

Class XII
Home Science Curriculum
2021- 22

Syllabus

UNIT I: Work, livelihood and Career

Ch. Work, livelihood and Career

UNIT II: Nutrition, Food Science and Technology

Ch. Clinical Nutrition and Dietetics

Ch. Public Nutrition and Health

Ch. Catering and Food Service Management

Ch. Food Processing and Technology

Ch. Food Quality and Food Safety

UNIT III: Human Development and Family Studies

Ch. Early Childhood Care and Education

Ch. Special Education and Support Services

Ch. Management of Support Services, Institutions and Programmes for Children,
Youth and Elderly

UNIT IV: Fabric and Apparel

Ch. Design for Fabric and Apparel

Ch. Fashion Design and Merchandising

Ch. Production and Quality Control in the Garment Industry

Ch. Care and Maintenance of Fabrics in Institutions

UNIT V: Resource management

Ch. Human Resource Management

Ch. Hospitality Management

Ch. Consumer Education and Protection

UNIT VI: Communication and Extension

Ch. Development Communication and Journalism

Ch. Media Management Design and Production

PRACTICALS FOR CLASS XII

UNIT II NUTRITION, FOOD SCIENCE AND TECHNOLOGY 1. Modification of normal diet to soft diet for elderly person. 2. Development and preparation of supplementary foods for nutrition programme. 3. Planning a menu for a school canteen or mid-day meal in school for a week. 4. Design, prepare and evaluate a processed food product. 5. Qualitative test for food adulteration in: pure ghee, tea leaves, whole black pepper, turmeric powder, milk, asafoetida.

UNIT III HUMAN DEVELOPMENT AND FAMILY STUDIES 6. Preparation and use of any one teaching aid to communicate socially relevant messages for children/ adolescents /adults in the community.

OR Preparation of any one toy for children (age appropriate) using locally available and indigenous material

UNIT IV FABRIC AND APPAREL 7. Preparation of any one article using applied textile design techniques; tie and dye/batik/block printing. 8. Application of quality control techniques in garment industry(any one **readymade** garment) a) Fabric inspection b) Quality of seams and fasteners/notions c) Size labels 9. Remove different types of stains from white cotton cloth –Ball pen, curry, **grease**, ink, lipstick, tea and coffee.

UNIT V RESOURCE MANAGEMENT

10. Evaluate any one advertisement for any job position. 11. Develop a leaflet/pamphlet for Consumer Education and Protection on any one of the following a) Consumer Protection Act (CPA) b) Consumer responsibilities c) Consumer organization d) Consumer Problems

UNIT VI COMMUNICATION AND EXTENSION 12. Analysis and discussion of any one print/radio/electronic media with **reference** to focus, presentation, technology and cost.

PROJECT ANY ONE OF THE FOLLOWING PROJECT MAY BE UNDERTAKEN AND EVALUATED

1. Study of an integrated community based, nutrition/health programme being implemented in own area, with reference to a) Programme objectives b) Focal Group/Beneficiaries c) Modalities of implementation
2. Visit to the neighbouring areas and interview two adolescents and two adults regarding their perception of persons with special needs.
3. Profile any two person (child/adult) with special needs to find out their diet, clothing, activities, physical and psychological needs.

4. Planning any five messages for nutrition, health and life skills using different modes of communication for different focal groups.
5. Market survey any five processed foods with their packaging and label information.

Learning Objectives:

The Home Science curriculum at senior secondary level has been framed to enable the learners to:

1. develop an understanding of the self and one's role and responsibilities as a productive individual and as a member of family, community and society.
2. integrate learning across diverse domains and undertake a critical analysis of issues and concerns specific to family, community and society.
3. appreciate the discipline of Home Science for professional careers.
4. acquaint learners with the basic knowledge specific to five domains namely, Foods and nutrition, Human Development and Family studies, Fabric and Apparel, Resource Management and Communication and Extension.
5. develop functional skills in the five domains for career and employment.
6. equip learners for enrichment and higher studies.

Learning outcomes:

After undertaking the course students will:

1. function as a productive and responsible individual in relation to self, family, community and society.
2. able to apply the basics of human development with specific reference to self, family and community.
3. able to utilize the skills of judicious management of various resources.

4. will be sensitized to fabric and apparel, their selection and care.
5. inculcate healthy food habits and lifestyle to enable prevention and management of diseases.
6. become alert and aware consumer.
7. appreciate the potential of entrepreneurship and other varied professional opportunities to make informed career choices.



Assignment 1**Unit I- Work, livelihood and Career****Work, livelihood and Career**

Q1. Name the crops produced by Indian farmers for sale in urban markets?

- a) Food crops
- b) Cash crops
- c) Horticulture crops
- d) Plantation crops

Q2. Which of the following comes under Factories Act?

- a) Equal opportunities to both men and women
- b) Equal remuneration to men and women
- c) Maintenance of crèche for children below 6 years
- d) Financial help to elderly

Q3. Fishing is very popular traditional occupation of India because of-

- a) Large population
- b) Diversity
- c) Forestation
- d) Long coastline

Q4. The main objective of KGBV is-

- a) to bring never enrolled and drop out boys into school
- b) to bring never enrolled and drop out girls into school
- c) to bring never enrolled and drop out adults into school
- d) to bring never enrolled and drop out children into school

Q5. When the chair height and stand is adjusted according to the height and body measurements of worker using it, this comes under the principle of-

- a) Ergonomics
- b) Economics

c)Employment

d)Job

Q6.Work done for the sake of earning money and fulfilling demands of the family is known as-

a)Meaningful work

b)Work

c)Career

d) Livelihood

Q7.Which of the following pillar of ergonomics is based on musculoskeletal activities-

a).Anthropometry

b)Biomechanics

c)Physiology

d)Industrial psychology

Q8.Kiran Mazumdar Shaw has won which of the following awards-

a)Padma Bhushan

b)Global Corporate award

c)Asia services award

d)All the above

Q9.Sheena makes and sells beautiful embroidery fabrics, she wants to excel and grow in this field of work. This work would be termed as-

a)Meaningful work

b) Job

c)Career

d)Livelihood

Q10.Name the state of the craft shown in picture-



a

a)Karnataka

b)Maharashtra

c)Kerala

d)Assam

True/false

- Q11. India is not a larger producer of cashew nut.
- Q12. Entrepreneur is a person who can take risk for converting a noble idea into reality.
- Q13. Shola craft is famous from Karnataka.
- Q14. Work is the oil that lubricates the machine of society.
- Q15. Life Skills are abilities for stubborn and negative behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.
- Q16. What do you understand by meaningful work?
- Q17. What is the meaning of the word Ergonomics?
- Q18. List any four factors to be considered while selecting an appropriate career for yourself.
- Q19. Differentiate between job and career.
- Q20. Convince your friend to do work by giving four important reasons for doing work.
- Q21. What are four problems faced by women at the workplace?
- Q22. Enumerate four objectives of ergonomics.
- Q23. Guide your brother about any four soft skills he must possess to maintain cordial relationship with his colleagues.
- Q24. Enlist three benefits and three needs of ergonomics.
- Q25. Your friend is a social entrepreneur. Briefly explain the role of social entrepreneurs and mention any four target groups who may be benefitted from their contribution.
- Q26. Rohan's father and grandfather were into weaving business, but he doesn't want to continue with this business. What could be two possible reasons behind this decision? Also suggest four ways to tackle his problems.
- Q27. Elaborate on three ways in which work can be perceived.
- Q28. Explain about any three initiatives taken by Government of India to provide equality to women at the workplace.
- Q29. Guide Mr. Verma about any eight attributes for becoming a successful entrepreneur.
- Q30. Your uncle is not happy with his work life. Suggest him about any ten ways of improving work life.

Assignment 2**UNIT II: Nutrition, Food Science and Technology****Clinical Nutrition and Dietetics**

Fill in the blanks:

1. Nutrition and health are interlinked as illness and disease can result in _____ in a person who had good nutritional status.
2. The specialized area which deals with nutrition during illness is _____ nutrition also called medical nutritional therapy. Clinical
3. In case of kidney failure, _____ protein intake is recommended. (lower/higher)
4. _____ diet is recommended just after surgery. Its main disadvantage is that it does not meet nutritional needs of a person completely.
5. Two feeding routes of patients who are not able to chew food completely are _____ and _____
6. Fish is rich in _____ fatty acids which can protect us from abnormal heart rhythm.
7. Nutritional assessment involves obtaining detailed information on health, relating information, _____ and identifying nutritional deficiencies.

Tick the correct answer:

1. In some diseases, nutrition plays an important role in _____ of medical treatment.
a. Management b Treatment c. Compliment d. All of the above
2. A study of nutrition and dietetics enables to –
a. Plan diets b. modify diets c. meet all medical needs d. manage food services in institutions like old age homes.
3. _____ feeding means patient is nourished with special solutions which are given through a drip or vein.
a. Tube b. Intravenous c. Oral D. All of the above

Answer the following questions in brief:

- Q1. What are the four ways by which health problems/ illness can affect nutritional status?
- Q2. How does a professional nutritionist work in a systematic way?
- Q3. Write two main roles of clinical nutritionist.
- Q4. Name a few antioxidants that result in prevention of diseases.
- Q5. List the four major ways by which a diet can be modified.
- Q6. Give four examples of liquid diet.
- Q7. What is a soft diet?
- Q8. What kind of diet is given in old age when there is:
- a) problem in chewing b) no problem in chewing
- Q9. List five career options for a dietitian.

