

**QUESTION BANK**  
**CLASS XII**  
**HOME SCIENCE(CODE 064)**

NOTE: SUGGESTED VALUE POINTS ARE PROVIDED WITH EACH QUESTION FOR ANSWER FORMULATION

**CHAPTER - WORK LIVELIHOOD AND CAREER**

	1 MARK QUESTIONS	MAIN EXAM/ COMP TT. EXAM	YEAR
1	<p>Adjustment of human and machine is known as:</p> <p>(A) Ergonomics          (B) Entrepreneurship          (C) Human Resource Management          (D) Anthropometry</p> <p><b>Appropriate option:</b>(A) Ergonomics</p> <p>ANS. (A) Ergonomics</p>	COMP TT. EXAM	2025
2	<p>Which 'Article' of the Constitution of India guarantees equality of opportunity for all citizens in matters relating to employment and appointment to any office under the State?</p> <p>(A) Article 48(1)          (B) Article 16(1)          (C) Article 22(1)          (D) Article 52(1)</p> <p><b>Appropriate option .</b> (B) Article 16(1)</p>	COMP TT. EXAM	2025
3	<p>Select the traditional handicraft of Odisha.</p> <p>(A) Channapatna dolls          (B) Shola craft          (C) Bamboo craft          (D) Warli painting</p> <p><b>Appropriate option.</b> (B) Shola craft</p>	MAIN EXAM	2025

4	<p>Section 48 of which of the following Act states that creches should be maintained if more than thirty women are employed in an industry or factory ?</p> <p>(A) The Plantations Labour Act          (B) The Maternity Benefit Act          (C) The Factories Act          (D) The Mines Act</p> <p><b>Appropriate option</b> (C) The Factories Act</p>	MAIN EXAM	2025
5	<p>KGBV scheme provides school education in residential schools up to which class ?</p> <p>(A) Class 5          (B) Class 12          (C) Class 6          (D) Class 10</p> <p><b>Appropriate option</b> (B) Class 12</p>	COMP TT. EXAM	2024
6	<p>Which of the following personal attribute should be there for social entrepreneurship ?</p> <p>(A) Work in comfort zone          (B) Work only for health care          (C) Work for neglected and disadvantaged groups          (D) Work for financial gains</p> <p><b>Appropriate option</b> (C) Work for neglected and disadvantaged groups</p>	COMP TT. EXAM	2024
7	<p>Select the correct pair :</p> <p>(A) Woman Entrepreneur – Kiran Mazumdar Shaw          (B) Shri Mahila Griha Udyog Lijjat Papad – JRD Tata          (C) Cash crops – Less economic importance          (D) Section 16(1) – Factories Act</p> <p><b>Appropriate option</b> (A) Woman Entrepreneur – Kiran Mazumdar Shaw</p>	COMP TT. EXAM	2024
8	<p>Beti Bachao Beti Padhao Yojana was started by the Government of India with which of the following objectives ?</p> <p>(A) To enrol girls in a bridge course to prepare them for admission to a school          (B) To promote gender biased selection process          (C) To ensure survival, protection and education of the girl child          (D) To provide employment to all</p> <p><b>Appropriate option.</b> (C) To ensure survival, protection and education of the girl child</p>	MAIN EXAM	2024

9	<p>Use of _____ is important for designing tools, machines and workstations to reduce stress and health problems of the workers at the workplace.</p> <p>(A) Entrepreneurship (B) Ergonomics (C) Anthropometry (D) Physiology</p> <p><b>Appropriate option</b> (A) Entrepreneurship</p>	MAIN EXAM	2024
10	<p>Select the correct pair.</p> <p>(A) Warli :Maharashtra (B) Channapatna Dolls :Kerala (C) Shola Craft :Gujarat (D) Bamboo Craft :Punjab</p> <p><b>Appropriate option</b> (A) Warli :Maharashtra</p>	MAIN EXAM	2024
11	<p>In _____ scheme of the Government of India, girls are enrolled for a bridge course preparing them for entry into school education.</p> <p>(A) Beti Bachao, Beti Padao (B) Kasturba Gandhi Balika Vidyalaya (C) Ladli scheme (D) Sukanya Samridhi Yojana</p> <p><b>Appropriate option.</b> (B) Kasturba Gandhi Balika Vidyalaya</p>	COMP TT. EXAM	2023
12	<p>Name the famous handicraft of Odisha.</p> <p>(A) Shola craft (B) Embroidery (C) Stone sculpture. (D) Warli painting</p> <p><b>Appropriate option.</b> (A) Shola craft</p>	COMP TT. EXAM	2023
13	<p>Which of the following is not a characteristic of successful entrepreneurs ?</p> <p>(A) Flexibility (B) Willingness to learn (C) Not taking risk (D) Good communication skills</p> <p><b>Appropriate option.</b> (C) Not taking risk</p>	COMP TT. EXAM	2023
14	<p>Women cells have been created in Ministry of _____ to look at the problems of women workers.</p> <p>(A) Education (B) Home Affairs (C) Women and Child Development (D) Labour and Employment</p> <p><b>Appropriate option.</b> D) Labour and Employment</p>	MAIN EXAM	2023

15	Puppets are traditional handicraft of which State ? (A) Punjab (B) Uttar Pradesh (C) Rajasthan. (D) Goa <b>Appropriate option</b> (C) Rajasthan	MAIN EXAM	2023
16	Abilities that enable people to behave in healthy ways, particularly in situations that challenge them are known as : (A) Attitudes. (B) Life skills (C) Values. (D) Physical labour <b>Appropriate option.</b> (B) Life skills	MAIN EXAM	2023
	<b>2 MARK QUESTIONS</b>		
17	Name any one traditional handicraft each of Assam and Kerala.  <b>Suggestive value points</b>  <b>Assam</b> - Bamboo craft <b>Kerala</b> - Coconut craft	COMP TT. EXAM	2024
18	In a training program Jatin has learnt how life skills help to become successful in professional life . Which four core life skills would he now suggest to his team members at his workplace?  <b>Suggestive value points</b>  1. Self-awareness 2. Empathy 3. Communication 4. Interpersonal relationships 5. Decision making 6. Problem solving 7. Creative thinking 8. Critical thinking 9. Coping with emotions 10. Coping with stress	MAIN EXAM	2024

19	<p>'The role of ergonomics is important in improving the productivity of an organisation.' Support the statement by giving four benefits of ergonomics</p> <p><b>Suggestive value points</b></p> <p><b>Benefits of Ergonomics are-</b></p> <ol style="list-style-type: none"> <li>1. Reduces risk of injury and accidents</li> <li>2. Increases productivity</li> <li>3. Reduces mistakes and need to do the work again</li> <li>4. Increases efficiency</li> <li>5. Decreases absenteeism due to ill health / accidents / stress</li> <li>6. Improves morale of workers</li> </ol>	COMP TT. EXAM	2023
20	<p>The balance between life and work is not easy to achieve. Name any four essential soft skills required at the workplace in this context.</p> <p><b>Suggestive value points</b></p> <p><b>Four essential soft skills required at the workplace are-</b></p> <ol style="list-style-type: none"> <li>1. Working productively</li> <li>2. Learning effectively</li> <li>3. Communicating clearly</li> <li>4. Working cooperatively</li> <li>5. Thinking critically and creatively</li> <li>6. Concentration, alertness, presence of mind, tactfulness, empathy, soft skills, abilities to train, to delegate and to get others to do their work, forethought and vision, and the ability to multitask</li> </ol>	COMP TT. EXAM	2023
21	<p>List four pillars on which the science of ergonomics is set.</p> <p><b>Suggestive value points</b></p> <p><b>Four pillars of ergonomics-</b></p> <ol style="list-style-type: none"> <li>1. Anthropometry (body size and measurements)</li> <li>2. Biomechanics (musculoskeletal activities and forces exerted)</li> <li>3. Physiology</li> <li>4. Industrial psychology</li> </ol>	MAIN EXAM	2023

22	<p>Why are social entrepreneurs called social catalysts ? Write any two characteristics of an entrepreneur</p> <p><b>Suggestive value points</b></p> <p><b>Social entrepreneurs are called 'social catalysts' as they-</b></p> <ol style="list-style-type: none"> <li>1. focus on social good</li> <li>2. achieve large scale social benefits</li> <li>3. work for underserved/neglected/ disadvantaged people</li> <li>4. help those who lack financial resources</li> <li>5. create/bring social changes</li> <li>6. bring sustainable development /improvements</li> <li>7. bring development in social fields of education/health care/economic development /environment/arts/any other</li> <li>8. does not work for profits but for social benefits and impact</li> </ol> <p><b>Two characteristics of an entrepreneur-</b></p> <ol style="list-style-type: none"> <li>1. Willingness to work hard</li> <li>2. Knowledge and skills for planning and implementation</li> <li>3. Skills of management of finances, materials, personnel and time</li> <li>4. Having the courage to take calculated risks</li> <li>5. Ability and preparedness to handle many tasks simultaneously</li> <li>6. Ability to learn and acquire the necessary skills for the tasks at hand</li> <li>7. Ability to deal with tough issues and find the solutions</li> <li>8. Being realistic and not expecting easy solutions</li> <li>9. Ability to cope with set-backs, challenges and failures</li> <li>10. Ability to develop partnerships, and able networking</li> <li>11. Ability to negotiate, strategise and prioritise</li> <li>12. Being flexible and able to handle crises</li> <li>13. Have good communication skills</li> </ol>	MAIN EXAM	2023
	<b>3 MARK QUESTIONS</b>		

23	<p>Kiran Mazumdar-Shaw, the Chairperson of Biocon Ltd. is an eminent woman entrepreneur. Which three personal qualities must a successful entrepreneur like her possess ?</p> <p><b>.Suggestive value points</b></p> <p><b>Personal qualities of a successful entrepreneur -</b></p> <ol style="list-style-type: none"> <li>1.Willingness to work hard</li> <li>2.Knowledge and skills for planning and implementation</li> <li>3.Skills of management of finances, materials, personnel and time</li> <li>4.Having the courage to take calculated risks</li> <li>5.Ability and preparedness to handle many tasks simultaneously</li> <li>6.Ability to learn and acquire the necessary skills for the tasks at hand</li> <li>7.Ability to deal with tough issues and find the solutions</li> <li>8.Being realistic and not expecting easy solutions</li> <li>9.Ability to cope with setbacks, challenges and failures</li> <li>10.Ability to develop partnerships and networking</li> <li>11.Ability to negotiate, strategise and prioritise</li> <li>12.Being flexible and able to handle crisis</li> <li>13.Have good communication skills</li> <li>14.Being innovative, creative and goal oriented</li> <li>15.Ready to initiate direct action and be motivated to seek and adopt more</li> </ol>	COMP TT. EXAM	2025
24	<p>A group of students wish to present a Nukkad natak based on the scheme launched in Panipat, Haryana to improve the child gender ratio. Identify the name of this scheme. In which year was it launched ? Also state its any one other objective</p> <p><b>.Suggestive value points</b></p> <p><b>Name of the scheme-</b> Beti Bachao Beti Padhao / BBBP</p> <p><b>Launched in the year -</b> 2015</p> <p><b>Objectives-</b></p> <ol style="list-style-type: none"> <li>1.Eliminate gender biased sex selection i.e. prevent female foeticide</li> <li>2.Ensure survival and protection of the girl child</li> <li>3.Ensure quality education of the girl child</li> <li>4.Break the gender stereotypes of Indian society</li> <li>5.Ensure participation of girl child in every field of life along with education</li> <li>6.Ensure safety, identity and security of girl child</li> <li>7.Promote the development of holistic environment for girl empowerment</li> <li>8.Change the mindset of the society to value the girl child</li> </ol>	COMP TT. EXAM	2025

25	<p>Sumera lived in a remote village and was never sent to school. Now her parents want to admit her in a residential school. Suggest the name of the scheme by the Government of India meant for such girls. Explain any two other features of this scheme.</p> <p><b>Suggestive value points</b></p> <p><b>Name of the scheme-</b> Kasturba Gandhi Balika Vidyalaya / KGBV</p> <p><b>Features-</b></p> <ol style="list-style-type: none"> <li>1. Scheme of Government of India under Sarva Shiksha Abhiyaan (SSA), now Samagra Shiksha</li> <li>2. Provide free school education to dropout girls from rural and disadvantaged sections of the society</li> <li>3. Enrolls girls in class VI (upper primary) and is till class XII (Senior Secondary)</li> <li>4. All the girls study the Bridge Course for preparing them for the entry level</li> <li>5. Schools have been opened in backward blocks of each district</li> <li>6. Helps in the implementation of 'Right to Education Act' (RTE), Government of India</li> <li>7. Aims to enhance literacy rate, empower girls, bridge gender gap, provide quality and equity in education</li> </ol>	MAIN EXAM	2025
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26	<p>Jacob wants to set up a suitable workplace for his employees in his own manufacturing company. Advise him to use ergonomics in designing workplaces by giving the definition of ergonomics and its two benefits.</p> <p><b>Suggestive value points</b></p> <p><b>ERGONOMICS</b></p> <p>1.Human Factors Engineering  2.Adjustment of Human and Machine  3.Involves application of human biological sciences combined with engineering  science to achieve optimum mutual adjustment of human work, with the benefit  being measured in terms of human efficiency and well-being  4.Study of humans at work, in order to understand the complex  interrelationships  of people with their job requirements, methods of working, tools / equipment  used and the environment  5.Derived from two Greek words — ‘ergon’ (work) and ‘nomics’ (natural  laws)  6.Study of work with the primary goal being to adapt the work environment  to the  worker</p> <p><b>Benefits of Ergonomics-</b></p> <p>1.Reduces risk of injury and accidents  2.Increases productivity  3.Reduces mistakes and need to do the work again  4.Increases efficiency  5.Decreases absenteeism due to ill health / accidents / stress  6.Improves morale of workers  7.Increases job satisfaction through comfortable working conditions</p>	MAIN EXAM	2025
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## Chapter - CLINICAL NUTRITION AND DIETETICS

	1 MARK QUESTIONS			
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1	<p>Identify the medical foods which are used in the dietary management of diseases.</p> <p>(i) Canned fruits  (ii) Low sodium salt  (iii) Lactose-free milk  (iv) Pasteurised milk</p> <p>Choose the correct option from the following :</p> <p>(A) (iii) and (iv)      (B) (i) and (ii)  (C) (ii) and (iv)      (D) (ii) and (iii)</p> <p><b>Appropriate option</b> (D) (ii) and (iii)</p>	COMP TT. EXAM	202 5
2	<p>According to FSSAI, functional foods or nutraceuticals may contain which of the following ingredients ?</p> <p>(i) Minerals or vitamins or proteins or their compounds, etc.  (ii) Substances that supplement the diet exceeding the recommended daily allowances  (iii) Excess sugars and fats  (iv) Plants or botanicals in the form of powder, concentrate or extract</p> <p>Choose the correct option from the following :</p> <p>(A) (i) and (iii).      (B) (i) and (iv)  (C) (ii) and (iii).      (D) (iii) and (iv)</p> <p><b>Appropriate option</b> . (B) i and iv</p>	COMP TT. EXAM	202 5
3	<p>Which of the following option is most suitable for a career in the field of clinical nutrition ?</p> <p>(A) Quality control manager  (B) Specialist in HACCP  (C) Diet consultant  (D) Sensory evaluator</p> <p><b>Appropriate option</b> . (C) Diet consultant</p>	MAIN EXAM	202 5
4	<p>Find the incorrect statement from the following :</p> <p>(A) In recent times, Clinical Nutrition field is also known as Medical Nutrition Therapy.  (B) Healthy lifestyle can delay the age of onset of chronic diseases.  (C) Mechanical soft diet is not easily digestible food.  (D) Intravenous feeding means that the patient is nourished with special solutions which are given through a drip in a vein.</p> <p><b>Appropriate option</b> . (C) Mechanical soft diet is not easily digestible food.</p>	COMP TT. EXAM	202 4



9	<p>Given below are two statements labelled as Assertion (A) and Reason (R).</p> <p>Assertion (A) : In tube feeding, nutritionally complete feeds are delivered to a patient through a tube.</p> <p>Reason (R) : Oral feeding means that the patient is nourished with special solutions which are given through a drip in a vein.</p> <p>Select the most appropriate answer from the options given below :</p> <p>(A) Both (A) and (R) are true and (R) is the correct explanation of (A).</p> <p>(B) Both (A) and (R) are true, but (R) is not the correct explanation of (A).</p> <p>(C) (A) is true, but (R) is false.</p> <p>(D) (A) is false, but (R) is true.</p> <p><b>Appropriate option (C) (A) is true, but (R) is false.</b></p>	MAIN EXAM	202 4
10	<p>Given below are two statements labelled as Assertion (A) and Reason (R).</p> <p>Assertion (A) : In tube feeding, nutritionally complete feeds are delivered to a patient through a tube.</p> <p>Reason (R) : Oral feeding means that the patient is nourished with special solutions which are given through a drip in a vein.</p> <p>Select the most appropriate answer from the options given below :</p> <p>(A) Both (A) and (R) are true and (R) is the correct explanation of (A).</p> <p>(B) Both (A) and (R) are true, but (R) is not the correct explanation of (A).</p> <p>(C) (A) is true, but (R) is false.</p> <p>(D) (A) is false, but (R) is true.</p> <p><b>Appropriate option (A) Both (A) and (R) are true and (R) is the correct explanation of (A).</b></p>	MAIN EXAM	202 4

11	<p>Professionals who deal with nutritional management of illness of an individual are referred to as :</p> <p>(i) Clinical Nutritionist  (ii) Public Health Nutritionist  (iii) Medical Representative  (iv) Medical Nutrition Therapist  (v) Dietitian</p> <p>Choose the correct option :</p> <p>(A) (i), (ii), (iii)  (B) (i), (iii), (iv)  (C) (i), (iii), (v)  (D) (i), (iv), (v)</p> <p><b>Appropriate option . (D) (i), (iv), (v)</b></p>	MAIN EXAM	202 3
	<b>2 MARK QUESTIONS</b>		
12	<p>What type of diet would be a dietitian advice for an old person who has recently undergone a surgery ?Name any two foods which he can take</p> <p><b>Suggestive value points</b></p> <p><b>Type of diet-</b>  Liquid diet / Clear Liquid diet  Any one</p> <p><b>Foods -</b>  Soup / Fruit juice (without pulp) / Coconut water/ Milk / Buttermilk / Milk shake / very light tea</p>	COMP TT. EXAM	202 4
13	<p>What are nutraceuticals according to FSSAI .Give one example</p> <p><b>Suggestive value points</b></p> <p><b>According to the fssai, nutraceuticals are-</b>  Foods for special dietary uses / functional foods / health supplements / foods which are specially processed or formulated to satisfy particular dietary requirements / the composition of these foodstuffs must differ significantly from the composition of ordinary foods of comparable nature</p> <p><b>Example-</b></p> <ol style="list-style-type: none"> <li>1. plants or botanicals or their parts in the form of powder, concentrate or extract in water, ethyl alcohol or hydro alcoholic extract, single or in combination</li> <li>2. minerals or vitamins or proteins or metals or their compounds or amino acids (in amounts not exceeding the Recommended Daily Allowance for Indians) or enzymes (within permissible limits)</li> <li>3. substances from animal origin</li> <li>4. a dietary substance for use by human beings to supplement the diet by increasing the total dietary intakes</li> </ol>	COMP TT. EXAM	202 3

14	<p>How are phytochemicals different from medical foods?</p> <p><b>ANS.</b></p> <p><b>Phytochemicals (Bioactive compounds)</b> They are non-nutrient constituents present in foods that have physiological or biological activity and influence health.</p> <p><b>Medical foods</b> They are those products that are specially manufactured for persons with specific needs. Such foods are regulated and can be used only with a doctor's prescription for the specific dietary management of a disease or condition. <b>Example</b>-Lactose free milk, Low sodium salt, etc.</p>	MAIN EXAM	202 3
15	<p>Enlist any four objectives of diet therapy ?</p> <p><b>Suggestive value points</b> <b>Four objectives of Diet Therapy</b> are-</p> <ol style="list-style-type: none"> <li>1. formulation of the diet to meet the needs of the patient taking into consideration her or his food habits</li> <li>2. modification of the existing diets to ameliorate the disease condition and to keep it under control</li> <li>3. correction of nutritional deficiencies</li> <li>4. prevention of short-term and long-term complications in case of chronic diseases</li> <li>5. education and counselling of the patient regarding the need to adhere to the prescribed diet</li> </ol>	MAIN EXAM	202 3
16	<p>Which four methods are used by a dietitian /clinical nutritionist to assess the nutritional status of a patient ?</p> <p><b>Suggestive value points</b> <b>Four methods used by a dietitian/clinical nutritionist to assess the nutritional status of a patient-</b></p> <ol style="list-style-type: none"> <li>1. Obtaining detailed information on health, diet, personal and medication histories/Clinical assessment</li> <li>2. Anthropometric measurements (Height, weight, head and chest circumference)</li> <li>3. Relating the information on laboratory tests and physical measurements with the above and the physician's diagnosis/Biochemical assessment</li> <li>4. Interpreting all of the above to identify potential nutritional deficiencies and risk of future deficiencies/Disease Identification</li> </ol>	MAIN EXAM	202 3
	<b>3 MARKS QUESTION</b>		

17	<p>Which four career avenues are available to a person who trained in the field of clinical nutrition and dietetic?</p> <p>Which test is essential to qualify for teaching Clinical Nutrition and Dietetics at a University?</p> <p><b>Suggestive value points</b></p> <p><b>Career avenues -</b></p> <ol style="list-style-type: none"> <li>1.Dietitians with consultants / physicians / health clubs / gyms</li> <li>2.Dietitians in hospitals including speciality departments</li> <li>3.Freelance Dietitian</li> <li>4.Dietitians in catering services for hospitals / schools / industrial canteens etc.</li> <li>5.Entrepreneurs who develop and supply speciality foods for specific health purposes</li> <li>6.Teaching and Academics</li> <li>7.Research</li> <li>8.Nutrition Marketing</li> <li>9.Technical Writing</li> </ol> <p><b>(ii) Test essential to qualify for teaching Clinical Nutrition and Dietetics at a university</b></p> <p>National Eligibility Test (NET) or State Eligibility Test (SET)</p>	COMP TT. EXAM	202 4
18	<p>What are medical foods ?Give one example .</p> <p>What do you mean by a normal or a regular diet ?</p> <p><b>Suggestive value points</b></p> <p><b>Medical foods</b></p> <p>Foods that are specially manufactured for persons with specific needs / Foods which are regulated and can be used only with a doctor's prescription / Foods used for the specific dietary management of a disease or condition</p> <p><b>Example-</b></p> <p>Low sodium salt Lactose-free milk</p> <p><b>(ii) A normal or a regular diet</b></p> <p>The diet that includes all groups of foods and meets the needs of healthy individuals / In the hospitals, a regular diet would be low in fried fatty foods sweets spices and condiments</p>	COMP TT. EXAM	202 4
	<b>4 MARK QUESTIONS</b>		

