SMART SKILLS CLASS-X

Unit I: Human growth & development II

- a. Play (birth-5 years), role of play in growth & development of children. Types of play-active, passive, natural, serious and exploratory, selection of play material for children.
- b. Childhood(3years onwards)-Age specific milestones- Physical, motor, social, emotional, cognitive and language
- c. Adolescents: Special Features-Physical and biological, motor, social, emotional, cognitive and language
- d. Problems of Adolescents:Consequences and management-Eating disorders(Anorexia Nervosa ,Bulimia Nervosa) Substance abuse, Issues related to sex

Unit II: Management of Resources: Time, Energy & Money

- a. Time Management Definition & Importance
- b. Time plans Factors affecting time plan
- c. Energy Management: Definition and Importance
- d. Fatigue and work Simplification
- e. Family Income & Types: Expenditure & Importance of Saving

Unit III : Food & Personal Hygiene

- a. Principles of hygienic handling of food, including serving of food.
- b. Hygiene in kitchen
- c. Personal hygiene of food handler
- d. Hygiene during food storage

Unit IV: Meal Planning

- a. Concept of Meal Planning
- b. Factors affecting meal planning: age, sex, climate, occupation, cost of food items, number of family members, occasion, availability of food, family traditions, likes and dislikes
- c. Basic food groups
- d. Use of food groups in planning balanced meal for self and family.

Unit V : Food Safety and Consumer Education

- a. Problems faced by Consumer-Mal-practices of traders, price variation, poor quality, Faulty weights and measures, non-availability of goods, misleading information, lack of standardized products
- b. Food adulteration: Concept, adulterants (Metanil yellow, Argemone, Kesari dal) and harmful effects of adulteration,
- c. Food Safety Standards-FSSAI (2006)
- d. Consumer Education-Consumer Rights and Responsibilities

Unit VI: Care and Maintenance of Fabrics and Apparel

- a. Cleaning and finishing agents used in routine care of clothes.
- b. Stain Removal
- c. Storage of cotton, silk, wool and synthetics
- d. Readymade garments-selection, need, workmanship and care label.

LEARNING OUTCOMES

The syllabus at develops an understanding in the learners that the knowledge and skills acquired through Home Science facilitates development of self, family and community. It endeavours to –

- Acquaint learners with the basics of human development with specific reference to self and child.
- Help to develop skills of judicious management of various resources.
- Enable learners to become alert and aware consumers.
- Impart knowledge of nutrition and lifestyles to enable prevention and management of diseases.
- Inculcate healthy food habits.
- Help to develop understanding of textiles for selection and care of clothes.
- Develop skills of communication to assist in advocacy and dissemination of knowledge to community.

Practicals 30 Marks

a. Make a suitable play material for children between birth to 5 years (group activity)

- b. Plan a balanced meal for yourself.
- c. Make a time plan to self for one day.
- d. Write a report on any five malpractices you have observed in the market and write your responsibilities as a consumer in each context.
- e. Prepare a slogan/poster to create awareness on consumer education
- f. Remove stain from white cotton fabric: curry, paint, ball pen ink, lipstick, tea and coffee
- g. List five areas of agreement and disagreement each with parents, siblings and friends, and give your suggestion to improve the relationships.
- h. Examine positive and negative qualities of one readymade and one tailor made garment.
- i. Prepare a care label for a readymade garment according to its fabric and design.

SCHEME FOR PRACTICAL EXAMINATION CLASS X HOME SCIENCE

M.M-30

3 Marks

I LAB ACTIVITY

a) Plan a balanced meal for yourself.

b) Prepare a time plan for self for one day. 4 Marks

c) Remove one stain from white cotton sample-curry, paint, ball pen ink, lipstick, tea and coffee 3 Marks

d) Examine four each positive and negative qualities of one readymade and one tailor made garment.

