

# Home Science Scheme of Evaluation – 2022

## Part A

I. Answer any ten of the following questions 10x1 = 10

1. Mention the different kinds of deposits

- a. Current account
- b. Savings Bank Account
- c. Fixed Deposits
- d. Recurring Deposits

2. Name the 3 objectives of interior decoration

- a. Beauty
- b. Expressiveness
- c. Functionalism

3. Define Texture

The word texture generally refers to the tactile quality of the surface of any object.

4. List the secondary colours

- a. Green
- b. Purple
- c. Orange

5. Name the qualities of colour

- a. Hue
- b. Value
- c. Intensity

6. Which products carry AGMARK?

- a. Fruit juices
- b. Jams
- c. Pickles
- d. Ghee
- e. Honey
- f. Butter
- g. Oil
- h. Coffee
- i. Spices
- j. Wheat flour

7. Define diet therapy

Diet therapy is defined as the use of food in the treatment of a disease.

8. Expand ICDS  
Integrated Child Development Services Scheme
9. Give the subdivisions of childhood
  - a. Early Childhood – 2 to 6 years
  - b. Late childhood – 6 to 12 years
10. What is puberty  
The period of rapid physical maturation involving hormonal and bodily changes that take place primarily in early adolescence
11. Define finishing  
Finishing is the end treatment given to fibre, yarn or fabrics in order to change the hand, appearance and performance of the fabrics
12. Enlist the methods of chemical finishes
  - a. Bleaching
  - b. Mercerization
  - c. Weighting
13. Mention any one key point for selecting clothing for infants  
Baby clothes should be soft and pliable and never irritating
14. Define Capital Community Development  
Community development is a holistic concept. It seeks to bring about changes in all aspects of life.
15. Mention any two qualities of a leader
  - a. Being responsible
  - b. Being open to feedback

## Part B

### II. Answer any 5 of the following questions

5X2 = 10

16. Mention the various types of LIC policies
  - a. Griha Laxmi
  - b. Jeevan Dhara
  - c. Jeevan Raksha
  - d. Jeevan Shree
17. Enlist the characteristics of colours
  - a. Yellow – warm, sunny, bright, cheerful
  - b. Red – warm, stimulating, courageous, vigorous
  - c. Orange-lively, joyous, cheering, warm
  - d. Green – cool, quiet, calm, restful, soothing
  - e. Purple – rich, royal, dignified, dramatic

18. Name the types of design

- a. Structural Design
- b. Decorative Design

19. Mention the Consumer Aids

- a. Standardisation marks
- b. Labels and catalogues
- c. Packages
- d. Advertisements
- e. Legislation
- f. Consumer associations and co-operatives

20. List the Rights of a consumer

- a. Right to safety
- b. Right to be Informed
- c. Right to choose
- d. Right to be Heard
- e. Right to addressed
- f. Right to Consumer Education

21. What is Soft Diet

A diet that is soft in texture and consistency, easy to chew and digest with very little fibre, oil, spices and condiments

22. Define Meal Planning

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

23. Mention the national level nutrition related programmes

1. Integrated Child Development Service Scheme (ICDS)
2. Public Distribution System (PDS)
3. National Mid-Day Meal Programme (NMMP)

24. Write a note on 'Bisi Oota'

The government of Karnataka implemented a mid-day meal programme, Akshara Dasoha in 2001 for the educationally and economically backward, North-Eastern Districts. Later the scheme was extended to other districts of the state. This scheme serves 'Bisi Oota' (Hot cooked meal) during lunch hour to Government and Government Aided schools. This has significantly improved school attendance, nutritional status of the child and reduced dropout rate.

