HOME SCIENCE (code - 064)
Class-IX (SA - I)
(2010 - 2011)
Design of Sample Question paper

TIME : 3 Hrs **MM : 80**

Type of Questions	Marks of Per Question	Total Number of Questions	Total Marks
MCQ	01	10	10
SA-I	02	14	28
SA-II	03	10	30
LA	04	03	12
	Total	**37**	**80**

Blue Print - Sample Question Paper
HOME SCIENCE (code - 064)
Class-IX (SA - I)
(2010 - 2011)

S.No.	Topic/unit	MCQ (1)	SA-I (2)	SA-II (3)	LA (4)	Total
1.	Concept & scope of Hsc.	1 (1)	1(2)	1 (3)	---	3(6)
2.	Family - unit of society	2(2)	3(6)	2(6)	1 (4)	8 (18)
3.	Food ,its relation to health	2(2)	3(6)	2(6)	1(4)	8(18)
4.	Methods of cooking	3(3)	4(8)	3(9)	-	10(20)
5.	Functions of home	2(2)	3(6)	2(6)	1(4)	8(18)
	Total	**10(10)**	**14(28)**	**10(30)**	**3(12)**	**37(80)**

SAMPLE QUESTION PAPER
HOME SCIENCE (code - 064)
Class-IX (SA - I)
(2010 - 2011)

Time : 3 hours **Maximum Marks : 80**

General Instructions:

* All questions are compulsory
* There are 37 questions in all. Question nos 1 to 10 carry one mark each (MCQ) where one correct option is to be marked, question nos. 11 to 24 carry 2 marks each and have to be answered in 10 to 20 words, question nos 25 to 34 carry 3 marks each and have to be answered in 20-30 words and question nos. 35 to 37 carry 4 marks each and have to be answered in 30-50 words.
* Support your answer with suitable examples wherever required

Following are incomplete statements. Four alternatives are given at the end of each statement.

Choose the correct alternative to complete the respective statement.

1. After specializing in Food and Nutrition one can become a
   a) designer
   b) dietician
   c) interior decorator
   d) counselor

2. Reasons for break in joint family is not
   a. Industrialization
   b. Globalization
   c. Urbanization
   d. Education

3. When a family insists on having a common dinner time for every body it is only trying to fulfill
   a) social function of food
   b) psychological function of food
   c) physiological function of food
   d) protective function of food

4. The most important reason for an old couple living alone, in a cottage to a cooperative flat is
   a) larger space and security
   b) security and easy management

c) lot of facilities and friendly neighborhood

d) friendly neighborhood and larger space

5. Crisp texture in food is achieved when it is

a) fried or baked

b) boiled or fried

c) steamed or boiled

d) baked or steamed

6. While roasting a food see that heat is applied to food from

a) top and bottom

b) bottom and sides

c) sides and top

d) all sides

7. The method used for preparing chappatis is

a) baking

b) roasting

c) grilling

d) toasting

8. The best way to cook rajmah is to

a) add soda while boiling

b) soak overnight and then add soda while boiling

c) soak overnight and then boil in a pan

d) soak overnight and then boil in a pressure cooker

9. A good way to provide ventilation in a room is to place the windows

a. diagonally on opposite wall

b. opposite each other

c. at adjoining wall

d. on same wall

10. Open drains are a health hazard as they

a) are breeding place for mosquitoes

b) look ugly

c) emit foul smell

d) do not let the water flow easily

11. Suggest two wage and two self employment opportunities for your sister who wants to specialize in food and nutrition.

12. What are four reasons for our government to promote small family norm?

13. Compare the needs of a family at the first and third stage of their lives.

14. Argue two ways in which a joint family system inculcates dependence in its members.

15. Name two important components which are necessary to explain the meaning of 'balanced diet'.

16. Give two examples of non-food items and justify why you consider them to be non-food items.

17. What are four physiological functions of 'food'.

18. Differentiate between the process of roasting peanuts and a brinjal.

19. Give two reasons for shallow frying and name two food items which can be shallow fried.

20. What are two important requirements of baking and why?

21. Develop a set of instructions for deep frying a food.

22. How does your house help you to perform any four social functions.

23. Make a checklist of four points which can help ensure good lighting and ventilation in a house.

24. Mention four requirements in a house which are necessary for its protective functions.

25. Justify with three arguments as to why home science is relevant for both boys and girls.

26. Write three disadvantages of living in a large nuclear family.

27. Identify the second stage of life cycle and mention four typical needs of a family, during this stage of its life.

28. Suggest three indicators each on the basis of which you would evaluate the physical and mental health of your classmates.