4 Marks

e) Prepare a care label for a readymade garment according to its fabric and design. 4 Marks III

Play Material 5 Marks

File Work 5 Marks IVViva 2 Marks

CHAPTER 1 **PLAY**

- 1. While playing, a child breaks and opens his new toys. This type of play is:
 - a) Natural
- b) Exploratory
- c) Scientific
- d) Serious
- 2. The toy which you would buy for your four month old nephew will be:
 - a) Teether
- b) Rattle
- c) Block set
- d) Doctor's set

- 3. Play is all except
 - a) An interesting activity
 - b) Imaginative
 - c) Non-spontaneous
 - d) Experimental
- 4. What do you mean by play?
- 5. Suggest four activities which will help one year old to improve her eye and hand coordination.
- 6. How does play influence physical development of a child? Explain with two examples.
- 7. "Play influences mental development of a child". Justify the statement with two examples.
- 8. Give the toys appropriate for children ages 0-3 months, 3-6 months

and 6-12 months.

- 9. What eight points would you keep in mind while selecting toys for children?
- 10. Explain the role of play in the development of children with examples.
- 11. Explain five different types of play with the help of one example each.

CHAPTER 2

FEATURES OF CHILDHOOD

- 1. List two motor activities a child can perform by the time he is six months old.
- 2. Name two factors which influence physical development in a child.
- 3. Define growth and development and give suitable examples of each.
- 4. List four activities of a 6 months old child which reflects motor development.
- 5. Trace motor development of a child from birth to 4 months.
- 6. Trace motor development of a child from birth to 3 years of age.
- 7. Give reasons for a child crying when an unknown person shows affection towards him?
- 8. A three year old has become extremely irritable. Write two possible reasons for his irritation.
- 9. Define the term socialization.
- 10. Write two indicators of social development in a 8-9 months child.
- 11. Present four behavioural indicators in which six months old will express his joy.
- 12. Give two possible reasons for a 2 year old to show anger. Write 4 ways he/ she may express this emotion.

- 13. A 4 month old child is hungry. Write two behaviours in which he would communicate his hunger.
- 14. Present two indicators to judge that one year old boy has language abilities similar to normal children.
- 15. What is babbling? At what age does a child start to babble?
- 16. A 9 months old child wishes to have milk. Mention two ways she would use to communicate her need.
- 17. Present two indicators to judge that a one year old has language abilities similar to normal children.
- 18. Give four characteristics of cognitive development of a 2 year old child.
- 19. State any two characteristics each of cognitive development and language development in the first year of a child's life, which become the prerequisites for the next development in these areas.

CHAPTER 3 FEATURES AND PROBLEMS OF ADOLESCENTS

- 1. State whether the following statements correct or not. Also correct the incorrect statements.
 - a. Adolescence is a stress free period between childhood and adulthood.
 - b. Adolescence is a period of slow growth and development.
 - c. Adolescence is a period of Intellectual development only.
 - d. All adolescents start maturing at the same time.
 - e. Secondary sexual characteristics develop during early adolescence.
- 2. Define Adolescence.
- 3. What are the stages of adolescence as told by **Hurlock**?
- 4. Fill ups
 - a. Growth spurts among boys and girls last for ______years.
 - b. Before _____ years of age boys are found to be taller but during ____ years due to early growth spurts girls become taller than boys of the same age.
- 5. What do you mean by 'Growth Spurts'
- 6. Correct the given statements
 - a. Changes during adolescence are sequential.
 - b. Increase in height and weight during adolescence is same for everyone.
- 7. Explain the relation between Nutrition and Exercise with adolescents
- 8. Explain the terms briefly
 - a. Seriation
 - b. class inclusion
 - c. object permanence