25. Classify Finishes

**Classification of finishes**

Mechanical Finishes	Chemical Finishes
1. Calendaring	1. Bleaching
2. Singeing	2. Mercerization
3. Napping	3. Weighting
4. Tentering	

**Part C**

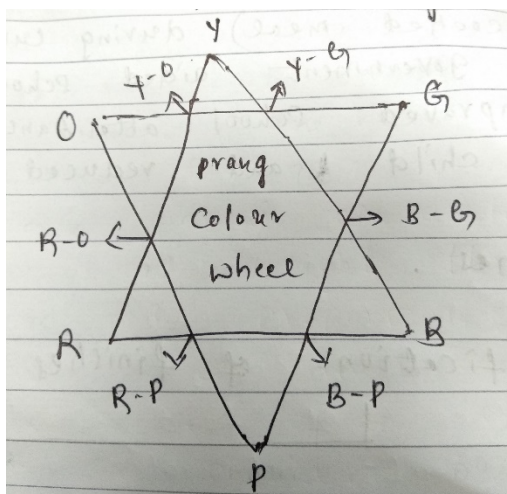
**III. Answer any five of the following questions**

**5x3 = 15**

26. Briefly explain the reasons for savings

1. Helps in the period of physical inability – during illness
2. It reduces economic insecurity especially in old age after retirement
3. For future use
4. Becomes a source of income
5. Maintains a standard of living
6. Savings is a good habit
7. Useful during emergency – loss of jobs, accident, natural calamities, loss of earning member/bread winner
8. Useful for children’s education, marriage, or other family expenditure.
9. Useful for making big purchases like house, car etc.

27. Draw and explain PRANG colour wheel



**Primary Colours:** according to PRANG, all colours may be obtained from the three primary colours – yellow, blue, red

**Secondary Colours:** when two primary colours are mixed in equal proportions a secondary colour results as follows –

1. Yellow+ Blue = Green
2. Blue+ Red = Purple
3. Red + Yellow = Orange

**Intermediate colours:** when a primary and secondary colours are mixed, the following 6 intermediate colours are obtained –

1. Yellow + Green = Yellow- Green
2. Blue + Green = Blue-Green
3. Blue + Purple = Blue Purple
4. Red + Purple = Red-Purple
5. Red + Orange = Red-Orange
6. Yellow + Orange = Yellow-Orange

The three primary hues, the three secondary hues, and six intermediate hues constitute the outer colour in the PRANG colour chart

28. Mention the dietary guidelines for elderly person

1. Food intake should match with physical activity
2. The daily intake of oil should not exceed 20gm -Use of ghee, butter and coconut oil should be avoided
3. Foods rich in protein such as pulses, milk, egg-whites etc. should be included
4. Apart from cereals and pulses, a daily intake of at least 200-300ml of milk and milk products, 400 gms of fruits and vegetables is necessary
5. The diet needs to be well cooked, soft with less salt, oil and spices
6. Small quantities of food should be consumed at more frequent intervals and adequate water should be consumed to avoid dehydration

29. Write a note on emotional development during early childhood

The emotions of early childhood are intense. Young children experience most of the emotions however the stimuli that cause them and ways which children express their emotions are markedly different. The common emotions of preschool children are divided into two types –

1. **Positive emotions** – curiosity , joy and affection
2. **Negative emotions** – anger, fear, envy, jealous

**Characteristics of emotions** –

1. Children's emotions are intense, transitory – appear frequently and last for a few minutes.
2. Children's emotional responses are different
3. Emotions in children can be detected by symptoms of behaviour
4. Patterns of children expressions change as they grow

30. Describe the physical development of adolescents

**Physical Changes:** there is a rapid physical growth during this period. This physical change include the changes in body size, changes in body proportions, and internal organs and development of the primary and secondary sexual characteristics.

- a. **Changes in body size:** the important physical change during adolescence is the increase in height. During this period the bones in legs and arms elongate and hence there is increase in height. Usually the girls grow taller than boys in early period of adolescence. Both boys and girls gain rapid weight throughout this period.
- b. **Changes in body proportions:** the hands, legs and shoulder bones develop. Thus the body obtains the shape of an adult. In boys the chest and shoulder broadens and muscles stronger. In girls, the pelvic bones, the region below the waistline widens. By the end of adolescence, both boys and girls obtain body proportions like adults.