19	<p>(i) State any one activity carried out for nutritional care of any individual during illness.</p> <p>(ii) In which three ways can diets be modified to meet the medical needs of the patient ?</p> <p><b>Suggestive value points</b></p> <p><b>Activity carried out for nutritional care -</b></p> <ol style="list-style-type: none"> <li>1. Assessing nutritional status</li> <li>2. Diagnosis of nutritional problems</li> <li>3. Planning and prioritizing nutrition intervention(s) to meet nutritional needs</li> <li>4. Monitoring and evaluating nutritional care outcomes</li> <li>5. Making changes / Modification of diet, if necessary</li> </ol> <p>Any other,</p> <p><b>(ii) Diets can be modified to meet the medical needs of a patient-</b></p> <ol style="list-style-type: none"> <li>1. <b>Change in consistency and /or texture</b> (Liquid, Semi-solid, Soft Diet)</li> <li>2. <b>An increase or decrease in the energy intake</b></li> <li>3. <b>Inclusion or Exclusion of greater or lesser amounts of one or more nutrients</b> (Increase in protein intake after surgery, Lower protein in kidney related problem etc.)</li> <li>4. Change in the number of meals or modification in intervals of feeding (Increase in number of meals for Fever, Typhoid patient etc.)</li> <li>5. <b>Altering the feeding route</b> (Tube feeding, Intravenous feeding)</li> </ol>	COMP TT. EXAM	202 5
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20	<p>(a) Which type of diet should be given to a person who has dentures ? Give any two examples of this diet.</p> <p>(b) Describe any two ways of feeding a patient.</p>	MAIN EXAM	202 5
	<p><b>.Suggestive value points</b></p> <p><b>TYPE OF DIET-</b></p> <p><b>Mechanical soft diet</b></p> <p>Examples-</p> <ol style="list-style-type: none"> <li>1. Mashed fruits / vegetables</li> <li>2. Pureed fruits / vegetables</li> <li>3. Peeled and Grated fruits / vegetables</li> <li>4. Boiled / Stewed fruits / vegetables</li> <li>5. Well-cooked dal / rice / khichri / dalia</li> <li>6. Smoothies / Curd / Custard / Pudding / Kheer</li> <li>7. Boiled / Scrambled eggs / Tender meat / Minced meat</li> </ol> <p>Any other,</p> <p>(b) <b>Ways of feeding a patient -</b></p> <p><b>1.Oral feeding / Feeding by mouth -</b></p> <ol style="list-style-type: none"> <li>i. Best / most preferred way</li> </ol> <p><b>2.Tube feeding -</b></p> <ol style="list-style-type: none"> <li>i. Introduced through nose or stomach etc.</li> <li>ii. Preferred as long as gastrointestinal tract is functional</li> <li>iii. Can be given when the person is able to digest and absorb</li> </ol> <p><b>3.Intravenous feeding -</b></p> <ol style="list-style-type: none"> <li>i. Patient is nourished with special solutions which are given through a drip in a vein</li> <li>ii. Can be used to provide nutrition to unconscious patients</li> </ol>		

21	<p>Your brother wants to pursue his higher studies in Clinical Nutrition and Dietetics.</p>	COMP	TT. EXAM	202 3
	<p>(i) Guide him about any four knowledge and skills required to be a clinical nutritionist.</p> <p>(ii) Suggest to him any four career opportunities available in this field.</p> <p><b>Suggestive value points</b></p> <p><b>Four knowledge and skills required to be a clinical nutritionist-</b></p> <ol style="list-style-type: none"> <li>1. Physiological changes in disease conditions</li> <li>2. Changes in RDAs/nutrient requirements in illness</li> <li>3. Types of dietary modifications required</li> <li>4. Traditional and ethnic cuisines</li> <li>5. Assessment of nutritional status of patients using clinical and biochemical criteria</li> <li>6. Diet planning customised to requirements of individual patients and specific disease conditions</li> <li>7. Recommending and administering diets to patients</li> <li>8. Communication for diet counselling</li> <li>9. Adapting to cultural milieu, food taboos and overcoming fads/myths</li> <li>10. Understanding of the basic biological and physical sciences including chemistry, biology, physiology, biochemistry</li> <li>11. Food safety</li> <li>12. Microbiology and food microbiology</li> <li>13. Food quality and assurance</li> <li>14. Food laws and regulations</li> <li>15. Food preparation, storage and service</li> <li>16. Food service management</li> <li>17. Bookkeeping and accounts, record-keeping, management (personnel management)</li> <li>18. Psychology</li> <li>19. Sociology</li> <li>20. Education and counselling</li> <li>21. Epidemiology</li> <li>22. Pattern and incidence of nutritional disorders and diseases</li> <li>23. Surveying patient's population</li> <li>24. Conduction experimental research with find out the usefulness of various diets</li> </ol> <p>Any other,</p> <p><b>Four career opportunities -</b></p> <ol style="list-style-type: none"> <li>1. Dietitians with consultants/physicians, in health clubs or gyms</li> <li>2. Dietitians in hospitals including speciality departments; a key member to provide nutrition support in the healthcare team</li> <li>3. Freelance Dietitian.</li> <li>4. Dietitians in catering services for hospitals, schools, industrial canteens, etc.</li> <li>5. Entrepreneurs who develop and supply speciality foods for specific health purposes</li> <li>6. Teaching and Academics</li> <li>7. Research including Clinical Research</li> <li>8. Nutrition Marketing</li> <li>9. Technical Writing</li> </ol>			

22	<p>(i) What do you understand by modified diets ?  (ii) Based on changes in consistency, what are the three types of diets ? Give one example of each diet.</p> <p><b>Suggestive value points</b></p> <p><b>Modified diets</b></p> <p>Modified diets are those that are adjusted to meet the medical needs of a patient or special requirements of an individual.</p> <p><b>(ii).Three types of diets based on changes in consistency-</b></p> <ol style="list-style-type: none"> <li><b>1. Clear liquid diet</b> <ul style="list-style-type: none"> <li>• very thin in consistency</li> <li>• given just after surgery</li> <li>• Free from fibre and less in spices</li> </ul> <p><b>Examples-</b> Coconut water, clear soups/juices (without pulp), etc.</p> </li> <li><b>2. Liquid diet</b> <ul style="list-style-type: none"> <li>• fluid in consistency at room temperature</li> <li>• advised to person who are unable to chew or swallow</li> <li>• Very less in fibre and spices</li> </ul> <p><b>Example-</b> Soup, fruit juice, milk, buttermilk, etc.</p> </li> <li><b>3. Semi-solid diet</b> <ul style="list-style-type: none"> <li>• includes food in semi solid state</li> <li>• less in fibre and spices</li> </ul> <p><b>Example-</b> Thin custard, thin porridge, etc.</p> </li> <li><b>4. Soft diet</b> <ul style="list-style-type: none"> <li>• lightly seasoned and less fibrous</li> <li>• easy to chew and digest</li> </ul> <p><b>Examples-</b>Khichdi, porridge, custard, dalia, etc.</p> </li> <li><b>5. Mechanical soft diet</b> <ul style="list-style-type: none"> <li>• includes soft, mashed and pureed food</li> <li>• advised for elderly/infants/person with problems in chewing</li> <li>• easily digestible – no harsh fibre, less oily and spicy</li> </ul> <p><b>Example-</b> Stewed fruits, mashed and boiled vegetables, etc.</p> </li> </ol>	MAIN EXAM	202 3
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## CHAPTER - PUBLIC NUTRITION AND HEALTH

1 MARK QUESTIONS			
1	<p>A person experiences fatigue, shortness of breath and paleness in eyes and nails. These symptoms are indicators of which nutritional deficiency disorder ?</p> <p>(A) Iron deficiency anaemia  (B) Vitamin D deficiency  (C) Smallpox  (D) Iodine-deficiency disorder</p> <p><b>Appropriate option . A) Iron deficiency anaemia</b></p>	COMP TT. EXAM	202 5

2	<p>Mid-day meal programme is an example of which of the following ?</p> <p>(A) Nutrient deficiency control programme          (B) Food supplementation programme          (C) Food security programme          (D) Wage employment scheme</p> <p><b>Appropriate option . B) Food supplementation programme</b></p>	COMP TT. EXAM	202 5
3	<p>Deficiency of which of the following nutrient can result in night blindness ?</p> <p>(A) Folic Acid. (B) Zinc          (C) Vitamin A. (D) Riboflavin</p> <p><b>Appropriate option . C) Vitamin A</b></p>	COMP TT. EXAM	202 5
4	<p>Annapurna scheme is under which nutrition programme operating in India ?</p> <p>(A) Nutrient Deficiency Control Programmes          (B) Food Supplementation Programmes          (C) ICDS          (D) Food Security Programmes</p> <p><b>Appropriate option . (D) Food Security Programmes</b></p>	MAIN EXAM	202 5
5	<p>Which nutrient deficiency is targeted by National Prophylaxis Programme for Prevention of Blindness ?</p> <p>(A) Vitamin A (B) Iron          (C) Iodine (D) Protein</p> <p><b>Appropriate option . A) Vitamin A</b></p>	MAIN EXAM	202 5
6	<p>All India Institutes of Medical Sciences provide which level of health care services in India ?</p> <p>(A) Primary. (B) Tertiary          (C) Secondary. (D) Intermediary</p> <p><b>Appropriate option . (B) Tertiary</b></p>	MAIN EXAM	202 5
7	<p>Which of the following is a Food Supplementation Programme ?</p> <p>(A) National Nutritional Anaemia Prophylaxis Programme          (B) National Food for Work Programme          (C) Annapurna Scheme          (D) Mid-day Meal Programme</p> <p><b>Appropriate option . D) Mid-day Meal Programme</b></p>	MAIN EXAM	202 4

8	POSHAN Abhiyaan was launched in March 2018 at which of the following places ? (A) Panipat, Haryana (C) Kanyakumari, Tamil Nadu  <b>Appropriate option . (B) Jhunjhunu, Rajasthan</b>	MAIN EXAM	2024
9	Micronutrient deficiency is called _____. (A) Goitre (C) Hidden hunger  ANS. C) Hidden hunger	MAIN EXAM	2023
10	Which of the following condition results when an individual's body weight is less than adequate weight for his/her age ? (A) Overweight (C) Wasting  <b>Appropriate option . B) Underweight</b>	MAIN EXAM	2023
11	What is Public Health Nutrition concerned with ? (i) Promotion of good health at individual level (ii) Promotion of good health at population level (iii) Prevention of individual nutrition-related illnesses/problems (iv) Prevention of community-related nutritional illnesses/problems (v) Planning and implementing strategies for holistic nutrition Choose the correct option : (A) (i), (iii), (iv) (B) (ii), (iii), (v) (C) (i), (ii), (iv) (D) (ii), (iv), (v)  <b>Appropriate option . (D) (ii), (iv), (v)</b>	MAIN EXAM	2023
12	Which of the following is not an example of tertiary health care ? (A) All India Institute of Medical Sciences (B) Primary Health Center (C) Medical College Hospital (D) Specialised Hospitals  <b>Appropriate option . (B) Primary Health Centre</b>	MAIN EXAM	2023
	<b>2 MARK QUESTIONS</b>		

13	<p>A person suffering from prolonged illness has been admitted to the district hospital by his family. Which level of healthcare is this? If his health does not improve then which level of healthcare will he be shifted to?</p> <p><b>. Suggestive value points</b></p> <p><b>Level of health care-</b> Secondary Health Care</p> <p><b>Level of health care he will be shifted to-</b> Tertiary Health Care</p>	COMP TT. EXAM	202 5
14	<p>Insufficient intake of nutrients increase the risk of malnutrition. Write the names of terms used for the deficiency of macro and micro nutrients in the body.</p> <p><b>Suggestive value points</b></p> <p><b>Deficiency of macro nutrients -</b> Protein Energy Malnutrition</p> <p><b>Deficiency of micro nutrients -</b> Hidden Hunger</p>	COMP TT. EXAM	202 5
15	<p>State two reasons why it is essential to focus on public health nutrition in India</p> <p><b>.Suggestive value points</b></p> <p><b>Reasons to focus on public health nutrition in India-</b></p> <ol style="list-style-type: none"> <li>1. Alarming malnutrition statistics</li> <li>2. Low birth weight and its adverse effects</li> <li>3. Prevalence of growth retardation</li> <li>4. Micronutrient deficiencies (Hidden Hunger)</li> <li>5. Negative impact of malnutrition on productivity and quality of life</li> <li>6. Rising problem of over nutrition</li> <li>7. Double burden of malnutrition</li> <li>8. Increase in prevalence of communicable and non- communicable diseases</li> </ol>	COMP TT. EXAM	202 5
16	<p>Mention any two long term strategies laid down by the government of India to tackle nutritional problems</p> <p><b>.Suggestive value points</b></p> <p><b>Long-term strategies-</b></p> <ol style="list-style-type: none"> <li>1. Ensuring food security / Improving availability of food</li> <li>2. Improvement in dietary patterns / Ensuring availability of nutritionally rich foods</li> <li>3. Poverty alleviation for rural and urban poor through employment generation schemes / Public distribution system / Implementing land reforms / Improving health and family welfare / Prevention of food adulteration / Involvement of media / Basic nutrition and knowledge / Monitoring of nutrition programmes / Improvement of status of women / Education and literacy / Community participation</li> </ol>	COMP TT. EXAM	202 5

17	<p>'Poshan abhiyan monitors and reviews the implementation of strategies to address the nutritional problems'. Justify this statement by giving any two short term interventions.</p> <p><b>Suggestive value points</b></p> <p><b>Short term interventions of Poshan Abhiyaan-</b></p> <ol style="list-style-type: none"> <li>1. Integrated Child Development Services (ICDS) to cover all vulnerable children in the age group of 0-6 years and all pregnant and lactating mothers</li> <li>2. Fortification of essential foods (salt fortified with iodine)</li> <li>3. Production and popularisation of low-cost nutritious foods</li> <li>4. Control of micronutrient deficiencies among vulnerable groups, namely deficiencies of iron, vitamin A, folic acid and iodine by supplementing these nutrients, distributing free tablets etc.</li> </ol>	MAIN EXAM	2025
18	<p>A doctor has diagnosed a fall in hemoglobin levels of an adolescent girl. Which nutritional deficiency disorder does it indicate? list any two other symptoms which may be seen in her in this disorder</p> <p><b>Suggestive value points</b></p> <p><b>Nutritional deficiency disorder-</b></p> <p>Iron Deficiency Anemia / IDA / Anemia</p> <p><b>Symptoms-</b></p> <ol style="list-style-type: none"> <li>1. Shortness of breath / breathlessness</li> <li>2. Fatigue</li> <li>3. Lethargy</li> <li>4. General pallor</li> <li>5. Paleness of conjunctiva of eyes / tongue / nail beds / soft palate</li> <li>6. Cognitive functions (attention span / memory / concentration) are adversely affected</li> </ol>	MAIN EXAM	2025
19	<p>What is meant by food fortification ?Give its two examples</p> <p><b>Suggestive value points</b></p> <p><b>Food fortification-</b></p> <p>It is an industrial process of adding the essential nutrient/s that is lacking in the food stuffs or condiments to ensure that minimum dietary requirements are met.</p> <p>Any other</p> <p><b>Examples-</b></p> <ol style="list-style-type: none"> <li>1. Iodised salt / Salt double fortified with Iodine and Iron</li> <li>2. Folic acid added to flour</li> <li>3. Vitamin A and D added to milk</li> <li>4. Vitamin A and D added to oils / fats</li> <li>5. Iron, Vitamin B<sub>12</sub> and Folic Acid added to wheat / rice</li> </ol>	MAIN EXAM	2025

20	<p>Differentiate between underweight and wasting.</p> <p><b>.Suggestive value points</b></p> <p><b>Underweight</b> A person is said to be underweight when his / her body weight is less than adequate for his / her age.</p> <p><b>Wasting</b> When weight is not adequate relative to height, it is termed wasting</p>	MAIN EXAM	2025
21	<p>Write the full form of PEM and describe it briefly</p> <p><b>.Suggestive value points</b></p> <p><b>Full form of PEM</b> Protein Energy Malnutrition</p> <p><b>Description of PEM-</b></p> <ol style="list-style-type: none"> <li>1.Caused by inadequate food intake vis-a-vis the requirements i.e., insufficient intake of the macronutrients (energy and protein) / poverty / infections / chronic illnesses</li> <li>2.Types- Marasmus, Kwashiorkor</li> <li>3.Severe undernutrition due to deficiency of food and energy is termed as Marasmus and that caused by protein deficiency is termed as Kwashiorkor</li> <li>4.Symptoms - Underweight, Wasting, Stunting</li> <li>5.Children are at greatest risk but it can occur in adults, especially elderly and in some diseases e.g. T.B., AIDS etc.</li> <li>6.It is assessed by evaluating the anthropometric measurements (weight, height, head-chest circumference, etc.)</li> <li>7.Treatment - through balanced nutrition</li> </ol>	MAIN EXAM	2025
22	<p>‘Nutritional problems are not just linked to food but to a variety of inter related factors at various levels.’ Justify the statement by giving any four factors related to undernutrition at individual or family levels.</p> <p><b>.Suggestive value points</b></p> <p><b>Causes of malnutrition</b></p> <ol style="list-style-type: none"> <li>1. Inadequate or faulty dietary intake</li> <li>2. Disease or infections</li> <li>3. Insufficient access to food</li> <li>4. Poor maternal and child care practices</li> <li>5. Poor water / sanitation and hygiene</li> <li>6. Inadequate / insufficient access to health services</li> <li>7. Inadequate and /or inappropriate knowledge and discrimination against women / elderly / girl child</li> <li>8. Low level of education</li> </ol>	COMP TT. EXAM	2024

23	<p>i Your sister is pregnant . Explain to her two adverse effects due to Iodine deficiency on the foetus.</p> <p>ii Name the disease caused due to the deficiency of iodine</p> <p><b>.Suggestive value points</b></p> <p><b>Two adverse effects due to iodine deficiency on the foetus during pregnancy are-</b></p> <ol style="list-style-type: none"> <li>1. Mental retardation</li> <li>2. Congenital abnormalities of the foetus</li> </ol> <p>Any other,</p> <p><b>Disease caused due to the deficiency of iodine is-</b></p> <ol style="list-style-type: none"> <li>1. Goitre</li> <li>2. Cretinism</li> </ol>	COMP TT. EXAM	202 3
24	<p>i. Sugna is a farmer. His 80 year old mother is unwell .Where will he take her for getting healthcare facilities in his village .Identify this level of healthcare.</p> <p>ii Mention two other healthcare level available in India</p> <p><b>.Suggestive value points</b></p> <p><b>She should be taken to following health care facilities-</b></p> <ol style="list-style-type: none"> <li>1. Primary health centre (P.H.C)</li> <li>2. Dispensary</li> </ol> <p>Any one</p> <p><b>Level of health care-</b></p> <p>Primary level</p> <p><b>(ii)Two other health care levels available in India.</b></p> <ol style="list-style-type: none"> <li>1. Secondary level</li> <li>2. Tertiary level</li> </ol>	COMP TT. EXAM	202 3
	<b>4 MARK QUESTIONS</b>		

25	<p>What is meant by micronutrient deficiencies ? Which is the other term used to refer to micronutrient deficiency ?          (b) Name any one micronutrient deficiency prevalent in India. Also state any two major symptoms seen in these patients</p> <p><b>Suggestive value points</b>  <b>Micronutrient deficiencies-</b>          Deficiency of essential micronutrients such as vitamins and minerals required in small amounts in the body          Any other  <b>Term used to refer to micronutrient deficiency- Hidden hunger</b></p> <table border="1" data-bbox="258 743 1295 1383"> <thead> <tr> <th data-bbox="258 743 790 799">Micronutrient deficiency</th><th data-bbox="790 743 1295 799">Major symptoms</th></tr> </thead> <tbody> <tr> <td data-bbox="258 799 790 1091"><b>Iron deficiency anaemia IDA</b></td><td data-bbox="790 799 1295 1091">           1. Physical exertion / Fatigue / Lethargy            2. Shortness of breath / breathlessness            3. General pallor            4. Paleness of conjunctiva of eyes / tongue / nail beds / soft palate            5. Cognitive functions (attention span, memory, concentration) are adversely         </td></tr> <tr> <td data-bbox="258 1091 790 1215"><b>Vitamin A deficiency VAD</b></td><td data-bbox="790 1091 1295 1215">           1. Night blindness / Complete blindness            2. Less resistance to infection            3. Growth may be adversely affected         </td></tr> <tr> <td data-bbox="258 1215 790 1383"><b>Iodine deficiency Disorder IDD</b></td><td data-bbox="790 1215 1295 1383">           1. Goitre            2. Cretinism            3. Mental retardation            4. Congenital abnormalities of the fetus         </td></tr> </tbody> </table>	Micronutrient deficiency	Major symptoms	<b>Iron deficiency anaemia IDA</b>	1. Physical exertion / Fatigue / Lethargy 2. Shortness of breath / breathlessness 3. General pallor 4. Paleness of conjunctiva of eyes / tongue / nail beds / soft palate 5. Cognitive functions (attention span, memory, concentration) are adversely	<b>Vitamin A deficiency VAD</b>	1. Night blindness / Complete blindness 2. Less resistance to infection 3. Growth may be adversely affected	<b>Iodine deficiency Disorder IDD</b>	1. Goitre 2. Cretinism 3. Mental retardation 4. Congenital abnormalities of the fetus	COMP TT. EXAM	202 4
Micronutrient deficiency	Major symptoms										
<b>Iron deficiency anaemia IDA</b>	1. Physical exertion / Fatigue / Lethargy 2. Shortness of breath / breathlessness 3. General pallor 4. Paleness of conjunctiva of eyes / tongue / nail beds / soft palate 5. Cognitive functions (attention span, memory, concentration) are adversely										
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<b>Iodine deficiency Disorder IDD</b>	1. Goitre 2. Cretinism 3. Mental retardation 4. Congenital abnormalities of the fetus										

26	<p>Kamla's two year old child is malnourished .</p> <p>(i) Help her to identify the difference between stunting and wasting .</p> <p>(ii) Make her aware of any two interventions/strategies by the government to reduce malnutrition.</p> <p><b>.Suggestive value points</b></p> <p><b>Stunting (short stature)-</b> When the height is less than adequate for age.</p> <p><b>Wasting-</b>When weight is not adequate relative to height.</p> <p><b>(ii) Two interventions/strategies by the government to reduce malnutrition are-</b></p> <p><b>1.Short / Direct term interventions/strategies-</b></p> <ul style="list-style-type: none"> <li>• Integrated Child Development Services (ICDS)</li> <li>• Fortification of essential foods (salt fortified with iodine)</li> <li>• Production and popularisation of low-cost nutritious foods</li> <li>• Control of micronutrient deficiencies among vulnerable groups by supplementing these nutrients, distributing free tablets,etc.</li> </ul> <p><b>2.Long / Indirect term interventions/strategies-</b></p> <ul style="list-style-type: none"> <li>• Ensuring food security i.e., improving availability of food</li> <li>• Improvement in dietary patterns by ensuring availability of nutritionally rich foods</li> <li>• Poverty alleviation for rural and urban poor through employment generation schemes and public distribution system, implementing land reforms, improving health and family welfare, prevention of food adulteration, involvement of media, basic nutrition and knowledge, monitoring of nutrition programmes, improvement of status of women, education and literacy and community participation</li> </ul>	COMP TT. EXAM	202 3
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27	<p>( i) Enlist any two short-term interventions of POSHAN Abhiyaan which was launched in March 2018.</p> <p>(ii) Mention any four nutritional programmes operating in our country, other than POSHAN Abhiyaan.</p> <p><b>Suggestive value points</b></p> <p><b>Two short-term interventions of POSHAN Abhiyaan-</b></p> <ol style="list-style-type: none"> <li><b>Integrated Child Development Services</b> (ICDS) to cover all vulnerable children in the age group of 0-6 years and all pregnant and lactating mothers</li> <li><b>Fortification of essential foods</b> (salt fortified with iodine)</li> <li><b>Production and popularisation of low-cost nutritious foods</b> from indigenous and locally available raw materials by involving women in this activity</li> <li><b>Control of micronutrient deficiencies</b> among vulnerable groups by supplementing these nutrients, distributing free tablets, etc.</li> </ol> <p>Any two</p> <p>(ii).<b>Four nutritional programmes operating in our country other than Poshan Abhiyaan-</b></p> <ol style="list-style-type: none"> <li><b>ICDS</b></li> <li><b>Nutrient Deficiency Control programmes-</b> <ul style="list-style-type: none"> <li>National Prophylaxis Programme for Prevention of Blindness due to Vitamin A deficiency</li> <li>National Nutritional Anemia Prophylaxis Programme</li> <li>National Iodine Deficiency Disorder Control Programme</li> </ul> </li> <li><b>Food Supplementation Programmes-</b> <ul style="list-style-type: none"> <li>Mid-Day Meal Programme</li> </ul> </li> <li><b>Food Security Programmes-</b> <ul style="list-style-type: none"> <li>Public Distribution System</li> <li>Antodaya Anna Yojana</li> <li>Annapurna Scheme</li> <li>National Food for Work Programme</li> </ul> </li> <li><b>Self-employment and wage employment schemes</b></li> </ol>	MAIN EXAM	2023
	<b>5 MARK QUESTIONS</b>		