- d. conservation
- 9. Discuss the features of cognitive development.
- 10. State whether the following statements are true/false. Also correct the incorrect statements.
 - a. Social Development takes place with slow speed during adolescence.
 - b. During early adolescence the adolescent become introvert.
 - c. During late adolescence the adolescent makes friends with opposite sex members.
 - d. Leadership qualities start emerging during adolescent period.
- 11. What emotional changes one undergoes during adolescence?
- 12. What all points promote a lasting relationship? Also list the things that lead to weakening of bonds.
- 13. List the various reasons of conflicts between an adolescent and his family. How can these be resolved?
- 14. Define 'Peer Group'. What are the various characteristics of a peer group?
- 15. Explain the role of school and teachers in imparting correct knowledge to the adolescent.
- 16. Define Stress. Is adolescence a period of stress? What are the various factor causing stress and storm during this period
- 17. Difference between Social and Emotional stress.
- 18. What are five emotional patterns during adolescence?
- 19. Do you feel attraction towards opposite sex influences their identity formation? How?
- 20. Discuss the importance of friendship.
- 21. Explain the functions of community.
- 22. Discuss the interrelationship of individual and community.
- 23. How effective communication can be built in family?

CHAPTER 4 ADULTHOOD AND OLD AGE

- 1. True and False
 - a. The body organs show a decline of 0.8 to 1 percent after the age of 30. T/F
 - b. Gradual changes in sensory abilities take place with ageing. T/F
 - c. One must not accept one's age and become younger. T/F
 - d. Developing healthy attitudes do not help in coping with age. T/F
 - e. Aged people should be considered as treasure of the society. T/F
- 2. Describe the key to longer and healthier life.
- 3. What attitude is helpful to meet out the pressures and problems of old age?
- 4. How can one remain healthy during old age?
- 5. Discuss some of the features of middle adulthood.
- 6. What do you understand by Emptiness Syndrome?
- 7. List some of the physiological changes that start taking place after 50 years of age.
- 8. List some of the arrangements that can be made to make the home safe and comfortable for the elderly.
- 9. What are the points to be kept in mind while purchasing clothes for the elderly.

- 10. What are some of the activities that you can do with your grandparents to entertain them.
- 11. How will you take care of the emotional needs of your grandparents?
- 12. What are the few steps an individual can take to ensure economic independence during old age?

CHAPTER 5 TIME AND ENERGY MANAGEMENT

- 1. Give 2 examples to show that time and energy is limited resource.
- 2. Define Peak Load Period.
- 3. List any five light household activities?
- 4. What is meant by time management?
- 5. What is the criterion of successful time management?
- 6. Energy and time management goes hand in hand'. Justify the statement?
- 7. What do you mean by 'Time Plan'? What is the importance of time plan?
- 8. List the steps involved in making a time plan.
- 9. Write down factors causing fatigue?
- 10. Why do you need rest?
- 11. What do you mean by dovetailing? What are its benefits?
- 12. What is the contribution of family members in household activities?
- 13. Washing clothes is a daily routine in every house. Discuss three aspects of this activity which may help in increasing efficiency and speed?
- 14. Give six ways of reducing mental fatigue?

- 15. What is fatigue? What are its 2 kinds? Explain briefly.
- 16. Discuss some of the ways by which your mother can simplify work in the kitchen
- 17. Why is it important to maintain a good posture while working?

CHAPTER 6 FAMILY INCOME

- 1. Define the term- 'income'.
- 2. What do you mean by psychic income?
- 3. What are fringe benefits?
- 4. What are the three types of family income?
- 5. Why should we lay stress on saving some amount of our family income?
- 6. What are house hold records?
- 7. List the two types of real income.
- 8. Give the difference between direct and indirect income.
- 9. Give any four reasons to save money.
- 10. Give three reasons of supplementing family income.
- 11. What do you understand by indirect income?
- 12. Why is it important to save and invest?
- 13. What are the factors that affect expenditure?
- 14. Why do you think it is important to keep a record of family income and expenditure?
- 15. What are the factors that affect income of a family?

