatana Dolls</td> <td>4. Maharashtra</td> </tr> </tbody> </table> <p>Choose the correct option from the following -</p> <p>(A) i - 4, ii - 3, iii - 2, iv - 1 (B) i - 1, ii - 2, iii - 3, iv - 4 (C) i - 3, ii - 4, iii - 1, iv - 2 (D) i - 2, ii - 3, iii - 4, iv - 1</p>	List I (Traditional Occupation)	List II (States)	i. Shola Craft	1. Karnataka	ii. Coconut Craft	2. Odisha	iii. Warli Painting	3. Kerala	iv. Channapatana Dolls	4. Maharashtra	1
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12.	Match the disease related conditions given in List I with the appropriate diets given in List II -  <table style="width: 100%; border: none;"> <thead> <tr> <th style="text-align: left;">List I (<del>Disease related Condition</del>)</th> <th style="text-align: left;">List II (Diet)</th> </tr> </thead> </table>	List I ( <del>Disease related Condition</del> )	List II (Diet)	1								
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	<p>i. In case of Diabetes</p> <p>ii. In case of Surgery</p> <p>iii. In case of high blood-pressure</p> <p>iv. In case of kidney failure</p> <p>1. Low protein rich diet</p> <p>2. Low Sodium rich diet</p> <p>3. High protein rich diet</p> <p>4. Low Carbohydrate diet</p> <p><b>Choose the correct option from the following -</b></p> <p>(A) i - 4, ii - 1, iii- 2, iv - 3</p> <p>(B) i - 4, ii - 3, iii - 2, iv - 1</p> <p>(C) i - 2, ii - 1, iii - 3, iv - 4</p> <p>(D) i - 3, ii - 1, iii - 4, iv – 2</p>	
<p><b>13.</b></p>	<p>The elderly are kept in vulnerable group due to various reasons.</p> <p>(i) Increase financial resources</p> <p>(ii) Nuclear family system</p> <p>(iii) Decreased defence mechanism</p> <p>(iv) Improved physiological reserves</p> <p><b>Choose the correct option from the following –</b></p> <p>(A) (i) and (ii)</p> <p>(B) (ii) and (iii)</p> <p>(C) (iii) and (iv)</p> <p>(D) (i) and (iv)</p>	<p>1</p>
<p><b>14.</b></p>	<p>Which of the following <b>are</b> the examples of physical hazard?</p> <p>(i) Hair</p> <p>(ii) Fly</p> <p>(iii) Buttons</p> <p>(iv) Mosquito</p> <p><b>Choose the correct option from the following –</b></p> <p>(A) (i) and (ii)</p> <p>(B) (ii) and (iii)</p> <p>(C) (ii) and (iv)</p> <p>(D) (i) and (iii)</p> <p style="text-align: center;"><b>OR</b></p> <p>Which of the following are the examples of chemical hazards?</p> <p>(i) Molds</p> <p>(ii) Viruses</p>	

	<p>(iii) Adulterants (iv) Cleaning Chemicals</p> <p><b>Choose the correct option from the following –</b></p> <p>(A) (i) and (ii) (B) (ii) and (iii) (C) (iii) and (iv) (D) (i) and (iv)</p>											
<p><b>SECTION B (CASE STUDY - BASED QUESTIONS)</b></p>												
	<p><b>Read the passage carefully and answer Question no. 15 to 18</b></p> <p>Public health nutrition is the field of study that is concerned with promotions of good health through prevention of nutrition-related illnesses / problems in the population, and the government policies and programmes that are aimed at solving these problems. Public health nutritionists / professionals use large scale, organised and multidisciplinary approaches to solve the problems that affect the population i.e. large number of people for whom group action is necessary. Therefore, this field is multidisciplinary in nature and is built on the foundation of biological and social sciences.</p> <p><b>(Source : (Human Ecology and Family Sciences, Part I, N.C.E.R.T.), (Class – XII)</b></p>											
<p><b>15.</b></p>	<p>Which of the following is an incorrect pair ?</p> <p>(A) Soft diet : Semi-solid food (B) Liquid diet : Fluids high in fiber and fats (C) Regular diet : Normal foods, all food groups included (D) Mechanical soft diet : Mashed and pureed foods</p>	<p>1 (CBQ)</p>										
<p><b>16.</b></p>	<p>Match the micronutrients given in List I with the diseases given in List II -</p> <table style="width: 100%; border: none;"> <thead> <tr> <th style="text-align: left; width: 50%;">List I (Micronutrients)</th> <th style="text-align: left; width: 50%;">List II (Disease)</th> </tr> </thead> <tbody> <tr> <td>i. Iron</td> <td>1. Night blindness</td> </tr> <tr> <td>ii. Vitamin A</td> <td>2. Goitre</td> </tr> <tr> <td>iii. Protein</td> <td>3. Anaemia</td> </tr> <tr> <td>iv. Iodine</td> <td>4. Kwashiorkor</td> </tr> </tbody> </table> <p><b>Choose the correct option from the following-</b></p>	List I (Micronutrients)	List II (Disease)	i. Iron	1. Night blindness	ii. Vitamin A	2. Goitre	iii. Protein	3. Anaemia	iv. Iodine	4. Kwashiorkor	<p>1 (CBQ)</p>
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17.	<p><b>Given below are two statements labeled as Assertion (A) and reason (R).</b></p> <p><b>ASSERTION (A) :</b> Diets or food based strategies can be adapted to different cultural and dietary traditions.</p> <p><b>REASON (R) :</b> The main reason for this is that they can be suggested by simply changing the diet.</p> <p><b>Select the most appropriate answer from the options given below:</b></p> <p>(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.</p>	1 (CBQ)
18.	<p><b>Given below are two statements labeled as Assertion (A) and reason (R).</b></p> <p><b>ASSERTION (A) :</b> Production and popularization of low-cost nutritious food items using indigenous and local raw materials with the help of women is an appropriate short-term intervention to address nutritional problems.</p> <p><b>REASON (R) :</b> This provides nutritious food to all sections of the society at affordable rates. It has been proven to help reduce under-nutrition and improve the health of the population.</p> <p><b>Select the most appropriate answer from the option given below:</b></p> <p>(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.</p>	1 (CBQ)