Assignment 3

Public Nutrition and Health

I Fill in the blanks:

1. Public health refers to collective action taken by society to protect and promote health of _____.
2. Public health nutrition is a field of study that is concerned with promotion of good health through prevention of _____ illness in the population and _____ policies and programs to solve these problems.
3. PEM is caused by insufficient intake of macro nutrients _____ and _____.
4. PEM is assessed by evaluating the _____ measurements.
5. A person is said to be underweight when body weight is _____.
6. Stunting is said to be present when _____ is less than adequate for age.
7. When weight is not adequate relative to height, it is called _____.
8. Severe under nutrition due to deficiency of food and energy is called _____ and by protein deficiency is called _____.
9. The term 'hidden hunger' is used to refer to _____ deficiency.
10. Four minerals which are of major public health concern are _____, _____, _____ and _____.
11. Four vitamins which are of major public health concern are _____, _____, _____ and _____.
12. The vulnerable group of IDA are _____, _____, _____ and _____ going child.
13. IDA occurs when there is low level of _____ in blood.
14. Symptoms of IDA are _____ of breath, _____, _____, general _____, paleness of _____ of eyes, tongue and _____ beds, soft _____.
15. IDA affects the cognitive functions in children like _____ span, m_____, and c_____.

16. _____ deficiency is the most common cause of childhood blindness.
17. I _____ is required for normal physical and mental growth and development.
18. Deficiency of _____ results in insufficient amount of thyroid hormone.
19. Goitre is caused due to _____ deficiency.
20. Y _____, g _____ & o _____ fruits and vegetables are good sources of vitamin A.

II Tick the correct answer:

1. The average birth weight of Indian child is _____ Kg.
- a. 2.5 b 3 c 3.5 d 4
2. People who are more at risk due to PEM are –
- a. adolescents and adults b. children and elderly c. females d. infants
3. The immediate cause of PEM at individual level are –
- a. poor sanitation b. inadequate and faulty dietary intake c. disease d. lack of physical activity
- i) a&b ii) b&c iii) c&d iv) a&d

III Answer the following questions in brief:

1. What is the significance of study of public health and nutrition?
2. India faces the double burden of mal nutrition. Comment.
3. Public health nutrition is multi-disciplinary in nature. Comment.
4. What are the underlying causes of PEM at family level?
5. What are the effects of iodine deficiency during pregnancy?
6. Write the main functions of vitamin A.
7. What are the indirect and direct national nutrition policies?
8. What are the interventions for tackling mal nutrition?
9. Name some nutritional programs running in our country.
10. What is the scope of public health nutrition?

Assignment 4**Catering and Food Service Management**

Q1. Which of the following is not a part of welfare catering?

- a) Industrial Canteen b) Mid day Meal c) Snack Bar
- d) Institutional Canteen

Q2. _____ is not a factor influencing development of food services.

- a) Globalization b) Urbanisation c) Psychological changes
- d) Socio economic Changes

Q3. _____ is an art of providing food and beverages aesthetically to a large number of people in satisfactory and cost effective way.

- a) Food Service Management b) Food Service Industry c) Food Service d) Catering Service

Q 4. Which of the following is not a part of Commissary Food Service System

- a) Barista b) Star Bucks c) Café Coffee Day d) McCain

Q 5. _____ food service system offers greater flexibility in menu planning.

- a) Conventional b) Commissary c) Ready Prepared
- d) Assembly Service

Q6. Persons who are interested in cooking, who have good culinary skills, with additional and specialized training can work as –

- a) Food Service Director b) Cafeteria Manager c) Executive Chef d) Food Service Supervisor

Q7. An interest in food and regular update of trends in national and international cuisines are some of the important skills that must be possessed by a person in working in _____

- a) Food Processing Industry b) Food Service Industry c) Food Preservation Industry d) Food Safety Industry

Fill in the Blanks.

Q8. _____ are catering to the needs of food and stay of pilgrimages/ travellers since ancient times.

Q9. _____ services are open to public to sell food and beverages to make profit.

Q10. Exploring different culture through food is called _____.

Q11. The other name given to Menu is _____.

Q12. Services that provide a substitute for food that one would have got at home is known as _____.

True /False

Q13. Many of the entrepreneurial skills activities of supplying homemade meals taken up by women who use their skills and interest in cooking are an example of catering service.

Q14. Major purpose of Non Commercial Service is Philanthropy.

Q15. Food Service Manager working with Commercial Food Service is required to manage the unit within limited budgets.

Q16. Assembly Service System needs special equipments for freezing, boiling etc.

Q17. Bulk buying is a disadvantage associated with Commissary Food Service.

Q18. What are the main features of Commissary Food Service?

- Q19. Give the characteristics of Ready Prepared Food Service System.
- Q20. What are the advantages of Ready Prepared Food Service System?
- Q21. List the disadvantages associated with food items that are prepared well in advance before the time of service and kept frozen until they are to be used.
- Q22. There are a number of career opportunities for trained students in Food Service Industry. Justify
- Q23. Your friend wants to pursue a career in Catering and Food Service Industry. Explain to her some personal skill essential to succeed in the industry.
- Q24. Differentiate between different types of catering services.
- Q25. Define the process of Management in Food Service Industry. Name the 6's M that play an important role in the process of Management.
- Q26. Describe the important characteristics of Conventional Food Service System. Give advantages and disadvantages of this system.
- Q27. Vijay is a road side tea stall owner. He wants to switch over into some other small scale business due to some reason. He has limited space and resources. Tell him about the Food Service System that would solve the purpose besides suiting his requirement. Also give the features, advantages and disadvantages/ limitations of the system.
- Q28. Briefly explain the factors influencing the developments Food Service Industry.
- Q29. Who is Food Service Manager? What are the qualities possessed by him?
- Q30. Your cousin wants to host a birthday party next month .He is looking for a venue that will provide him a pleasant ambience and good quality food, but he is not aware about the various options available to him. Help him out in choosing the same by explaining him the difference between styles and standards of function in catering by various establishments in commercial sector.
- Q31. Describe the various functions involved in the Management of Food Service Institutions.

Assignment 5**Food Processing and Technology**

1. Indian Food Industry ranks -----in terms of size.

- a. Second
- b. Third
- c. Fourth
- d. Fifth

2. When did Indian government announce setting up of mega food processing parks to boost food processing industry?

- a. 14 Jan, 2010
- b. 14 March, 2012
- c. 14 Jan, 2012
- d. 14 March, 2010

3. Addition of micronutrients to food at commercial level is known as

- a. Food enrichment
- b. Food fortification
- c. Both a. and b.
- d. None of the above