CHAPTER 7 FOOD AND PERSONAL HYGIENE

- 1. Define the term- 'Food Hygiene'.
- 2. List the various unhygienic practices which make food unfit for consumption.
- 3. Why is it important to keep your dustbins clean?
- 4. Name a food and water borne disease.
- 5. Should we wash the fruits and vegetables after cutting? Why?
- 6. What kind of clothes should we wear while cooking? Why?
- 7. What precautions will you take in order to prevent fire in the kitchen.
- 8. List four ways of hygienic handling of food.
- 9. Enlist four points you will keep in mind to ensure safety in kitchen.
- 10. All family members became sick after eating the dinner. In what way could the cook be responsible for their illness?
- 11. Personal hygiene of the food handler is very important. Support this statement along with examples.
- 12. How will you ensure that your kitchen is pest free?
- 13. What are the points to be kept in mind while storing leftover food?

14. What are the points to be kept in mind while buying and selecting food?

CHAPTER 8 MEAL PLANNING

- 1. Define the term satiety value.
- 2. What do you mean by meal planning? Explain with the help of an example.
- 3. How does meal planning help in saving fuel?
- 4. What is the importance of including seasonal foods in our meals?
- 5. Give two ways of using seasonal foods.
- 6. Discuss the principles of meal planning
- 7. Explain the importance of meal planning for a house wife.
- 8. Meal planning is both an art and science. Justify the statement.
- 9. Briefly explain the factors affecting meal planning.
- 10. Suresh works in an office and carries packed lunch. His monthly income is Rs. 6000. He is a vegetarian and does not like any green leafy vegetables.
 - a) What are the factors which would affect his meals?
 - b) How can principles of meal planning be incorporated in his meals?
- 11. How does composition of a family influence its meal planning?
- 12. Sheena is preparing moong dal, cauliflower and chapatti for lunch.

- a) Evaluate the lunch with reference to food groups and aesthetics.
- b) Give suggestions to improve it.
- 13. Q2. Harish is working in a coal mine. He has two children aged one year an eight years.

 He earns Rs. 5000 a month. Plan a meal for his family. Support your answer with reasons.
- 14. Briefly discuss the various nutrient components of an adequate diet.
- 15. Plan a tiffin for a 12 year old girl. Also, list the factors you will keep in mind while doing so.
- 16. Categories the diet based on consistency of food.
- 17. What is the full form of RDA? Why are they important? Discuss the factors on which an individual's RDA's depend.

CHAPTER 9 FOOD SAFETY AND CONSUME EDUCATION

- 1. Define the term 'adulteration'.
- 2. Q2. List two common adulterants present in milk.
- 3. Q3. Name two food items with FPO mark.
- 4. On what all products is ECO mark given?
- 5. Name the adulterants present in the following food stuff-
 - a. a) Arhar dal

c) Milk

b. b) Haldi

- d) Tea leaves
- 6. Give the full form of PFA and FPO.
- 7. Give four tips for buying unadulterated tomato sauce.
- 8. Name the adulterant present in mustard oil. What is the hazard caused due to the consumption of that particular adulterant?
- 9. Black pepper looks very similar to the papaya seeds, how will you differentiate between the two?
- 10. Give six ways of preventing food adulteration.
- 11. What are standardization marks? What is there importance?
- 12. While washing arhar dal you found that the water is getting yellow. What could be the possible reason? How will you confirm that? What are its ill-effects?

- 13. A brand of juice has been declared as adulterated by PFA. Write four possible reasons for things.
- 14. Discuss some of the rights you have as a consumer.
- 15. As a consumer what are your duties if you find a shopkeeper weighing the box along with sweets?
- 16. While purchasing spices, will you rely more on advertisements or on label? Give two reasons for your choice.
- 17. State two ways leaflets help consumers.
- 18. Write the malpractices adopted by shopkeepers dealing in cloth.
- 19. Give two functions of a consumer redressal forum.
- 20. Mention your four responsibilities as a consumer while buying medicines.
- 21. List two rights and two related responsibilities of a consumer.
- 22. Reema wants to file a case in a consumer court against a company. Guide her about filing of complaint. Specify the time period for filing the complaint and for the case to be settled.