29. Explain the impact of intake of food on health.

30. Identify the method of cooking used for preparing idlis and state two advantages and two disadvantages of this method.

31. Explain three changes that occur in food when it is boiled and roasted.

32. Compare boiling of food under pressure and in a covered pan.

33. Suggest categories for classifying your kitchen waste and mention two typical characteristics of each type

34. Examine the similarities of human waste disposal through a pit latrine and sulabh shauchalaya.

35. Mention some positive qualities children develop due to living in a nuclear family. Support your answer with appropriate reasons.

36. Explain the social and emotional functions of food.

37. Identify four ways in which water is wasted in your house. Suggest adequate remedies.

MARKING SCHEME
HOME SCIENCE (code - 064)
Class IX
Term-I
(2010-2011)

Time: 3hours **M.M.: 80**

1. (b)
2. (d)
3. (a)
4. (b)
5. (a)
6. (d)
7. (b)
8. (d)
9. (b)
10. (a)
11. Wage employment-
    i. chef,
    ii. food analyst,
    iii. any other (any two)

    Self employment-
    i. cater food ,
    ii. run cookery classes.
    iii. Any other (any two) [½ x4=2]
12. i. Helps to maintain better standard of living
    ii. Save on resources
    iii. Leads to longevity
    iv. More education
    v. Prevents pollution
    vi. Any other (any four) [½ x4=2]

13. i. **First stage--** need accommodation, Furniture, Utensils, etc., to set up the house: need opportunities for entertainment- eating out, meeting friends and go to movies; any other (any two)

ii. **Third stage-** medicines, things for comfort, spectacles, finances for major treatment, house on ground floor/lift, need company and help to do daily chores in and outside the house, any other (any two) [½ x4=2]

14. i. Somebody is always available to take over when something serious happens

ii. There are deep emotional bonds even in cousins who are willing to provide support

Hence one never needs to do anything alone

iii. Any other (any two) [1x2=2]

15. i. include all food groups/ nutrients

ii. in adequate amounts [1x2=2]

16. Non- food -

i. mud,

ii. glass,

iii. wood,

iv. blade, any other , (any two)

Reasons-

i. cannot be digested,

ii. cannot be assimilated

iii. does not keep the body well (any two) [½ x4=2]

17. i. Body building

ii. Protective foods

iii. Regulatory

iv. Energy giving [½ x4=2]

18.

Peanuts	Brinjal.
i. Roasted on a tava/pan- indirect heat	i. roasted directly over fire
ii. No nutrient loss.	ii. More nutrient loss
iii. Food becomes more crisp and digestible	iii. Food becomes soft.

(Any two differences) [½ x4=2]

19. Reasons for shallow frying :

i. food appetizing

ii. easy handling

iii. needs very little oil

iv. any other (any two)

Food items which can be shallow fried:

i. aloo tikkis,

ii. paranthas,

iii. any other (any two) [½ x4=2]

20. i. Need to put in an insulated box

ii. Reason-to prevent escape of heat

iii. To keep constant temperature

iv. Reason- gives undesirable effect with uneven temperature [½ x4=2]

21. i. Use a skillet and perforated ladle to turn food over

ii. Fill the skillet with enough oil

iii. Heat it to smoking point

iv. Add enough food for frying so that temperature falls and fry to golden brown [½ x4=2]

22. i. Entertain guests /friends/ social interaction

ii. Live and interact with family

iii. Learn social mannerism

iv. Learn cooperation, communication, negotiation, getting along, etc.

v. Any other (Any four) [½ x4=2]

23. i. Lighting- is there enough natural light/sun coming from outside/ are there enough windows?

ii. Are the rooms well lit/ enough bulbs and tubes/ CFL bulbs and tubes

iii. Light not too strong/ fall directly in eyes/light from left side for studying Ventilation-

iv. Keep windows open

v. Cross ventilation/ windows on opposite walls

vi. Enough windows ventilators/ exhaust fans provided (any four) [½ x4=2]

24. For protection from theft, fire, rain, sun, flood, etc.

i. Grills on windows/doors

ii. Strong locks

iii. Roof not leaking

iv. Shades for sunlight protection

v. Sound electric wiring/ change worn out wires periodically

vi. Built on raised plot

vii. Any other (any four) [½ x4=2] (2)

25. Familiarizes with following areas which are equally relevant for both the sexes

i. Helps independence to prepare nutritious meals

ii. Trains for minor repairs and washing and ironing skills

iii. Helps in managing resources

iv. Familiarizes with first aid and nursing

v. any other (any three) [1x3=3]