28	<p>(a) "India is facing the double burden of malnutrition. "Justify this statement by giving two reasons.</p> <p>(b) Indian health care services help to promote, maintain, monitor or restore health of people. Discuss how these health services are provided to people at three different levels.</p> <p><b>Suggestive value points</b></p> <p>1. Coexistence of both undernutrition and overnutrition.</p> <p>2. Undernutrition / Inadequate or faulty diet / Disease or infections / Poverty / Insufficient access to food / Poor maternal and child care practices / Unsafe water / Poor hygiene / Inadequate health services / Inadequate knowledge / Discrimination against women, elderly and girls</p> <p>3. Overnutrition / Sedentary lifestyle / Dependence on faster means of transportation / Decreased outdoor activities/ Less physical work / Changes in dietary patterns due to dependence on fast food, processed food</p> <p><b>Health care in India is provided at three levels-</b></p> <p><b>1. Primary Health Care</b></p> <p>It is the first level of contact of the individual, family or community with the health system.</p> <p>These services are provided through a network of primary health centres (PHCs) / dispensaries.</p> <p><b>2. Secondary Health Care</b></p> <p>More complex health problems are resolved at the second level through district hospitals and community health centres.</p> <p>Community health centres function as the first referral level.</p> <p><b>3. Tertiary Health Care</b></p> <p>It is the third / highest and specialised level of health care.</p> <p>It deals with the more complex health problems that cannot be dealt with at the first two levels.</p> <p><b>Institutions at tertiary level are</b> medical college hospitals, regional hospitals, specialised hospitals and All-India Institutes of Medical Sciences.</p>	MAIN EXAM	2024

## CHAPTER - FOOD PROCESSING AND TECHNOLOGY

	<b>1 MARK QUESTIONS</b>		
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1	<p>Which of the following best defines food manufacturing ?</p> <p>(A) Food preservation and storage to enhance shelf life      (B) Food fortification to enhance nutritive value      (C) Food service and hospitality to meet diverse consumer demands      (D) Food processing and technology to produce safe and convenient foods</p> <p><b>Appropriate option .</b> D) Food processing and technology to produce safe and convenient</p>	COMPTT . EXAM	2025
2	<p>Choose the correct pair of the type of processed food with its example :</p> <p>(A) Formulated food : Cake      (B) Preserved food : Wheat      (C) Manufactured food : Frozen peas      (D) Food derivatives : Fresh fruits</p> <p><b>Appropriate option .</b> (A) Formulated food : Cake</p>	COMPTT . EXAM	2025
3	<p>Identify the Danger Zone temperature range at which bacteria grow on food stuffs.</p> <p>(A) 5 – 60°C      (B) 5 – 60°F      (C) 15 – 100°C      (D) 15 – 100°F</p> <p><b>Appropriate option .</b> (A) 5 – 60 °C</p>	MAIN EXAM	2025
4	<p>Which processes are used in minimally processed foods to retain the quality of fresh foods ?</p> <p>(i) Shelling      (ii) Storage at low refrigeration temperature      (iii) Hydrogenation      (iv) Baking at high temperature</p> <p>Choose the correct option from the following :</p> <p>(A) (i) and (iii) (B) (i) and (ii)      (C) (iii) and (iv) (D) (ii) and (iii)</p> <p><b>Appropriate option .</b> (B) (i) and (ii)</p>	MAIN EXAM	2025

5	<p>Which factors have increased the demand of readymade foods in India ?</p> <p>(i) Deficit in agriculture  (ii) To decrease the nutritive value of diet  (iii) Catering to the needs of working women  (iv) Changes in lifestyle</p> <p>Choose the correct option from the following :</p> <p>(A) (i) and (ii). (B) (ii) and (iii)  (C) (iii) and (iv) (D) (i) and (iv)</p> <p><b>Appropriate option . (C) (iii) and (iv)</b></p>	MAIN EXAM	2025
6	<p>Identify the food derivatives from the following :</p> <p>(i) Canned fruits and vegetables  (ii) Sugar from sugarcane  (iii) Marmalades and squashes  (iv) Oil to vanaspati ghee</p> <p>Choose the correct option from the following :</p> <p>(A) (ii) and (iv) (B) (i) and (ii)  (C) (iii) and (iv) (D) (ii) and (iii)</p> <p><b>Appropriate option . (A) (ii) and (iv)</b></p>	COMPTT . EXAM	2024
7	<p>Louis Pasteur conducted research on which of the following food items ?</p> <p>(i) Soup  (ii) Water  (iii) Vinegar  (iv) Milk</p> <p>Choose the correct option from the following :</p> <p>(A) (i) and (iii) (B) (ii) and (iv)  (C) (i) and (ii). (D) (iii) and (iv)</p> <p><b>Appropriate option . (D) (iii) and (iv)</b></p>	COMPTT . EXAM	2024
8	<p>Which of the following is an incorrect pair ?</p> <p>(A) Food fortification – Iodised salt, Vitamin A, D added to oil  (B) Non-perishable – Milk, green leafy vegetables  (C) Perishable – Paneer, curd  (D) Semi-perishable – Onion, potato</p> <p><b>Appropriate option . B) Non-perishable – Milk, green leafy vegetables</b></p>	COMPTT . EXAM	2024

9	<p>Which is a distinct field involving the application of basic sciences such as chemistry, physics, culinary arts, agronomics and microbiology ?</p> <p>(A) Food Science (B) Food Processing (C) Food Technology (D) Food Manufacturing</p> <p><b>Appropriate option .</b> (A) Food Science</p>	COMPTT . EXAM	2024
10	<p>Given below are two statements labelled as Assertion (A) and Reason (R).</p> <p>Assertion (A) : India has progressed from an agro-deficit to an agro-surplus country, creating a need for storage and processing of agricultural produce.</p> <p>Reason (R) : Nowadays, food processing technologies do not use simple traditional methods at all.</p> <p>Select the most appropriate answer from the options given below :</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> <p><b>Appropriate option (C )</b> A is true, but R is false.</p>	COMPTT . EXAM	2024
11	<p>Given below are two statements labelled as Assertion (A) and Reason (R).</p> <p>Assertion (A) : Instant soup mixes and ready to cook meals were developed to cater to the needs of working women.</p> <p>Reason (R) : Processed food products often reduce preparation time for the cook.</p> <p>Select the most appropriate answer from the options given below :</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> <p><b>Appropriate option . (A )</b>Both A and R are true, and R is the correct explanation of A</p>	COMPTT . EXAM	2024

12	<p>Find the incorrect statement from the following :</p> <p>(A) Canning was developed by Nicolas Appert.      (B) Food fortification is removing of nutrients from the foodstuffs.      (C) Lactose-free milk is an example of medical food.      (D) Temperature range between 5-60 C is known as danger zone.</p> <p><b>Appropriate option .</b> (B ) Food Fortification is removing of nutrients from the foodstuffs.</p>	MAIN EXAM	2024
13	<p>Which measures are not helpful for increased availability of processed foods in the market ?</p> <p>(i) Large per capita income      (ii) Adulteration      (iii) Decreased consumer demand      (iv) High mortality rate      (v) Advancement in food technology</p> <p>Choose the correct option :</p> <p>(A) (i), (ii), (iv)      (B) (ii), (iii), (v)      (C) (i), (iii), (v)      (D) (ii), (iii), (iv)</p> <p><b>Appropriate option .</b> (D) (ii), (iii), (iv)</p>	COMPTT	2023
<b>2 MARK QUESTIONS</b>			
14	<p>Classify foods based on their perishability .Also give an example of any one type.</p> <p><b>Suggestive value points</b></p> <p><b>Classification of foods based on perishability -</b></p> <p>1.Perishable foods / Foods that spoil quickly within one or two days      2.Semi- perishable foods / Foods that can last for 1-2 weeks      3.Non- perishable foods / Foods that generally last for one year</p> <p>Example-</p> <p>1.Example of perishable foods - Milk, Curd, Fish, Meat, Green leafy vegetables      2.Example of semi-perishable foods - Fruits and Vegetables      3.Example of non-Perishable foods - Grains (rice, wheat), pulses, oilseeds</p>	COMPTT . EXAM	2025

15	<p>A food factory wants to launch a few new recipes of snacks in the market .To create innovative recipes,which four types of knowledge and skills should their professionals have for recipe development?</p> <p><b>Suggestive value points</b></p> <p><b>Knowledge and skills required for recipe development -</b></p> <ol style="list-style-type: none"> <li>1. Expertise in cooking</li> <li>2.Knowledge of nature and properties of food</li> <li>3.Uses of ingredients, measuring and weighing them accurate</li> <li>4.Designing, analysing and adapting a basic recipe</li> <li>5.Food handling skills</li> <li>6.Food production following hygiene and safety norms</li> <li>7.Handling tools and equipment accurately</li> <li>8.Innovations in product design and preparation according to consumer perceptions</li> <li>9.Use of information technology for contemporary production</li> </ol> <p>Any other,</p>	COMPTT . EXAM	2025						
16	<p>A student is curious to learn about the major developments in food processing and technology that occurred before the 20th century .In this context, name two researchers who made a significant contribution in those times. Also name the process developed by each one of them</p> <p><b>Suggestive value points</b></p> <table border="1"> <thead> <tr> <th>Researcher</th><th>Process developed</th></tr> </thead> <tbody> <tr> <td>Nicolas Appert</td><td>Canning</td></tr> <tr> <td>Louis Pasteur</td><td>Pasteurisation</td></tr> </tbody> </table>	Researcher	Process developed	Nicolas Appert	Canning	Louis Pasteur	Pasteurisation	MAIN EXAM	2025
Researcher	Process developed								
Nicolas Appert	Canning								
Louis Pasteur	Pasteurisation								
17	<p>Name any four self employment avenues in the field of food processing that can be taken up as a household or cottage scale activity</p> <p><b>Suggestive value points</b></p> <p>household or cottage scale activity-</p> <ol style="list-style-type: none"> <li>2.Dehydrated products / Papad / Wadi</li> <li>3.Murrabba / Candy</li> <li>4.Pickles / Jam / Jelly / Squash</li> <li>5.Roasted and Puffed snacks / Salted peanuts / Khakhra</li> <li>6.Fried snacks / Mathri / Namkeen / Namakpara / Thepla / Chips / Murukku</li> <li>7.Bakery products</li> <li>8.Sweets / Jaggery making</li> <li>9.Drinking water pouches</li> </ol>	MAIN EXAM	2024						

18	<p>Differentiate between semi- perishable and non -perishable foods. Give one example of each type.</p> <p><b>Suggestive value points</b></p> <table border="1" data-bbox="298 444 1240 691"> <thead> <tr> <th data-bbox="298 444 827 489">Semi perishable</th><th data-bbox="827 444 1240 489">Non perishable</th></tr> </thead> <tbody> <tr> <td data-bbox="298 512 827 586">Those foods which can last for 1to2 weeks</td><td data-bbox="827 512 1240 586">Those foods that generally last a year</td></tr> <tr> <td data-bbox="298 608 827 691">Examples fruits and vegetables</td><td data-bbox="827 608 1240 691">Examples grains like rice wheat oil seeds</td></tr> </tbody> </table>	Semi perishable	Non perishable	Those foods which can last for 1to2 weeks	Those foods that generally last a year	Examples fruits and vegetables	Examples grains like rice wheat oil seeds	COMPTT . EXAM	2023
Semi perishable	Non perishable								
Those foods which can last for 1to2 weeks	Those foods that generally last a year								
Examples fruits and vegetables	Examples grains like rice wheat oil seeds								
19	<p>What do you understand by the term' Food Technology '? Where are the headquarters of Central Food Technological Research Institute( CFTRI) located ?</p> <p><b>Suggestive value points</b></p> <p><b>Food Technology -</b></p> <p>It is science and application of scientific, as well as socio-economic knowledge and legal rules for production. It uses and exploits knowledge of Food Science and Food Engineering to produce varied foods and develops skills for selection, storage, preservation, processing, packaging, etc. It promotes sustainability to avoid waste and save and utilise all the food produced and ensure safe and sustainable processing practices.</p> <p>(ii) <b>The headquarters of Central Food Technological Research Institute (CFTRI) are located in Mysore</b></p>	COMPTT . EXAM	2023						

20	<p>Differentiate between manufactured foods and formulated foods . Give one example each.</p> <p><b>Suggestive value points</b></p> <table border="1" data-bbox="287 444 1235 887"> <thead> <tr> <th data-bbox="287 444 827 496">Manufactured foods</th><th data-bbox="827 444 1235 496">Formulated foods</th></tr> </thead> <tbody> <tr> <td data-bbox="287 496 827 774">In such products, the original characteristics of the raw products are lost and some basic methods of preservation are used, often using various ingredients such as salt, sugar, oil or even chemical preservatives.</td><td data-bbox="827 496 1235 774">These are products prepared by mixing and processing of individual ingredients to result in relatively stable food products</td></tr> <tr> <td data-bbox="287 774 827 887">Examples- pickles, jams, marmalades, squashes, papads,</td><td data-bbox="827 774 1235 887">Examples- bread, biscuits, ice Cakes kulfi</td></tr> </tbody> </table>	Manufactured foods	Formulated foods	In such products, the original characteristics of the raw products are lost and some basic methods of preservation are used, often using various ingredients such as salt, sugar, oil or even chemical preservatives.	These are products prepared by mixing and processing of individual ingredients to result in relatively stable food products	Examples- pickles, jams, marmalades, squashes, papads,	Examples- bread, biscuits, ice Cakes kulfi	MAIN EXAM	2023
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Examples- pickles, jams, marmalades, squashes, papads,	Examples- bread, biscuits, ice Cakes kulfi								
21	<p>i What do you understand by 'High Risk Foods'? Give one example</p> <p>ii Which temperature range is called the Danger Zone for growing of bacteria?</p> <p><b>Suggestive value points</b></p> <p><b>High- Risk Foods</b></p> <p>They are protein rich foods attacked by bacteria.</p> <p><b>Example-</b></p> <p>Meat, fish, poultry, eggs and dairy products</p> <p><b>Temperature range</b></p> <p>5°C - 60 °C</p>	MAIN EXAM	2023						
	<b>3 MARK QUESTIONS</b>								

22	<p>Food has been preserved using various methods since prehistoric times.</p> <p>(i) Make a list of four old methods of food preservation, which are still being used today.</p> <p>(ii) Name any one institute in India offering specialised courses in Food Processing and Technology.</p> <p><b>Suggestive value points</b></p> <ol style="list-style-type: none"> <li>1. Sun drying</li> <li>2. Controlled fermentation</li> <li>3. Salting</li> <li>4. Pickling</li> <li>5. Candying</li> <li>6. Roasting</li> <li>7. Smoking</li> <li>8. Baking</li> </ol> <p>9. Using spices, oil, sugar etc. as preservatives</p> <p>Name any one institute in India offering specialised courses in Food Processing and Technology.</p> <ol style="list-style-type: none"> <li>1. Central Food Technological Research Institute (CFTRI), Mysore</li> <li>2. National Institute of Food Technology and Entrepreneurship Management (NIFTEM), Sonepat</li> </ol>		
23	<p>(i) Discuss briefly the significance of food processing and technology as a discipline.</p> <p>(ii) By whom are standards for fortification of staple foods like salt, milk, oils laid down in India ?</p> <p><b>Suggestive value points</b></p> <p><b>Significance of food processing and technology-</b></p> <ol style="list-style-type: none"> <li>1. Helps in storage and processing of agricultural and horticultural surplus.</li> <li>2. Increased demand of processed products due to changing life styles, increasing mobility and globalization.</li> <li>3. Consumers demand foods free from chemicals, pesticides, preservatives etc.</li> <li>4. Helps to increase shelf life of food products.</li> <li>5. Used to convert bulky, perishable foods into more useful, concentrated, palatable foods and potable beverages.</li> <li>6. Reduces preparation time for the cooking.</li> <li>7. Adds value to the resultant food products.</li> <li>8. Fortification of staple food can be done to increase its nutrient content.</li> <li>9. Increased prevalence of lifestyle diseases demands altering the nutrient content of foods.</li> <li>10. Adds to the economic growth of the country.</li> <li>11. Generates employment opportunities.</li> </ol> <p>Any other,</p> <p>(ii) <b>The standards for fortification of staple foods like salt, milk, oils laid down in India by</b></p> <p>FSSAI (Food Safety and Standards Authority of India)</p>	MAIN EXAM	2024

24	<p>Give any two examples of each of the following -</p> <p>(a) Food fortification          (b) Food derivatives          (c) Preserved foods</p> <p><b>Suggestive value points</b></p> <p>(a) <b>Food fortification</b></p> <ol style="list-style-type: none"> <li>1. Iodised salt</li> <li>2. Folic acid added to flour</li> <li>3. Vitamin A and D added to milk</li> <li>4. Vitamin A and D added to oils/fats</li> </ol> <p>(b) <b>Food derivatives</b></p> <ol style="list-style-type: none"> <li>1. Sugar from sugarcane</li> <li>2. Oil from oil seeds</li> </ol> <p>(c) <b>Preserved foods</b></p> <ol style="list-style-type: none"> <li>1. Frozen peas</li> <li>2. Frozen vegetables</li> <li>3. Dehydrated peas</li> <li>4. Dehydrated vegetables</li> <li>5. Canned fruits and vegetables</li> </ol> <p>Any other,</p>	COMPTT EXAM	2023
	<b>5 MARK QUESTIONS</b>		

25	<p>(i) Discuss the contribution of Nicolas Appert or Louis Pasteur in the development of Food processing and technology.</p> <p>(ii) What is the importance of food processing and preservation ? Write any three points.</p> <p><b>Suggestive value points</b></p> <ol style="list-style-type: none"> <li>1. In 1810, Nicolas Appert developed canning process.</li> <li>2. Canning had a major impact on food preservation techniques.</li> </ol> <p>or</p> <ol style="list-style-type: none"> <li>1. In 1864, Louis Pasteur's research on spoilage of wine and his description of how to avoid spoilage was an early attempt to put food technology on a scientific basis</li> <li>2. Pasteur conducted research on production of alcohol, vinegar, wines, beer and souring of milk.</li> <li>3. He developed 'pasteurisation' process of treating milk to destroy disease producing organisms.</li> <li>4. Pasteurisation was a significant advance in ensuring microbiological safety of food.</li> </ol> <p><b>(ii) Three importance of food processing and preservation-</b></p> <ol style="list-style-type: none"> <li>1. Convert bulky, perishable and sometimes inedible food materials into more useful, concentrated, shelf-stable and palatable foods or potable beverages.</li> <li>2. Reduces preparation time for cooking.</li> <li>3. Adds value to the resultant product by increasing storability and convenience.</li> <li>4. Makes food edible and safe for consumption.</li> <li>5. Reduces/eliminates microbial activity and other factors that influence food spoilage</li> </ol>	MAIN EXAM	2025
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26	<p>Which five knowledge and skills are required by a recipe development professional involved in 'Food Processing and Technology industry'? Elaborate in detail</p> <p><b>.Suggestive value points</b></p> <p><b>Five knowledge and skills required by a recipe development professional involved in Food Processing and Technology industry are-</b></p> <ol style="list-style-type: none"> <li>1. Expertise in cooking</li> <li>2. Knowledge of nature and properties of food</li> <li>3. Uses of ingredients, measuring and weighing them accurately</li> <li>4. Designing, analysing and adapting a basic recipe</li> <li>5. Food handling skills</li> <li>6. Food production following hygiene and safety norms</li> <li>7. Handling tools and equipments accurately</li> <li>8. Innovations in product design and preparation according to consumer perceptions</li> <li>9. Use of Information Technology for contemporary production</li> </ol>	MAIN EXAM	2023
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## CHAPTER - FOOD QUALITY AND FOOD SAFETY

	<b>1 MARK QUESTIONS</b>		
1	<p>Which of the following option is suitable for a career in the field of Food Quality and Food Safety ?</p> <p>(A) Clinical nutritionist (B) Environmental scientist (C) Chemist (D) Food inspector</p> <p><b>.Appropriate option</b> (D) Food inspector</p>	COMP TT. EXAM	2025

2	<p>Match the food hazard given in List-I with its example in List-II.</p> <p><b>List-I. (Food Hazard)</b>      <b>List-II (Example)</b></p> <table> <tbody> <tr> <td>i. Physical hazard</td> <td>1. Pesticides</td> </tr> <tr> <td>ii. Chemical hazard</td> <td>2. Fly</td> </tr> <tr> <td>iii. Visible biological hazard</td> <td>3. Virus</td> </tr> <tr> <td>iv. Invisible microbiological hazard</td> <td>4. Feather</td> </tr> </tbody> </table> <p>Choose the correct option from the following :</p> <p>(A) i – 2, ii – 4, iii – 1, iv – 3 (B) i – 4, ii – 1, iii – 2, iv – 3    (C) i – 3, ii – 1, iii – 4, iv – 2 (D) i – 3, ii – 4, iii – 2, iv – 1</p> <p><b>Appropriate option . B) i – 4, ii – 1, iii – 2, iv – 3</b></p>	i. Physical hazard	1. Pesticides	ii. Chemical hazard	2. Fly	iii. Visible biological hazard	3. Virus	iv. Invisible microbiological hazard	4. Feather	COMP TT. EXAM	2025
i. Physical hazard	1. Pesticides										
ii. Chemical hazard	2. Fly										
iii. Visible biological hazard	3. Virus										
iv. Invisible microbiological hazard	4. Feather										
3	<p>Choose the correct pair of food hazard with its example :</p> <p>(A) Visible biological hazard : Bacteria    (B) Invisible microbiological hazard : Worms    (C) Chemical hazard : Bone fragments    (D) Physical hazard : Hair</p> <p><b>Appropriate option . (D) Physical hazard : Hair</b></p>	MAIN EXAM	2025								
4	<p>Match the organisation of food safety and quality given in List-I with its description in List-II.</p> <p><b>1 List-I      List-II</b>  <b>(Organisation)      (Description)</b></p> <table> <tbody> <tr> <td>i. CAC</td> <td>1 Worldwide non-governmental federation</td> </tr> <tr> <td>ii. ISO</td> <td>2 Publishes 'Food Code' document</td> </tr> <tr> <td>iii. WTO</td> <td>3 Voluntary Product Certification of India</td> </tr> <tr> <td>iv. BIS</td> <td>4 Established in 1995 for administering trade agreements in the world</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 – 3, ii – 4, iii – 1, iv – 2    (C) i – 2, ii – 1, iii – 4, iv – 3    (D) i – 3, ii – 2, iii – 4, iv – 1</p> <p><b>Appropriate option . (C) i – 2, ii – 1, iii – 4, iv – 3</b></p>	i. CAC	1 Worldwide non-governmental federation	ii. ISO	2 Publishes 'Food Code' document	iii. WTO	3 Voluntary Product Certification of India	iv. BIS	4 Established in 1995 for administering trade agreements in the world	MAIN EXAM	2025
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5	<p>Food colours and preservatives are examples of which type of hazard ?</p> <p>(A) Chemical hazard (B) Physical hazard (C) Visible biological hazard (D) Microbiological hazard</p> <p><b>Appropriate option .</b> (A) Chemical hazard</p>	COMP TT. EXAM	2024
6	<p>Which of the following are voluntary grading and marking schemes in food standards ?</p> <p>(A) ISI mark and FSSAI (B) ISI mark and Agmark (C) Agmark and Ecomark (D) FSSAI and BIS</p> <p><b>Appropriate option .</b> (B) ISI mark and Agmark</p>	COMP TT. EXAM	2024
7	<p>Assurance that food is acceptable for human consumption is termed as</p> <p>_____.</p> <p>(A) Food Safety. (B) Food Standard (C) Food Intoxication. (D) Food Value</p> <p><b>Appropriate option .</b> (A) Food Safety</p>	COMP TT. EXAM	2023
8	<p>In which year did the Government of India enact the Food Safety and Standards Act (FSSA) ?</p> <p>(A) 1974. (B) 2006 (C) 1984. (D) 2018</p> <p><b>Appropriate option .</b> (B) 2006</p>	COMP TT. EXAM	2023
9	<p>Food infection/food poisoning results which of the following reasons ?</p> <p>(i) Inadequate cooking (ii) Cross-contamination (iii) Washing hands with soap frequently (iv) Cutting raw meat on a clean chopping board (v) Keeping food uncovered outside</p> <p>Choose the correct option :</p> <p>(A) (i), (ii), (iii) (C) (ii), (iii), (v) (C) (iii), (iv), (v) (D) (i), (ii), (v)</p> <p><b>Appropriate option .</b> (D) (i), (ii), (v)</p>	COMP TT. EXAM	2023