CHAPTER 10 CARE AND MAINTENANCE OF FABRICS

- 1. List the various methods of washing clothes.
- 2. Why is blue applied on the clothes?
- 3. Define the term laundering.
- 4. What is the method of storing woolen sweater?
- 5. Differentiate between Reducing and Oxidising bleaches
- 6. Mention four precautions adopted while storing silk coats.
- 7. List three points that one must consider while washing and storing cotton sarees.
- 8. Draw a table to explain the different types of stains.
- 9. How will you remove the following stains form your cotton shirt?
 - a) ink

b) curry

c) blood

- d) grease
- 10. What are the advantages of Soapless detergent?.
- 11. Sonali found all her packed clothes damaged. Give possible reasons. List some of the basic rules one must follow before storing clothes.
- 12. Write four precautions you should take while storing silk.

CHAPTER 11 READYMADE GARMENTS

- 1. What is the criteria of checking size in a garment?
- 2. To ensure quality which two points will you check in a readymade coat?
- 3. Write four checks related to workmanship, which you will keep in mind while purchasing
- a. Pant
- b. Salwar-Kameez
- c. Coat
- d. Shirt
- 4. Explain briefly the criteria for judging a readymade garment.
- 5. What factors govern the quality of a fabric?
- 6. You want to buy a shirt for your father .Specify six qualities of workmanship you would check in it.
- 7. List 6 points in a dress that you will check to ensure quality in a dress
- 8. . Why do you think it is better to buy a readymade dress?
- 9. What are shaping devices? Discuss any four shaping devices.

Sample Paper Home Science Class- X

General Instructions

- All questions are compulsory.
- There are total 42 questions.
- Question paper is divided into three sections-A,B and C.
- Section A has question no.1to 14 (objective type questions) and are of 1 mark each.
- Section B has question no. 15 to 28 (case study based multiple choice questions) and are of 1 mark each.
- \bullet Section C has question no.29 to35 of 2 marks each, question no.36 and 37 of 3 marks each, question no.38 to 40 of 4 marks each and question no.41 and 42 of 5 marks each . Internal choices are given in some questions.
- Support your answers with suitable examples wherever required.
- This paper has _10_printed sides.

SECTION A (OBJECTIVE TYPE QUESTIONS)

1.	Inability to see perspectives of others is called OR	
	The development of the ability to produce recognizable speech, i.e. pronounce the sounds and words is called 1	
2.	There are four basic emotions that a child experiences. Which of the following is not one of them? a. Sadness b. Anger c. Surprise d. Fear	
3.	Peer pressure only leads to problems. Peer pressure can only be negative. (True/False) OR The female sex hormones are estrogens. (True/ False)	

4. Heena started copying the dressing styles from the internet. She often watched models, trend setter or social media influencers. She is:

1

- a. getting peer pressurized
- b. getting environmentally influenced
- c. experiencing generation gap
- d. re-examining her beliefs
- 5. 'Perform activities in a better order', is one of the do's for
 - a. Making a time plan
 - b. Saving time
 - c. Saving energy
 - d. Saving time and energy

OR

People are working from home these days and spending a lot of time sitting in front of screen. What type of fatigue do you think they would be suffering from?

- a. Physiological Fatigue
- b. Psychological Fatigue
- c. Internal Fatigue
- d. External Fatigue
- 6. Which of the following is a moderate worker?
 - a. Teacher
 - b. Labourer
 - c. Carpenter
 - d. C.E.O

OR

Which of the following is not a heavy worker?