26. i. no privacy

ii. shortage of resources

iii. since there is always somebody available independence and self confidence are rare

iv. jealousy and conflict show up

v. Any other (any three) [1x3=3]

27. i. expanding stage Needs (½ mark)

ii. requirements of babies- milk bottles, bath tub, toys, crib, etc.

iii. children education- school fees,

iv. transport,

v. hobby classes

vi. clothes - keep getting short

vii. any other (Any five) (½x6=3)

28. Physical health-

i. active

ii. energetic

iii. good posture

iv. bright eyes

v. clean breath

vi. shiny hair,

vii. good appetite

viii. sound sleep

ix. not fall sick

x. any other (any three)

Mental health

i. alert

ii. freedom from tensions

iii. able to comprehend/understand

iv. relaxed

v. any other (any three) (½x6=3)

29. i. nutritious food helps to remain healthy/ not fall sick, and have proper growth and development

ii. if / miss meals/ dieting- fall sick, suffer from deficiency diseases

iii. if eat junk food- become obese

iv. any other (any three)

Elaborate these points [1x3=3]

30. i. Method- steaming [1]

Advantages-

(i) Food light and digestible

(ii) No loss of nutrients

(iii) Any other (any two) [½ x 2]

Disadvantages-

(i) Slow

(ii) Bland/ unappetizing

(iii) Any other (any two) [½ x 2]

31. Boiling:

i. Soft

ii. Chewable

iii. Changes colour

Roasting

iv. Appetisng/good flavour

v. Appealing colour

vi. Crisp from outside and soft from inside [½ x6=3]

32.

	Pressure		Boil
i.	Fast/ save fuel	i.	Slow/ wastes fuel
ii.	Temperature -120 degree C	ii.	100 degree C
iii.	May break shape of food	iii.	Retain shape
iv.	Save nutrients	iv.	May loose nutrients

(Any three differences) [½ x6=3]

33 Reasons

Kitchen wastes can be

i. non-biodegradable, like plastic bags, glass

ii. Biodegradable like vegetable peels, egg shells, [½ x 2]

Characteristics

Non-biodegradable

i. these do not disintegrate hence difficult to dispose off; look ugly if left around

ii. need either recycling or reused by dissolving

iii. any other (any two) [½ x 2]

Biodegradable

i. it decomposes quickly; produce bad smell if not disposed off

ii. can be used to produce manure

iii. any other (any two) [½ x2]

34. i. Both are low cost

ii. Both are safe for disposal of waste

iii. Both need little or no water for disposal

iv. Both can be constructed in small space

v. Any other (any three)

(Elaborate these points) [1x3=3]

35. i. more personal attention given to each member and given chance to prove oneself hence positive self concept develops.

ii. focus on family and children hence children get individual attention

iii. children learn to take responsibility and become independent

iv. children learn to manage within means

v. any other

(Elaborate these with adequate reasoning) (any four) [½ x8=4]

36. Social function

i. Enables people to sit together and eat. This gives satisfaction.

ii. At gatherings such as weddings, birthdays parties, food serves as an instrument for developing social relationships.

iii. Depending upon the degree of formality of relationships, the menu planned would be more elaborate if the guests are formal.

iv. Sharing of food is a token of friendship;

v. Serving of favourite dishes is an expression of attention and recognition

vi. A person's social status is known through the food served.

vii. Any other (any four)

Emotional function Food satisfies certain emotional needs of the human being

i. Food which is nutritionally adequate may not always give a sense of satisfaction to the consumer. .

ii. Food provides an outlet for stress. A difficult examination in school may cause a child to eat less or not at all.

iii. An adolescent with no friends may try to compensate by eating more, thereby satisfying needs.

iv. children who are and lonely, may make demands for food , just to gain attention.

v. Mood of a person is elevated by the type of food served. An outing for special treat lifts up the spirit of a person.

vi. Any other (any four) [½ x8=4]

37. i. Taps open to the full capacity while washing dishes/ clothes/ brushing teeth/ shaving

ii. Water pipe is used to wash cars/floors

iii. Using shower for bathing

iv. Taps leak

v. In case of intermittent supply water stored is thrown away to fill fresh water

vi. Any other (any four)

Suggestions:

i. Use bucket and mug for bathing

ii. If leaking immediately get taps repaired

iii. Open taps to half capacity while washing dishes

iv. Take water in a bucket to wash cars.

v. Take water in a mug while brushing and keep taps closed

vi. Use electronic taps.

vii. Use stored water to finish jobs like washing clothes and utensil or for watering plants

viii. Any other (any four) [½ x8=4]