10	<p>Which of the following are not physical hazards in food ?</p> <p>(A) Yeast and mould (B) Stems and seeds (C) Hair and feathers (D) Nails and bolts</p> <p><b>.Appropriate option A) Yeast and mould</b></p>	COMP TT. EXAM	2023
	<b>2 MARK QUESTIONS</b>		
11	<p>Various job options are available in food industry with respect to food safety and quality control. Get information on any four career avenues available in this field from your brother who has completed his Masters in Food Microbiology</p> <p><b>.Suggestive value points</b></p> <p><b>Career avenues available in food industry with respect to food safety and quality control-</b></p> <p>1.Food Analysts 2.Food Quality Control managers in food industry laboratories 3.Food inspectors / Food Testing Professionals at various positions in food testing laboratories in public / private sector / voluntary organisations 4.Food Auditors 5.Food Microbiologists / Specialist in HACCP / BIS / Agmark etc. 6.Quality Certification Professionals in ISO / BIS / FSSAI etc. 7.Teaching and Academics 8.Research and Development Professionals 9.Scientific Writers 10.Content Creators / Bloggers 11Entrepreneurship</p>	MAIN EXAM	2024
	<b>3 MARK QUESTIONS</b>		
12	<p>Give full forms of the following international organisations dealing with food standards, quality and trade.</p> <p>(a) CAC (b) ISO (c) WTO</p> <p><b>.Suggestive value points</b></p> <p>(a) <b>CAC</b>- Codex Alimentarius Commission (b) <b>ISO</b>-International Organisation for Standardisation (c) <b>WTO</b>-World Trade Organisation</p>	MAIN EXAM	2023
	<b>4 MARK QUESTIONS</b>		

13	<p>Since ancient times, governing authorities in the world have developed food safety and quality standards to protect the health of consumers.</p> <p>(i) WTO is one such organisation that contributes to it. Write its full name and the year it was established.</p> <p>(ii) In India, one of the schemes for safeguarding consumer's health is voluntary product certification. Name two standard marks under this scheme</p> <p><b>Suggestive value points</b></p> <p><b>Full name-</b> World Trade Organisation</p> <p><b>Establishment Year –</b> 1995</p> <p>(ii) <b>Two standard marks under voluntary product</b> certification scheme in INDIA</p> <p>Two standard marks under the voluntary product certification scheme in India are -</p> <ol style="list-style-type: none"> <li>1. ISI mark</li> <li>2. Agmark</li> </ol>	COMP TT. EXAM	2025
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14	<p>“Food quality testing laboratories also adhere to food standards to facilitate trade between nations and within the country.”</p> <p>(i) In support of this statement, mention four levels of food standards.</p> <p>(ii) ISO 9000 is an international reference for quality requirement. Write the full form of ISO and describe it briefly.</p> <p><b>.Suggestive value points</b></p> <p><b>Four levels of food standards -</b></p> <ol style="list-style-type: none"> <li>1. Company Standards</li> <li>2. National Standards</li> <li>3. Regional Standards</li> <li>4. International Standards</li> </ol> <p>(ii) <b>Full form of ISO-</b></p> <p>International Organisation for Standardization</p> <p><b>Description of ISO -</b></p> <ol style="list-style-type: none"> <li>1. Worldwide, non-governmental federation of national standards bodies (ISO member bodies)</li> <li>2. Promotes standardization to facilitate international exchange of goods and services</li> <li>3. Adoption of ISO standards is voluntary</li> <li>4. Standards are reviewed every five years</li> <li>5. Develop cooperation in intellectual, scientific, technological and economic activities</li> <li>6. Publish International agreements as International standards</li> <li>7. ISO 9000 is concerned with “Quality Management” of an organization</li> </ol>	COMP TT. EXAM	2025
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15	<p>(i) "Food safety challenges have changed globally as well as in India, and Food Quality and Food Safety have gained tremendous importance". In this context, highlight two significant reasons of importance of Food Quality and Safety.</p> <p>(ii) Identify two common food-borne pathogens that can spread infection in healthy individuals.</p> <p><b>.Suggestive value points</b></p> <p><b>Reasons of importance of Food Quality and Safety-</b></p> <ol style="list-style-type: none"> <li>1. Protection from food borne microbial illnesses</li> <li>2. Changing lifestyles, diverse eating habits and large population increase risks of food contamination</li> <li>3. Increasing demand for processed and packaged foods require strict safety measures</li> <li>4. Quality concerns arise for pre-packaged spices, condiments, various types of spice powder and mixes due to increased demand</li> <li>5. Complex logistics in bulk food transportation increase the risk of contamination</li> <li>6. Rising food-borne diseases and emerging pathogens demand better safety protocols</li> <li>7. India's participation in the World Trade Organisation (WTO) has increased the need for effective food standards in international trade</li> <li>8. Environmental pollution / pesticides increase the risk of food contamination</li> <li>9. Ingredients/Additives in processed foods require thorough safety analysis</li> <li>10. Growing consumer demand for safe, wholesome, nutritious foods drives quality control efforts</li> </ol> <p>Any other,</p> <p><b>(ii) Common food-borne pathogens that can spread infection-</b></p> <ol style="list-style-type: none"> <li>1. <i>Salmonella</i></li> <li>2. <i>Staphylococcus aureus</i></li> <li>3. <i>Escherichia coli</i> (E. coli)</li> <li>4. <i>Norovirus</i></li> <li>5. <i>Rotavirus</i></li> <li>6. <i>Hepatitis A, E</i></li> </ol>	MAIN EXAM	2025
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16	<p>(i) What is the full name of the comprehensive law that consolidated various old food laws in India ? When was it enacted ?  (ii) A food manufacturing company is establishing a Food Safety Management System. Describe two systems the company can use to ensure food safety and quality</p> <p><b>Suggestive value points.</b></p> <p><b>Name of the comprehensive law that consolidated various old food laws in India-</b>  Food Safety and Standards Act / FSSA  <b>Enacted in-</b>  2006</p> <p>(ii) <b>Systems for ensuring food safety and quality-</b></p> <p><b>1. Good Manufacturing Practices (GMP) –</b></p> <ul style="list-style-type: none"> <li>i. Part of quality assurance to ensure products are safe</li> <li>ii. Enables to minimise or eliminate contamination and false labelling</li> <li>iii. Helps to refine compliance and performance by manufacturers / producers</li> <li>iv. Ensures that manufacturers / processors take proactive steps to make products safe</li> <li>v. Good business tool for food operations</li> </ul> <p><b>2. Good Handling Practices (GHP) -</b></p> <ul style="list-style-type: none"> <li>i. A comprehensive approach from the farm to the store / consumer</li> <li>ii. Identifies potential sources of risk</li> <li>iii. Indicates what steps and procedures are taken to minimize the risk of contamination</li> <li>iv. Ensures that all persons who handle food have good hygiene practices</li> <li>v. Reduces the risk of cross-contamination during food handling</li> </ul> <p><b>3. Hazard Analysis Critical Control Points (HACCP) -</b></p> <ul style="list-style-type: none"> <li>i. It is a preventive approach to ensure food safety</li> <li>ii. Identifies critical control points in the production process to prevent, eliminate or reduce food safety hazards</li> <li>iii. Assesses chances of occurrence of hazards during each step / stage in the food chain – raw material procurement, manufacturing, distribution, usage of food products and defining measures for hazard control</li> <li>iv. Ensures good quality end product</li> <li>v. Utilises resources efficiently and in a cost-effective manner</li> <li>vi. Important for consumer protection and international food trade</li> </ul> <p><b>Hazard Analysis Critical Control Point (HACCP)</b></p> <p>(Implementation of HACCP in food industry is important as it-</p> <ol style="list-style-type: none"> <li>1.is a cost-effective and preventive approach to ensure food safety.</li> <li>2.enables us to detect hazards at any stage of processing or manufacturing.</li> <li>3.ensures a good quality end product, by taking appropriate action at the stage where the problem occurs.</li> <li>4.enables producers, processors, distributors and exporters to utilise resources efficiently.</li> <li>5.is important for consumer protection and international food trade.</li> <li>6.assures consistently good quality products.</li> <li>7.holds responsibility for safe food with producers and suppliers as per</li> </ol>	MAIN EXAM	2025
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17	<p>HACCP involves identification of food hazards during each stage in the food chain.</p> <p>(a) Give full form of HACCP.</p> <p>(b) Mention three reasons why implementing HACCP in food industry is important.</p> <p><b>Suggestive value points</b></p> <p><b>Hazard Analysis Critical Control Point (HACCP)</b></p> <p>(Implementation of HACCP in food industry is important as it-</p> <ol style="list-style-type: none"> <li>1.is a cost-effective and preventive approach to ensure food safety.</li> <li>2.enables us to detect hazards at any stage of processing or manufacturing.</li> <li>3.ensures a good quality end product, by taking appropriate action at the stage where the problem occurs.</li> <li>4.enables producers, processors, distributors and exporters to utilise resources efficiently.</li> <li>5.is important for consumer protection and international food trade.</li> <li>6.assures consistently good quality products.</li> <li>7.holds responsibility for safe food with producers and suppliers as per FSSA, 2006.</li> </ol>	MAIN EXAM	2024
	<b>5 MARK QUESTIONS</b>		

18	<p>(a) State three differences between Codex and ISO.  (b) How does food get cross-contaminated ? Name the micro-organism which spreads through this.</p> <p><b>Suggestive value points</b></p> <table border="1" data-bbox="295 473 1267 848"> <thead> <tr> <th data-bbox="295 473 838 518">CODEX</th><th data-bbox="838 473 1267 518">ISO</th></tr> </thead> <tbody> <tr> <td data-bbox="295 518 838 579">Intergovernmental organisation</td><td data-bbox="838 518 1267 579">Non-governmental organisation</td></tr> <tr> <td data-bbox="295 579 838 640">Used to develop national regulations</td><td data-bbox="838 579 1267 640">Voluntary</td></tr> <tr> <td data-bbox="295 640 838 736">Slow to change</td><td data-bbox="838 640 1267 736">Standards are reviewed every five years</td></tr> <tr> <td data-bbox="295 736 838 833">Describe the minimal acceptable practices</td><td data-bbox="838 736 1267 833">Describe current standard industry practices</td></tr> </tbody> </table> <p><b>Cross-contamination</b></p> <p>1 It occurs when disease causing micro- organisms (pathogens) are transferred from contaminated source to uncontaminated source /</p> <p>2 It occurs when a cook cuts raw meat / poultry on a chopping board and without cleaning uses it for another food which does not involve any cooking, such as salad</p> <p><b>Name of micro-organism-</b> Salmonella</p>	CODEX	ISO	Intergovernmental organisation	Non-governmental organisation	Used to develop national regulations	Voluntary	Slow to change	Standards are reviewed every five years	Describe the minimal acceptable practices	Describe current standard industry practices	COMP TT. EXAM	2024
CODEX	ISO												
Intergovernmental organisation	Non-governmental organisation												
Used to develop national regulations	Voluntary												
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Describe the minimal acceptable practices	Describe current standard industry practices												

19	<p>i Name any two international organisations in the area of food standards.</p> <p>ii How can food safety and quality be insured at any stage of food chain through Good Manufacturing Practices and Good Handling Practices?</p> <p><b>Suggestive value points</b></p> <p>(i) <b>Two international organisations in the area of food standards-</b></p> <ol style="list-style-type: none"> <li>1. Codex Alimentarius Commission (CAC)</li> <li>2. International Organisation for Standardisation (ISO)</li> <li>3. World Trade Organisation(WTO)</li> </ol> <p>(ii) <b>Good Manufacturing Practices</b></p> <ol style="list-style-type: none"> <li>1. Part of quality assurance to ensure that manufacturers/processors take proactive steps to ensure that their products are safe</li> <li>2. Enables to minimise or eliminate contamination</li> <li>3. Eliminate false labelling</li> <li>4. Protecting the consumer from being misled</li> <li>5. Help consumers in purchasing products that are not harmful</li> <li>6. Helps to refine compliance and performance by the manufacturers/producers.</li> </ol> <p><b>Good Handling Practices</b></p> <ol style="list-style-type: none"> <li>1. A comprehensive approach from the farm to the store or consumer</li> <li>2. Identify potential sources of risk</li> <li>3. Indicates what steps and procedures should be taken to minimise the risk of contamination</li> <li>4. Ensures that all persons who handle food have good hygiene pr</li> </ol>	COMP TT. EXAM	2023
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20	<p>Define Toxicity and Hazard . Explain three types of hazards in foods with examples</p> <p><b>.Suggestive value points</b></p> <p><b>Toxicity</b> It is the capacity of a substance to produce harm or injury of any kind under any conditions.</p> <p><b>Hazard</b> It is the relative probability that harm or injury will result when substance is not used in a prescribed manner and quantity.</p> <p><b>Three types of hazards in foods with examples –</b></p> <ol style="list-style-type: none"> <li><b>Physical Hazard</b>- Any physical material not normally found in food which causes illness or injury. Example- wood, stones, hair, bidi, cigarettes, buttons, nails, etc.</li> <li><b>Chemical Hazard</b> - Chemical or deleterious substances which may be intentionally or un-intentionally added to foods. Example- pesticides, chemical residues, food colours, preservatives, toxic metals, etc.</li> <li><b>Biological Hazards</b>- Living organisms which include microbiological organisms associated with food that cause diseases. They may be of two types - <ul style="list-style-type: none"> <li>• <b>Visible</b>-Example-worms, fly, cockroach, weevil, etc.</li> <li>• <b>Invisible</b>-Example-bacteria, virus, yeast, mould, protozoa, etc.</li> </ul> Three hazards with any one example for each </li> </ol>	MAIN EXAM	2023
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## CHAPTER - EARLY CHILDHOOD CARE AND EDUCATION

	<b>1 MARK QUESTIONS</b>		
1	<p>In the context of ECCE, choose the correct pair :</p> <p>(A ) Early childhood : Birth to 8 years  (B) Toddler : 5 to 8 years  (C) NCF : New Curriculum Framework  (D) ICDS : Programme for the elderly</p> <p><b>Appropriate option . (A ) Early childhood : Birth to 8 years</b></p>	COMPT T. EXAM	2025

2	<p>Match the educators/concept of Early Childhood Care and Education given in List-I with its description in List-II.</p> <table border="0" data-bbox="239 404 1283 920"> <thead> <tr> <th data-bbox="239 404 536 482">List-I. (Educator/Concept)</th><th data-bbox="886 404 1081 482">List-II ( Description)</th></tr> </thead> <tbody> <tr> <td data-bbox="239 550 536 617">i. Maria Montessori</td><td data-bbox="600 550 1208 617">1. Children need a concerned, caring and knowledgeable adult</td></tr> <tr> <td data-bbox="239 617 536 685">ii. Jean Piaget</td><td data-bbox="600 617 1113 685">2. Institutional setting for the care of infants and young children</td></tr> <tr> <td data-bbox="239 685 536 752">iii. Lev Vygotsky</td><td data-bbox="600 685 1208 752">3. Children need a supportive environment to explore phenomena in their own ways</td></tr> <tr> <td data-bbox="239 752 536 819">iv. Crèche</td><td data-bbox="600 752 1187 819">4. Outline of schools based on the principles of early childhood education</td></tr> </tbody> </table> <p>Choose the correct option from the following :</p> <p>(A) i – 2, ii – 4, iii – 1, iv – 3 (B) i – 3, ii – 1, iii – 2, iv – 4    (C) i – 4, ii – 3, iii – 2, iv – 1 (D) i – 4, ii – 3, iii – 1, iv – 2</p> <p><b>Appropriate option</b> (D) i – 4, ii – 3, iii – 1, iv – 2</p>	List-I. (Educator/Concept)	List-II ( Description)	i. Maria Montessori	1. Children need a concerned, caring and knowledgeable adult	ii. Jean Piaget	2. Institutional setting for the care of infants and young children	iii. Lev Vygotsky	3. Children need a supportive environment to explore phenomena in their own ways	iv. Crèche	4. Outline of schools based on the principles of early childhood education	COMPT T. EXAM	2025
List-I. (Educator/Concept)	List-II ( Description)												
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iv. Crèche	4. Outline of schools based on the principles of early childhood education												
3	<p>Given below are two statements labelled as Assertion (A) and Reason (R). 1</p> <p>Assertion (A) : Young children have a short attention span when compared with older children and adults.</p> <p>Reason (R) : A pre-school teacher should quickly change her lesson plan and strategies to deal with the needs of young children.</p> <p>Select the most appropriate answer from the options given below :</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> <p><b>Appropriate option</b> . (A) Both (A) and (R) are true and (R) is the correct explanation of (A).</p>	COMPT T. EXAM	2025										

4	<p>Given below are two statements labelled as Assertion (A) and Reason (R).</p> <p>Assertion (A) : Guiding principles of ECCE emphasise on experiential learning.</p> <p>Reason (R) : A young baby of around 8 – 12 months can show fear of unknown people.</p> <p>Select the most appropriate answer from the options given below :</p> <p>(A) Both (A) and (R) are true and (R) is the correct explanation of (A).</p> <p>(B) Both (A) and (R) are true, but (R) is not the correct explanation of (A).</p> <p>(C) (A) is true, but (R) is false.</p> <p>(D) (A) is false, but (R) is true.</p> <p><b>Appropriate option</b> . (B) Both (A) and (R) are true, but (R) is not the correct explanation of (A).</p>	COMPT T. EXAM	2025
5	<p>Identify the desirable qualities in a caretaker working in an Anganwadi.</p> <p>(i) Interest in children and their development</p> <p>(ii) Unwilling to answer children's queries</p> <p>(iii) Inability to understand individual differences</p> <p>(iv) Enthusiastic and energetic</p> <p>Choose the correct option from the following :</p> <p>(A) (i) and (iv) (B) (ii) and (iii)</p> <p>(C) (i) and (iii) (D) (ii) and (iv)</p> <p><b>Appropriate option</b> (A) (i) and (iv)</p>	MAIN EXAM	2025
6	<p>The Government of India offers preschool education in urban and rural areas through :</p> <p>(A) Creches (B) Montessori schools</p> <p>(C) Day care centres (D) Anganwadis</p> <p><b>Appropriate option</b> . (D) Anganwadis</p>	MAIN EXAM	2024

7	<p>Match List-I with List-II.</p> <p>List-I (Related to ECCE)</p> <p>i. Toddler ii. Early childhood iii. Fear of unknown people iv. Integrated Child Development Services (ICDS)</p> <p>List-II (Age)</p> <p>1. 8 -12 months 2. Birth 6 years 3. 2 3 years 4. Birth 8 years</p> <p>Choose the correct option from the following :</p> <p>(A) i 4, ii 2, iii 1, iv 3 (B) i 1, ii 3, iii 2, iv 4 (C) i 3, ii 1, iii 4, iv 2 (D) i 3, ii 4, iii 1, iv 2</p> <p><b>Appropriate option . (D) i 3, ii 4, iii 1, iv 2</b></p>	MAIN EXAM	2024
8	<p>Match the following :</p> <p>i. Creche. ii. Anganwadis iii. Toddler. iv. Early Childhood.</p> <p>1. Birth till 8 years 2. 2 to 3 years 3. Substitute child care 4. ICDS</p> <p>Choose the correct option :</p> <p>(A) i 2, ii 3, iii 4, iv 1 (B) i 3, ii 4, iii 2, iv 1 (C) i 1, ii 4, iii 2, iv 3 (D) i 4, ii 1, iii 3, iv 2</p> <p><b>Appropriate option . (B) i 3, ii 4, iii 2, iv 1</b></p>	COMPT T. EXAM	2023
	2 MARK QUESTIONS		
9	<p>Enlist any four commonly available services in the field of Early Childhood Care and Education</p> <p><b>Suggestive value points</b> <b>Commonly available services-</b></p> <p>1.Crèches 2.Day care centres 3.Nursery schools 4.NGOs 5.Integrated Child Development Services (ICDS) / Anganwadi 6.Training institutes 7.Mid-day meal scheme</p>	COMPT T. EXAM	2024

10	<p>Which four needs of young children are catered to in a day care centre/creche ?</p> <p><b>Suggestive value points</b></p> <p><b>Needs of young children catered in a day care centre</b></p> <ol style="list-style-type: none"> <li>1.Safety</li> <li>2.Physical needs / Self-care / Feeding / Toilet training</li> <li>3.Socio-emotional needs</li> <li>4.Language development / Vocabulary</li> <li>5.Cognitive development / Informal education</li> <li>6.Motor Development / Recreational needs / Play</li> <li>7.Cleanliness and Hygiene</li> </ol> <p>four</p>	COMPT T. EXAM	2024
11	<p>Sofia loves little children and has applied for a job in a nursery school. Which four skills should she possess in order to be successful in this career?</p> <p><b>Suggestive value points</b></p> <p><b>Skills-</b></p> <ol style="list-style-type: none"> <li>1.Knowledge of basic principles of child development</li> <li>2.Understanding of the needs and capabilities of young children</li> <li>3.Capacity and motivation for interacting with children</li> <li>4.Collection of skills for creative and interesting activities with children in all areas of development</li> <li>5.Enthusiasm for activities like story-telling, dance, music, exploration, nature, social interaction etc.</li> <li>6.Willingness and interest in answering children's queries</li> <li>7.Capacity for understanding individual differences</li> <li>8.Awareness about community, cultural and regional environment</li> <li>9.Being energetic and prepared for physical activity</li> <li>10.Being adaptive and flexible towards children</li> <li>11.Capable of administrative and management skills / Record keeping / Accounting / Report writing</li> </ol>	COMPT T. EXAM	2024
12	<p>As per the National Curriculum Framework( NCF) 2005 Position Paper on Early Childhood Education, mention any two basic objectives of Early Childhood Care and Education?</p> <p><b>Suggestive value points</b></p> <p><b>Basic objectives of Early Childhood Care and Education (ECCE)-</b></p> <ol style="list-style-type: none"> <li>1 Holistic development of the child to enable him/her to realise the potential.</li> <li>2 Preparation for school.</li> <li>3 Providing support services for women and children</li> </ol>	MAIN EXAM	2024

	3 MARKS QUESTIONS		
13	<p>Provide six reasons how a pre-school environment is beneficial for young children's development.</p> <p><b>.Suggestive value points</b></p> <p><b>Pre-school environment is beneficial due to following reasons-</b></p> <p>1. Child centered approach  2. Play way method which makes learning enjoyable  3. Children enjoy the company of others / socialization with peers  4. Facilitates quick learning due to peers / stimulating environment  5. Makes children independent and do their work on their own like eating on their own  6. Beneficial for children who live in difficult circumstances or who need additional support for learning / Children with special needs (CWSN)  7. Enhances child's exploration to other adults and other environments and materials / enhances creativity and curiosity  8. Prepares children for formal schooling  9. Provides a good learning environment  10. Facilitates sharing, cooperation, empathy  11. Develops self-confidence and self-awareness  12. Develops communication skills / language skills  13. Helps to manage emotions  14. Aids in holistic development of the child  15. Improves concentration, memory and attention span  16. Assists in growth and development of children outside the home  17. Teaches self-care, healthy habits and disciplined routine</p>	MAIN EXAM	2025

