

APEEJAY SCHOOL, PITAMPURA
FIRST TERMS (2016-17)
CLASS – XII
SUBJECT – HOME SCIENCE

TIME – 3 HOURS

MAX. MARKS - 70

General Instructions

Q.No. 1 – 6 carries one mark each

Q.No. 7 – 21 carries two marks each

Q.No. 22 – 27 carries three marks each

Q.No. 28 – 31 carries four marks each

- 1) Milk is a complete food. How?
- 2) What is meant by growth spurt?
- 3) What do you mean by 'pre-adolescence'?
- 4) Why is adequate nutrition more important in lactation than pregnancy?
- 5) Why is more of iron and vitamin A required in pre-school age?
- 6) Which standardized marks are given to powdered milk and mustard oil?
- 7) Anger is an emotion, which if not controlled leads to destruction. Discuss four ways of managing the anger.
- 8) What points to be considered before selecting a scheme of investment?
- 9) Meal planning is affected by season. Elaborate by giving two examples.
- 10) 'Every stage of development has its own characteristics'. Discuss.
- 11) How will you record family expenditure for one week? Present a convenient format.
- 12) While purchasing a squash bottle, will you rely more on advertisements or on label? Give two reasons for your choice.
- 13) 'Sex role stereotype affects the life adjustments of adolescents.' Comment.
- 14) Discuss the formal operational stage of cognition among adolescents.
- 15) Suggest two modifications in the given menu for old person; give reasons for the same – Chapati, dal fry, boondi raita, fried rice and onion-tomato salad.
- 16) Gonorrhoea is an infectious sexually transmitted disease. Give its incubation period. Enlist three symptoms of the same.
- 17) 'Requirement of calcium and phosphorous increases considerably during lactation'. Justify the statement.
- 18) Suggest two schemes of investment to your uncle who got retired. Write two reasons each for selecting the scheme.
- 19) Enlist four factors on which growth and development depend.
- 20) Monika found that the vegetables she had bought were under weight. Enumerate four malpractices the vegetable vendor may have adopted to cheat her.
- 21) Write the physiological changes which occur in old age.
- 22) The characteristics of adolescence distinguish it from other stages that precede or follow it. Elaborate any three characteristics.
- 23) Why is the food of any two families not similar? Discuss any three factors.
- 24) A family's total monthly income is Rs. 20,000/-. Give all the points that can possibly influence the expenditure of this family.
- 25) Name two food products which are adulterated by Metanil Yellow. What are its adverse effects on health?
- 26) Name one bank account each suitable for a business person and a salaried person. Give two benefits of each of them.

- 27) A married life requires many adjustments to be made by both the partners. Elaborate any three of them.
- 28) Enlist the reasons of depression among adolescents. Also, tell two ways of treating depression among adolescents.
- 29) What are the nutritional requirements of a patient of hypertension? Name the two food products which do not contain any sodium.
- 30) Give the full form of COPRA and the year in which it was constituted. Discuss briefly the salient features of the consumer courts.
- 31) "Adolescence is a period of storm and stress." Explain.