- a. Cricketer
- b. Farmer
- c. Doctor
- d. Iron Smith
- 7. You always find your father doing many activities after he comes back from his office like helping you in your homework, laundry of clothes, grocery shopping, clearing dues, filling the daily expenditure book, take you and your sister to your activity classes, etc before dinner. This is called as
 - a. Dovetailing
 - b. Peak load period c. Leisure time
 - c. Flexible activities 1

8.	refers	to adopting all practices to safeguard the quality of food from
	production to consum OR	nption.
	Few hours of	helps to remove dampness and kill the bacteria.
	1	•
9.	Full form of ICMR is	
		OR
10	Full form of RDA is	
4		
10	. Which of the following	ng is not an example of grease absorbent?
		Chalk
	b.	Talcum powder
		Fuller's earth
	d.	Mica Powder
	1	OR
	ng is not an example of grease absorbent?	
		turpentine
		methylated spirit
		white petrol
		alcohol
11		is the inability of a child to differentiate between living and
	non living. 1	
12	. The development of	the larger muscles in the body is referred to as
	.1	United the second
13	. Naphthalene Balls he	elps to keep all but away
	a.	Moths
	b.	Foul Odor
	C.	Moisture
	d.	Heat 1
14	. We should not hang	woolen or knitted fabrics. (True / False) 1
	SECTION B (CASE S	STUDY BASED QUESTIONS)
	CASE 1	
		e market to buy groceries. She first picked up vegetables like
	<u> </u>	tatoes, carrots and peas. Next she picked up a packet of paneer,
		n she picked up a tetra pack of juice and egg nog. In the end,
		corn and ready to eat nuggets from the refrigerator.
15		are example of food.
-		Perishable
	b.	Semi Perishable
	c.l	Delayed Perishable
		•

d. Non - perishable

 $\bigcap r$

Frozen foodstuffs should always be stored at a temperature below 4°C:

- a. to keep the food cool
- b. to avoid the growth of microorganisms
- c. to avoid cross-contamination
- d. to keep it away from insects
- 16. Noor kept the newly bought paneer, with the tiny piece of paneer she had bought three days ago. Was she correct in doing so?
 - a.Yes, she can do that without any issue
 - b. No, it will lead to early spoilage of the new paneer
 - c.Doesn't matter as it will have no effect
 - d. The information is insufficient to make any conclusions.
- 17. Which among the following is not a tip of personal hygiene while working (cooking) in the kitchen?
 - a. Washing the hands with soaps properly
 - b. Tying the hair before cooking.
 - c. Using gloves while taking out tray from oven
 - d. Not walking in the kitchen with dirty feet, footwear or clothing. 1
- 18. A _____area is chosen for storage of non-perishable foods.
 - a. Dry, cool and dark
 - b. Dry, warm and dark
 - c. Cool, moist and lit
 - d. Cool, moist and dark
- 19. Which image shows the correct way of handling the glass before serving?

Case A Holding the glass from the bottom

Case B Holding the glass from the edge

- a. Only Case A
- b. Only Case B
- c. Both Case A and B
- d. Neither Case A and B

CASE STUDY 2

Mrs Meena had recently opened a small daycare centre in her house. She had six children in her centre. Jay, a 3 month old baby; Veer, a 3 year old boy, Paavni and Maanvi, twins of 4 years; Tina and Vikram of 8 years and 10 years respectively.

- 20. Tina and Vikram took Jay outside to a nearby park. There they made boats with leaves and floated them in water. Which type of play is this?
 - a. Solitary Play
 - b. Natural Play
 - c. Quiet lay
 - d. Exploratory Play

OR

Tina and Vikram were solving Sudoku and crossword puzzles. Which type of play is this?