14	<p>Your elder sister wants to become an ECCE Professional. Guide her regarding two educational qualifications and any four career options of ECCE.</p> <p><b>Suggestive value points.</b></p> <p><b>Two educational qualifications-</b></p> <ol style="list-style-type: none"> <li>1. An undergraduate degree in a subject that has child/human development and/or child psychology.</li> <li>2. One year diploma or Open University educational courses in the field.</li> <li>3. Nursery Teacher Training that offers training in this field.</li> </ol> <p>Any other, Any two</p> <p><b>Four career options of ECCE-</b></p> <ol style="list-style-type: none"> <li>1. Teacher in Nursery schools</li> <li>2. Caregiver in day care centres and crèches</li> <li>3. Team members for programmes for young children</li> <li>4. Professionals to plan and promote campaigns or services for young children organised by Governments or NGOs</li> <li>5. Entrepreneur in child related activities: Camps, edu-picnics, activity clubs, preschool education centres</li> <li>6. Higher studies: a post-graduate diploma or degree in early childhood education, later doctoral degrees with research in the field.</li> </ol>	COMPT T. EXAM	2023
15	<p>Amit is hiring ECCE professionals for his newly opened pre-school. Which six skills should he look for in them while making their selection</p> <p><b>Suggestive value points</b></p> <p><b>Six skills he should look for in ECCE professionals-</b></p> <ol style="list-style-type: none"> <li>1. An interest in children and their development</li> <li>2. Knowledge about the needs and capabilities of young children</li> <li>3. Capacity and motivation for interacting with children</li> <li>4. Skills for creative and interesting activities with children in all areas of development</li> <li>5. Enthusiasm for activities like story-telling, exploration, nature and social interaction</li> <li>6. Willingness and interest in answering children's queries</li> <li>7. Capacity for understanding individual differences</li> <li>8. Be energetic and prepared for physical activity for considerably long periods of time</li> </ol>	COMPT T. EXAM	2023

16	<p>(a) As per National Curriculum Framework (NCF) publication on ECCE, enlist any six guiding principles of ECCE.</p> <p><b>Suggestive value points</b></p> <p><b>Six guiding principles of ECCE-</b></p> <ol style="list-style-type: none"> <li>1. Play as the basis for learning</li> <li>2. Art as the basis of education</li> <li>3. Recognition of the special features of children's thinking</li> <li>4. Primacy of experience rather than expertise (i.e., experiential learning is emphasised)</li> <li>5. Experience of familiarity and challenge in everyday routines</li> <li>6. Mix of formal and informal interactions</li> <li>7. Blend of textual and cultural sources</li> <li>8. Use of local materials, art and knowledge</li> <li>9. Developmentally appropriate practices, flexibility and plurality</li> <li>10. Health, well-being and healthy habits</li> </ol>	MAIN EXAM	2023
17	<p>Fatima Bano wants to send her three-year-old child to a preschool. Explain to her the six attributes that she should look for in a good preschool.</p> <p><b>Suggestive value points</b></p> <p><b>Six attributes that she should look for in a good preschool-</b></p> <ol style="list-style-type: none"> <li>1. Safe and secure environment</li> <li>2. Clean and hygienic environment</li> <li>3. Play way method of learning</li> <li>4. Child centered approach</li> <li>5. First Aid / Medical Facilities</li> <li>6. Loving and Trained teachers/staff</li> <li>7. Variety of play materials / Recreational Facilities</li> <li>8. Informal education</li> <li>9. Optimal learning environment</li> <li>10. Prepares for formal school</li> <li>11. Availability of additional support for children with special needs or difficult circumstances/ Inclusive education</li> </ol>	MAIN EXAM	2023

## CHAPTER - MANAGEMENT of SUPPORT SERVICES INSTITUTION AND PROGRAMS FOR CHILDREN YOUTH AND ELDERLY

	1 MARK QUESTIONS		
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1	<p>Which facilities are provided by multiservice centres for older people ?</p> <p>(i) Nursing care to the seriously ill  (ii) Day care and health care  (iii) Financial aid  (iv) Educational and entertainment opportunities</p> <p>Choose the correct option from the following :</p> <p>(A) (i) and (ii) (B) (iii) and (iv)  (C) (ii) and (iv) (D) (i) and (iii)</p> <p><b>Appropriate option .</b> (C) (ii) and (iv)</p>	COMP TT. EXAM	2025										
2	<p>In the context of institutes/programmes for vulnerable groups, choose the correct pair :</p> <p>(A) CARA : Organising rallies  (B) Promotion of Adventure : Child Rights Convention  (C) Observation Home : A kind of home for Children  (D) Promotion of National Integration : Family-based care</p> <p><b>Appropriate option .</b> (C) Observation Home : A kind of home for children</p>	MAIN EXAM	2025										
3	<p>Match the initiatives for children, youth and elderly given in List-I with their related year in List-II</p> <table border="0" data-bbox="266 1140 965 1504"> <thead> <tr> <th data-bbox="266 1140 727 1185"><i>List-I (Initiative)</i></th> <th data-bbox="838 1140 965 1185"><i>List-II (Year)</i></th> </tr> </thead> <tbody> <tr> <td data-bbox="266 1185 727 1275">i. SOS Children's Villages</td> <td data-bbox="838 1185 965 1275">1 2000, 2015</td> </tr> <tr> <td data-bbox="266 1275 727 1320">ii. National Youth Policy</td> <td data-bbox="838 1275 965 1320">2 1999</td> </tr> <tr> <td data-bbox="266 1320 727 1410">iii. National Policy for Older Persons</td> <td data-bbox="838 1320 965 1410">3 2003, 2014</td> </tr> <tr> <td data-bbox="266 1410 727 1504">iv. Juvenile Justice (Care and Protection of Children) Act</td> <td data-bbox="838 1410 965 1504">4 1964</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 – 3, ii – 4, iii – 1, iv – 2  (C) i – 2, ii – 1, iii – 4, iv – 3  (D) i – 3, ii – 1, iii – 2, iv – 4</p> <p><b>Appropriate option .</b> (A) i – 4, ii – 3, iii – 2, iv – 1</p>	<i>List-I (Initiative)</i>	<i>List-II (Year)</i>	i. SOS Children's Villages	1 2000, 2015	ii. National Youth Policy	2 1999	iii. National Policy for Older Persons	3 2003, 2014	iv. Juvenile Justice (Care and Protection of Children) Act	4 1964	MAIN EXAM	2025
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4	<p>Given below are two statements labelled as Assertion (A) and Reason (R).</p> <p><b>Assertion (A) :</b> Within the broad category 'Youth', there are some groups who are especially vulnerable.</p> <p><b>Reason (R) :</b> Rural and tribal youth are vulnerable groups.</p> <p>Select the most appropriate answer from the options given below :</p> <p>(A) Both (A) and (R) are true and (R) is the correct explanation of (A).</p> <p>(B) Both (A) and (R) are true, but (R) is <i>not</i> the correct explanation of (A).</p> <p>(C) (A) is true, but (R) is false.</p> <p>(D) (A) is false, but (R) is true.</p> <p><b>Appropriate option</b> . (A) Both (A) and (R) are true and (R) is the correct explanation of (A).</p>	MAIN EXAM	2025
5	<p>Given below are two statements labelled as Assertion (A) and Reason (R).</p> <p><b>Assertion (A) :</b> It is necessary to provide for the economic and health needs of the elderly to create a conducive social milieu.</p> <p><b>Reason (R) :</b> In India, Senior Citizens constitute persons in the age group of 50 years and above.</p> <p>Select the most appropriate answer from the options given below :</p> <p>(A) Both (A) and (R) are true and (R) is the correct explanation of (A).</p> <p>(B) Both (A) and (R) are true, but (R) is <i>not</i> the correct explanation of (A).</p> <p>(C) (A) is true, but (R) is false.</p> <p>(D) (A) is false, but (R) is true.</p> <p><b>Appropriate option</b> (C) (A) is true, but (R) is false.</p>	MAIN EXAM	2025
6	<p>Which one of the following is not a career avenue for a professional working for elderly people ?</p> <p>(A) Caregiver in a day care centre for Alzheimer patients</p> <p>(B) Manager in respite care home</p> <p>(C) Counsellor</p> <p>(D) Scout and guide instructor</p> <p><b>Appropriate option</b> . (D ) Scout and Guide Instructor</p>	COMP TT. EXAM	2024

7	<p>Match List I with List II :</p> <table border="0" data-bbox="250 332 1183 586"> <thead> <tr> <th data-bbox="250 332 627 370">List I (Initiatives for children)</th><th data-bbox="627 332 1183 370">List II (Features)</th></tr> </thead> <tbody> <tr> <td data-bbox="250 370 627 408">i. Special Homes</td><td data-bbox="627 370 1183 408">1. Adoption</td></tr> <tr> <td data-bbox="250 408 627 482">ii. CARA children</td><td data-bbox="627 408 1183 482">2. Family-based care for orphaned</td></tr> <tr> <td data-bbox="250 482 627 557">iii. SOS Children's Villages children</td><td data-bbox="627 482 1183 557">3. Temporary home for missing</td></tr> <tr> <td data-bbox="250 557 627 595">iv. Observation Homes</td><td data-bbox="627 557 1183 595">4. Custodial care for juveniles</td></tr> </tbody> </table> <p>Choose the correct option from the following :</p> <p>(A) i – 2, ii – 3, iii – 4, iv – 1    (B) i – 3, ii – 4, iii – 1, iv – 2    (C) i – 4, ii – 1, iii – 2, iv – 3    (D) i – 1, ii – 2, iii – 3, iv – 4</p> <p><b>Appropriate option . C) i – 4, ii – 1, iii – 2, iv – 3</b></p>	List I (Initiatives for children)	List II (Features)	i. Special Homes	1. Adoption	ii. CARA children	2. Family-based care for orphaned	iii. SOS Children's Villages children	3. Temporary home for missing	iv. Observation Homes	4. Custodial care for juveniles	COMP TT. EXAM	2024
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9	<p>16 year old Bura is caught by the police for searching a mobile phone and sent to the custody for violating the law .Under which act was he arrested ?Mention the two categories of children defined under this act.</p> <p><b>Suggestive value points</b></p> <p><b>Name of the Act-</b>    Juvenile Justice (Care and Protection of Children) Act</p> <p><b>Two categories of children -</b></p> <p>1.Those who are 'in conflict with law' / Juvenile delinquents    2.Those considered to be 'in need of care and protection'</p>	COMP TT. EXAM	2025										

10	<p>A few children of a village have become victims of natural calamities and are without home. Besides this, which other four types of vulnerable children need care and protection</p> <p><b>Suggestive value points</b></p> <p><b>Four categories of children who are in need of care and protection-</b></p> <ol style="list-style-type: none"> <li>1. abandoned children, street children, runaway children and missing children.</li> <li>2. live with a person (guardian or not) who is unfit to exercise control over the child or where there is a chance of the child being killed, abused or neglected by the person.</li> <li>3. mentally or physically challenged, ill or suffering from terminal illness or incurable disease and have no one who can support or look after them.</li> <li>4. abused, tortured or exploited for purpose of sexual abuse or illegal acts.</li> <li>5. vulnerable to being inducted into drug abuse or trafficking.</li> <li>6. victims of armed conflict, civil commotion, or natural calamity</li> <li>7. likely to be abused for unconscionable gain. These include abandoned, orphaned, trafficked minors rescued from red-light area, child labourers rescued from factories, lost, runaways, special needs children and children of prisoners.</li> </ol>	MAIN EXAM	2025
11	<p>What is meant by CARA? Highlights its one function to meet the needs of vulnerable children.</p> <p><b>Suggestive value points</b></p> <p><b>CARA is a central agency which helps in legal adoption of children / Its full form is Central Adoption Resource Authority.</b></p> <p>Its <b>function</b> is to -</p> <ol style="list-style-type: none"> <li>1.set up guidelines for adoption to safeguard the welfare and rights of children.</li> <li>2.strengthen adoption rules.</li> <li>3.facilitate the process of adoption.</li> </ol>	MAIN EXAM	2024

12	<p>What is meant by NSS? Write its One aim in the development of youth in India</p> <p><b>Suggestive value points</b></p> <p><b>N.S.S.</b> N.S.S is a scheme which involves school and college level students in programmes of social service and national development / Its full form is National Service Scheme. Any one</p> <p><b>Its aim is to involve students in following activities / programmes-</b></p> <ol style="list-style-type: none"> <li>1 construction and repair of roads,school buildings, village ponds, tanks etc.</li> <li>2.environmental and ecological improvement like tree plantation, removal of weeds, digging pits etc.</li> <li>3.hygiene and sanitation, family welfare, childcare, mass immunization</li> <li>4.vocational training in crafts, tailoring, knitting etc.</li> <li>5.organising co-operatives</li> <li>6.implementing various relief and rehabilitation programmes to meet the needs of economically and socially weaker sections of the community</li> </ol>	MAIN EXAM	2024
13	<p>List any four categories of children who are in need of care and protection under Juvenile justice act</p> <p><b>Suggestive value points</b></p> <p><b>Four categories of children who are in need of care and protection-</b></p> <ol style="list-style-type: none"> <li>1. abandoned children, street children, runaway children and missing children.</li> <li>2. live with a person (guardian or not) who is unfit to exercise control over the child or where there is a chance of the child being killed, abused or neglected by the person.</li> <li>3. mentally or physically challenged, ill or suffering from terminal illness or incurable disease and have no one who can support or look after them.</li> <li>4. abused, tortured or exploited for purpose of sexual abuse or illegal acts.</li> <li>5. vulnerable to being inducted into drug abuse or trafficking.</li> <li>6. victims of armed conflict, civil commotion, or natural calamity</li> <li>7. likely to be abused for unconscionable gain. These include abandoned, orphaned, trafficked minors rescued from red-light area, child labourers rescued from factories, lost, runaways, special needs children and children of prisoners.</li> </ol>	COMP TT. EXAM	2024

14	<p>Within the broad category 'Youth' write names of four groups who are especially vulnerable</p> <p><b>Suggestive value points</b>  <b>Names of four Youth groups who are especially vulnerable-</b></p> <ol style="list-style-type: none"> <li>1. Rural and Tribal Youth</li> <li>2. Out-of-school Youth</li> <li>3. Adolescents, particularly female adolescents</li> <li>4. Youth with disabilities</li> <li>5. Youth under specially difficult circumstances like victims of trafficking</li> </ol>	MAIN EXAM	2023
	3 MARK QUESTIONS		
15	<p>Knowledge of which two types of skills would be needed by a person working in an institution/programme for children, the youth or the elderly ? Suggest any one course required for seeking employment in the above field</p> <p><b>Suggestive value points.</b>  <b>Types of skills needed -</b></p> <p>1. <b>People Skills</b> / Interacting with people from different backgrounds and roles such as community, private sector, government officials, people within the organization</p> <p>2. <b>Administrative Skills</b> such as handling finances, recruiting personnel, renting space, buying equipment, maintaining records and stocks, etc.</p> <p><b>Course required for seeking employment</b> in this field -</p> <ol style="list-style-type: none"> <li>1. Certificate Programme in NGO Management</li> <li>2. Diploma in Youth Development Work</li> <li>3. Degree in Home Science (or Family and Community Sciences)</li> <li>4. Degree / Diploma in Social Work or any other social sciences</li> </ol>	COMP TT. EXAM	2025
	4 MARK QUESTIONS		

16	<p>A 15-year-old adolescent boy dropped out of school due to constant peer pressure. Even his family could not provide him any positive support and he became a victim of illegal activities.</p> <p>(a) Besides the above, name any one group of youth who is vulnerable.</p> <p>(b) Mention any two needs of 13 – 19 years-old-age group.</p> <p>(c) Which policy is being run by the government to provide adequate opportunities to the age group of 15 – 29 years ?</p> <p><b>Suggestive value points</b></p> <p><b>Vulnerable youth groups-</b></p> <p>1.Rural and Tribal Youth 2.Adolescents, particularly female adolescents 3.Youth with disabilities 4.Youth under specially difficult circumstances like victims of trafficking / orphans / street children</p> <p>(b) <b>Needs of 13 – 19 years-old-age group.</b></p> <p>Needs -</p> <p>1.Appropriate education and training 2.Gainful employment 3.Adequate opportunities for personal development and advancement 4.Shelter / clean environment 5.Basic health services of quality 6.Social defense and protection from all kinds of exploitation 7.Participation in decision-making bodies concerned with issues relating to the youth 8.Access to sports / physical education / adventure / recreational opportunities</p> <p>(c) <b>National Youth Policy</b></p>	COMP TT. EXAM	2024
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17	<p>It is important to recognise the elderly as a human resource and their rich experience should be used for national development.</p> <p>(a) To ensure a healthy and secure life for the elderly, which initiative was taken by the Government of India in the year 1999 ?</p> <p>(b) State three reasons why the elderly are considered to be a vulnerable group.</p> <p>(c) List any three facilities provided in multi-service centres for older persons.</p> <p><b>Suggestive value points</b></p> <p><b>(a) National Policy for Older Persons</b></p> <p><b>(b) Reasons why the elderly are considered to be a vulnerable group-</b></p> <ol style="list-style-type: none"> <li>1 Deteriorating health / Illness / Decreased physiological reserves.</li> <li>2 Ageing and weaker defence mechanisms leads to disabilities such as low vision, deafness, loss of mobility etc.</li> <li>3 Loneliness, isolation and a sense of being a burden on others leads to depression and anxiety.</li> <li>4. Financially dependent on others.</li> <li>5. Lack of family support from own children / Misbehaviour by family members.</li> <li>6. Fragmentation of the traditional family system and change in traditional value system.</li> <li>7. Inability to care for oneself.</li> </ol> <p><b>(c) Facilities provided in multi-service centres for older persons-</b></p> <ol style="list-style-type: none"> <li>1. Day care (Basic facilities such as nutritious food, safe drinking water etc.)</li> <li>2. Educational opportunities</li> <li>3. Entertainment opportunities</li> <li>4. Healthcare / Medical support</li> <li>5. Companionship</li> <li>6. Counselling services</li> </ol>	MAIN EXAM	2024
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18	<p>Write any two possible reasons for vulnerability in elderly population in India ?  ii Make a list of three programs operating in our country for the elderly</p>	COMP TT. EXAM	2023
<p><b>Suggestive value points</b></p> <p><b>Two possible reasons for vulnerability in elderly population in India-</b></p> <ol style="list-style-type: none"> <li>1. Poor health</li> <li>2. Disease because of decreased physiological reserves and defence mechanisms</li> <li>3. Aging process related disabilities such as low vision and blindness resulting from cataracts, deafness resulting from nerve impairment, loss of mobility from arthritis,etc.</li> <li>4. Inability to care for oneself</li> <li>5. Feeling of loneliness, isolation and a sense of being a burden on others</li> <li>6. Financially dependent</li> <li>7. Reduced support and inadequate care within the immediate and extended family</li> </ol> <p>Any other,</p> <p><b>Three programmes operating in our country for the elderly are-</b></p> <ol style="list-style-type: none"> <li>1. Programmes catering to the basic needs of Older Persons particularly food, shelter and health care to the destitute elderly</li> <li>2. Programmes to build and strengthen intergenerational relationships particularly between children/youth and Older Persons</li> <li>3. Programmes for encouraging Active and Productive Ageing</li> <li>4. Programmes for providing Institutional as well as Non-Institutional Care/Services to Older Persons</li> <li>5. Research, Advocacy and Awareness building programmes in the field of Ageing</li> <li>6. Old Age homes to provide food, care and shelter</li> <li>7. Respite Care Homes and Continuous Care Homes for Older Persons</li> <li>8. Multi-Service Centres for Older Persons</li> <li>9. Mobile Medicare Units</li> <li>10. Day Care Centres for Alzheimer's Disease/Dementia Patients</li> <li>11. Help-lines and Counseling Centres for older persons</li> <li>12. Mental health care and specialised care for the Older Persons</li> <li>13. Disability care and hearing aids for older persons</li> <li>14. Physiotherapy clinics for older persons</li> <li>15. Awareness Generation Programmes for Older Persons and Care Givers</li> <li>16. Training of Caregivers for older persons</li> <li>17. Sensitizing programmes for children, particularly in Schools and Colleges</li> <li>18. National Old Age Pension Scheme (NOAPS)</li> </ol>			

19	<p>(a) Five-year-old Bunty is separated from his parents at the railway station. Which type of childrens home will the railway personnel send him to ?</p> <p>(b) Briefly explain two other kinds of children homes run by the Government for vulnerable children.</p> <p>(c) Name the law enacted for children involved in anti-social activities.</p> <p><b>Suggestive value points</b></p> <p><b>Observation Home</b></p> <p>Two other kinds of children homes run by the Government for vulnerable children-</p> <ol style="list-style-type: none"> <li>1. <b>Special homes- where</b> juveniles (children under 18 years of age) found guilty in terms of violation of law, are placed in custodial care.</li> <li>2. <b>Juvenile/Children's homes-</b> where children whose families are not traceable, or are unfit/ dead or simply unwilling to take the child back stay. The government is responsible for providing room, boarding, education and vocational training</li> </ol> <p>(c) <b>The law enacted for children involved in anti-social activities.</b></p> <p>Juvenile Justice (Care and Protection of Children) Act</p>	MAIN EXAM	2023
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## CHAPTER - DESIGN FOR FABRIC AND APPAREL

	1 MARK QUESTIONS		
1	<p>Match List I with List II : 1</p> <p>List I(Aspects of colour)</p> <ul style="list-style-type: none"> <li>i. Hue</li> <li>ii. Tint</li> <li>iii. Shade</li> <li>iv. Intensity</li> </ul> <p>List II(Explanation)</p> <ul style="list-style-type: none"> <li>1. Darkness of colour</li> <li>2. Brightness of colour</li> <li>3. Common name of colour</li> <li>4. Lightness of colour</li> </ul> <p>Choose the correct option from the following :</p> <p>(A) i – 1, ii – 3, iii – 2, iv – 4</p> <p>(B) i – 3, ii – 4, iii – 1, iv – 2</p> <p>(C) i – 4, ii – 3, iii – 2, iv – 1</p> <p>(D) i – 2, ii – 1, iii – 4, iv – 3</p> <p><b>Appropriate option</b> (B) i – 3, ii – 4, iii – 1, iv – 2</p>	COMP TT. EXAM	2024



6	<p>What are neutral colours ?Provide any two examples</p> <p><b>Suggestive value points</b></p> <p><b>Neutral colours-</b></p> <p>Achromatics / Colours without colour</p> <p><b>Examples</b></p> <p>1.White 2.Black 3.Grey 4.Brown 5.Metallics (Silver / Gold)</p>	COMP TT. EXAM	2025
7	<p>By using different types of lines in various combinations on fabrics name four basic groups of shapes which can be formed?</p> <p><b>Suggestive value points</b></p> <p><b>Four basic groups of shapes-</b></p> <p>1.Natural shapes 2.Stylised shapes 3.Geometric shapes 4.Abstract shapes</p>	MAIN EXAM	2025
8	<p>Classify colours on the basis of Munsell's colour wheel . Provide an example of any one type of colour</p> <p><b>Suggestive value points</b></p> <p><b>Classification of colours on the basis</b> of Munsell's Colour wheel-</p> <p><b>1.Primary colours</b> Example- Red / Yellow / Blue</p> <p><b>2.Secondary colours</b> Example-Orange / Green / Purple (Violet)</p> <p><b>3.Tertiary or Intermediate colours</b> Example-Red-Orange / Yellow-Orange / Yellow-Green / Blue-Green / Blue-Purple / Red-Purple Any one example of any one type of colour</p>	MAIN EXAM	2024

9	<p>Differentiate between Structural and Applied design</p> <p><b>Suggestive value points</b></p> <table border="1"> <thead> <tr> <th>S.no</th><th>Structural design</th><th>Applied design</th></tr> </thead> <tbody> <tr> <td>1</td><td>Refers to the basic cut or silhouette of the garments / apparel.</td><td>Refers to the ornamentation of the garments /apparel.</td></tr> <tr> <td>2</td><td>Depends on the form, not superimposed ornamentation.</td><td>It is superimposed on the basic</td></tr> <tr> <td>3</td><td>It takes into account the basic processing of fibre, types of fibres and yarns, variation of Weaving knitting etc</td><td>It includes fabric finishes, dyeing and printing, patch work, mirror work, embroidery, fancy needle work lace work etc</td></tr> </tbody> </table>	S.no	Structural design	Applied design	1	Refers to the basic cut or silhouette of the garments / apparel.	Refers to the ornamentation of the garments /apparel.	2	Depends on the form, not superimposed ornamentation.	It is superimposed on the basic	3	It takes into account the basic processing of fibre, types of fibres and yarns, variation of Weaving knitting etc	It includes fabric finishes, dyeing and printing, patch work, mirror work, embroidery, fancy needle work lace work etc	MAIN EXAM	2024
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10	<p><b>3 MARKS QUESTIONS</b></p> <p>(a) Neeru is very good at doing hand embroidery. How will she use this skill to create emphasis in garments ? Give two examples.  (b) What do you understand by Grey scale ?</p> <p><b>Suggestive value points</b>  <b>To create emphasis in garments-</b>  <b>By using embroidery</b></p> <p>1. placement of embroidery design (neckline, yoke, sleeves, waist, armhole, hem length, etc.) to enhance figure or camouflage figure problems  2. unusual design of embroidery  3. contrasting colours in embroidery  4. embroidered dupatta with plain suit  5. embroidered blouse with plain sari/lehnga  Any other,</p> <p><b>(b) Grey scale-</b></p> <p>1. is 11 (0–10) grade scale for judging value.  2. shows 0 for black, 10 for white and 5 as the mid value for grey or hue.  3. helps us to judge the equivalent value of any hue.</p>	COMP TT. EXAM	2023												