31. Discuss the key points for selecting clothing for pre-school child

1. **Number of clothes:** the wardrobe of pre-school child must be chosen with as much care as that of any family member. A cold climate requires more clothes than a warm one. If he goes to many parties, he will need party clothes. If he goes to nursery, he will need more play clothes than if he plays at home
2. **Fitting:** the preschool child needs clothing that fits close to the body and is free from dangling ties or ornamentation that might catch on things. Loose clothing, too long pants, legs or sleeves, overly larger pockets and similar features may get caught in the wheels of tricycles, gets stepped on when climbing or catch on sticks and protruding objects causing the child to fall
3. **Quality**
4. **Allowance for growth**

32. Write a note Programming community development

The objective of community development is to develop in people the ability to make a better living and to live a more satisfying life.

Programmes help people move in a desired direction when planned carefully. Planning is the systematic way of assessing the existing situation.

1. Identifying the needs and interest of the people
2. Taking stock of the available manpower and material resources
3. Setting general and specific objectives
4. Fixing priorities and targets
5. Developing systems and procedures
6. Proposing solutions

Every community development programme will have a plan of work which is an outline of activity arranged to enable efficient execution of the program. It tells what, when, where and by whom the programme shall be carried out. For the community development programme to be successful the program should have -

1. Clear and significant objectives
2. Planning should happen at the top and bottom levels

33. Explain the characteristics of community development

1. **Benefits to be shared by all people** – for a program to be called community development, it is essential that its benefits are shared evenly over the whole population
2. **Local efforts based on felt needs** – people should be made to realize that they need something, and they should try to fulfil their wants. It is the felt needs that motivate people to bring about change

**3. Assistance from outside**

**4. Imposition from outside to be avoided**

34. Write a note on role of community development worker as a therapist
1. It implies diagnosis and treatment of the community as a whole
  2. This treatment should be carried through the leaders of the groups
  3. Areas in which the treatment is required are taboos, ideas traditional attitudes which create tensions and separate the groups
  4. If the community is able to recognize these deep rooted ideas and practices verbalize about them and begin to cope with them, it may develop a capacity to function effectively
  5. This diagnosis must provide the community with some understanding of its nature and character
35. List the roles of community development worker. Explain any one
1. Guide
  2. Enabler
  3. Expert
  4. Therapist

**Expert:** In the capacity of an expert, the community development facilitator role to provide data and direct advise in the number of areas, about which he may speak with authority

- a. To diagnose the community
- b. To provide skill for research
- c. To provide information about other communities
- d. To advise on methods
- e. To provide technical information
- f. To evaluate

## Part D

### IV. Answer any seven of the following questions

7x5= 35

36. List the elements of art. Explain any two

1. Line
2. Shape or form
3. Texture
4. Colour
5. Pattern or design
6. Light
7. Space

1. **Line:** is an important material in interior decoration. It is a series of points joined together. Lines have positive emotion significance, depending upon their direction and their quality

- a. **Vertical lines** – are formal and create a feeling of strength and regularity especially when repeated. Vertical lines suggest life , activity, strength, dignity, direct and discipline
  - b. **Curved lines** – are feminine, graceful, subtle in effect
2. **Texture:** the word texture generally refers to the tactile quality of the surface of any object. Texture can be rough, smooth, shining, dull, soft or stiff. In home furnishing, the word texture is used in wider sense and refers to the finish of walls, rugs or other floor coverings.

