

Scheme of Valuation - Aug. 2022.

HOME SCIENCE - (67)

PART 'A'

I Answer any Ten of the following questions.  
(10x1=10)

1. Define Saving.

Saving can be defined as an abstinence from present consumption for the purpose of future consumption.

2. Mention the types of Lines.

1] Vertical Lines 2] Horizontal Lines 3] Diagonal Lines  
4] Curved Lines.

3. List the elements of Art.

Line, Form, Texture, Colour, Pattern, Light and Space.

4. Name the primary colours.

Red, Blue, Yellow.

5. Enlist the qualities of Colour.

Hue, Value, Intensity.

6. Expand BIS.

Bureau of Indian Standards.

7. Define Balanced Diet.

A balanced diet is one which provides all the nutrients in required amounts and proper proportions.

8. Expand - NMMP.

National Mid-Day Meal Programmes.

9. Mention the period of late childhood.

Late childhood Years - 6-12 years.

10. Define Adolescence.

'WHO' defines adolescence as a period between 10-19 years, where an individual grows to maturity.

11. Name the Direct Methods of Printing.

1] Block Printing 2] Screen Printing.

12. Enlist the methods of chemical finishes.

Chemical Finishes :- 1] Bleaching 2] Mercerization  
3] Weighting.

13. Mention any one key point for selecting clothing for adolescence.

Occasion, Season, Figure, Fashion (any one)

14. Write any one objective of community development.

1] Changing the outlook of people to maintain continuity in the development process.

2] Develop responsive and responsible leadership in the community.

3] Help people to utilise their resource in an effective manner.

4] Train people continuously adopt new and improved practises.

5] Convert new and increased income to better living

15. List any two qualities of leader.

Being responsible, Being open to feedback, Having a listening ear, Being a role model, Being reliable  
Being passionate, A good communicator. (anyone)

### Part 'B'

II. Answer any five of the following questions.  
(5×2=10)

16. Write a note on Pass Book.

A pass book is issued to the depositor, showing the installments deposited by him from time to time.

credits of interest declared on the deposit are recorded in the pass book.

17. What is structural design?

It denotes the structures or construction of objects. It is made of size, forms, colours, textures

18. Write a note on Texture.

The word Texture generally refers to the tactile of the surface of any object. It refers to the qualities that are perceptible through the sense of touch. It is an element of Art. Texture can be rough, smooth, shiny, dull, soft or stiff etc. The texture of the material used in interior decoration.

19. List the problems of consumer.

Price variation, Poor Quality, Adulteration, Black marketing and hoarding, Defective weights and measures, misleading information, Poor consumer guidance.

20. Mention the consumer aids.

Standardization marks, labels and catalogues  
Packages, Advertisements, Legislation, consumer

21. What is Bland Diet?

A bland diet consists of foods that are generally soft, low in dietary fibre, cooked, not raw, and not spicy. It includes milk and milk based preparations, refined cereals and their products, cream and butter, cooked fruits vegetables without peel and seeds.

22. Define Meal Planning.

Meal planning is both an art and science. It is a science in which wise choice of foods on the basis of their nutritive value to provide optimum nutrition to all member of the family. It is an art in which skillful blending of colour, taste, flavor and texture in meals.

23. Mention the National Level Nutrition related programmes.

Integrated Child Development Services (ICDS) scheme  
Public Distribution System (PDS), National Mid-Day Meal Programme (NMMP)

24. Write a note on 'Anna Bhagya'.

This programme launched in 2013 by The Karnataka

to nearly 10 million people below poverty line across the state. (BPL families). The family get a maximum 30 kg. rice per one rupee, per month depending on the number of family members.

25] Define Dyeing.

Dyeing is a process of adding colour to textile products like fibres, yarns and fabrics.

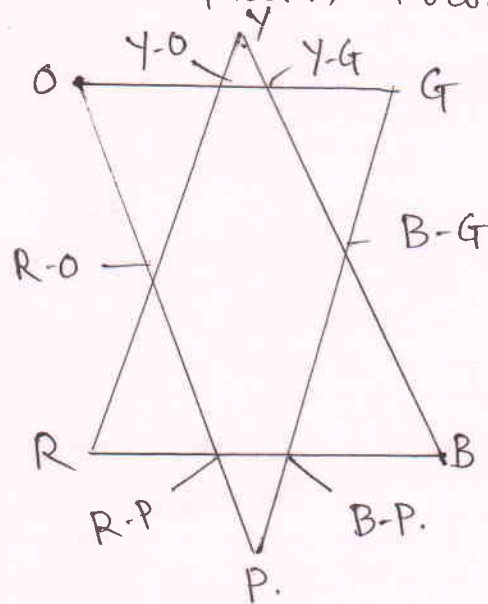
### Part 'C'

III. Answer any five of the following. (5×3=15)

26. Describe any two types of deposits.

Current Account, Saving Bank Account, Fixed Deposit Account, Recurring Deposit. (Describe any two)

27. Draw and explain Prang Colour wheel.



1] Primary Colours - Yellow, Red, Blue,

2] Secondary Colours -

1] Yellow + Blue = Green

2] Blue + Red = Purple

3] Red + Yellow = Orange

3] Intermediate Colours - When primary and secondary colours are mixed, following colours are obtained

3] Blue + Purple = Blue Purple 4] Red + Purple = Red - Purple  
5] Red + Orange = Red - Orange 6] Yellow + Orange = Yellow Orange. Three primary, Three Secondary and six intermediate hues constitute the outer colour in the 'Prang Colour wheel'.