4. The process of treating milk to destroy disease producing microorganisms was developed by

- a. Nicolas Appert
- b. John Fleming
- c. Louis Pasteur
- d. John Pasteur

5. Range of danger zone temperature varies from

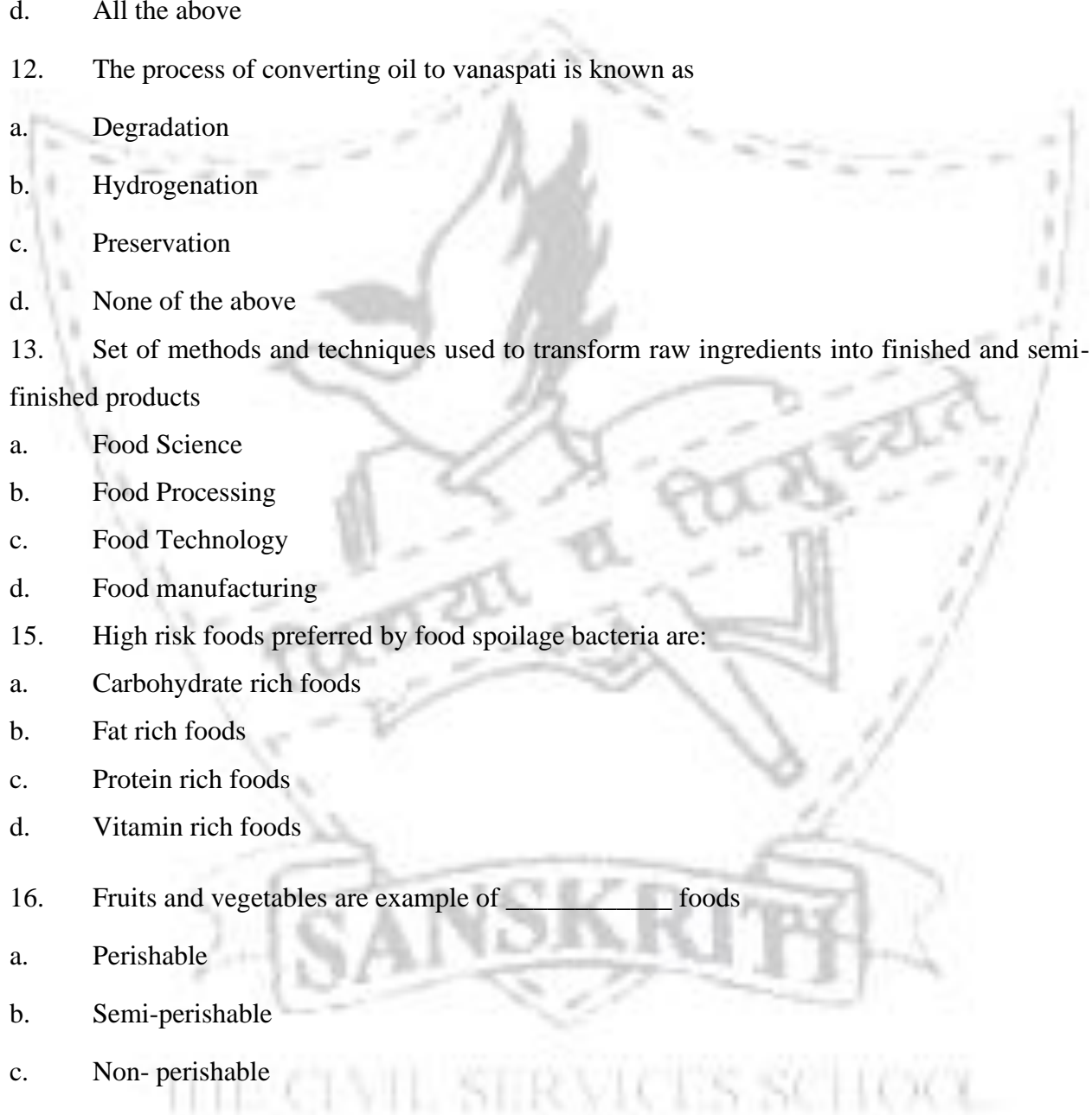
a. 5-60 degree Celsius

b. 0-50 degree Celsius

c.25 to 45 degree Celsius

d.4to 65 degree Celsius

6. Which process was revolutionary innovation in food preservation techniques
- Canning
 - Pasteurization
 - Cold preservation
 - All of them
7. Who invented the process of Canning?
- Louis Pasteur
 - Nicolas Pasteur
 - Nicolas Appert
 - James Pasteur
8. Who is known as the father of pasteurization?
- Louis Pasteur
 - Nicolas Pasteur
 - Nicolas Appert
 - James Pasteur
9. Protein rich foods e.g. meat, fish poultry, eggs are called
- Danger foods
 - High risk foods
 - Functional foods
 - High salt foods
10. A single class of protein molecules that act as biological catalysts to accelerate chemical reaction are called
- Enzymes
 - Catalysts
 - Additives
 - Flavonoids
11. What are the factors that lead to food deterioration

- 
- a. Biological
- b. Physical
- c. Chemical
- d. All the above
12. The process of converting oil to vanaspati is known as
- a. Degradation
- b. Hydrogenation
- c. Preservation
- d. None of the above
13. Set of methods and techniques used to transform raw ingredients into finished and semi-finished products
- a. Food Science
- b. Food Processing
- c. Food Technology
- d. Food manufacturing
15. High risk foods preferred by food spoilage bacteria are:
- a. Carbohydrate rich foods
- b. Fat rich foods
- c. Protein rich foods
- d. Vitamin rich foods
16. Fruits and vegetables are example of _____ foods
- a. Perishable
- b. Semi-perishable
- c. Non- perishable
- d. None of the above.
17. Foods that spoil quickly within one or two days
- a. Non- perishable

- b. Semi –perishable
 - c. Perishable
 - d. Fortified
18. Preservation technique in which salt and spices are used.
- a. Canning
 - b. Pickling
 - c. Drying
 - d. Fermentation
19. Conversion of oil to vanaspati is an example of
- a. Formulated food
 - b. Food derivative
 - c. Functional food
 - d. Both a and c
21. This is the science and application of scientific, as well as socio-economic knowledge and legal rules for production.
- a. Food science
 - b. Food technology
 - c. Food processing
 - d. Food manufacturing
21. Which of the following is an advantage of food processing?
- a. Availability of seasonal food throughout the year
 - b. Removal of toxins
 - c. Addition of extra nutrients to some food items
 - d. All of the mentioned
22. Amount of time a food can be preserved is known as
- a. Danger zone
 - b. Shelf life

- c. Irradiation
 - d. All of the above.
23. Which among these is a factor for processed food in India?
- a. Changing lifestyles
 - b. Food habits
 - c. Organized food retail
 - d. All of the mentioned above
24. Canning of fruits and vegetables is aprocess
- a. Cold
 - b. Application of heat
 - c. Application of Irradiation
 - d. Removal of moisture

Short Answer questions

1. Define Food spoilage

- 2. How does food processing help in minimization of waste?
- 3. You have done M.SC. in Food Processing and Technology. What all scope you are having as far as monitory settlement in life is concerned?
- 4. Enlist the micro organisms that cause food spoilage
- 5. Enlist Factors influencing microbial growth
- 6. Justify how food processing industry had made life of working people easier.
- 7. Classify the food on the basis of Perishability.
- 8. Recollect any 3 examples of fortified foods.
- 9. List any 3 examples of artificial sweeteners.
- 10. Formulate the relationship between food processing and food preservation
- 11. Highlight the importance of freezing in food processing
- 13. Outline the disadvantages of Preservation.
- 14. Recommend the options of self-employment in the field of food processing and technology.

15. Compare and contrast between the food preservation techniques in earlier with the present times.

Long Answer Type Questions

16. Elaborate on how physical and chemical changes in certain constituents of food from plant and animal sources occur soon after harvesting or slaughtering, alter the food quality.

17. State four factors that has increased the importance of food processing and technology.

18. Construct comparisons between

i. Preserved food and Manufactured food.

ii. Formulated food and Synthetic food

iii. Functional foods and Medical foods

19. Classify foods on the basis of extent and type of processing

20. Summarise the various methods of preserving foods.-

21. Convince your parents on how processed food fits into a healthy diet.

22. Highlight the importance of Food Processing and Preservation

23. After the completion of 10+2 examination what is a professional scope in the field of of food processing and technology.

24. Describe underlying principles food processing.

Or

What is done in processing to increase shelf life of food?

25. What knowledge and skills are required for the professional of food processing and technology industry?

26. What is the scope of food processing industry?

Assignment 6**Food Quality and Food Safety**Multiple Choice Questions :

1. According to Ministry of Health and Family Welfare more than _____ episodes of acute diarrhea occur every year in India in children under 5 years of age.
a. 200 Million b) 300 Million c) 400 Million d) 250 Million
2. _____ reflects international shift in food laws from vertical standards to horizontal standards.
a) PFA b) FSSA c) ISO d) FPO
3. Which of the following is not a non visible hazard in food?
a) Bacteria b) Yeast c) Weevil d) Molds
4. Salmonella present in raw milk and eggs is destroyed by
a) Freezing b) Heating c) Cooling d) Blanching
5. Among various hazards _____ are an important cause of food borne illness.
a) Physical b) Biological c) Chemical d) Biochemical
6. The food industry in India accounts for about _____ of GDP and will be one of the major growth areas in the years ahead.
a) 20% b) 26% c) 28% d) 36%

Fill in the blanks

7. The full form of WTO is _____.
8. _____ results from ingestion of live pathogenic organisms which multiply in the body and cause disease.
9. Staphylococcus Aureus which is present in air, dust and water can cause _____ .

10. _____ is the presence of harmful, unpalatable or objectionable foreign substances such as chemical, microorganism etc. in food.
11. Foods can be infested by _____ and _____.

TRUE / FALSE

12. A toxic substance is always hazardous but a hazardous substance may not always be toxic.
13. Veterinary residue are an example of biological hazards.
14. Parasites can also cause infestation.
15. The full form of ISO is Indian Standard Organisation
16. List the factors that have contributed to the increasing incidence of Microbial food borne diseases.
17. Exposure to new pathogen through changes in eating habits, climate, food processing etc. can allow pathogen to emerge in new population or new geographic areas. Give two examples to justify the statement.
18. What is food quality ? What are its attributes?
19. Differentiate between contamination and cross contamination.
20. What are the two main Voluntary Product Certification Schemes in India?
21. Give an account of the factors that are important for the emergence of pathogens.
22. What are the points to be borne in mind by all food service providers to ensure food safety ?
23. What is role played by the followings orders related to food.
- Fruit and Vegetable Product Order
 - Meat Food Product Order
 - Vegetable Oil Product Order
24. What is Food Control System? What are the components of an effective Food Control System.?
25. Differentiate between Codex and ISO.
26. What is the Scope and Career Opportunities available in the field of Food Quality and Safety?

27. Why are Food Standards considered to be important? What are the different levels of Food Standards that ensure supply of hygienic food as well as facilitate trade within and between the nations.
28. A food hazard can enter into food at any stage of the food chain. How can Food Safety Management Systems exert a control over food safety and quality?
29. Give an account of the factors that have made issues related Food Safety and Quality a global concern.