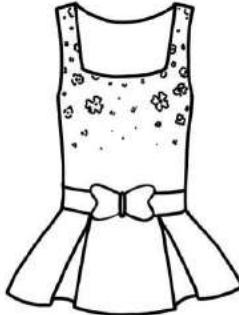
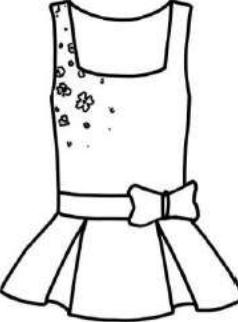
11	<p>Mandeep wants to buy a readymade pant and shirt. Explain two ways by which he can bring harmony in it</p> <p><b>Suggestive value points</b></p> <p><b>Two ways by which harmony can be created-</b></p> <p>1. <b>By texture</b>-Texture and accessories should be in accordance with each other. For perfect harmony, both shirt and pant should be of same texture. Example-Cotton shirt with cotton pant.</p> <p>2. <b>By shape</b>-By using same lines and shapes in a garment, by matching prints, angles of lines and colours to maintain the continuity of the design. Example- Collar, cuff, pocket and hem should be of the same shape.</p> <p>3. <b>By colour</b>-Using any colour scheme/harmony. Example-Colour of both shirt and pant should blend together according to any colour scheme.</p> <p>Any other,</p>	MAIN EXAM	2023
	<b>4 MARKS QUESTIONS</b>		
12	<p>A person is wearing a light blue T-shirt with dark blue jeans, and blue sports shoes.</p> <p>(i) Recognize which colour harmony/scheme is being reflected in his apparel. Present any one other example of this colour harmony/scheme.</p> <p>(ii) Into which two groups can the colour harmony/scheme be divided, provide their names.</p> <p><b>Suggestive value points</b></p> <p><b>Monochromatic Colour Harmony / Scheme</b></p> <p>Example of Monochromatic Colour Harmony -</p> <p>Red, pink and maroon</p> <p>Any other Example of a colour its tint and shade</p> <p><b>(ii) Colour Harmonies / Schemes can be divided into following two groups -</b></p> <p>1.Related 2.Contrasting</p>	COMP TT. EXAM	2025

13	<p>(a) A fashion design team has been tasked with creating a new apparel collection inspired by the Golden Mean. Describe any three ways how they would integrate the principles of proportion into their design process, with a focus on Golden Mean.</p> <p>(b) They have been asked to use colour value 0 and 10 from a Grey Scale. What do these equivalent values represent ?</p> <p><b>Suggestive value points</b>  <b>Ways of integrating proportion in the dress-</b></p> <p><b>1. Garment Proportion</b></p> <p>i. Proportion of golden mean which is represented by ratios like 3:5:8, 5:8:13 and so on.</p> <p>ii. In a skirt and blouse, the blouse should represent 3 parts, the skirt should represent 5 parts and combined effect represents 8.</p> <p>iii. In a shirt-pant, the shirt should represent 5 parts and pant should represent 8 parts and combined effect represents</p> <p><b>2. Proportion of Colour</b></p> <p>i. By using golden mean, different colours can be used to create proportion of colour in apparel.</p> <p>ii. Different colour proportions can be created for saree and blouse / shirt and pant / skirt and blouse etc.</p> <p><b>3. Proportion of Texture</b></p> <p>This is achieved when different textures of the material used to make the garment increase or decrease the size of the person wearing the garment.</p> <p>ii. Heavy and bulky textures should be avoided for a thin and short person.</p> <p>iii. Clinging textures should be avoided for a stout person.</p> <p><b>4. Proportion of Shape and Form</b></p> <p>The size and positioning of motifs or prints in a dress are in proportion to the size of the wearer.</p> <p>ii. Small child's dress should have small prints whereas adults' dress may have big prints.</p> <p>iii. A high waist bodice used in maternity clothes camouflages the fullness of the abdomen.</p> <p>iv. Equal divisions make a person look shorter and wider, whereas unequal horizontal divisions make a person look slimmer.</p> <p>Any three ways with one point of description for each  (When using the Grey Scale, the values 0 and 10 represent-</p> <p><b>Value 0- Black</b>  <b>Value 10- White</b></p>	MAIN EXAM	2025
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14	<p>Anil is designing a bridal lehenga .</p> <p>(a) How can he create rhythm in it ? Suggest two ways, with examples.</p> <p>(b) Which colour scheme or colour harmony would he use if he wants to design the lehenga in a single hue ?</p> <p>(c) Name any one technique that can enhance the texture of the lehenga through surface ornamentation.</p> <p><b>Suggestive value points</b></p> <p><b>Ways to create rhythm-</b></p> <ol style="list-style-type: none"> <li><b>1.Repetition</b> - of embroidery, lace, piping, colour etc. in the lehenga.</li> <li><b>2.Gradation / Cordation</b> - by gradual increase or decrease in size of motifs, lines, colours and textures.</li> <li><b>3.Radiation</b> - where eyes move in an organised way from a central point such as gathers in waist of lehenga.</li> <li><b>4.Parallelism</b> - where elements lie parallel to each other such as tucks or pleats in lehenga. Bands of colour also create rhythm in a lehenga</li> </ol> <p><b>(b)Colour harmony that he would use if he wants to design the lehenga in a single hue</b></p> <p>Monochromatic harmony / scheme</p> <p><b>(c) Techniques that can enhance the texture of the lehenga through surface ornamentation.</b></p> <p>Surface ornamentation technique-</p> <p>Tufting / Flock printing / Embroidery / Mirror work / Bead work / Lace work / Stone work / Applique work / Stitched effects</p>	MAIN EXAM	2024
	<b>5-MARK QUESTIONS</b>		

15	<p>Nayanika is wearing a plain saree with blouse having heavy zari embroidery.</p> <p>(i) State which principle of design has been created in this saree and blouse outfit. What effect does this principle of design have on the viewer ?</p> <p>(ii) Describe any other three ways by which this principle of design can be created in garments.</p> <p><b>Suggestive value points</b></p> <p><b>Principle of design – Emphasis</b></p> <p><b>Effect of this principle-</b></p> <p>Focal point of the garment / Adds interest to the garment / Draws attention on the specific area of garment</p> <p><b>(ii). Ways to create emphasis-</b></p> <p><b>By using -</b></p> <ul style="list-style-type: none"> <li>1.colours- contrasting colour</li> <li>2.shapes- different unusual shapes</li> <li>3.lines- repetition of lines</li> <li>4.textures- fabric finishes</li> <li>5.pattern- unusual pattern</li> <li>6.accessories / decorations / surface ornamentation</li> </ul>	COMP TT. EXAM	2024
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16	<p>Harry has received a shiny silk shirt with stripes as a gift from his sister.</p> <p>(i) Identify two elements of design from the given description of the shirt.</p> <p>(ii) Define any one of the above two elements of design and explain its any two effects on the garment.</p> <p><b>Suggestive value points</b></p> <p><b>Two elements of design-</b></p> <p>Line</p> <p>Texture</p> <p><b>Definition-</b></p> <p>Line is defined as a mark that connects two points.</p> <p><b>Effects-</b></p> <ol style="list-style-type: none"> <li>1. Vertical lines- Add height / dignified and reserved effect</li> <li>2. Horizontal lines- Create an illusion of width / stable and placid effect</li> <li>3. Oblique or diagonal lines- increase / decrease width / height / create an active, startling or dramatic effect</li> <li>4. Long and flowing curved lines appear most graceful and rhythmic.</li> <li>5. Large rounded curves lend a dramatic touch and tend to exaggerate size.</li> <li>6. Tiny, puffy curves are youthful and gay.</li> </ol> <p><b>Definition-</b></p> <p>Texture is the sensory impression of sight and touch and refers to the tactile and visual qualities of the material.</p> <p><b>Effects-</b></p> <ol style="list-style-type: none"> <li>1. How it looks -dull / opaque / dense / transparent / translucent</li> <li>2. How it behaves -hangs / limp / stiff / sticking out / clinging / flowing out</li> <li>3. How it feels - soft / crisp / harsh / smooth / rough / coarse / grainy / pebbly</li> </ol>	COMP TT. EXAM	2024
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17	<p>Your friend wants to become a fashion designer. Enumerate three primary skills that he should possess in order to be successful. Illustrate and explain to him the difference between formal and informal balance.</p> <p><b>Suggestive value points</b></p> <p>(a) Apart from flair/ knowledge of fashion three primary skills required to become successful fashion designer are -</p> <ol style="list-style-type: none"> <li>1. <b>Forecasting ability</b>/should be able to predict fashion trends/awareness of market trends</li> <li>2. <b>Analytical ability</b>/must keep abreast of the economy/should understand how styles fit into budget</li> <li>3. <b>Communication ability</b>/should be able to negotiate with the manufacturer and sell their fashion choices to the consumer/ Writing skills</li> </ol> <p>(b) Difference between formal and informal</p> <table border="1"> <thead> <tr> <th></th><th><b>Formal balance</b></th><th><b>Informal balance</b></th></tr> </thead> <tbody> <tr> <td>1.</td><td>It is symmetrical balance</td><td>It is a symmetrical balance</td></tr> <tr> <td>2.</td><td>Same on each side of a central vertical line</td><td>Not same on either side of a central vertical line</td></tr> <tr> <td>3.</td><td>Tends to get monotonous</td><td>Does not get monotonous</td></tr> <tr> <td>4.</td><td>It is less expensive</td><td>It can be expensive</td></tr> <tr> <td>5.</td><td>It gives feeling of stability and formality</td><td>It is used to correct figure problems</td></tr> </tbody> </table> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="text-align: center;">  <p><b>Formal Balance</b></p> </div> <div style="text-align: center;">  <p><b>Informal Balance</b></p> </div> </div> <p><u>Any other suitable illustration</u></p>		<b>Formal balance</b>	<b>Informal balance</b>	1.	It is symmetrical balance	It is a symmetrical balance	2.	Same on each side of a central vertical line	Not same on either side of a central vertical line	3.	Tends to get monotonous	Does not get monotonous	4.	It is less expensive	It can be expensive	5.	It gives feeling of stability and formality	It is used to correct figure problems	MAIN EXAM	2023
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## CHAPTER - FASHION DESIGN AND MERCHANDISING

	1 MARK QUESTIONS												
1	<p>Match List-I with List-II.</p> <table> <thead> <tr> <th>List-I (Ways of market segmentation)</th> <th>List-II (Basis of segmentation)</th> </tr> </thead> <tbody> <tr> <td>i. Demographic</td> <td>1. Opinion on specific products or services</td> </tr> <tr> <td>ii. Psychographic</td> <td>2. Regions, climate</td> </tr> <tr> <td>iii. Geographic</td> <td>3. Similar lifestyles, interests</td> </tr> <tr> <td>iv. Behavioural</td> <td>4. Age, population</td> </tr> </tbody> </table> <p>Choose the correct option from the following :</p> <p>(A) i 1, ii 2, iii 4, iv 3          (B) i 3, ii 1, iii 4, iv 2          (C) i 4, ii 3, iii 2, iv 1          (D) i 2, ii 1, iii 4, iv 3</p> <p><b>Appropriate option .</b> (C) i 4, ii 3, iii 2, iv</p>	List-I (Ways of market segmentation)	List-II (Basis of segmentation)	i. Demographic	1. Opinion on specific products or services	ii. Psychographic	2. Regions, climate	iii. Geographic	3. Similar lifestyles, interests	iv. Behavioural	4. Age, population	MAIN EXAM	2024
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2	<p>Visual Merchandise Designer is responsible for :</p> <p>(A) Creating designs for clothing and apparel          (B) Conceptualising designs needed for movies          (C) Arranging store merchandise and styling mannequins          (D) Sale and purchase</p> <p><b>Appropriate option .</b> (C) Arranging store merchandise and styling mannequins</p>	COMP TT. EXAM	2023										
	2 MARK QUESTIONS												
3	<p>Venkatt has completed graduation degree in set designing to become a set designer .List for areas where he can work.</p> <p><b>Suggestive value points</b></p> <p>Work areas-</p> <p>Set designing for-</p> <ul style="list-style-type: none"> <li>1.movies</li> <li>2.television</li> <li>3.theatre</li> <li>4.trade shows</li> <li>5.museums</li> <li>6.events like sports, award ceremonies etc.</li> </ul>	COMP TT. EXAM	2024										

4	<p>A boy used the fabric intended for tents and wagon covers to make his long-lasting pants with pockets for his tools. What was his name? This fabric later became popular by which name ?</p> <p><b>Suggestive value points</b>  Name- Levi Strauss  Fabric which became popular - Denims</p>	COMP TT. EXAM	2024
5	<p>‘France’s dominance over international fashion began in the early 18th century.’ Mention any two developments in fashion until the Industrial Revolution</p> <p><b>Suggestive value points</b>  <b>Development in fashion until the Industrial Revolution-</b>  1. Support from the royal court  2. Development of silk industries in France  3. Many of the French cities were supplying the court with silk fabrics, ribbons and laces  4. Clothes were handmade / hand sewn  5. Clothes were custom made</p>	MAIN EXAM	2023
	<b>4 MARK QUESTIONS</b>		
6	<p>Jai and Shipra together have recently inaugurated their chain stores in a city.</p> <p>(a) Which type of designer would have been responsible for enhancing the beauty, decoration and functionality of various workplaces of their chain stores ?</p> <p>(b) Name any four major departments within their chain stores.</p> <p>(c) How is a small single-unit store different from a chain store ?</p> <p><b>Suggestive value points</b>  (a)Interior Designer    (b)Major departments-  1.Merchandising division  2.Sales and promotion division  3.Finance and control division  4.Operational division  5.Personnel and Branch Store Division    c).<b>Small single-unit store-</b> It is a neighbourhood store.These are owner and family operated single stores.  <b>Chain stores-</b> They are retail outlets that share a brand and central management and usually have standardised business methods and practices.</p>	COMP TT. EXAM	2024

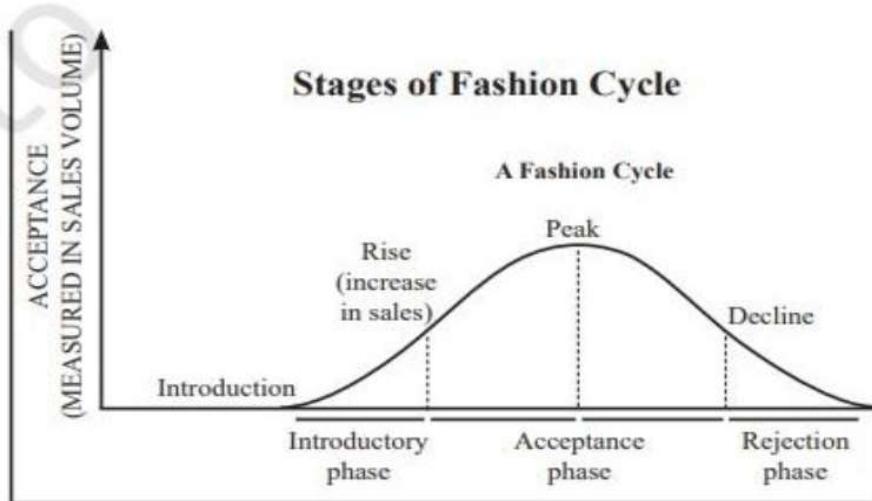
7	<p>What is target market ? Mention six merchandising rights</p> <p><b>Suggestive value points</b></p> <p><b>Target Market</b></p> <p>It is defined as category of consumers one is targeting at for selling the product.</p> <p><b>Six merchandising rights</b></p> <ol style="list-style-type: none"> <li>1. Right Merchandise</li> <li>2. At Right Place</li> <li>3. At Right Time</li> <li>4. In Right Quantity</li> <li>5. Right Price</li> <li>6. With Right Promotion</li> </ol>	COMP TT. EXAM	2023
8	<p>Mention four ways of market segmentation to a fashion merchandiser.</p> <p><b>Suggestive value points</b></p> <p><b>Four ways of market segmentation –</b></p> <ol style="list-style-type: none"> <li>1. <b>Demographic Segmentation</b> is based on Population, Age, Sex, Occupation, Education and Income.</li> <li>2. <b>Geographic Segmentation</b> is based on cities, states, and regions. Climate of various places may vary and it plays an important role in selection of clothes.</li> <li>3. <b>Psychographic Segmentation</b> is based on lifestyle like social activities, interests, leisure pursuits, needs and wants.</li> <li>4. <b>Behavioural Segmentation</b> is based on opinion on specific products Or services</li> </ol>	COMP TT. EXAM	2023

9	<p>(a) In fashion industry, what is the meaning of the term "Fads Give one example.  (b) Discuss the three levels of merchandising in fashion industry.</p> <p><b>Suggestive value points</b></p> <p><b>Fads</b>  Fads are short-lived fashion which can come and go in a single season. They lack the design strength to hold consumer attention for long.  <b>Example-</b> Hot pants, baggy pants, unmatched buttons, etc.  Any other,</p> <p>(b).<b>Three levels of merchandising in fashion industry-</b></p> <p><b>1. Retail organization merchandising</b></p> <ul style="list-style-type: none"> <li>• It is the business that moves the fashion world from designer's showroom to retail sales floor and into the hand of consumers.</li> <li>• Ensures that adequate amount of merchandise is on hand and sold at prices that consumers are willing to pay.</li> </ul> <p><b>2. Buying Agency Merchandising</b></p> <ul style="list-style-type: none"> <li>• Acts as procurement office for the buyers.</li> <li>• Keeps a regular control over quality during production process.</li> <li>• Provides services for buying consultancy.</li> <li>• Profitable for exporters-saves cost and time.</li> </ul> <p><b>3. Export House Merchandising</b>  Two types of merchandising in an export house -</p> <p><b>a) Buyer merchandiser-</b></p> <ul style="list-style-type: none"> <li>❖ acts as a link between the buyer and the manufacturer.</li> <li>❖ ensures the requirements of the buyer.</li> </ul> <p><b>b) Production merchandiser-</b></p> <ul style="list-style-type: none"> <li>❖ acts as a link between production and buyer merchants.</li> <li>❖ ensures that the production goes according to the schedule and requirements of the buyer.</li> </ul>	MAIN EXAM	2023
	<b>5 MARK QUESTIONS</b>		

10	<p>'Desi Heritage Bazaar' is a departmental store where fashionable clothes, sporting goods and beauty products are sold.</p> <p>(i) Which are the other two stores in fashion retail business ? Explain briefly.</p> <p>(ii) According to the fashion cycle, when fashion is at the peak of its popularity, what are its next two stages ?</p> <p><b>Suggestive value points</b></p> <p><b>Other stores in fashion retail business-</b></p> <p>1. Small single-unit store- It is a neighbourhood store. These are owner and family operated single stores.</p> <p>2. Chain stores- They are retail outlets that share a brand and central management and usually have standardised business methods and practices.</p> <p><b>(ii) According to the fashion cycle, when fashion is at the peak of its popularity, Next two stages of fashion cycle-</b></p> <p>1. <b>Decline in Popularity</b> - Eventually so many copies are mass produced that fashion conscious people tire of the style and begin to look for something new / These declining styles are put on sale racks in the retail stores</p> <p>2. <b>Rejection of a Style or Obsolescence</b> - Some consumers have already turned to new looks, thus beginning a new cycle</p>	COMP TT. EXAM	2025
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11	<p>Blazer jackets, hot pants, polo shirts and baggy pants are displayed in a fashion store for sale.</p> <p>(a) Classify and differentiate them as per fashion terms used in the fashion industry.</p> <p>(b) Which three career opportunities will be available to fashion design professionals in this fashion store ? Mention any one role for each of them.</p> <p><b>Suggestive value points</b></p> <p><b>Classification as per fashion terms-</b></p> <ol style="list-style-type: none"> <li>1. Classic / Style</li> <li>2. Fads</li> </ol> <table border="1" data-bbox="255 781 1256 1170"> <thead> <tr> <th data-bbox="255 781 795 833"><b>Classic/Style</b></th><th data-bbox="795 781 1256 833"><b>Fads</b></th></tr> </thead> <tbody> <tr> <td data-bbox="255 833 795 1028">A timeless style that never becomes completely obsolete, but instead remains more or less accepted for an extended period</td><td data-bbox="795 833 1256 1028">Temporary fashions that are short lived and go in a single season.</td></tr> <tr> <td data-bbox="255 1028 795 1170">It is characterised by simplicity of design, which keeps it ever lasting.</td><td data-bbox="795 1028 1256 1170">They lack the design strength to hold consumer attention for long.</td></tr> </tbody> </table> <p><b>Career opportunities available to fashion design professionals-</b></p> <ol style="list-style-type: none"> <li><b>1. Visual Merchandise Designer.</b> <ol style="list-style-type: none"> <li>i Designing window / in-store displays</li> <li>ii. Arranging store merchandise</li> <li>iii. Creating props and accents</li> <li>iv. Organising clothing placement</li> <li>v. Styling mannequins</li> <li>vi. Spearheading marketing campaigns</li> </ol> </li> <li><b>2. Fashion Designer</b> <ol style="list-style-type: none"> <li>i. Create designs for clothing and apparel</li> <li>ii. Working with popular fashion designers / manufacturers</li> <li>iii. Managing own fashion labels</li> <li>iv. Fashion forecasting</li> <li>v. Fashion stylists</li> </ol> </li> <li><b>3. Interior Designer.</b> <ol style="list-style-type: none"> <li>i. Combining form with function</li> <li>ii. Introducing interior concepts that will increase the beauty, safety and functionality of a particular space or area</li> <li>iii. Create settings of fashion stores</li> </ol> </li> </ol>	<b>Classic/Style</b>	<b>Fads</b>	A timeless style that never becomes completely obsolete, but instead remains more or less accepted for an extended period	Temporary fashions that are short lived and go in a single season.	It is characterised by simplicity of design, which keeps it ever lasting.	They lack the design strength to hold consumer attention for long.	MAIN EXAM	2025
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12	<p>Hitika has joined as a visual merchandise designer in a reputed fashion store which deals with only ready-to-wear clothing lines.</p> <p>(i) List three job responsibilities which are expected of her to attract more customers.</p> <p>(ii) Which terms are used in France for the following ?</p> <p>(1) Ready-to-wear clothing</p> <p>(2) Art of dress making</p> <p><b>Suggestive value points</b></p> <p><b>Job responsibilities of visual merchandise designer-.</b></p> <p>1.Designing window displays 2.Arranging store merchandise 3.Creating attractive props 4.Organising clothing placement 5.Styling mannequins 6.Spearheading marketing campaigns</p> <p>(ii) <b>Terms are used in France for the following</b></p> <p>(1) <b>Ready-to-wear clothing</b> Prêt-à-porter</p> <p>(2) <b>Art of dress making</b> Couture</p>	MAIN. EXAM	2024
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13	<p>Reema is a fashion designer and runs a fashion designing institute.</p> <p>(i) How will she explain the five stages of 'Fashion Cycle' to the new students pursuing this course ?</p> <p>(ii) Draw a labelled 'Fashion Cycle' graph /diagram to be displayed in her institute.</p> <p><b>Suggestive value points</b></p> <p><b>Five stages of Fashion Cycle-</b></p> <ol style="list-style-type: none"> <li><b>1. Introduction of a Style</b> Designers interpret their research and creative ideas into apparel and then offer the new styles to the public.</li> <li><b>2. Increase in Popularity</b> As the new fashion is purchased, worn and seen by many people, it may begin to rise in popularity.</li> <li><b>3. Peak of Popularity</b> At the height of popularity, manufacturers copy fashion or produce adaptations due to increased demand.</li> <li><b>4. Decline in Popularity</b> Eventually so many copies of that style are mass produced that fashion-conscious people get tired of it and begin to look for something new.</li> <li><b>5. Rejection of a Style or Obsolescence</b> In this last phase, some consumers have already turned to new looks, thus beginning a new cycle.</li> </ol> <p><b>Fashion Cycle graph/ diagram</b></p> 	. MAIN EXAM	2024
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**For Visually Impaired Candidates**  
No need to draw Graph/Diagram in part (ii)

