### **HOME SCIENCE**

### PAPER 1

#### (THEORY)

(Three hours)

Maximum Marks: 70

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

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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**

Answer briefly each of the following questions:

- List two advantages of steaming. (i)
- (ii) State *two* ill effects of over cooking food.
- (iii) How does prolonged cooking of protein food render it difficult to digest?
- (iv) Name *any two* foods to be avoided during fever.
- (v) Explain the term *food fads*.
- (vi) What are the advantages of starching cotton clothes?
- (vii) State any two common safety measures adopted in the home that help to minimise the risk of fire.
- (viii) State any two toxic non-permitted food colours used in food items.
- (ix) What is the kind of clothing suitable for an infant?
- (x) List *four* areas of social interaction for adolescents.

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[10×2]

## PART II (50 Marks)

#### Answer any five questions.

### **Question 2**

Meals planned at home should be nutritionally balanced and accepted by all family members. In this context explain:

(a)	Adequacy of meals/	[5]
(b)	Social cultural and religious factors affecting meal planning.	[5]

### **Question 3**

*Preparation techniques are geared towards enhancing the servicing appeal of food.* In this context explain:

(a)	The principles of cooking food.	[5]
(b)	Reasons for cooking food.	[5]

### **Question 4**

(a)	Discuss any four factors causing food spoilage.	[5]
(b)	Discuss any two bacteriostatic methods to preserve food at home.	[5]
Ques	tion 5	
(a)	Suggest five measures to prevent poisoning at home.	[5]
(b)	List any five ways to ensure safe usage of electrical appliances at home.	[5]
Ques	tion 6	
(a)	List <i>five</i> factors affecting selection of clothing.	[5]
(b)	What are the steps to be considered in laundering a woollen garment?	[5]

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# Question 7

(a)	What are the prerequisites of an ideal label?	[5]
(b)	List any five problems faced by a consumer.	[5]
Ques	stion 8	
(a)	Explain <i>any five</i> measures that can be taken to increase the life expectancy of the elderly.	[5]
(b)	Explain the role of the endocrine system during adolescence.	[5]
Ques	stion 9	
Wri	te short notes on any two of the following:	

(a)	Ecomark	[5]
(b)	Anorexia Nervosa	[5]
(c)	Importance of food combination	[5]

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