OR

Give the significance of Food Safety and Food Quality.

30. What is the full form of FSSA? When was it enacted? Why was there a need to enact it ? What are the objective FSSA?
31. Explain the role played by International Organisations in enhancing food safety, quality and security and facilitating research and trade.

Assignment 7**UNIT III: Human Development and Family Studies****Early Childhood Care and Education****SECTION A: MCQ**

1. _____ is an institutional setting designed for the care of infants, in the absence of home care.
 - a. Day care
 - b. Play school
 - c. Crèche
 - d. Preschool
2. _____ has emphasised on the need for a concerned, caring and knowledgeable adult as a preschool educator.
 - a. Vygotsky
 - b. Piaget
 - c. Maria Montessori
 - d. Freud
3. Preschool education is offered by the Integrated child development services through the _____ program.
 - a. Immunisation
 - b. Anganwadi
 - c. Play school
 - d. Balwadi
4. According to _____ young children have different ways of understanding the world, due to which they need supportive environment to explore phenomenon on their own.
 - a. Vygotsky
 - b. Piaget

- c. Maria Montessori
d. Freud
5. Preschools which are based on the play-way method are called _____.
a. Montessori schools
b. Play schools
c. Day care
d. Nursery schools
6. After completing her post graduation in _____ field, Reena can work as a counselor/ special educator in a school.
a. Human development
b. Food and nutrition
c. Resource management
d. Community extension and development
7. While looking for a play school teacher you would prefer someone who is _____.
a. Graduate
b. Post graduate
c. Counselor
d. Nursery teacher trained
8. Young children have a short attention span, hence one should not be _____.
a. prepared with several activities
b. adaptive
c. flexible
d. focused on completing one's plan
9. The children will be able to relate better with an adult of the same _____.
a. community
b. gender
c. family
d. peer group
10. The tell me why stage is _____.
a. infancy
b. preschoolers

- c. middle childhood
 - d. adolescents
11. Montessori method of teaching focuses on _____
- a. self directed/ experiential learning
 - b. chalk and talk method
 - c. online learning
 - d. demonstrative
12. The ideal adult :child ratio for a crèche is 1:5 whereas for a play school it is _____
- a. 1:20
 - b. 1:30
 - c. 1:10
 - d. 1:15
13. ICDS along with providing supplementary nutrition ,immunization and health services also provides _____
- a. Non formal education
 - b. Informal education
 - c. Formal education
 - d. Structured curriculum.
14. In a crèche the main objective is to attend to the physical needs of an infant where as a preschool aims at providing a _____
- a. stimulating environment
 - b. food
 - c. toilet facility
 - d. adult supervision
15. Which of the following is not a career option in the field of ECCE?
- a. Educator for children
 - b. Caregiver
 - c. Designing and merchandising
 - d. Govt/ NGOs related to women and child development

SECTION B:

16. Write the full form of ICDS and ECCE.

17. Differentiate between a crèche and a day care centre.
18. While planning activities for pre-schoolers it is important to have activities for a short duration of time. Why?
19. State the objectives of ECCE as stated in the NCF 2005.
20. Explain the term self directed learning with reference to ECCE.
21. Your friend wants to become a pre-school teacher. Suggest her any four skills she needs to have in order to become one.
22. Your niece is eight months old, suggest eight criteria your sister needs to keep in mind while selecting a crèche for her.
23. Reena your classmate aspires to become a play school teacher, guide her so that she can fulfill her dream.
24. Neena is a playschool teacher, she has to plan an activity for the children. Write any five points she should keep in her mind while doing the same.
25. List any two activities which a playschool teacher can include in her curriculum to facilitate motor development.
26. Early childhood is critical for the personality development of a child how can you facilitate a child friendly environment.
27. Seema is a play-school teacher, help her plan one activity for a class of four year olds.
28. You are opening a play school, prepare a list of educational toys which you will require for facilitating holistic development of the child.
29. Prepare a 10 point checklist which would enable your sister to find a child friendly school ensuring holistic development of your niece.
30. ECCE is the need of the hour. List five factors responsible for this in the contemporary times.

Assignment 8**Special Education and Support Services****SECTION A: MCQ**

1. When children with special need study in a general class room with their peers who do not have special needs, the arrangement is called____.
 - a. inclusive
 - b. exclusive
 - c. special education
 - d. schooling
2. _____ has provision for eight years of education for all children including those with disabilities.
 - a. Sarva shiksha abhiyan
 - b. Individual education programme
 - c. Special educational needs
 - d. Rehabilitation council of India
3. According to the WHO _____ is an umbrella term that covers impairments, limitations in activity and restriction in participation.
 - a. disability
 - b. special educational needs
 - c. impairment
 - d. handicapped
4. _____ is the art and science of teaching students.
 - a. Pedagogy
 - b. Strategy
 - c. Lesson plan
 - d. IEP
5. This is not a classification of disability.

- a. Cerebral palsy
 - b. autism
 - c. learning disability
 - d. introvert
6. The persons with disability act was implemented in the year ____.
- a. 1995
 - b. 1996
 - c. 1994
 - d. 1993
7. The following is a support services for special educational needs.
- a. Speech therapy
 - b. Occupational therapy
 - c. counseling
 - d. all of the above
8. The full form of IEP is ____ .
- a. Individualised Educational Programme
 - b. Individualised Evaluation Programme
 - c. Individualised Educational Plan
 - d. Individual Education Programme
9. ____ is a room in which the students with disability receive instructions in a small group setting from a special educator.
- a. Resource classroom
 - b. Special classroom
 - c. Inclusive class
 - d. Integration room
10. The support services that enable quality special education in children.
- a. Speech therapy
 - b. Occupational therapy
 - c. counseling
 - d. all of the above
11. Special educator should show ____ towards the children.

- a. empathy
 - b. sympathy
 - c. pity
 - d. passion
12. Special education is known as _____.
a. Aided education
b. Need education
c. Both a and b
d. None of the above
13. Children who have a hearing and speaking disability require _____.
a. Braille
b. optacon
c. hoover cane
d. sign language.
14. Psychosocial needs of the children with special needs are _____.
a. Need for appreciation
b. Physiological needs
c. Need to be part of a group
d. None of the above
15. What are the causes of disability?.
a. Factors that affect before birth both genetic and non-genetic
b. Factors that affect at birth
c. Factors that affect the child during the development
d. All of the above

SECTION B:

16. Differentiate between exclusive and inclusive education.
17. How do you define special educational needs?
18. What is a resource room?
19. You have some students in your school who have SEN, what are the resource material you would require for them?
20. What is the main objective of special education?

21. Your friend wants to be a special educator, guide her so that she can fulfil her dream.
22. Counselor plays a very important role in special education. You're the counselor of your school, what advice will you give to the parents, teachers and peer group of the children with special needs?
23. Reema is a special educator. List out the strategies involved she would use to cater to the needs of the SEN.
24. How would you classify the different types of disabilities?
25. What do you understand by the term inclusive education? Write the advantages of main streaming.
26. Reema wants to become a special educator, educate her for the skills required for the same.
27. What do you understand by the term individualized education programme? Why is it helpful in teaching children with special needs?
28. List a few psychosocial needs of the children with special needs as a class mate how will you help your friend fulfill his/her psychosocial needs?
29. In the contemporary times there is a lot of impetus on mainstreaming. Write the advantages of mainstreaming.
30. We should focus on what they can rather than cannot do. Explain the statement with respect to SEN.

Assignment 9**Management of Support Services, Institutions and Programmes for Children, Youth and Elderly**

1. Juvenile delinquents are called as children who are_____.

 - A. In conflict with legal authorities
 - B. In conflict with local guardians
 - C. In conflict with law
 - D. In conflict with parents

2. Juvenile delinquents are those who have been caught and arrested by police for violating_____.

 - A. Indian legal code
 - B. Indian penal code
 - C. Indian political code
 - D. Indian army code

3. Juvenile _____ Act provides a framework for the protection, treatment and rehabilitation of children.

 - A. Practice
 - B. Solstice
 - C. Justice
 - D. Injustice

4. Juvenile Justice Act adopts a _____ approach to provide proper care, protection and treatment to the children.

 - A. Child friendly
 - B. Law friendly
 - C. Community friendly
 - D. Parent friendly

5. Juvenile justice act is in compliance with_____.

 - A. Human rights Convention

- B. Citizen rights Convention
- C. Lawful rights Convention
- D. Child rights Convention

6. _____ is the world's largest early childhood programme which aims to meet health, nutrition, stimulation and early learning.