28] Mention the Dietary guidelines for pregnant and lactating women.

1] Pregnant/lactating women should eat wide variety of foods to make sure that her own nutritional as well as those of her growing foetus are met.

2] No need to modify the regular diet pattern. The quantity and frequency of eating diff. eating foods should be increased.

3] Maximum energy (60%) should be derived from cereals & millets. Good quality protein can be derived from milk, fish, meat, poultry and eggs.

4] Proper combination of cereals, pulses and nuts also provide veg. protein.

29. Write a note on Social development during late childhood.

-The social world of this age children is much wider. The base of socialization is the school and the

Stronger, more stable with same sex group. Peer group have lot of influence on the child. Gang plays dominant role in socialization by helping the child to learn, how to get along with age mates to learn appropriate social attitude and to achieve personal independence.

30] Describe the physical development of adolescents.

Physical development :- 1] Changes in body size  
2] Changes in body proportions 3] Devp. of primary and secondary sexual characteristics. 4] Change in internal organs. (Explain Briefly.)

31] Discuss the key points for selecting clothing for adults.

Occupation, Variety of cloths, Fitting of garment  
Fashion, Occasion. (Explain Briefly)

32] Explain the characteristics of community development.

1] Benefits to be shared by all people. 2] Local efforts based on felt needs. 3] Assistance from outside 4] Imposition from outside to be avoided. (Explain Briefly.)



33] Write a note on 'Programme' in Community Development.

The objective of community development is to develop the ability in people to make a better living and to live satisfying life. Programmes help people to move in desired direction when planned carefully. Identifying the needs and interest of the people, Taking stock of the available manpower and material resources, setting general and specific objectives, Fixing priorities and targets, Developing systems and procedures, etc. help in assessing the situation.

34. Explain the role of Community development worker as an Expert.

Community development worker role as an expert is to provide data and direct advise in the number of areas, about which he may speak with authority. The functions for this role : 1] To diagnose the community 2] To provide skill for research 3] To provide information about other communities 4] To advise on methods 5] To provide technical information 6] To evaluate.

Roles of the Community Development workers

- are - 1] As a Guide 2] As an Enabler 3] As an Expert  
4] As a Therapist. (Explain any one)

### PART - 'D'

IV- Answer any seven of the following questions. (7x5 = 35)

36] Explain any four elements of Art.

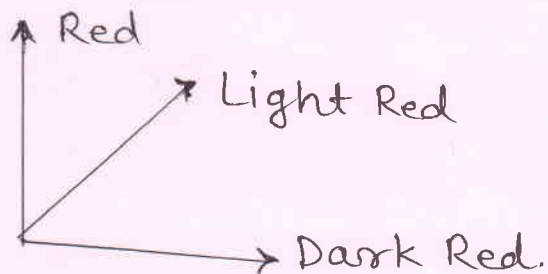
- 1] Line 2] shape or form 3] Texture 4] Colour 5] Light  
6] Pattern/Design 7] Space. (Explain any four)

37] Mention the principles of design. Explain any two.

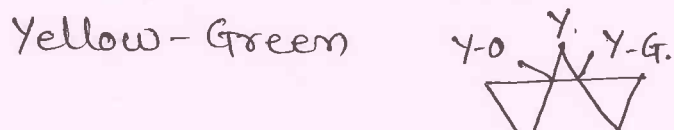
- 1] Proportion 2] Balance 3] Rhythm 4] Emphasis  
5] Harmony. (Explain any two)

38] Draw and Explain Colour harmonies.

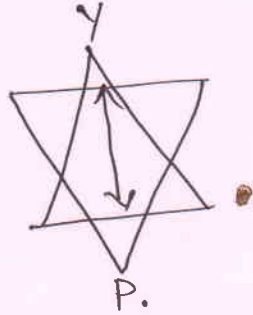
1] Monochromatic harmony:- This is also known as one hue or one mode harmony. Only one colour is used in this.