37. Mention the principles of design. Explain any two

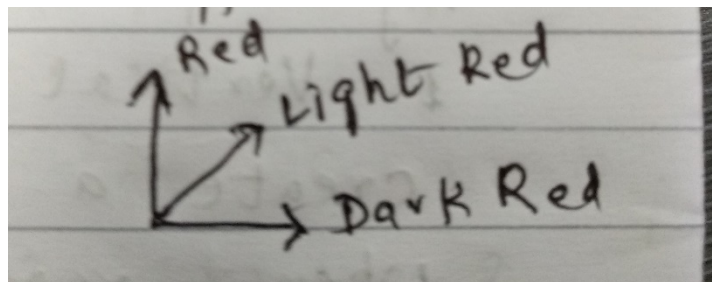
1. Proportion
2. Balance
3. Rhythm
4. Emphasis
5. Harmony

**Emphasis:** is defined as the art of principles by which the eye is carried first to the most important thing in any arrangement and from that point to any other detail, on order of its importance a design or an arrangement may be well balanced, proportionate and its contents in perfect harmony, it may be still dull and uninteresting.

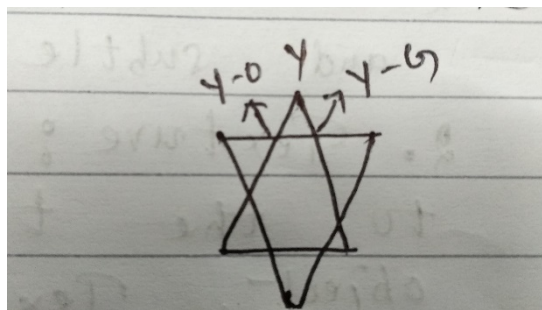
**Harmony:** means unity or single idea or impression. It produces an impression of unity through the selection and arrangement of consistent objects and ideas. Harmony can be created by using similar lines, shapes, sizes, textures and colours

38. Draw and explain colour harmonies

- a. **Monochromatic harmony:** this is also known as one hue or one mode harmony. In this only one colour is used. There may be difference in values and intensities.

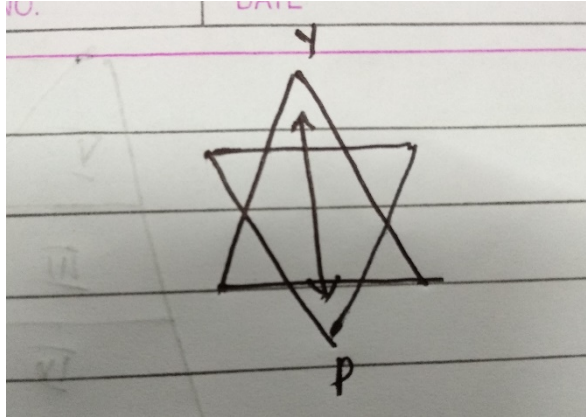


- b. **Analogous harmony** – colours which are next to each other in the PRANG colour chart. Example – Yellow-Orange, Yellow – Green





- c. **Complementary colours** – when colours which are directly opposite to each other on the PRANG colour chart. Example – Yellow, Purple



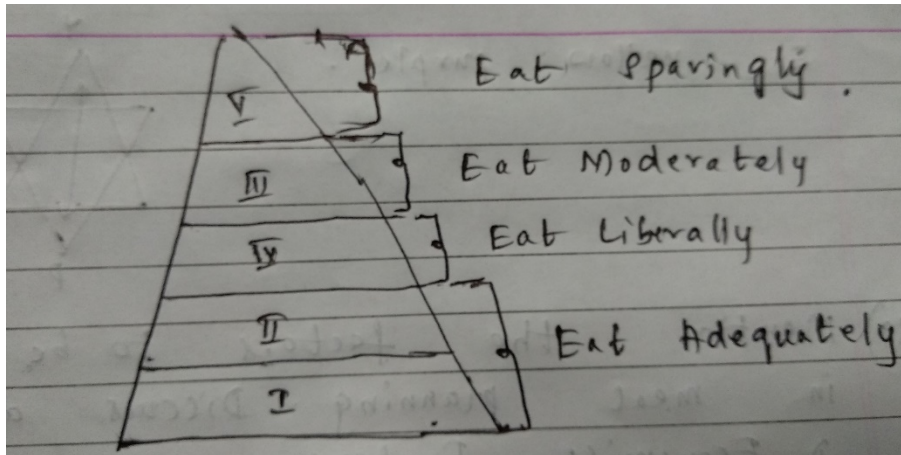
39. Mention the factors to be considered in meal planning. Discuss any two