- A. Integrated child development services
- B. Mid day meals
- C. National policy for children
- D. National nutrition policy

7. ICDS cover over _____ children.

- A. 45 millions
- B. 41 millions
- C. 85 millions
- D. 60 millions

8. The first SOS village was set up in _____.

- A. 1964
- B. 1970
- C. 1980
- D. 1965

9. Children homes are run by the government for children from _____.

- A. 3-18 years
- B. 6-18 years
- C. 12-18 years
- D. Birth to 18 years

10. Homes where juveniles found guilty in terms of violation of law, are placed in custodial care.

- A. Observation homes
- B. Special homes
- C. Children's homes
- D. Foster homes

Q11. Which one of the following is correct about youth:

Youth are considered vulnerable because:

- a. Many have to assume adult roles during this period
- b. It is a period of many biological changes
- c. It is a period of establishing oneself in personal and professional life
- d. All of the above

Q12. Which one of the following is not a basic requirements for youth to be socially useful and economically productive:

- a. Education and training
- b. Entertainment and recreation
- c. Safe shelter and clean environment
- d. Basic health services

Q13. Youth are individuals in the age group of:

- a. 13- 35 yrs
- b. 15- 40 yrs
- c. 17- 45 yrs
- d. 18- 35 yrs

Q14. Steady rise in the population of older persons in India is due to increase in _____

- a. Defence Mechanism
- b. Old age homes
- c. Awareness
- d. Life expectancy

Q15. In India Senior citizens constitute of people in the age group of _____ years and above

- a. 65
- b. 63
- c. 60
- d. 55

Q16. The features of city life which leads to reduced support for elderly within the immediate and extended family are

- a. Feminisation
- b. Joint family

- c. Increase in the number of older old
- d. Lack of free time

Q17. Different types of programmes for elderly are implementing in India by

- a. Government
- b. NGO
- c. Panchayati raj
- d. All the above

Q18. The % of Senior citizens below poverty line in India is

- a. 20%
- b. 25%
- c. 35%
- d. 30%

Fill in the blanks

1. Individuals in a society, who are more likely to be affected and have harmful impact of adverse circumstances are referred to as _____
2. _____ is the basic unit of the society.
3. Children are vulnerable in _____ period of life.
4. Childcare centres in ICDS are known as _____.
5. _____ is an independent non-governmental social organisation which aims at providing long term care of orphaned and abandoned children.
6. _____ sets up guidelines for adoption to safeguard the welfare and rights of children.
7. Adoption beyond family has been _____ and _____.
8. _____ homes where children stay temporarily till the completion of an investigation to track their parents
9. _____ homes where children whose families are not traceable, or are unfit/dead or simply unwilling to take the child back stay.
10. The elderly are more vulnerable to _____ because of decreased physiological reserves and defence mechanism
11. The aging process itself leads to certain disabilities such as _____ and blindness, deafness, and loss of mobility.

12. During elderly many individuals find themselves _____ dependent on the younger generations which may add their stress.
13. Older persons who live in old age homes but are seriously ill requiring continuous nursing care and respite can use the facility of _____
14. Government, Non-Governmental Organisations, _____ Institutions, local bodies are implementing different types of programmes for the elderly in India, catering to the basic needs of Older Persons particularly _____, _____ and health care to the destitute elderly;
15. Some of the programmes operating in the country for the elderly are to build and strengthen intergenerational relationships particularly between _____/youth and _____ Persons
16. Mobile medicare units for elderly persons to provide medical care to the older persons living in _____ areas.

Answer these questions

- Q1. List why is there a need to take care of childrens who are vulnerable?
- Q2. Define Juvenile Delinquency .
- Q3. Define Juvenile Justice Act 2000.
- Q4. According to Juvenile Justice Act ,write the two categories of children.
- Q5. Write three facts about SOS.
- Q6. State the four special features of elderly population in India.
- Q7. What is the objective of mobile medicare units for elderly persons?
- Q8. State some Awareness Generation Programmes for elderly persons and Care Givers.
- Q9. List the vulnerable groups within the youth population.
- Q10. With the knowledge of management of support services which career options can you choose?
- Q11. How does the knowledge of people and administrative skills help you in making wise selection of your career?
- Q12. Briefly explain any three youth programmes in India.
- Q13. Stating its objectives, beneficiaries and function, explain the National Service Volunteer Scheme.

Q14. Why special care should be given to juveniles?

Q15. Outline features of Juvenile justice act. ANY 4.

Q16. Outline the features of National Old Age Pension Scheme (NOAPS)

Q17. Family can't always meet all the needs of its members. How does community help in providing those required services?

Q18. Many people are not able to utilise the support structures provided by government. Which facts provide reasoning for the above?

Q19. A Child called Mohan whose parents/families are not traceable, or are unfit/dead or simply unwilling to take him back-State In which institution the child should be sent.

What provisions does that institution provide to such children.

Q20. Your friend wants to know about the SOS Children's Villages. Tell her all the various features about this organisation.

Q21. Your friend wants to know about the Adoption as the services operating in India to meet the needs of vulnerable children. Enlighten her with few facts with the same.

Q22. "All children are vulnerable, but some are more vulnerable than others" Explain.

Q23. Differentiate between Observation homes and Special homes.

Q24. How adverse and negative experiences affect the children.

Q25. "This Act is in compliance with child rights conventions and the identified children in need of care and protection of those children's". Elaborate with suitable examples.

Q26. To set-up your own institution for services to children, which qualifications are required?

Q27. To set-up your own institution for services to youth, which qualifications are required?

Q28. To set-up your own institution for services to elderly, which qualifications are required?



THE CIVIL SERVICES SCHOOL

Assignment 10**UNIT V: Fabric and Apparel****Design for Fabric and Apparel**

- Q1. Explain the term design in detail.
- Q2. What do you understand by Design Analysis?
- Q3. What are the two main factors of Design?
- Q4. Explain the colour theory.
- Q5. Differentiate between Advancing and Receding colors.
- Q6. Explain the three dimensions/ aspects of colour?
- Q7. What are the different types of colours as per the colour wheel?
- Q8. What is the significance of Pantone Shade Card?
- Q9. What are the stages of imparting colour/ dyeing to textiles?
- Q10. Explain the different types of colour schemes.
- Q11. What do you understand by Texture?
- Q12. How can lines be used in dress designing?
- Q13. Discuss the different types of form and shape in dress designing.
- Q14. What is a silhouette? Explain with examples.
- Q15. Enlist the basic principles of design.
- Q16. Explain the use of proportion in dress designing.
- Q17. Explain the different ways by which balance can be achieved in dress designing.
- Q18. How can the use of emphasis in dress designing disguise figure flaws?

Q19. Explain by giving examples how rhythm can be created in a garment?

Q20. Explain the concept of Harmony/ Unity in dress designing.

Q21. Highlight the scope and career of design in fabric and apparel.



Assignment 11

Fashion Design and Merchandising

1. What do you understand by the term fashion merchandising?
2. Describe various levels of merchandising?
3. 'To interpret consumer demand one should understand target market and customer motivations'. Elaborate.
4. Enumerate the knowledge and skills that a fashion designer and merchandiser must possess.
5. What advice would you give to your friend who wants to pursue fashion designing and merchandising as a career?
6. Outline the major developments in fashion.
7. Identify and explain the various stages of fashion cycle.

Assignment 12**Production and Quality Control in the Garment Industry**

1. The approximate volume of garment production in India goes into export markets
a. $\frac{1}{4}$ b. $\frac{3}{4}$ c. $\frac{1}{2}$ d. none of the above
2. The organized sector of the garment industry is roughly of the total industry
a. 50% b. 20% c. 75% d. 60%
3. The concept of Mass production was first used
a. to make uniforms for the American Civil war and then world war-I
b. during world war -II c. in 1962 d. none of the above
4. The sewing machine was invented by
a. Einstein b. Bell c. Elias Howe d. Edison
5. The first foot treadle machine was created by
a. Issac Merrit b. Karl Benz c. Samuel Morse d. none of the above
6. Which one is the following defect arising from weaving faults
a. Chafe b. Colour run c. Slub d. Kink
7. In the garment manufacturing industry the term PPI stand for
a. products per industry b. Picks per inch
c. price per instruments d. none
8. In the garment manufacturing industry the term GSM stand for
a. Grams per Square Meter b. Global System for manufacturing

c. Garment Special materials d. Garments per minute

9. is defined as the placement of pattern pieces on fabric in such a manner that the consumption of fabric per garment is optimized.

a. Bundling b. Spreading c. Marker plan d. Cutting

10. The final product of theprocess is called a lay.

a. spreading b. Bundling c. Cutting d. Marking

Section B: Indicate True/False in the given statement

1. The chain stitch is Stable and reversible by nature.

2. The lockstitch is reversible and a very stable, strong and inflexible stitch.

3. The Garment Industry of India is a 'One trillion industry'.

4. The packing of the garments differs from packaging.

5. The process of making yarn from fibers is called knitting.

Section C: Short Answer Type

1. What are the different stages of apparel Production?

2. How the indirect portion helps to sustain the direct garment industry production?

3. What do you understand by the term 'Mass Production'?

4. Mention the name of the different fabric defects on the basis of the source of the faults.

Section D: Long Answer Type

1. Discuss the classification of fabric defects on the basis of the source of the faults.

2. Discuss the importance of fabric inspection before processing.

3. What are the different types of sewing machines? How are they different from the point of view of stitch type and their use on different fabrics?