2] Analogous harmony:- Colours which are next to each other in Prang wheel. Ex. Yellow - Orange,



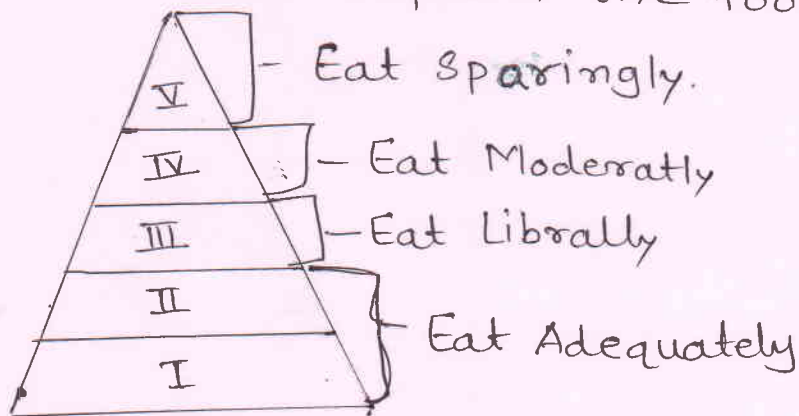
3] Complementary Colours: Colours which are directly opposite to each other on Prang Colour wheel. Ex. Yellow Purple.



39] Enlist the factors to be considered in meal planning. Explain any two.

1] Economic Factors 2] Size and composition of the family 3] Season 4] Food availability 5] Food acceptance 6] Number of meals per day 7] Availability of time, energy and labour saving devices. (Explain any two)

40] Draw and Explain the food Pyramid.



1] Eat Adequately - Cereals, Grains, rice, wheat, ragi, bajra  
Nutrients - Energy, protein, Vit. B<sub>1</sub>, B<sub>2</sub>, Folic acid, iron, fibre

2] Eat Adequately - Pulses, Legumes, Bengal gram, Black gram  
Green gram (whole as well as Dals)

3] Eat Liberally - Fruits & vegetables

4) Eat Moderately - Milk and Meat Products.

Nutrients - Protein, Fat, Vit. B<sub>12</sub>, Calcium, Iron.

5) Eat sparingly - Fats & Sugars.

Nutrients - Energy, Fats, Essential fatty acids, Carbs, Vit. 'A' 'D'.

4) Differentiate between Fluid and Soft Diet.

1) Fluid Diet: A fluid diet consists of transparent liquid food with smooth consistency. Such diets are used in post-operative stage or whenever the patient is unable to tolerate solid food. There are two types 1) Clear fluid Diet 2) Full fluid Diet.

2) Soft Diet: is soft in texture & consistency, easy to chew and digest with very little fibre, oil, spices & condiments. Milk, fruit juice, boiled egg, cheese, Custard puddings, idly, shira etc. are included. This diet is given during acute infections and gastro-intestinal disorders, after surgery.

4) Write a brief note on food storage in Warehouses.

Bulk storage of produce is done in warehouses.

These are scientific storage structures especially constructed for the protection of the quantity and quality of stored foods (products). They are owned by

43] Discuss the Physical development during late childhood.

Late childhood years are the period of slow and uniform growth. Height: an average girl - 58 inches. boy - 57.5"

Weight - an average girl - 88.5 pounds boy - 85.5 pounds

Body Proportion - change during this period. Disproportions of large head decreases, lower part of face increase in size, eliminates the childish looks. The neck becomes longer.

44] Enlist the common problems of adolescents.

Academic Problems, Eating disorders, Social problems, Smoking, drugs, alcohol, premarital sex, Teenage pregnancy, sexual abuse, suicide, depression.

45] Describe the characteristics of late adulthood.

① Late adulthood is a period of decline.

② There are individual differences in the effect of ageing.

③ Late adulthood is judged by different criteria.

④ Ageing requires many role changes.

⑤ The desire for rejuvenation is widespread in old age.

46] Classify finishes. Explain any two types of chemical finishes.

1] Mechanical Finishes

1] Calendering 2] Singeing 3] Napping 4] Tenting.

2] Chemical Finishes.

1] Bleaching 2] Mercerization 3] Weighting. (any two)

47. Discuss the methods of Dyeing.

1] Stock Dyeing 2] Yarn Dyeing 3] Piece Dyeing.

1] Stock Dyeing: is done on the raw fibre stocked before it is spun into a yarn. Mostly done on wool fibres. It is a costly method.

2] Yarn Dyeing: is also known as skein dyeing. It is the dyeing of yarns before they are woven into fabric. It is less costly.

3] Piece Dyeing: Dyeing of a cloth after it has been woven is known as piece dyeing. It is the most common method and less costly.

48] Describe the features of Chikankari Embroidery.

Chikankari is an industry nurtured and developed in the region watered by Ganga and Yamuna. Lucknow is the main place of Chikankari Embroidery. This work lacks all the

Fabrics used are muslin and cotton, stitches used are back stitch, herring-bone, running stitch.

49] Explain the types of leaders.

Democratic, Autocratic, Fair type leaders, Formal and informal leaders, A head, ahead and the head of the group, professional, political, religious, social academic leaders, Elected, selected or nominated leaders, popular and unpopular leaders.

1] Democratic leader :- is one who involves the members in decision making. Ex- Self Help Groups.

2] Autocratic leader :- One who takes all the decisions for the group pays little or no ear to the members opinion and voice. Ex. Adolf Hitler.

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