

Directorate of Education, GNCT of Delhi
Mid Term Practice Paper
(2025-2026)
Class – XII
Home Science (064)

Time : 3 hours

Maximum Marks : 70

GENERAL INSTRUCTIONS

- 1.All questions are compulsory.
- 2.There are 32 questions in this paper.
- 3.Question paper is divided into three sections- A, B and C.
- 4.Section A has question no.1 to 14 multiple choice questions and are of 1 mark each.
- 5.Section B has question no.15 to 21 of 2 marks each and question no. 22 to 25 of 3 marks each.
- 6.Section C has question no. 26 to 30 of 4 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)

- 1Why is a child aged three to six years called a pre-school child? 1
(A) Because formal education begins
(B) He is ready to live in an environment that is outside the family.
(C)Because of the tendency to jump around
(D) Because of the curious nature
- 2 What is the main feature of community radio? 1
(A) Earning profit through advertisements
(B) Need for more investment
(C) Run and controlled by local people
(D) More use of Hindi language
- 3 What kind of diet is given to the patient immediately after operation, in case of high fever, vomiting or diarrhoea? 1
(A)Normal diet
(B) Liquid diet
(C) Mechanical soft diet
(D) Soft food
- 4 Who developed the process of canning food and in which year? 1
(A) Nicolas Appert, 1810
(B)Louis Pasteur 1810
(C) Nicholas Appert 1920
(D) Kiran Mazumdar Shaw 1880

5 What is that medium of development communication called, in which various communication methods and materials like meetings, articles in letters, leaflets, tours etc. are used to fulfill a specific purpose? 1

- (A.) Campaign
- (B.) Print media
- (C.) Information Communication Technology
- (D). Journalism

6 What is the basic objective of early childhood care and education? 1

- (A) To provide moral education
- (B) To provide nutritious food
- (C) To prepare for formal school
- (D) To provide formal education

(7) What are those substances called which are beneficial for health, may be parts of natural foods or manufactured food products and in which specific substances are added for health benefits? 1

- (A) Medical food
- (B) Bioactive compounds
- (C) Phytochemicals
- (D) Nutraceuticals

8 Which of the following is true about social entrepreneurs? 1

- (A) Social entrepreneurs are innovative and work continuously for their company.
- (B) Social entrepreneurs bring economic benefits to their company.
- (C) Social entrepreneurs look for easy solutions.
- (D) Social entrepreneurs work for the welfare of the weak and deprived group.

9 Junaid wants to adopt a child. Which government agency facilitates the adoption process? 1

- (A) K.A.R.A
- (B) C.A.R.A
- (C) S.O.S
- (D) I.C.D.S

10 What is the purpose of Pasteurization? 1

- (A) To destroy disease causing organisms
- (B) For variety
- (C) To increase nutritional value
- (D) To enhance taste

11 Excessive use of approved preservative colours in foods is an example of _____. 1

- (A). Chemical hazard
- (B.) Physical hazard
- (C) Food adulteration
- (D) Biological hazard

12 Match the List I with List II.

1

List I (Program)	List II(Activity)
1 National Service Scheme	I Mountaineering
2 National service volunteer scheme.	II Rallies and Jamborees
3 Promotion of adventure activities.	III Tree plantation
4 Scouts and Guides	IV Formal education

Choose the correct option from the following-

- (A) 1-IV, 2-III, 3-II, 4-I
- (B) 1-I, 2-II, 3-III, 4-IV
- (C) 1-III, 2-IV, 3-I, 4-II
- (D) 1-III, 2-I, 3-IV, 4-II

13 Given below are two statements labelled as Assertion (A) and Reason (R) -
Assertion (A): Beti Bachao Beti Padhao scheme was launched on 22 January 2015.

1

Reason (R): It is helpful in implementing the RTE Act of the government.
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, and R is not the correct explanation of A.
- (C) A is true, but R is false.
- (D) A is false, but R is true.

14 Given below are two statements labelled as Assertion (A) and Reason (R)
Assertion (A): Food based strategies are more beneficial for vulnerable groups.

Reason (R): These schemes do not carry the risk of overdose or toxicity.

Select the most appropriate answer from the options given below:

1

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

SECTION B (VERY SHORT AND SHORT ANSWER QUESTIONS)

15 A Write any two objectives of the Food Safety and Standards Act 2006.

2

OR

15 B Write any two characteristics of the World Trade Organisation.

16 A Neelima is working as a manager in a bank. What are the essential process skills she should follow at her workplace? 2

OR

16 B Manpreet is satisfied with his job in an export enterprise. What is a person's attitude towards work called and How it affects the quality of work life?

17 A Ten year old Raju was arrested by the police for gambling. Under which act will he be treated? Write the main feature of this act. 2

Or

17 B Bahadur's 13-year-old daughter has been found after being kidnapped, but her family is unwilling to keep her. Explain about the state-run institution that can provide shelter and care to her.

18 Red Ribbon Express was a nationwide campaign to create awareness about HIV AIDS. Name one national and one international agency that was involved in implementing this project. 2

19 Write any two points explaining about creche. 2

20 Rohini wants to start a drinking water pouch business in the field of food technology? What help can she get from the government ? 2

21 In the context of early childhood care and education, how is the theory of psychologist Jean Piaget different from that of Vygotsky? 2

22 Anthony has obtained a certificate of "Registered Dietitian" after completing his university education. Which three means of livelihood can he choose? 3

23 A. Write three reasons for the increasing importance of food processing and technology in the modern era. 3

OR

23 B Write any three types of processed food items with examples based on the extent and type of food processing

24 A Shruti is 12 months old. Write any three characteristics of her social development. 3

OR

24 B. Catherine is 3 years old. Write the characteristics of children of this age.

25 Write about the level of health care in India and their examples. 3

SECTION C(LONG ANSWER QUESTIONS)

26 The theory and practice of development communication and journalism is constantly evolving and today it has become an integral part of our lives. 4

I: What do you understand about the term Development Communication?

II Write any one expected feature of Development Communication.

III Compare print media and television as a medium of development communication.

27A Choice of career is the most important decision of life. Zubeda is confused about the choice of career after her 12th class examination. 4

I What factors should she consider while making her decision?

II Differentiate between career and livelihood.

OR

27 B An important challenge in India is to revive traditional knowledge and skill based occupations which are fast losing their importance.

I Give some examples of traditional occupations.

II Write any four ways of revival of traditional occupation.

28 I Classify the food items on the basis of shelf life. 4

II What are the main microorganisms that spoil food?

29 I What do you understand by clinical nutrition and dietetics? 4

II Write any three points of importance of clinical nutrition and dietetics .

30 Spurious and contaminated food items are not only harmful for health but also harm business and tourism. 4

I Write the full form of any two systems that ensure food safety and quality.

II Write any two roles of the food control system in maintaining food quality and safety.

31 I. Make your younger brother aware of any four possible side effects/dangers of over-nutrition. 5

II.Explain to him any three causes of over-nutrition, by avoiding which ,he can keep himself healthy.

32 Discuss in detail any five reasons why older people are vulnerable. 5

OR

Write about any five programmes run for the elderly in India.