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

1. **Food availability:** availability of food also affects meal planning. One should make maximum use of locally produced food stuffs because they are low cost, tasty and abundantly available. For example: sea food is easily available in coastal areas making it their staple food.
2. **Food Acceptance** : acceptance or rejection of food by a person is affected by his likes and dislikes, religious and social traditions and customs

40. What is Food Pyramid? explain with the help of neat diagram

The Food Guide Pyramid is a valuable tool for planning a health promoting diet.



1. **Eat adequately** – Cereals, grains and products, rice, wheat, ragi, bajra, maize  
Nutrients – energy, protein, vitamin B1, B2, Folic Acid, iron, fibre
2. **Eat adequately** – pulses and legumes, Bengal gram, black gram, green gram, red gram, lentil (whole as well as dals)
3. **Eat liberally** – fruits and vegetables  
Nutrients – Vitamin A, C Fibre, Vitamin B2, Folic Acid, Calcium, Iron, Fibre
4. **Eat Moderately** – Milk and meat products  
Nutrients – Protein, Fat, vitamin B12, Calcium, Vitamin B2, Iron
5. **Eat Sparingly** – Fats and sugars  
Nutrients – Energy, Fat, essential fatty acids, carbohydrates, Vitamin A, Vitamin D

41. Explain any two modifications of normal diet for therapeutic purpose

1. Fluid diet
  2. Soft diet
  3. Bland diet
1. **Soft diet:** a diet that is soft in texture and consistency easy to chew and digest with very little fibre, oil, spices and condiments. Foods such as milk, fruit juices, boiled egg, cheese, custards, puddings, clear soups, idly, shira, khichadi etc. are included. The diet is given during convalescence, acute infections, and gastro-intestinal disorders and after surgery.
  2. **Bland diet:** a bland diet consists of foods that are generally soft, low in dietary fibre, cooked rather than raw and not spicy. It includes milk and milk based preparations, refined cereals and their products, cream and butter, fruits and vegetables without peel and seeds. This diet is prescribed for individuals suffering from ulcer, stomach or intestinal surgery, heart burns, nausea, vomiting and gastritis.

42. Classify the foods based on stability. Give examples

1. **Perishable foods** – these cannot be stored for more than two to three days under room temperature. Milk, milk products, meat, fish, fruits and vegetables are included in this group.
2. **Semi-perishable foods** – the processed and convenience foods which can be stored for a week to a couple of months at room temperature can be termed as semi-perishable

foods. Baked foods, roasted , popped or toasted cereals and legumes, dehydrated foods, canned foods , frozen foods belong to this category

3. **Non-perishable foods** – cereals, dals, legumes which have been dried to less than 30 % moisture are non-perishable in nature.

43. Write a note on physical development during late childhood.

**Physical development** – late childhood years are the period of slow relatively uniform growth.

**Height** – an average height – girl – 58 inches, boy – 57.5 inches

**Weight** – an average weight – girl- 88.5 pounds, boy – 85.5 pounds

**Body proportions:** body proportions change during this period. The disproportions of a large head decreases and the lower part of the face increases in size thus eliminating the facial disproportion of the early childhood years. The trunk elongates and becomes slimmer. The chest broadens and flattens. The neck becomes longer, permitting the shoulders to droop and pelvis increases in size. The arms and legs are thin with marked development in their musculature. The hands and feet grow slowly in late childhood.