4. Discuss the different ways of quality assurance in the garment industry.
5. Explain the term 'packaging' and 'packing' of the garments.
6. Discuss the various scope in the field of garment industry.
7. How is weaving different from knitting?



Assignment 13**Care and Maintenance of Fabrics in Institutions**

Objective Type

1. Care and maintenance requirements of different fabrics depend on
a. fiber content b. color c. size d. none of them
2. Agitation method is used in
a. Front loading machines b. Semi-automated machine c. Manually operated machine
d. top loading machines
3. If the..... is not thorough, the clothes may look grey and dull.
a. Rinse b. Water Extraction c. Washing d. Filling
4. The speed of the tub spin for water extraction may vary from
a. 33–110 rpm. b. 333-1100 rpm c. 3000-5000 rpm d. none of them
5. Soaking clothes for some time helps to _____ dirt.
a. harden b. fix c. settle d. loosen
6. For removing Old blood stains on colored cotton fabric, the most appropriate option: a.
wash in soap and hot water
b. Soak in saltwater c. Soak in glycerin d. Soak in hot water

Indicate True/False in the given statement:

1. Pulsation method is used in top loading machines
2. Tumbling method is used in semi-automatic machine
3. The optimum tub spin speed is approximately 600–620 rpm.

4. All clothes are made up of fibers.
5. Cold water should be used while washing woolen articles.

Short Answer Type

1. 'Laundry is both a science and an art'. Justify this statement.
2. What are the equipment used for care and maintenance requirements of different fabrics.
3. Explain the operation performed by the *Automatic Washer*.
4. What is the principal of the agitator?
5. Name two grease solvent which are used to remove stains from garments.
6. How will you remove tea stains from a cotton shirt?

Long Answer Type

1. What are the two aspects of care and maintenance of fabrics?
2. Discuss the types of washing machine models available in the market?
3. What are the tumbling methods of washing machines?
4. Discuss the three different ways of water extraction in the washing machine.
5. Explain the types of circulation systems in driers.
6. What are the differences in processing laundry work in commercial laundries and hospital laundries?
7. Discuss the precautions to keep in mind to use chemicals to remove stains from clothes.

Assignment 14**UNIT V: Resource management****Human Resource Management**

Answer these questions:

Q1. What are the functions of HRM?

- a) Recruiting and hiring
- b) Training and development of employees
- c) Retention and redressal
- d) All the above

Q2. _____ is the process of increasing the knowledge, skills and capabilities of the personnel in the organisation.

- a) HRM
- b) Job analysis
- c) HRD
- d) Recruitment

Q3. _____ is the process used to collect information about the duties, responsibilities, necessary skills, outcomes and work environment to perform a particular job.

Q4. _____ is the growth of the individual in terms of ability, understanding and awareness.

Q5. 'Job description is the outcome of job analysis' Explain.

Q6. What are the career options of HRM professionals?

Q7. Differentiate between training and development.

Q8. What is the major responsibility of HRM department?

Q9. Define:

- a) Staffing
- b) Appraisal
- c) Motivation
- d) Compliance

Q10. Why is it important to sustain high performance employees?

Q11. What do you mean by selection and recruitment of work force?



Assignment 15**Hospitality Management**

1. Suppose you are going to a Hill station to spend vacation with your family. What are your requirements as a tourist from the hotel?
2. Suppose your friend from a foreign land/abroad visits India during winter months. Suggest four major cultural events which he can enjoy during his visit.
3. Has Globalization boosted hospitality industry? If yes, give reasons to support.
4. How hospitality industry boosted national economy?
5. Hospitality works on the principle of building the relationship between the guest and the host. Give reasons to support this principle.
6. Suppose you are going for hiking, what kind of establishment offering hospitality services would you select and why?
7. What activities can be done in the pre-arrival stage of the guest cycle?
8. How can you ensure guest satisfaction at each stage of the guest cycle?
9. How would you ensure a good experience for International guests?
10. Different people need different establishment while traveling and touring. Name any four such establishments and briefly explain any one.
11. You are going for vacation and have reservation in a hotel. Whom do you expect to be greeted by and how?
12. Why is it important for us to be greeted warmly at the hotel? What welcome do you expect?
13. Name the department which is first point of contact with guest. List the staff members this department will have.
14. You want to join front office in a hotel. What are different positions on which people work in front office of a big hotel?
15. What are the functions or duties of Front office Manager? Do you think their role is important?

16. Why do we need lobby managers in a hotel and whom do they report?
17. What competencies a person must possess to make career for self in front office department in hotel industry? (A)
18. As front office staff in a hotel which other departments you need to coordinate with?
19. Briefly describe the functions and duties of Bell Captain.
20. Briefly describe the functions and duties of Front Office Manager.
21. Briefly describe the functions and duties of Bell Boys.
22. Briefly describe the functions and duties of Front Office Supervisor.
23. Briefly describe the functions and duties of Lobby Manager.
24. Briefly describe the functions and duties of Doorman.
25. Briefly describe the functions and duties of Receptionist.
26. In your opinion, would it be correct to call housekeeping a 24x7x365 operation? Why?
27. Why are contractual housekeeping services becoming more and more popular these days?
28. Why is it important for front office to share the information of check in and check out of the guests with the house keeping?
29. Why is important to use the appropriate cleaning solution for each surface?
30. A guest left a bag in the lobby area by mistake which was found by one of the workers doing the cleaning work. Where should it be deposited?
31. What do you understand by the term kitchen? Explain its functioning in hospitality industry?
32. What do you understand by the term restaurant? Explain its functioning in hospitality industry?
33. Father and son went for an interview in a hotel for a job. The job interviewer told father at the end of the interview that he couldn't offer him the job, but he offered the job to his son. Why do you think interviewer prefer his son for the job?
34. Identify the role of kitchen crew in hospitality industry.
35. Describe the essential competencies required by an individual to work in hospitality industry.
36. Compare the following:
 - a. Hotels and motels
 - b. Furnished apartments and furnished camps

c. Motel and lodge

d. Resort and hotel

Long Answer Type Questions:

1. Why hospitality has been given more importance in the modern era?
2. Imagine you are going out of town to spend holidays. What different types of establishment would you consider?
4. People are travelling from one place to another, within and outside the country. What could be the various reasons for travelling?
5. In case you have a bad experience during your stay in the hotel, what could be the reasons for your dissatisfaction?
6. You want to set up a housekeeping agency of your own. While recruiting the staff, what requisites would you look for?
7. Your friend is the owner of a small hotel. He wants to outsource as many services as possible to keep his operations simple. Name any three services which he can outsource and how will it help him?
8. As per the Government regulations, the hotels have been asked to follow eco- friendly practices. As the Executive Housekeeper of a hotel, suggest a few such practices which you would follow in your department.
9. The house keeping control desk is supposed to be manned 24 hours. Why do you think it is required to do so?
10. Outline the staff structure of a restaurant and explain their roles?
11. Kitchen stewarding is concerned with the preparation of food. Do you agree with the statement. If agree or disagree justify the statement.
12. Describe the essential competencies required by an individual to work in hospitality industry.
13. Describe back office department in hospitality industry.
14. What is structural difference between kitchen in large establishment and small establishments?

1. Define the term hospitality. What are the goals of hospitality? Enlist its basic establishments.
2. Assume that your father is going abroad on an official tour and you are also accompanying him. What would be your requirements as a tourist from the hotel? What all you will cover in the city tour?
3. “A home away from home” is the Motto of which industry? What services are provided under this motto to accomplish the goal?
4. Think of a time your school organized a trip to a historical place. You really enjoyed the stay. How would you rate the place of stay based on your good experience? Give reasons to support your answer. In addition to the basic types of establishments, what are the other avenues where hospitality services are used?
6. You have to lead a team of front office staff in a big hotel. What will be your position? Which personnel your team should have and what will be their designation? What will be primary aim of your entire team?
7. What are different services offered by front office staff?
8. Briefly describe the functions and duties of Bell Captain and front office supervisor.
9. Suggest the appropriate cleaning methods for – wood, granite, marble, glass.
10. List some of the cleaning procedures which are done on
Daily basis 2) Weekly basis 3) Monthly basis 4) seasonal
11. Public Area Brigade is an important section of housekeeping. What are the various areas of the hotel under its charge? What is the hierarchy of workers in this brigade and their responsibilities?
12. Various food services are used in a hotel. Explain these services in detail
13. One of your student want to pursue career in hospitality industry. Explain him the scope of this industry?
14. What are the management functions in relation to hotels?