	<b>SECTION – C (SHORT ANSWER QUESTIONS)</b>	
<b>19.</b>	<p>Integrated Child Development Services (I.C.D.S.) is an outreach programme. List any four initiatives undertaken under this programme.</p> <p style="text-align: center;"><b>OR</b></p> <p>Under the social security programme, self-employment and wage employment schemes have been launched targeting the elderly, women and underprivileged sections. List any four such programmes.</p>	2 (CBQ)
<b>20.</b>	Reshma wants to buy clothes for herself. On what four factors will the selection of colour of the clothes depend?	2 (CBQ)
<b>21.</b>	Enlist any four important needs of youth.	2
<b>22.</b>	Enlist any four ways of environment conservation in hospitality sector.	2
<b>23.</b>	What are the four essential features of laundry of hospitality sector?	2
<b>24.</b>	Now a days youth are given importance for the jobs in hospitality industry. What are the reasons for giving preference to youth in this industry?	2 (CBQ)
<b>25.</b>	<p>In what two ways SOS children villages are different from I.C.D.S.?</p> <p style="text-align: center;"><b>OR</b></p> <p>Enlist any four reasons of considering children in the vulnerable groups.</p>	2
<b>26.</b>	<p>Vihaan is interested to make his career in the field of Communication and Journalism. Write down any two objectives of development journalism and any four important features of public services announcement (PSA).</p> <p style="text-align: center;"><b>OR</b></p> <p>Communication provides information about the available technologies, leading to the advancement of the society.</p> <p>Enlist any two creative and four technical skills required by a person to make his/her career in the field of development communication and journalism.</p>	3 (CBQ)
<b>27.</b>	What is grey scale? Explain any four scope in the field of fabric and apparel.	1 + 2 = 3

28.	<p>(a) List any one National and One International food standard.</p> <p>(b) Describe any two important functions of World Trade Organization (W.T.O.).</p> <p>(c) Enlist any two features of CODEX.</p>	3
29.	<p>Discuss any six ways of improving traditional Occupations.</p> <p style="text-align: center;"><b>OR</b></p> <p>Enlist any six needs of Ergonomics?</p>	3
<b>SECTION - D (LONG ANSWER QUESTIONS)</b>		
30.	<p>(a) Enlist any four methods of nutritional assessment?</p> <p>(b) State any four main objectives of diet therapy?</p>	2 + 2 = 4
31.	<p><b>Food processing is the set of method and techniques used to transform raw ingredients into finished and semi-finished products</b></p> <p>(a) What activities are included in the field of food industry?</p> <p>(b) Explain each of the following with two examples.</p> <p>(i) Perishable food</p> <p>(ii) Semi perishable food</p> <p>(iii) Non-perishable food</p>	1+3=4 (CBQ)
32.	<p>In order to prepare for a career in the field of Early childhood care and education (E.C.C.E.), it is essential to have studied about children's development and basic principles of care.</p> <p>a) Why is substitute care important? Give any two reasons.</p> <p>b) Define any six skills required by an early childhood professional.</p> <p style="text-align: center;"><b>OR</b></p> <p>Pre-school play important role in the growth and development of the children by providing various special facilities and services.</p> <p>a) Mahi is a three-year-old young child. Give any two-characteristic seen in her.</p>	1+3=4 (CBQ)



	b) List down any six important characteristics of a good pre-school.	
<b>33.</b>	<p>Special care and maintenance is necessary to maintain the special qualities of the fabric materials and to extend their life Span.</p> <p>a) Explain the two types of operations in the dryers of commercial and institutional laundries.</p> <p>b) What is the difference between the spinning and bottom drain of the water extraction process?</p>	2+2=4 (CBQ)
<b>34</b>	<p>Fashion design any business is an exciting career option in which the creative urge and materialistic needs of a person are fulfilled.</p> <p>What is the difference between fashion and style? Discuss any four essential skills for becoming successful fashion designer and merchandiser.</p> <p style="text-align: center;"><b>OR</b></p> <p>A career in fashion merchandising offers a sustainable livelihood through creativity and innovation.</p> <p>Enlist any two types of merchandisers involved in an Export house. Discuss any four-livelihood option in the field of fashion design and merchandising.</p>	1+4=5 (CBQ)
<b>35</b>	<p>Informed consumer makes better choices, encourage fair business practices and help drive positive change in the market.</p> <p>a) Enlist any four printed publications for consumers.</p> <p>b) List six common ways by which shopkeepers and vendors deceive customers using incorrect weights and measurements.</p>	2+3=5 (CBQ)