44. List the causes of adolescent problems.

1. Family problems
2. Desire for independence
3. Increased freedom
4. Continued treatment as children
5. Unrealistic expectations
6. Poor self-awareness
7. Conflict with parents and peers
8. Interest in opposite sex
9. Disinterest in studies
10. Daydreaming and hero worship
11. Various distractions
12. Inability to handle challenging situations
13. Increased peer pressure
14. Media influences etc.

45. Describe the characteristics of young adulthood

1. **Young adulthood is the setting down age** – and individual will settle down in life by taking up a vocation after the formal education. The adults are expected to take up many responsibilities by entering the married life.
2. **Young adulthood is the reproductive age** – young adults get married and decide on becoming parents. Hence young adulthood is considered as reproductive age.
3. **Young adulthood is a time of commitment** – as young adults enter the new sphere of life, marriage and work, they are expected to involve and take up responsibilities of both as responsible individual. Therefore they are expected to be committed in the work in which they take up.
4. **Young adulthood is a time of adjustment to new lifestyles**
5. **Young adulthood is a creative age**

46. Discuss the methods of dyeing

1. Stock dyeing
2. Yarn of skeim dyeing
3. Piece dyeing

1. **Stock dyeing** - this is done to the raw fibre stocked before it is spun into a yarn. Stock dyeing is the most costly method of dyeing because the level of production is relatively low. Stock dyeing is mostly used for woollen fibres.
2. **Yarn dyeing** – is also known as skeim dyeing. It is the dyeing of yarns before they are woven or knitted into fabrics. Yarn dyeing is less costly than stock dyeing and provides excellent penetration of dyeing into the fibre.
3. **Piece dyeing** - the dyeing of the cloth after it has been woven or knitted is known as piece dyeing. This is the most common method of dyeing used and it is less costly than stock dyeing or skiem dyeing.

47. Mention the types of mechanical finishes. Explain any two

1. Calendaring
2. Singeing
3. Napping
4. Tentering

1. **Calendaring** – is the mechanical finishing process. A fabric is passed under rollers at high temperature and pressure. A fabric is then run through rollers that polish the surface and make the fabric smoother and more lustrous.
2. **Singeing** – is a mechanical finish for textile fibre. The word Synge means to burn superficially. Singeing of fabric is done in order to obtain a clear fabric which allows the structure of the fibre to be seen clearly. In the singeing process for fabrics made of staple fibres, the fabric surface is brushed lightly to rise the unwanted fibre ends. The fabric is singed or passed over heated copper plates or open gas flame the fibre ends burn off. The fabric is moved rapidly and only the fibre ends are destroyed.

48. Describe the features of Kanjivaram sarees

A Kanjivaram Saree is a type of saree traditionally made by weavers from Kanchipuram located in Tamil Nadu. These are woven in silk.

The Kanjivaram silk is characterized by gold dipped silver, pure gold threads that are woven on to rich beautiful brilliant silk. The borders and pallus carry ornate zari work. The designs involve vertical and horizontal lines as well as checks. The colour range from vibrant Orange to Mauve, to purple, green, maroon, blue and rust. The heavier the silk, the better the quality of the saree. Peacock, parrots, mangoes and leaves are the common motifs.

49. Explain the types of leaders

1. Democratic
2. Autocratic
3. Laissez – Faire type leaders
4. Formal and informal leaders
5. A head, ahead and the head of the group
6. Professional and lay leaders
7. Political, religious , social and academic leaders
8. Elected, selected or nominated leaders

9. Popular and unpopular leaders

1. **Elected, selected or nominated leaders** – an individual could be elected to office or selected by virtue of his achievement or nominated, elected – example loka sabha speaker, selected – Santhosh Hegde. Nominated – film actress Rekha/Sachin Tendulkar for a duration of period.
  2. **Popular and unpopular leaders** – a popular leader is one who has won the hearts of people by working for the social cause. Example- Medha Pathkar – principled individual who works for community but may not be widely recognized.
-