14	<p>'Fashion moves in a cycle.' With reference to this statement briefly explain the five stages of 'Fashion Cycle' .</p> <p><b>Suggestive value points</b></p> <p><b>Five stages of Fashion Cycle-</b></p> <ol style="list-style-type: none"> <li><b>Introduction of a Style</b> — Designers interpret their research and creative ideas into apparel and then offer the new styles to the public.</li> <li><b>Increase in Popularity</b> — As the new fashion is purchased, worn and seen by many people, it may begin to rise in popularity.</li> <li><b>Peak of Popularity</b> — When a fashion is at the height of its popularity, it may be in such demand that many manufacturers copy it or produce adaptations of it at different price levels.</li> <li><b>Decline in Popularity</b> — Eventually so many copies are mass produced that fashion-conscious people tire of the style and begin to look for something new. These declining styles are put on sale racks in the retail stores.</li> <li><b>Rejection of a Style or Obsolescence</b> — In the last phase of the fashion cycle, some consumers have already turned to new looks, thus beginning a new cycle.</li> </ol>	MAIN EXAM	2023

## CHAPTER - CARE AND MAINTENANCE OF FABRICS IN INSTITUTION

	1 MARK QUESTIONS		
1	<p>What is the function of hydro extractors in the laundry industry ?</p> <p>(A) Washing and cleaning clothes          (B) Drying and pressing clothes          (C) Ironing and removing wrinkles from clothes          (D) Drying clothes by getting rid of 60 – 70% moisture</p> <p><b>Appropriate option</b> . D) Drying clothes by getting rid of 60 – 70% moisture</p>	COMPT T. EXAM	2025
2	<p>Which method of washing is used in a front loading washing machine for clothes ?</p> <p>(A) Tumbling (B) Agitation          (C) Spinning (D) Pulsation</p> <p>ANS. (A) Tumbling</p>	MAIN EXAM	2025



8	<p>Explain in which two ways commercial laundry is different from household laundry.</p> <p><b>Suggestive value points</b></p> <table border="1" data-bbox="287 444 1267 1388"> <thead> <tr> <th data-bbox="287 444 838 489">Commercial laundry</th><th data-bbox="838 444 1267 489">Household laundry</th></tr> </thead> <tbody> <tr> <td data-bbox="287 489 838 653">Capacity to handle 100 kg or more of load in one cycle.</td><td data-bbox="838 489 1267 653">Capacity to handle 5-10 kg of load in one cycle.</td></tr> <tr> <td data-bbox="287 653 838 743">Have a system of keeping records.</td><td data-bbox="838 653 1267 743">No records required.</td></tr> <tr> <td data-bbox="287 743 838 884">Organised in different sections such as inspection, sorting, drying, ironing etc.</td><td data-bbox="838 743 1267 884">No separate sections.</td></tr> <tr> <td data-bbox="287 884 838 1026">Takes care of special articles also such as blankets, carpets etc.</td><td data-bbox="838 884 1267 1026">Takes care of articles of daily use.</td></tr> <tr> <td data-bbox="287 1026 838 1145">Bigger equipment in large numbers such as hydro-extractors, flatbed for ironing, roller ironing etc.</td><td data-bbox="838 1026 1267 1145">Equipment used are buckets, tubs, brushes, washing machine etc.</td></tr> <tr> <td data-bbox="287 1145 838 1286">Have arrangement for dyeing and special finishes like zari polishing etc.</td><td data-bbox="838 1145 1267 1286">Routine finishes like starching, bleaching is done</td></tr> <tr> <td data-bbox="287 1286 838 1388">Requires trained personnel.</td><td data-bbox="838 1286 1267 1388">Usually done by family member or house help</td></tr> </tbody> </table>	Commercial laundry	Household laundry	Capacity to handle 100 kg or more of load in one cycle.	Capacity to handle 5-10 kg of load in one cycle.	Have a system of keeping records.	No records required.	Organised in different sections such as inspection, sorting, drying, ironing etc.	No separate sections.	Takes care of special articles also such as blankets, carpets etc.	Takes care of articles of daily use.	Bigger equipment in large numbers such as hydro-extractors, flatbed for ironing, roller ironing etc.	Equipment used are buckets, tubs, brushes, washing machine etc.	Have arrangement for dyeing and special finishes like zari polishing etc.	Routine finishes like starching, bleaching is done	Requires trained personnel.	Usually done by family member or house help	COMPT T. EXAM	2025
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9	<p>How is ironing different from hot pressing of clothes? Give any two differences</p> <p><b>Suggestive value points</b></p> <table border="1" data-bbox="287 444 1187 916"> <thead> <tr> <th data-bbox="287 444 838 496">Ironing</th><th data-bbox="838 444 1187 496">Hot pressing</th></tr> </thead> <tbody> <tr> <td data-bbox="287 496 838 691">1. It is the process of smoothening out wrinkles created with use or during washing</td><td data-bbox="838 496 1187 691">It is the process which helps to put crazy in sleeves trousers related skirts curtains etc with heat and pressure</td></tr> <tr> <td data-bbox="287 691 838 788">2. It is done on light clothes</td><td data-bbox="838 691 1187 788">It is done on both light and heavy clothes</td></tr> <tr> <td data-bbox="287 788 838 916">3. It is done by back and forth motion</td><td data-bbox="838 788 1187 916">It applies a downward pressure with lifting up and lifting down</td></tr> </tbody> </table>	Ironing	Hot pressing	1. It is the process of smoothening out wrinkles created with use or during washing	It is the process which helps to put crazy in sleeves trousers related skirts curtains etc with heat and pressure	2. It is done on light clothes	It is done on both light and heavy clothes	3. It is done by back and forth motion	It applies a downward pressure with lifting up and lifting down	MAIN EXAM	2025
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10	<p>Arun has started working in a dry clean shop . Explain to him how record of articles is maintained in commercial laundries</p> <p><b>Suggestive value points</b></p> <p><b>Record maintenance of articles in commercial laundries-</b></p> <ol style="list-style-type: none"> <li>1. Article is received.</li> <li>2. It is checked and any damage or special care requirement is recorded.</li> <li>3. The customer is given an invoice for the kind and number of articles received and the date of delivery.</li> <li>4. System of code tags matching the invoice helps to identify the items of each customer or invoice.</li> </ol>	COMPT T. EXAM	2023								
	<b>3 MARK QUESTIONS</b>										

11	<p>(a) After doing a short-term course in laundry management, in which three fields of work can a person make a career</p> <p><b>Suggestive value points</b></p> <p><b>Fields of work a person can make a career-</b></p> <ol style="list-style-type: none"> <li>1. Set up own laundry business</li> <li>2. Hospitality / Hotel Industry</li> <li>3. Hospitals / Healthcare institutions</li> <li>4. Textile / Garment Industry</li> <li>5. In Airways / Ships / Railways</li> <li>6. Spa / Wellness centre</li> <li>7. Hostels</li> <li>8. Day Care centres</li> <li>9. Old age homes</li> </ol>	COMPT T. EXAM	2025
12	<p>Discuss three types of washing machines available in the market</p> <p><b>Suggestive value points</b></p> <p><b>TYPES OF WASHING MACHINES -</b></p> <p><b>1. Fully automatic</b></p> <p>(i) These machines have a single time setting of controls for each use</p> <p>(ii) No further intervention of the operator is required</p> <p>(iii) Two types of models of washing machines are available-</p> <ul style="list-style-type: none"> <li>• Top loading (where the garments are put into the machine from the top)</li> <li>• Front loading (where the garments are put in the machine from the front side)</li> </ul> <p><b>2. Semi-automatic</b></p> <p>(i) These machines require intervention of the operator at frequent intervals</p> <p>(ii) Rinse water in such machines has to be filled and drained out with each cycle</p> <p>(iii) These are generally two-tub machines</p> <p><b>3. Manually operated</b></p> <p>(i) In these machines, 50 per cent or more of the work is manually done by the operator</p> <p>(ii) More efforts hence less popular</p>	COMPT T. EXAM	2025

13	<p>Enlist six features of Hospital laundry.</p> <p><b>Suggestive value points</b></p> <p><b>Hospital laundry</b></p> <p>1.Takes care of hygiene, cleanliness and disinfection / sterilization      2.Most of the articles are of cotton, only the blankets are woollen      3.Articles are dyed (in colours specific to the hospital and department) with dyes which have excellent wash-fastness      4.Stubborn stains may not be taken notice of      5.Finishing like starching and whitening is not included      6.Ironing and pressing may not be done to perfection      7.Repair, mending and condemnation of unusable material may or may not form a part of the services required      8.Some hospitals have started using disposables where there is a threat of infection, which are then destroyed by burning      9.Large amount of work      10.Eco friendly detergents may be used      11.High-capacity washers and hydroextractors are used</p>	MAIN EXAM	2025
14	<p>Mention six work operations which are performed by an automatic washing machine.</p> <p><b>Suggestive value points</b></p> <p><b>Six work operations performed by automatic washing machine-</b></p> <p>1.Filling up water      2.Water Level Control      3.Regulation of Temperature of Water      4.Washing      5.Rinsing      6.Water Extraction</p>	MAIN EXAM	2025
15	<p>a) Enumerate three categories of equipment which are used for care and maintenance of clothes.      ((b) Enlist the three methods of water extraction from clothes</p> <p><b>Suggestive value points</b></p> <p><b>Categories of equipment-</b></p> <p>1.Washing Equipment      2. Drying Equipment      3. Ironing / Pressing Equipment</p> <p><b>(b). Methods of water extraction-</b></p> <p>1.Spinning      2.Bottom-drain      3.Combination Bottom-drain and Spin</p>	COMPT T. EXAM	2024

16	<p>Commercial laundries are organised in different sections which deal with specific jobs.</p> <p>(a) Make a list of any four jobs done in various sections for an entrepreneur who wants to set up his own commercial laundry.</p> <p>(b) What do you understand by system of code tags in a commercial laundry ?</p> <p><b>Suggestive value points</b></p> <p><b>1. Jobs done in various sections of a commercial laundry-</b></p> <p>1. Collection, Inspection and Sorting of articles</p> <p>2. Pretreatments like mending, repairing and stain removal</p> <p>3. Washing</p> <p>4. Water extraction</p> <p>5. Drying</p> <p>6. Drycleaning</p> <p>7. Pressing and Ironing</p> <p>8. Dyeing</p> <p>9. Special finishes like zari polishing, calendering etc.</p> <p>10. Packing</p> <p>11. Distribution</p> <p>In <b>commercial laundry, system of code tags helps to –</b></p> <p>1. Keep a record / invoice.</p> <p>2. Identify / match the articles of each customer with the invoice.</p>	MAIN EXAM	2024
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## CHAPTER - HOSPITALITY MANAGEMENT

3	<p>_____ provides hospitality to people who go hiking, undertake adventure sports, etc.</p> <p>(a) Lodge (b) Resort (c) Furnished camp (d) Motel</p> <p><b>Appropriate option .</b> (c) Furnished camp</p>	MAIN EXAM	2023
4	<p>Match the following :</p> <p>i. Food and Beverage department.      1. Receptionist ii. Front Office.      2. Accountant iii. Housekeeping department.      3. Chef-de-partie iv. Support service department.      4. Room attendant</p> <p>Choose the correct option :</p> <p>(a) i 3, ii 1, iii 4, iv 2 (b) i 1, ii 2, iii 3, iv 4 (c) i 2, ii 3, iii 1, iv 4 (d) i 3, ii 4, iii 2, iv 1</p> <p><b>Appropriate option .</b> (a) i 3, ii 1, iii 4, iv 2</p>	MAIN EXAM	2023
	<b>2 MARK QUESTIONS</b>		
5	<p>You have been to a resort in your summer vacation .What are the four factors that will help me to decide whether you would like to go to the same resort in the future or not?</p> <p><b>ANS.</b></p> <p><b>Factors that will help to decide</b></p> <p>1.Comfort 2.Safety / Security 3.Cleanliness and Hygiene 4.Quality of food 5.Room décor / Ambience 6.Hospitality / Guest services / Room services 7.Leisure attractions / Sports facilities / Vacation experience 8.Affordable / Budget friendly</p>	COMPT T. EXAM	2024
	<b>3 MARKS QUESTIONS</b>		

6	<p>A group of students who are doing a course in Hotel Management have to study about kitchen staff related to food preparation in a five star hotel kitchen. Name which three personnel they may learn about there, and also mention any one important responsibility of each.</p> <p><b>Suggestive value points</b></p> <table border="1" data-bbox="319 550 1208 1019"> <thead> <tr> <th data-bbox="319 550 859 608">Personnel working in kitchen</th><th data-bbox="859 550 1208 608">Responsibilities</th></tr> </thead> <tbody> <tr> <td data-bbox="319 608 859 765">Executive chef</td><td data-bbox="859 608 1208 765">Planning organising and controlling the kitchen operations as kitchen head</td></tr> <tr> <td data-bbox="319 765 859 824">Deputy Chef</td><td data-bbox="859 765 1208 824">Assisting Executive chef</td></tr> <tr> <td data-bbox="319 824 859 923">Section Chef (Chef de partie)</td><td data-bbox="859 824 1208 923">Supervising various sections of the kitchen</td></tr> <tr> <td data-bbox="319 923 859 1019">Cook</td><td data-bbox="859 923 1208 1019">Preparing common food items</td></tr> </tbody> </table>	Personnel working in kitchen	Responsibilities	Executive chef	Planning organising and controlling the kitchen operations as kitchen head	Deputy Chef	Assisting Executive chef	Section Chef (Chef de partie)	Supervising various sections of the kitchen	Cook	Preparing common food items	COMPT T. EXAM	2024
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7	<p>'Youth form a major part of work force in hospitality industry.' Justify the statement by providing four reasons in support of your answer.</p> <p>(b) Name any two types of establishments which offer hospitality services.</p> <p><b>Suggestive value points</b></p> <p><b>a Four reasons for youth to be major part of hospitality industry are-</b></p> <p>They</p> <ol style="list-style-type: none"> <li>1. have high energy to work for long hours</li> <li>2. are better informed and have better competencies through advancement in education.</li> <li>3. are open to new ideas and latest technologies.</li> <li>4. have ambition for success and earn high monetary returns.</li> </ol> <p>Any other, Any four</p> <p><b>b Two types of establishments which offer hospitality services are-</b></p> <ol style="list-style-type: none"> <li>1. Hotels</li> <li>2. Motels</li> <li>3. Lodge</li> <li>4. Resort</li> <li>5. Furnished apartments</li> <li>6. Furnished</li> </ol>	COMPT T. EXAM	2023										

8	<p>Julia wants to set up her own small hotel.      A She wants to make her employees understand the Guest cycle first, Explain the four stages of the guest cycle for her employees.      B List two environmental conservation and eco-friendly practices which she will ensure in her hotel.</p> <p><b>Suggestive value points</b></p> <p><b>FOUR STAGES OF GUEST CYCLE</b></p> <ol style="list-style-type: none"> <li>1. <b>Pre -arrival Stage</b> -quoting rates for a guest, reserving a room.</li> <li>2. <b>Arrival Stage</b>-The guest actually arrives and registers or Checks- in.</li> <li>3. <b>Occupancy Stage</b> -providing services as per the guest's requirements, ensuring security of the guest, coordination of various guest services, ensuring guest satisfaction.</li> <li>4. <b>Departure Stage</b> -This is the final stage where the guest is ready to leave/ move out or Check-out of the accommodation, Guest history including feedback from the guest is obtained.</li> </ol> <p>(b) <b>Two environmental conservation and eco-friendly practices to be ensured in the hotel-</b></p> <ol style="list-style-type: none"> <li>1. using 100 percent organic cotton bed sheets</li> <li>2. using chemical free laundry cycle</li> <li>3. using agents which are non- toxic, water-based, hypoallergenic and biodegradable</li> <li>4. urging the guest to reuse towels so that resources like water, electricity, detergent used for laundering can be saved</li> <li>5. use of energy- efficient light bulbs in rooms can help save electricity</li> <li>6. rain water harvesting</li> <li>7. use of solar energy</li> <li>8. avoid single use plastic</li> <li>9. plantation of trees/maintaining hotel lawns</li> <li>10. composting from hotel's kitchen waste</li> </ol>	MAIN EXAM	2023
	<b>4 MARK QUESTIONS</b>		

9	<p>Shaurya has checked into a hotel. Which department's staff will first greet and welcome him ? List any other three services provided by this department.</p> <p><b>Suggestive value points</b></p> <p><b>Department responsible for greeting and welcoming guests -</b> Front Office</p> <p><b>Services provided by Front Office Department -</b></p> <ol style="list-style-type: none"> <li>1.Organising reservation status of room availability</li> <li>2.Registering guests and allocation of rooms</li> <li>3.Maintaining records of check-in and check-out details</li> <li>4.Porter services</li> <li>5.Issuing room keys to guests</li> <li>6.Passing messages to guests</li> <li>7.Coordinating with other guest services / departments such as transport, room service, housekeeping, restaurant, accounts etc.</li> <li>8.Providing in-house and external information to the guests</li> <li>9.Preparing and settling their bills</li> <li>10.Taking feedback from the guests</li> <li>11.Keeping record of personal information of the guests</li> </ol>	MAIN EXAM	2024
10	<p>The phrase 'A home away from home' is often used in hospitality industry, to denote that guests are provided with comforts and facilities similar to their homes. In this context, mention any four types of establishments who offer hospitality services.</p> <p><b>Suggestive value points</b></p> <p><b>Types of establishments who offer hospitality services-</b></p> <ol style="list-style-type: none"> <li>1.Hotel / A commercial establishment offering lodging, meals and other services to its guests.</li> <li>2.Motel / Provides services like a hotel and provides parking facility near the room or a room door that opens onto the parking lot.</li> <li>3.Lodge / Offers rented accommodation especially for sleeping and may or may not offer food and other services.</li> <li>4.Resort / Offers a broad range of amenities, sports facilities and leisure activities for ensuring a total vacation experience.</li> <li>5.Furnished apartments / Provides all essential amenities needed by the guests.</li> <li>6.Furnished camps / Provides hospitality to people who go for hiking, undertake adventure sports etc.</li> <li>7.Cruise lines / Operates cruise ships on oceans or rivers and provides all comforts and amenities.</li> <li>8.Guest houses / Smaller establishments that offer private rooms for rent in someone's home or apartment.</li> </ol>	MAIN EXAM	2024
	<b>5 MARKS QUESTIONS</b>		

11	<p>Karishma has been working since 20 years in the hospitality industry. She now wants to establish an academy to train personnel for this industry. Which six essential competencies and two managerial functions should her academy focus on ?</p> <p><b>.Suggestive value points</b></p> <p><b>Essential competencies</b></p> <ol style="list-style-type: none"> <li>1.Well-groomed appearance</li> <li>2.Good hygiene</li> <li>3.Orderliness</li> <li>4.Good manners and etiquettes</li> <li>5.Smiling face</li> <li>6.Cheerful attitude</li> <li>7.Self-discipline</li> <li>8.Courtesy</li> <li>9.Physical fitness</li> <li>10.Good communication skills</li> <li>11.Self-confidence</li> <li>12.Multiple language skills</li> <li>13.Clean and neatly pressed uniform</li> <li>14.Minimum accessories</li> <li>15.Well-groomed hair</li> <li>16.Clean and properly manicured nails</li> <li>17.Adaptability and flexibility</li> <li>18.Time Management and organization</li> <li>19.Teamwork and collaboration</li> </ol> <p><b>Managerial Functions-</b></p> <ol style="list-style-type: none"> <li>1.Planning</li> <li>2.Organising</li> <li>3.Co-ordinating</li> <li>4.Staffing</li> <li>5.Directing</li> <li>6.Controlling</li> <li>7.Evaluating</li> </ol>	COMPT T. EXAM	2025
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12	<p>Somveer is a gardener working in a three star hotel and maintaining its garden. State under which department of the hotel he is working in and make a list of any four sections of this department. Who is the head of this department ? Name any one other personnel working in it.</p> <p><b>Suggestive value points</b></p> <p><b>Sections of the Housekeeping Department -</b></p> <ol style="list-style-type: none"> <li>1. Housekeeping control desk</li> <li>2. Housekeeping management</li> <li>3. Guestroom brigade</li> <li>4. Public area brigade</li> <li>5. Linen and uniform room</li> <li>6. Horticulture and flower arrangement team</li> <li>7. Lost and found section</li> </ol> <p><b>Head of the Housekeeping</b></p> <p>Executive Housekeeper</p> <p><b>Other personnels working in it-</b></p> <ol style="list-style-type: none"> <li>1. Interior Decorator</li> <li>2. Assistant Housekeeper</li> <li>3. Desk control supervisor</li> <li>4. Floor Supervisor</li> <li>5. Public Area Supervisor</li> <li>6. Linen / Uniform Supervisor</li> <li>7. Florist / Gardener</li> <li>8. Room Attendant</li> <li>9. Head Housemen</li> <li>10. Housemen</li> <li>11. Helper</li> </ol>	COMPT T. EXAM	2025
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13	<p>Kartik's family has reserved a 3-night stay at a resort for their vacation.</p> <p>As the Front Office Manager, list down the actions to be taken during each stage of 'Guest cycle' to ensure good hospitality services for Kartik's family. Which two staff members/personnel would assist the Front Office Manager in this work ?</p> <p><b>Suggestive value points</b></p> <p><b>Actions to be taken during each stage of 'GUEST CYCLE'-</b></p> <p><b>1.Pre-arrival Stage</b></p> <ul style="list-style-type: none"> <li>i. Quoting room rates to guest</li> <li>ii. Checking room availability</li> <li>iii. Reserving a room</li> <li>iv. Providing information regarding the resort</li> </ul> <p><b>2.Arrival Stage.</b></p> <ul style="list-style-type: none"> <li>i. Registering guests on arrival / check-in</li> <li>ii. Welcoming guests</li> <li>iii. Allocating rooms and handing over keys</li> <li>iv. Maintaining record of check- in</li> <li>v. Handling luggage / providing porter services</li> </ul> <p><b>3.Occupancy -</b></p> <ul style="list-style-type: none"> <li>i. Providing various services as per the guest's requirements</li> <li>ii. Ensuring security of the guest</li> <li>iii. Coordination of various guest services</li> <li>iv. Ensuring guest satisfaction and retaining customer loyalty</li> </ul> <p><b>4. Departure -</b></p> <ul style="list-style-type: none"> <li>i. Check-out from the resort</li> <li>ii. Clearance of bill</li> <li>iii. Handing over the resort room key</li> <li>iv. Handling baggage</li> <li>v. Maintaining up-to-date record of the room occupancy</li> <li>vi. Maintaining guest history</li> <li>vii. Taking feedback from the guest</li> </ul> <p><b>Staff members / personnel who would assist the Front Office Manager-</b></p> <ul style="list-style-type: none"> <li>1.Front Office Supervisor</li> <li>2.Front Office Cashier</li> <li>3.Telephone Operator / Information Assistant</li> <li>4.Assistant Manager- Front Office</li> <li>5.Lobby Manager</li> <li>6.Receptionist (Front Office Agent)</li> <li>7.Bell Captain</li> <li>8.Bellboy</li> <li>9.Doorman</li> </ul>	MAIN EXAM	2025
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14	<p>'Fresh Cake and Cafe', a new bakery and coffee shop is opened in your city. Its Food and Beverage Department has the responsibility for the sale of food and beverages. Name any two service departments related to it. Describe four functions/roles of any one of these service departments.</p> <p><b>.Suggestive value points</b></p> <p><b>VARIOUS SERVICE DEPARTMENTS-</b></p> <ol style="list-style-type: none"> <li>1.Kitchen</li> <li>2.Restaurant</li> <li>3.Kitchen Stewarding</li> <li>4.Coffee shop</li> <li>5.Online order / Take away</li> </ol> <p><b>Functions of these service departments-</b></p> <p><b>1.Kitchen</b></p> <ol style="list-style-type: none"> <li>i.Place where food is prepared</li> <li>ii. Kitchen may be divided into various sections for food preparations, such as bakery and confectionery, hot beverages etc.</li> <li>iii. Following staff in the kitchen perform different roles: <ul style="list-style-type: none"> <li>❖ Executive Chef (Chef-de-cuisine) is the head of the kitchen- Planning, organising and controlling the kitchen operations</li> <li>❖ Deputy Chef - Supports Executive Chef</li> <li>❖ Chef-de-partie - Supervises some sections of the kitchen</li> <li>❖ Cook - Prepares the common food items</li> </ul> </li> </ol> <p><b>2. Restaurant / Coffee shop.</b></p> <ol style="list-style-type: none"> <li>Ai commercial facility that provides food and beverages to the customers</li> <li>ii. Equipped with dining tables, chairs and other required furniture with crockery, cutlery, linen and décor, varying in quality as suited to the objectives, concept and standards of the establishment</li> <li>iii. Restaurant personnel coordinate closely with the kitchen for the supply of food orders to guests</li> <li>iv. Standard of cleanliness, hygiene and service to be maintained</li> <li>v. Staff has to be smiling, courteous to the guests and possess good manners and etiquette</li> <li>vi. Staff should have thorough knowledge of the ways of serving the food</li> <li>vi. Following staff in the restaurant perform different roles: <ul style="list-style-type: none"> <li>❖ Restaurant Manager - Responsible for overall functioning of the restaurant.</li> <li>❖ Senior Restaurant Supervisor-Supervises functioning of restaurant</li> <li>❖ Head Waiter-Lead a team of waiters / stewards who actually serve</li> </ul> </li> </ol>	MAIN EXAM	2025
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## CHAPTER - CONSUMER EDUCATION AND PROTECTION



