HOME SCIENCE PAPER 1
(THEORY)

(Maximum Marks: 70)

(Time allowed: Three hours)

(Candidates are allowed additional 15 minutes for only reading the paper.
They must NOT start writing during this time.)

Answer all questions from Part I and five questions from Part II.

All working, including rough work, should be done on the same sheet as the rest of the answer.
The intended marks for questions or parts of questions are given in brackets [ ].

PART I (20 Marks)

Answer all questions.

Question 1

(i) Why has solar cooking become popular as a modern method of cooking?
(ii) What is meant by pounding? Give one example of its usage.
(iii) State two changes that occur in the nutritive value of food during germination.
(iv) List any two effects that advertisements have on consumers.
(v) Mention two ways of increasing life expectancy of the elderly.
(vi) State one difference between bactericidal and bacteriostatic methods of food preservation.
(vii) Define binge eating disorder.
(viii) Name any two adulterants commonly found in spices.
(ix) State the basic difference between the wet and dry methods of cleaning clothes.
(x) State any two common safety measures adopted in the home that help to minimise the risk of electrocution.
PART II (50 Marks)

Answer any five questions.

Question 2
Cooking is a means of processing food to make it fit for human consumption. In this context, discuss:

(a) The advantages of using pressure cooker to cook food. [5]
(b) Merits and demerits of cooking food. [5]

Question 3
(a) Briefly explain the importance of fats, when used during cooking of food. [5]
(b) State five precautions to be taken to minimise loss of nutrients during cooking. [5]

Question 4
(a) Discuss any five steps to ensure safety in the kitchen. [5]
(b) Define the term quality. Give any four reasons for considering food to be of poor quality. [5]

Question 5
(a) List five advantages of food preservation with suitable examples. [5]
(b) Discuss any five points to be kept in mind in order to retain the nutritive value of green vegetables. [5]

Question 6
(a) Explain any five non-nutritional factors to be kept in mind while planning a meal for the family. [5]
(b) Discuss any five factors to be observed while preparing a special diet for a diabetic patient. [5]

Question 7
(a) Explain any five causes of delinquency among adolescents. [5]
(b) Describe the role of parents in guiding adolescents. [5]
**Question 8**

(a) Explain the steps involved in the laundering of woollen garments. [5]

(b) Discuss *any five* points to be kept in mind while storing expensive and delicate clothes. [5]

**Question 9**

Write short notes on *any two* of the following:

(a) Role of *Agmark* as a standardised mark. [5]

(b) Stages of cognitive development during adolescence. [5]

(c) Disposal of household wastes to maintain sanitation. [5]