Assignment 16**Consumer Education and Protection**

1. The MRP is the price at which a product is sold in the market.
 - a) minimum
 - b) moderate
 - c) maximum
 - d) medium
2. Food items sold loose have high chances of
 - a) breakage
 - b) adulteration
 - c) theft
 - d)
3. Hiding away of scarce products and their sale at a high price is called
 - a) hoarding
 - b) black marketing
 - c) profiteering
 - d) artificial inflation
4. Sale of small soap cakes in large packets is a sale practice
 - a) deceptive
 - b) effective
 - c) positive
 - d) corrective
5. Shopkeepers and manufacturers should provide the consumer with all theto enable them to make a wise purchase.
 - a) information
 - b) gifts
 - c) discounts
 - d) .
6. Products bearing marks are of good quality
 - a) trade
 - b) standardization
 - c) identification
 - d) quantification
7. ISI mark is mentioned on the products related to
 - a) Industrial products
 - b) Processed food
 - c) Non polluting vehicles
 - d) Agricultural products
8. FPO mark certificate is given to
 - a) Agricultural products
 - b) Industrial products
 - c) Eco friendly
 - d) All processed foods

9. Who issues ISI mark in India?

- a) Food Safety and Standard Authority of India
- b) National Standard Organization of India
- c) Bureau of Indian Standard
- d) b and c both

10. Which of the following statement is not correct?

- (a) ISI mark, BIS mark and Eco-mark are issued by the Bureau of Indian standard
- (b) BIS hallmark is given only to gold jewellery
- (c) India organic is a certification mark for organically framed food
- (d) Bureau of Indian Standard is the national standard body of India

11. Since when FPO mark is mandatory for the concerned products?

- a) 2006
- b) 1993
- c) 2000
- d) 1986

12. Which stage does adulteration take place in?

- a) Producer
- b) Distributor
- c) Retailer
- d) All of the mentioned

13. A substance intentionally added that affects the nature and quality a product is called _____

- a) poison
- b) adulterant
- c) contaminant
- d) Food material

14. Fill in the blanks, with appropriate words.

- (i) Before buying a medicine its.....should be read carefully
- (ii)saves a product from breakage and spoilage
- (iii) An advertisement gives.....about a product.
- (vi) Purchase of products with standardisation mark ensures that they are of a certain minimum

.....

15. List any six items of information that should be mentioned on a label—

- (i)
- (ii)
- (iii)
- (iv)
- (v)
- (vi)

16. Define the following terms:

- (i) Consumer (ii) Consumer Education

17. List the various problems faced by the consumers in the market today. Suggest solutions to any three problems.

18. Discuss the role of the following as consumer aids in assisting consumers in making wise purchases:

- (i) labels (ii) advertisements

19. What is standardization? List the standardization marks available in the Indian market and describe them.

20. What do you understand by wise buying habits? Explain in detail in relation to purchase of an electric iron.

List any two effective solutions to consumer problems.

21. Following is a list of products, write the standardization mark (ISI/AGMARK/FPO/Woolmark) usually found on each in the space provided

- | | |
|--------------------------|------------------------------|
| (i) paint..... | (ii) electric iron..... |
| (iii) honey..... | (iv) canned fruit juice..... |
| (v) pure wool shawl..... | (vi) ground spices..... |
| (vii) pure ghee | (viii) LPG cylinders |
| (ix) knitting wool..... | (x) frozen peas |

22. Rajiv bought an electric geyser. One day while taking bath he felt an electric shock. He quickly called the company and asked the concerned person to replace the geyser or fix the problem. There was no response from the side of the company. The geyser was still in the warranty period. Later from other neutral sources he came to learn that many other people have also felt the same problem and it is because the product is made up of substandard components. Identify the consumer rights violated.

23. On the eve of Diwali Kalpana purchased two kilograms of sweets from VV Koyal Sweets. On consumption of sweets her two children and husband fell sick and were to be hospitalized. Kalpana wanted to file a case in the consumer forum but could not do so because she did not have any proof of buying sweets from Koyal sweets. What proof could Kalpana have obtained for filing the claim in the consumer court?

24. Himanshu purchased a new car from 'Galaxy Motors' for Rs.25 lakhs. He was offered free insurance for the first year and three free servicing to be availed after the car had covered 5,000 km, 10,000 km and 15,000 km respectively. When Himanshu took the car for the first free servicing, he was told that the car was not new and first service had already been availed on this car. He felt cheated and filed a complaint in the State Commission. Being not satisfied with the decision of the State Commission, after two months he decided to file an appeal against it. Can Himanshu appeal against the decision of the State Commission? Give reason in support of your answer.



Assignment 17**UNIT VI: Communication and Extension****Development Communication and Journalism**

1. Democracy is for the people, of the people and by the people. Which is the fourth element of Democracy?
 - a) Education
 - b) Nutrition
 - c) Press
 - d) Communication
2. Development Communication was coined in 1972 by
 - a) O P Dhama
 - b) Quebral
 - c) Philo Tylor
 - d) John Logie Baird
3. Developmental Communication is
 - a) One way communication
 - b) Two way communication
 - c) Social communication
 - d) Public communication
4. RRE is a nationwide communication campaign for generating awareness about.....
 - a) HIV/AIDS
 - b) Hepatitis
 - c) Plague
 - d) Corona
5. RRE stands for
 - a) Red Ribbon Expo
 - b) Rats Rodent Express
 - c) Red Ribbon Express

- d) Rats Ribbon Expo
6. NACO, established in 1992 by India's Ministry of Health and Family welfare that provides leadership to HIV/AIDS control programme in India in cooperation with
- a) Indian roadways
 - b) Indian railways
 - c) Indian airways
 - d) Indian waterways
7. Which of the following groups of activities are not undertaken by IEC?
- a) Street plays and folk songs
 - b) Street plays and stories
 - c) Folk songs and group counseling
 - d) Lectures and demonstrations
8. Which is the cheapest and convenient medium of mass communication?
- a) Radio
 - b) Email
 - c) Video conferencing
 - d) Telegram app
9. A good 30 second PSA contains all the key messages and information laid out in a pleasing, yet succinct manner. What does PSA stand for?
- a) Public Service Announcement
 - b) Private Services Association
 - c) Public Service Association
 - d) Private service Announcement
10. SEWA is associated with which state?
- Concept-** Basic concepts
- a) Rajasthan
 - b) Gujarat
 - c) Punjab
 - d) Haryana
11. In September 2004, India launched EDUSAT, What does this EDUSAT stand for?
- Concept-** Basic concepts

- a) Education System
 - b) Educare Satellite
 - c) E- Satellite
 - d) Education Satellite
12. SARI is the project which was started in Tamil Nadu
- a) to offer a range of services including basic computer education
 - b) to offer a range of sarees including various silks
 - c) to offer basic education
 - d) to offer nutritious food
13. is an umbrella that includes computer hardware and software and telecommunications technologies
- a) Information
 - b) Knowledge
 - c) Communication
 - d) ICTs
14. The ____ feature of MS Excel quickly completes a series of data
- a) Auto Complete
 - b) Auto Fill
 - c) Fill Handle
 - d) Sorting
15. A journalist who is not attached with any newspaper is called.....
- a) Free Lancer
 - b) Retainer
 - c) Correspondent
 - d) Stinger
16. Write short notes on-
- a) RRE
 - b) PSA
17. What are essential features of Development Communication?
18. What do you understand by Development Journalism?
19. What do you understand by campaign? Design a slogan for campaign on –“How to save

oneself from COVID-19?”

20. Expand and define SEWA. What is the aim of SEWA?
21. How print media is used in Development Communication Journalism?
22. What is the importance of Journalism in Contemporary India?
23. What do you understand by Community Radio? What are its benefits?
24. What do you understand by print media? Write any three disadvantages of print media.
25. Explain any basic spreadsheet skills a Journalist can apply while data analysis
26. What are different methods that are used in the field of Development Communication?
27. What are different career avenues in Development Communication?
28. What are the qualities of a Development Communication Journalist?
29. What is the importance of ICTs in Education?
30. What skills are required for making a career in Development Communication?



Assignment 18**Media Management Design and Production**

1. BCC stands for.....
 - a) Behavioural Changes in Communication skill.
 - b) Broadcasting Changes in Communication.
 - c) Broadcasting in Communication Changes.
 - d) Behaviour Change Communication.
2. is a process whereby a state lifts restrictions on some private individual activities.
 - a) Education
 - b) Globalization
 - c) Liberalization
 - d) Communication
3. is the process of interaction and integration among people, companies, and governments worldwide.
 - a) Education
 - b) Globalization
 - c) Liberalization
 - d) Communication
4. The four key criteria that a media planner can consider are-
 - a) reach,fragmentation,continuity and costs.
 - b) research, frequency,continuity and collaboration.
 - c) reach,frequency,continuity and costs.
 - d) outreach,frequency,communication and costs.
5. is the ability and readiness to develop, organize and run a business enterprise along with any of its uncertainties in order to make a profit.
 - a) Empathy
 - b) Journalism
 - c) Sustainable development

- d) Entrepreneurship
6. On an average people spendof their media time with broadcast media and only with print media.
- a) 70% and 30 %
 - b) 85% and 15%
 - c) 80% and 20%
 - d) 60% and 40%
7. Credibility consists of three core elements. They are....
- a) expertise, power and trustworthiness
 - b) expertise, motivation and trustworthiness
 - c) attractiveness, motivation and trustworthiness
 - d) motivation, trustworthiness and power
8. What points should be considered while deciding on content media for an audience?
- a) Subject matter, type of language, mode of communication, scripts and presentation.
 - b) Subject matter, knowledge skill, aptitude, scripts and presentation.
 - c) Subject expert, calligraphy ,mode of communication, pictorial presentation.
 - d) Topic, type of language, level of audience , printed matter.
9. Which one of the following is most perishable?
- a) A book
 - b) A newspaper
 - c) A magazine
 - d) All the above
10. Which was the first Indian –owned English Newspaper?
- a) Bengal Herald
 - b) Reformer
 - c) Bombay Herald
 - d) Bengal Gazette
11. The term broadcasting refers to.....
- a) various media technologies
 - b) airborne transmission of radio and TV waves

- c) a device which produce radio waves
- d) None of the above

12. Modulation is the process of superposing

- a) high frequency audio signal on low frequency audio signal
- b) high frequency message signal on low frequency audio waves
- c) low frequency message signal on high frequency waves
- d) low frequency radio signal on high frequency audio waves

13. Match the following:

Concept- Basic concepts

Column – A

- a) Device that connects two dissimilar communication networks.
- b) Device that connects two similar networks.
- c) Device used to boost the strength of a signal.
- d) Device for performing signal transformation between terminal devices and communication circuits.