- a. Active Play
- b. Serious Play
- c. Quiet Play
- d. Exploratory Play
- 21. Paavni and Maanvi were making handmade decorations for the Christmas tree. This is an example of ______
 - a. Constructive Play
 - b. Quiet play
 - c. Passive Play
 - d. Onlooker Play
- 22. Mrs Meena wanted to give each of the children a Christmas gift. While buying gifts, she had to consider many things. Which of the following is not so relevant while selecting toys for the children?
 - a. Toys should not have sharp edge or parts with toxic paint on them
 - b. The toys should be at least over Rs. 100 or 150. Only then can we assured of it quality.
 - c. The toys should be age appropriate as well of their mental ability.
 - d. The toys should be washable and should not get spoiled very easily. 1
- 23. Mrs Meena took all the children to a park. The children played 'Throw and Catch' with a small plastic ball. Which of the statements do you think is incorrect in the given situation?
 - a. Playing together with the ball led to holistic development.
 - b. Veer would have enjoyed playing with the ball.
 - c. Jay would not have been able to play with the ball
 - . d. Playing with this ball is safe for children of all age group.

CASE STUDY 3

Veera had gone to the local winter carnival in their hometown village. In the fair, she purchased some loose mustard oil. She used the oil to fry bread pakoras. But soon she found that the oil was adulterated.

- 24. What could be possible adulterant in the oil?
 - a. Coconut oil
 - b. Metanil yellow
 - c. Argemone
 - d. Vanaspati Ghee
- 25. Which standardized mark should be have checked while purchasing the oil?
 - a. ISI

- b. Agmark
- c. FPO
- d. Eco mark
- 26. What could be the harmful effect of consuming adulterated oil?
 - a. Cancer
 - b. Anaemia
 - c. Oedema
 - d. Mental retardation 1
- 27. Apart from checking standardized marks, what other factor(s) Veera should have considered while purchasing this oil?
 - a. Packed and sealed product
 - b. Low cost
 - c. Attractive offers
 - d. Discounts 1
- 28. Which principal governing authority acts as a reference point for all matters related to food safety and standards?
 - a. Consumer Protection Act
 - b. Ministry of Health and Family Welfare
 - c. Food Safety and Standards Authority of India
 - d. Food Corporation of India

SECTION C

29. In the Indian culture, how do we observe an adolescent undertaking developmental tasks? Mention any four ways.

2

30. 30. 'Unhygienic food leads to unhealthy being. Hygiene in food and equipments is a must.' Comment.

2

31. WHO has listed down certain key principles of food hygiene. Name any four of these principles.

2

32. Nisha, an IT professional, is eight months pregnant. According to ICMR, what would be her nutritional requirements (energy, protein, fat, iron)

OR

Maya has a 4 year old daughter. Help Maya by informing her of the nutritional requirements (energy, protein, fat, iron) according to ICMR for her daughter.

2

33. Briefly explain about the nutritional contribution of 'fruits and vegetables' in a diet.

34. Name the steps in removal of an unknown stain.

35. Name any one food item that has the following adulterant. Also write any one ill effect of that adulterant.

2

- 36. a. "Detergents are better than soaps". Do you agree with this statement? Give two reasons for your answer
- b. Auxiliaries are used to give a good finish to the garments. Name any two Auxiliaries. 3
- 37. 'Emotions play a great role in any individual's life. They are specifically important during the childhood years'. Do you agree with this statement? Justify your answer. 3

OR

Rajesh has children between the ages of 3 to 6 years. He is not sure of the physical milestones of that age group. Help him by informing him of the physical milestones that he should expect during from his children during that age group.

- 38. What is therapeutic diet? How is a normal diet modified on the basis of consistency?
- 39. Veena told her family about 'classes of change' that she had studied at school. How can her family apply them in their day to day household activities?

OR

Jayant told his family about 'classes of change' that he had studied at school. He explained his family what it was? What would he have told them?

40. Geeta was telling her friend Meera about meal planning and the different factors that affect meal planning. What do you think Geeta would have told Meera.

OR

Vinay wants to educate his friend, Vishal about meal planning and its importance. What four points of considerations do you think Vinay would explain to his friend about the same. 4

41 'Making of a time plan is a structured and orderly process'. Explain the steps for making a time plan.

5

42. Dina was teaching her students about consumer education and the wrong practices adopted by the traders. Help her in explaining any five such practices.