9	<p>Roohi saw a banner of 80% sale on shoes in the market and went there for shopping.</p> <p>(i) In this context, briefly explain two problems which she might face as a consumer.</p> <p>(ii) List any four rights which have been provided to the consumers by the government.</p> <p><b>Suggestive value points</b></p> <p><b>Problems faced by a consumer-</b></p> <ol style="list-style-type: none"> <li>1.Sales promotion gimmick</li> <li>2.Substandard / Poor quality goods</li> <li>3.Hidden charges</li> <li>4.Misleading advertisement</li> <li>5.Inadequate or erroneous information given by manufacturer</li> <li>6.Lack of transparency</li> <li>7.Spurious / Duplicate / Imitation Products</li> <li>8.Lack of buying guides to aid the consumer in decision making</li> <li>9.Price variation</li> <li>10.Poor after sale services</li> </ol> <p>(ii) <b>Consumer Rights provided by the Government-</b></p> <ol style="list-style-type: none"> <li>1.Right to Safety</li> <li>2.Right to Choose</li> <li>3.Right to be Heard</li> <li>4.Right to be Informed</li> <li>5.Right to Seek Redressal</li> <li>6.Right to Consumer Education</li> </ol>	COMP TT. EXAM	2025
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10	<p>Your grandmother has purchased apples from a street vendor, who cheated her by weighing less.</p> <p>(a) By which four ways can a fruit and vegetable vendor deceive his customers using defective weights and measures ?</p> <p>(b) As an alert consumer, what are her two responsibilities in this context.</p> <p><b>Suggestive value points</b></p> <p><b>Fruits and vegetable vendor can deceive customers by-</b></p> <ul style="list-style-type: none"> <li>1.not using -standardized weights / weights and measures with seal / weights with genuine verification stamp</li> <li>2.using weights which are hollow from below / tempering with weights</li> <li>3.using stones for weighing instead of standard weights</li> <li>4.not mentioning correct weight on packaged fruits and vegetables</li> <li>5.sticking magnet on the bottom of the pan of the weighing scale</li> <li>6.using the weighing scale where the pointer is not in the centre or missing</li> <li>7.using defective and unverified electronic weighing machines / beam scales / platform scales / non calibrated weighing machine</li> <li>8.putting additional rings on one side of the manual weighing balance</li> <li>9.weighing machine kept on the uneven / slant surface</li> </ul> <p><b>(B) Responsibilities of Consumers</b></p> <ul style="list-style-type: none"> <li>1.Should purchase good quality products weighed by verified scale weights</li> <li>2.Be vigilant and watch carefully how the vendors are weighing goods</li> <li>3.If vendors are using defective weights and measures, tell them not to do so</li> <li>4.If vendors do not listen, inform others not to purchase from them / restrict their entry in the area</li> <li>5.Take vendors' photo or video and report to concerned authorities</li> <li>6.Insist for digital / electronic weighing scales than manual</li> <li>7.Insist for weighing prepackaged goods</li> <li>8.Participate in consumer forums</li> <li>9.Be aware of National Consumer Helpline</li> <li>10.Be aware of latest consumer laws and consumer rights</li> </ul>	MAIN EXAM	2025
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11	<p>‘Consumers are the final buyers of goods and services and many times they face problems because the manufacturers/service providers may be unable to fulfil all their expectations.’ With reference to the above statement, discuss any four expectations of consumers while purchasing goods.</p> <p><b>Suggestive value points</b></p> <p><b>Expectations of consumers-</b></p> <ol style="list-style-type: none"> <li>1. Reasonable price</li> <li>2. Appropriate / Adequate information</li> <li>3. Correct weights and measures</li> <li>4. Genuine goods / articles / services</li> <li>5. Ethics in Sales and Promotion</li> <li>6. Quality products</li> <li>7. Purity of products</li> </ol>	COMP TT. EXAM	2024
12	<p>After being trained in consumer studies, Ravinder wants to set up a voluntary consumer organisation. Explain to him any four important roles of these organisations in consumer education and protection.</p> <p><b>Suggestive value points</b></p> <p><b>Important roles of consumer organisation -</b></p> <ol style="list-style-type: none"> <li>1. Creating consumer awareness</li> <li>2. Disseminating information through magazines, booklets, newsletters, buying guides, audio visual material, research reports etc.</li> <li>3. Providing legal advice /advocacy / Disseminating information about new legislative provisions for consumers</li> <li>4. Comparative testing of products</li> <li>5. Creating consumer awareness about harmful and unsafe products</li> <li>6. Conducting product recall</li> <li>7. Handling Consumer complaints and grievances</li> <li>8. Organising public meetings</li> <li>9. Empowering consumers and consumer movement</li> <li>10. Bringing out publications in Consumer interest</li> <li>11. Setting up of libraries and documentation centres</li> <li>12. Act as vigilance group</li> </ol>	COMP TT. EXAM	2024

13	<p>(i) An exhibition has to be held in your school on 'World Consumer Right Day' where you have to motivate students in consumer education and protection. List three career options available in this area.</p> <p>(ii) Which two skills are essential to be successful in the field of consumer studies ?</p> <p><b>Suggestive value points</b></p> <p><b>Three career options available in consumer education and protection-</b></p> <ol style="list-style-type: none"> <li>1. Work in government organisations like Bureau of Indian Standards, Directorate of Marketing and Inspection, etc.</li> <li>2. Work in voluntary consumer organisations</li> <li>3. Work in the Consumer division of corporate houses</li> <li>4. Work with market research organisations</li> <li>5. Start your own consumer organisation</li> <li>6. Work in National Consumer Helpline</li> <li>7. Work as consultants to consumer clubs being run by schools and colleges</li> <li>8. A freelance consultant for redressal guidance through consumer courts and other alternative redressal mechanisms.</li> <li>9. Work with the Department of Audio-visual Publicity as content developer for their advertisements dealing with consumer awareness and education in the print and electronic media</li> <li>10. Work as an analyst in consumer testing laboratories</li> <li>11. Become consumer activists</li> <li>12. Journalism related to consumer affairs</li> <li>13. With some additional training individuals can work in financial management, insurance and shares related areas.</li> </ol> <p><b>Two skills essential to be successful in the field of consumer studies-</b></p> <ol style="list-style-type: none"> <li>1. Knowledge about consumer protection mechanisms and redressal agencies</li> <li>2. Soft skills like good communication and interpersonal skills</li> <li>3. Empathetic and understanding attitude</li> <li>4. Being a good listener</li> <li>5. Being creative in developing programmes, advertisements, talks etc. for consumer awareness.</li> <li>6. Writing skills for developing educational material for consumer education, reporting consumer tests of consumer products and a willingness to help fellow consumers and public at large</li> </ol>	COMP TT. EXAM	2023
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14	<p>(i) 'Consumers face many problems while buying goods and utilising services.' State any three consumer problems.</p> <p>(ii) In which year was the Consumer Protection Act, 1986 replaced ?</p> <p><b>Suggestive value points</b></p> <p>(i) <b>Three consumer problems</b> are-</p> <ol style="list-style-type: none"> <li>1. Substandard/Poor quality goods</li> <li>2. Adulteration</li> <li>3. High Prices</li> <li>4. Lack of Consumer Information</li> <li>5. Inadequate or Erroneous Information</li> <li>6. Incorrect Weights and Measures</li> <li>7. Spurious/Duplicate/Imitation Products</li> <li>8. Sales Promotion Schemes to Entice the Consumer</li> <li>9. Consumer Problems with regards to Service</li> </ol> <p>(ii) In <b>which year was the Consumer Protection Act, 1986</b> replaced?</p> <p>2019</p>	COMP TT. EXAM	2023
15	<p>You have to give a speech on 'National Consumers Day' in your school. Mention which four consumer rights and four consumer responsibilities you will incorporate in your speech.</p> <p><b>Suggestive value points</b></p> <p><b>Four consumer rights-</b></p> <ol style="list-style-type: none"> <li>1. Right to Safety</li> <li>2. Right to Choose</li> <li>3. Right to be Informed</li> <li>4. Right to be Heard</li> <li>5. Right to seek Redressal</li> <li>6. Right to Consumer Education</li> </ol> <p><b>Four consumer responsibilities-</b></p> <p>Consumer should-</p> <ol style="list-style-type: none"> <li>1. regularly update their knowledge of various laws made by the government.</li> <li>2. be honest in all their dealings and must pay for all their purchases.</li> <li>3. do a market survey and compare the prices.</li> <li>4. feel free to choose from variety available as per their needs and requirements.</li> <li>5. read all the information given on the label/ brochure.</li> <li>6. buy products with standardisation marks.</li> <li>7. keep receipts and other relevant documents of purchase.</li> <li>8. read and understand all terms and conditions, liabilities, service charges etc. before purchasing services like insurance, credit cards, bank deposits etc.</li> <li>9. have increased awareness about various national and international consumer organisations.</li> </ol>	MAIN EXAM	2023

16	<p>i) Prakash is working in a semi-government consumer organization. State four important roles his organization should be performing in the interest of consumers.</p> <p>(ii) Name any one consumer organization based each in Delhi and Ahmedabad. Also name the magazines which they publish</p> <p><b>Suggestive value points</b></p> <p><b>Four important roles of consumer organization-</b></p> <ol style="list-style-type: none"> <li>1. Creating consumer awareness</li> <li>2. Disseminating information through magazines, booklets, newsletters, buying guides, audio visual material etc.</li> <li>3. Providing legal advice</li> <li>4. Comparative testing of products</li> <li>5. Conducting product recall</li> <li>6. Handling Consumer complaints and grievances</li> <li>7. Organising public meetings</li> <li>8. Empowering consumers and consumer movement</li> <li>9. Bringing out publications in Consumer interests</li> <li>10. Setting up of libraries and documentation centres</li> <li>11. Act as vigilance group</li> </ol> <p>Any other,</p> <table border="1"> <thead> <tr> <th>Place</th><th>Consumer Organisation</th><th>Magazine</th></tr> </thead> <tbody> <tr> <td>Delhi</td><td>VOICE</td><td>Consumer voice</td></tr> <tr> <td>Ahmedabad</td><td>CERC</td><td>Insight</td></tr> </tbody> </table>	Place	Consumer Organisation	Magazine	Delhi	VOICE	Consumer voice	Ahmedabad	CERC	Insight	MAIN EXAM	2023
Place	Consumer Organisation	Magazine										
Delhi	VOICE	Consumer voice										
Ahmedabad	CERC	Insight										

## CHAPTER - DEVELOPMENT COMMUNICATION AND JOURNALISM

	<b>1 MARK QUESTIONS</b>		
1	<p>What role did the leading newspaper 'Hindustan Times' play in bringing services and benefits to the people of Chhatera village ?</p> <p>(A) Provided financial aid to the villagers</p> <p>(B) Held elections of local leaders</p> <p>(C) Utilised the power of press to get solutions to problems of the villagers</p> <p>(D) Launched a campaign against the villagers</p> <p><b>Appropriate option . (C) Utilised the power of press to get solutions to problems of the villagers</b></p>	COMP TT. EXAM	2025

2	<p>Match the Development Communication term / examples of its methods given in List-I with their related year in List-II. 1</p> <table> <thead> <tr> <th data-bbox="290 377 763 411">List-I (Term / example)</th><th data-bbox="811 377 997 411">List-II (Year)</th></tr> </thead> <tbody> <tr> <td data-bbox="290 417 727 451">i. Development Communication</td><td data-bbox="811 417 911 451">1. 1969</td></tr> <tr> <td data-bbox="290 458 457 491">ii. EDUSAT</td><td data-bbox="811 458 911 491">2. 2014</td></tr> <tr> <td data-bbox="290 498 673 532">iii. Project Village Chhatera</td><td data-bbox="811 498 911 532">3. 2004</td></tr> <tr> <td data-bbox="290 539 657 572">iv. Swachh Bharat Mission</td><td data-bbox="811 539 911 572">4. 1972</td></tr> </tbody> </table> <p>Choose the correct option from the following :</p> <p>(A) i – 4, ii – 3, iii – 1, iv – 2 (B) i – 2, ii – 1, iii – 4, iv – 3    (C) i – 3, ii – 2, iii – 4, iv – 1 (D) i – 4, ii – 3, iii – 2, iv – 1</p> <p><b>Appropriate option</b> . (A) i – 4, ii – 3, iii – 1, iv – 2</p>	List-I (Term / example)	List-II (Year)	i. Development Communication	1. 1969	ii. EDUSAT	2. 2014	iii. Project Village Chhatera	3. 2004	iv. Swachh Bharat Mission	4. 1972	COMP TT. EXAM	2025
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i. Development Communication	1. 1969												
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3	<p>Where was the Sustainable Access in Rural India (SARI) project started ?</p> <p>(A) Assam (B) Gujarat    (C) Tamil Nadu (D) Haryana</p> <p><b>Appropriate option</b> . (C) Tamil Nadu</p>	MAIN EXAM	2025										
4	<p>Match the Method of Development Communication given in List-I with its example in List-II.</p> <table> <thead> <tr> <th data-bbox="306 1107 657 1208"><i>1 List-I (Method of Development Communication)</i></th> <th data-bbox="782 1107 933 1174"><i>List-II (Example)</i></th> </tr> </thead> <tbody> <tr> <td data-bbox="306 1208 509 1242">i. Campaign</td> <td data-bbox="703 1208 911 1242">1 Tele-centre</td> </tr> <tr> <td data-bbox="306 1275 605 1309">ii. Community radio</td> <td data-bbox="703 1275 1013 1388">2 Hindustan Times – Project Village Chhatera</td> </tr> <tr> <td data-bbox="306 1388 589 1507">iii. Information and Communication Technology</td> <td data-bbox="703 1388 1006 1455">3 Jago Grahak Jago</td> </tr> <tr> <td data-bbox="306 1507 525 1540">iv. Print media</td> <td data-bbox="703 1507 895 1574">4 Banasthali Vidyapith</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 – 3, ii – 1, iii – 4, iv – 2    (C) i – 2, ii – 3, iii – 1, iv – 4    (D) i – 3, ii – 4, iii – 1, iv – 2</p> <p><b>Appropriate option</b> (D) i – 3, ii – 4, iii – 1, iv – 2</p>	<i>1 List-I (Method of Development Communication)</i>	<i>List-II (Example)</i>	i. Campaign	1 Tele-centre	ii. Community radio	2 Hindustan Times – Project Village Chhatera	iii. Information and Communication Technology	3 Jago Grahak Jago	iv. Print media	4 Banasthali Vidyapith	MAIN EXAM	2025
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14	<p>Raghav wants to pursue a career in the field of Development Communication. Which of the following options may he choose ?</p> <p>(i) Research Scholar          (ii) Radio Jockey          (iii) T.V. Anchor          (iv) Visual Merchandiser</p> <p>Choose the correct option :</p> <p>(a) (i), (ii) and (iv) (b) (i), (iii) and (iv)          (c) (ii), (iii) and (iv) (d) (i), (ii) and (iii)</p> <p><b>Appropriate option . (D) (i), (ii) and (iii)</b></p>	MAIN EXAM	2023
	<b>2 MARK QUESTIONS</b>		
15	<p>Name the first Indian satellite built exclusively to serve the educational sector</p> <p><b>Suggestive value points.</b>  <b>First Indian satellite built exclusively to serve the educational sector- EDUSAT</b></p>	COMP TT. EXAM	2023
16	<p>When was the first Indian satellite to serve the educational sector launched</p> <p><b>Suggestive value points.</b>          September 2004</p>	COMP TT. EXAM	2023

17	<p>What do you understand by the term Community ratio ?      Describe its two important roles in the development of the country.</p> <p><b>Suggestive value points.</b></p> <p><b>Community radio is/has –</b></p> <ol style="list-style-type: none"> <li>1. an initiative of Ministry of Information and Broadcasting</li> <li>2. also known as local radio</li> <li>3. by the community, for the community and about the community</li> <li>4. interactive format</li> <li>5. run and managed by local people/ usually trained by NGO</li> <li>6. people's medium</li> <li>7. used for local community/people</li> <li>8. local dialect/language</li> <li>9. participatory content development</li> <li>10. set up with small investment</li> <li>11. not for profit</li> <li>12. used for broadcasting in limited areas</li> </ol> <p><b>Its two important roles -</b></p> <ol style="list-style-type: none"> <li>1. support local programmes of development</li> <li>2. give opportunity to participate and express people's views/becomes the voice of people</li> <li>3. promote social change</li> <li>4. give opportunity to display their talents</li> <li>5. catalyst for people's development</li> <li>6. develop career/creates employment opportunities in DCJ</li> <li>7. help communities in voicing their problems and finding solutions</li> </ol>	MAIN EXAM	2023
18	<p><b>3 MARK QUESTIONS</b></p> <p>(i) Name the nationwide campaign which was focused on generating awareness about HIV/AIDS.      (ii) From where did the journey of this campaign start ?      (iii) Which campaign had been started for consumer awareness in India</p> <p><b>. Suggestive value points.</b></p> <p><b>(i) Red Ribbon Express / RRE</b>      (ii) The journey of this campaign was started from <b>Kanyakumari</b>      (iii) Campaign started for consumer awareness in India <b>Jago Grahak Jago</b></p>	COMP TT. EXAM	2025

19	<p>Why is it important for DCJ professionals to be well versed in computer skills ?          (b) In which two areas can a Development Journalist work ?          (c) Name the umbrella term that includes computer hardware and software, digital broadcast, etc.</p> <p><b>Suggestive value points.</b></p> <p><b>(a) DCJ professionals should be well versed in computer skills to –</b></p> <ol style="list-style-type: none"> <li>1.write and present technical reports and documents / prepare presentations / analyse data etc.</li> <li>2.operate the video production station or radio station and related suitable softwares</li> <li>3.design graphics</li> <li>4.edit using multimedia</li> <li>5.write emails or creative briefs for effective communication</li> <li>6.use Microsoft Office / Google / AI applications</li> <li>7.increase work efficiency</li> <li>8.use social media platforms for creating impact on masses</li> <li>9.saves time / resources</li> </ol> <p><b>(b) Areas in which Development Journalist can work -</b></p> <ol style="list-style-type: none"> <li>1.Traditional Media - Print / TV / Radio etc.</li> <li>2.Community Media - Radio jockey / Anchor etc.</li> <li>3.Digital Media - Online news / Blog writing / Social media / Podcast etc.</li> <li>4.Teaching / Academics / Training</li> <li>5.Research</li> <li>6.International agencies / Government agencies / NGOs</li> <li>7.Freelancing / Consultancy</li> <li>8.Government / Corporate sector</li> </ol> <p>Any other,</p> <p>(c) The umbrella term that includes computer hardware and software, digital broadcast, etc.</p> <p>Information and Communication Technologies / ICT</p>	MAIN EXAM	2025
20	<p>Who first coined the term 'Development Communication' and in which year ? Name any two countries who also took the initiative in Development Communication, like India.</p> <p><b>Suggestive value points.</b></p> <p><b>Name-</b>Nora Quebral  <b>Year-</b>1972  <b>Countries</b> - Brazil, Peru, Indonesia, Bangladesh</p>	COMP TT. EXAM	2024

21	<p>Which campaign was aimed to create awareness about HIV/AIDS in our country ? List its two features.</p> <p><b>.Suggestive value points.</b></p> <p><b>Campaign - Red Ribbon Express (RRE)</b></p> <p><b>Features</b></p> <ol style="list-style-type: none"> <li>1.Nationwide communication campaign</li> <li>2.A specially designed train / traversed over 9,000 km in one year / covering 180 districts (halt stations) / held programmes and activities in 43,200 villages</li> <li>3.It comprised of seven coaches, equipped with educational material, primarily interactive touch screens,3-D models, LCD projector / platform for folk performances / counselling cabins</li> <li>4.RRE started its journey from Kanyakumari / followed the 'parikrama' style / covered almost all the states of India</li> <li>5.Different artists divided themselves into groups and performed Information Education Communication (IEC) activities such as street plays, folk songs, stories / organised group counselling sessions during halts at every station</li> <li>6.Locally mobilised youth groups also joined the campaign</li> <li>7. The Project was implemented by National AIDS Control Organisation (NACO) / Nehru Yuva Kendra Sangathan (NYKS) / International Agencies such as UNICEF / UNAIDS in cooperation with Indian Railways</li> <li>8. It created awareness about the disease / reduced stigma and discrimination against people with AIDS</li> </ol>	COMP TT. EXAM	2024
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22	<p>To an aspiring professional in the field of Development Communication, suggest any three knowledge and skills required to be successful in this field.</p> <p><b>Suggestive value points.</b></p> <p><b>Knowledge and skills required to be successful in the field of Development Communication-</b></p> <ol style="list-style-type: none"> <li>1.Cognitive skills / Ability to comprehend an issue</li> <li>2.Creative / Presentation skills / Ability to project the concepts in a creative manner</li> <li>3.Technical skills / Camera techniques / Video production / Content development / Editing skills</li> <li>4.Questioning ability / Ability to look into the finer details of any issue / gather unique and interesting stories</li> <li>5.Ability to work with diverse groups / Understand others' viewpoint</li> <li>6.Language skills (Speaking, Writing, Reading) / Ability to write reports and documents</li> <li>7.Computer skills</li> <li>8.Knowledge of related laws and regulations</li> </ol>	MAIN EXAM	2024																		
23.	<p>Compare print media with television as a method of Development Communication.</p> <p><b>Suggestive value points.</b></p> <table border="1" data-bbox="293 1215 1240 1724"> <thead> <tr> <th></th><th>Print Media</th><th>Television</th></tr> </thead> <tbody> <tr> <td>1</td><td>Visual mode of communication</td><td>Audio visual mode of communication</td></tr> <tr> <td>2</td><td>Limited for literate people</td><td>Suitable for both literate and illiterate people</td></tr> <tr> <td>3</td><td>Printed mode</td><td>Electronic mode</td></tr> <tr> <td>4</td><td>In expensive</td><td>Expensive</td></tr> <tr> <td>5</td><td>Mobile medium</td><td>Fixed medium</td></tr> </tbody> </table>		Print Media	Television	1	Visual mode of communication	Audio visual mode of communication	2	Limited for literate people	Suitable for both literate and illiterate people	3	Printed mode	Electronic mode	4	In expensive	Expensive	5	Mobile medium	Fixed medium	MAIN EXAM	2024
	Print Media	Television																			
1	Visual mode of communication	Audio visual mode of communication																			
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