Column – B

- i. Modem
- ii. Repeater
- iii. Router
- iii. Bridge

Codes:

- | | a | b | c | d |
|--------|-----|----|----|---|
| a) iii | iv | ii | i | |
| b) iv | iii | ii | i | |
| c) ii | iii | iv | i | |
| d) iv | iii | i | ii | |

14. Wi-Fi Refers to

- a) Width fixture
- b) Wireless fidelity
- c) Wireless fixture
- d) Width figure

15. Earlier, _____ was considered to be the backbone of the communication industry.

- a) Radio

- b) Television
- c) Internet
- d) All of the above

16. What are different types of feedback in the media?
17. What point should be kept in mind while planning a message?
18. What do you understand by “Rating points”?
19. What do you understand by “Pass along rate”?
20. Why is media designing and production done?
21. Write short notes on – Time and duration of any communication through the media.
22. What are the elements of Media?
23. What points to be considered while deciding on the content for media,message for an intended audience?
24. What are the elements of a good poster? Draw a poster for “Good health”.
25. What are the different decisions media must take to reach their target audience?
26. What do you understand about the Media budget?
27. What are the careers in Media management, design and production?
28. Explain the media planning process in detail.
29. What are the different steps in Media Management?
30. What are different sub-steps in Media design and production?

PRACTICE PAPER**CLASS XII****HOME SCIENCE****TIME: 3hours.****M.M-70****GENERAL INSTRUCTIONS**

- 1.All questions are compulsory.
- 2.There are total 36 questions.
- 3.Question paper is divided into three sections-A,B,C.
- 4.Section A has question no. 1 to 14 (objective –type questions)and are of 1 mark each.
- 5.Section B has question no. 15 to 21 (case study based multiple choice questions)and are of 1 mark each.
- 6.Section c has question no. 22 to 27 of 2 marks each, question no. 28 and 29 of 3 marks each, and question no. 30 to 33 of 4 marks each and question no. 34 to 36 of 5 marks each .
- 6.Support your answer with suitable examples wherever required .

SECTION A (OBJECTIVE TYPE QUESTIONS)

Q1 Which type of crops are produced by Indian farmers for sale in urban markets?

- a) Food crops
- b) Cash crops
- c) Horticulture crops
- d) Plantation crops

Q2 Disease or an illness may alter the nutrient _____ in the body.

OR

Carrots and spinach are a rich of which anti-oxidant?

- a) Selenium
- b) Retinol

- c) Beta-carotene
d) Ascorbic acid
- Q3 Addition of micronutrients to food at commercial level is known as
a. Food enrichment
b. Food fortification
c. Both a. and b.
d. None of the above
- Q4 Famous weave of Gujarat_____and Uttar Pradesh_____.
- Q5 Addition of micronutrients to food at commercial level is known as
a. Food enrichment
b. Food fortification
c. Both a. and b.
d. None of the above
- Q6 5. State the year in which the following acts were passed –
a) The Factories Act -_____
b) The Plantation Labour Act-_____
- Q7 Range of danger zone temperature varies from
a. 5-60 degree Celsius
b. 0-50 degree Celsius
c. 25 to 45 degree Celsius
d. 4 to 65 degree Celsius
- Q8 Teachers/Caregivers of young children (under 6 years) should focus on-
a. Providing opportunities to learn new things.
b. Responsibility of domestic ties.
c. Being angry and hitting others.
D. Comparing children with other children and siblings.
- Q9 The departments not involved in hospitality management are -
a. Front office, back office, snacks
b. Front office, back office, foods and beverage
c. Back office, foods and beverage, housekeeping

d. Housekeeping, front office, foods and beverage

Q10 List two qualities of a good advertisement.

Q11 You have just arrived in a hotel and wish to enquire about availability of room. Whom will you contact?

a. Lobby manager

b. Bell captain

c. Doorman

d. Front office supervisor

Q12 The aspects covered under ICTs are_____

a. Role play

b. Computer hardware and software

c. Radio

d. Literature

OR

Use of _____ ensures attention and interest in campaigns.

a. Pamphlets

b. Dramatics

c. Banners

d. Lectures

Q13 The full form of SEWA is_____

a. Self Employed Women Association

b. Saving and Engineering Welfare Association

c. Socially Empowered Women Association

d. Social Economic Women Association

Q14 Newspapers in local languages does not help in_____

a. Connecting people

b. Covering local themes

c. Understanding local people's problems

d. Bridging distance at macro level

SECTION B (CASE STUDY BASED QUESTIONS)

There are many nutrition related problems in our country. The child born suffers a lot. There are so many causes for under nutrition. If a diet is deficient in energy and protein content it is likely to contain inadequate amounts of other nutrients especially micronutrients viz. minerals and vitamins. The term ‘Hidden Hunger’ is used to refer to micronutrient deficiency. The deficiencies of iron, vitamin A, iodine, zinc are of major public health concern.

- Q15 The nutrition-related problems in our country reveals
- low birth weight and child mortality
 - growth retardation among preschoolers
 - micronutrient deficiencies
 - all of the above
- Q16 Basic causes of under nutrition are
- Quality and quantity of actual resources
 - Political, cultural, religious, economic and social factors
 - Environment, technology and people
 - All of the above
- Q17 Household causes of under nutrition are
- Sufficient access to food
 - Adequate maternal and child care practices
 - Clean water and hygiene
 - Inadequate education
- Q18 VAD results in
- Paleness of conjunctiva of eyes, tongue and nail buds
 - Night blindness and reduced immunity
 - Insufficient secretion of thyroid hormone
 - Abnormalities of the fetus

OR

IDD results in

- Night blindness
- Insufficient secretion of thyroid hormone
- Abnormalities of the fetus

d. b and c

Design is an arrangement according to the plan for creation of a desired object. It is studied in two aspects, viz. Structural and Applied. Structural design is that which depends on form and not superimposed ornamentation. Applied design is the part of the design which has been superimposed on the basis of structure.

Design consists of two main factors: Elements and Principles.

Q19 Design which is an integral part of the garment and is not meant merely for ornamentation is:

- a. Structural Design
- b. Applied Design
- c. Elements of design
- d. Principles of design

Q20 Embroidery , fancy needlework , trims and fasteners on garments are examples of :

- a.. Applied design
- b. Dress design
- c. Fabric design
- d. Sculpture

Q21 Name any one element and one principle of design.

SECTION C

Q22 “Gender is socially constructed”. Elaborate on this statement with the help of examples.

OR

“Changes come with continuity in the society”. Explain this statement with context to how home makers contribute in the economy of the family.

Q23 Justify the Statement “ Nutritional problems have an adverse effect on India’s progress.”

Q24 State the four special features of elderly population in India.

- Q25 Write the factors affecting care and maintenance of the fabrics.
- Q26 Hospitality works on the principle of building the relationship between the guest and the host. Give reasons to support this principle.
- Q27 When E-CHAUPAL was launched. What was motive of launching E-CHAUPAL ?
- Q Briefly explain any three youth programmes in India.
- 28
- Q29 Color schemes which have at least one hue in common are called related schemes. Explain briefly the four types of related schemes with one example each. Also, draw colour wheel.
- OR
- Explain briefly the four types of contrasting schemes with one example each. . Also, draw colour wheel.
- Q30 Define minimally processed foods and also briefly classify them.
- Q31 Distinguish between CAC and ISO.
- OR
- Present the sequence of steps followed in the process of implementing HACCP. Also, Write the scope of working in food industry.
- Q32 What qualities should be present in a person who wants to become a nursery teacher? Also, guide her what she should do so that she should fulfill her dream.
- Q33 You have appointed a new Domestic Help. Describe to her all the instructions for operating a fully automatic machine along with the steps.
- Q34 In the past 3-4 decades, a surge has been observed in the number of chronic lifestyle disorders. Enumerate the possible causes of this trend.
- Q35 Who is a fashion merchandiser? What is his role in the fashion industry?
- OR
- What is fashion cycle? Explain fashion cycle with the graph.
- Q36 As a consumer activist make people aware about some of the major problems faced by the consumers. Also, tell them about their consumer rights.