

HOME SCIENCE - Code No. 064
SAMPLE QUESTION PAPER*
CLASS - XII- (2025-26)

Time:3 Hours

Max.Marks:70

GENERAL INSTRUCTIONS

- 1.All questions are compulsory.
- 2.There are 32 questions in this paper.
- 3.Question paper is divided into three sections- A, B and C.
- 4.Section A has question no.1 to 14 multiple choice questions and are of 1 mark each.
- 5.Section B has question no.15 to 21 of 2 marks each and question no. 22 to 25 of 3 marks each.
- 6.Section C has question no. 26 to 30 of 4 marks each and question no. 31 and 32 of 5 marks each.
- 7.Internal choices are given in some questions.
- 8.Support your answers with suitable examples wherever required.

| S.No. | SECTION A (MULTIPLE CHOICE QUESTIONS) | Marks |
|-------|---|-------|
| 1. | Which of the following helps to create Rhythm in a dress? (A) Gathers in waist (B) Right kind of texture (C) Different unusual shapes (D) Same design on each side | 1 |
| 2. | For an elderly person with dentures, which type of diet would ensure adequate nutrition? (A) Clear liquid diet (B) Regular diet (C) Soft diet (D) Low-protein diet | 1 |
| 3. | A low-cost strategy to combat vitamin A deficiency in rural areas would involve- (A) Promoting sanitation and hygiene (B) Including fortified foods in daily diets (C) Encouraging home gardening (D) Distribution of vitamin A capsules | 1 |
| 4. | What is the goal of the Sustainable Access in Rural India (SARI) project? (A) Enhancing rural healthcare access through mobile clinics (B) Setting up tele-centres to provide e-services (C) Implementing renewable energy solutions in remote areas (D) Developing infrastructure for rural entrepreneurship | 1 |
| 5. | In the pre-arrival stage of guest cycle, what is the most critical action for front office staff? (A) Assigning housekeeping duties (B) Ensuring the cleanliness of rooms (C) Managing check-out procedures (D) Confirming room reservations and rates | 1 |

***Please note that the assessment scheme of the Academic Session 2024-25 will continue in the current session i.e. 2025-26.**

| 6. | Which of the following is the main feature of hospital laundry? (A) Pressing and perfect folding (B) Cleanliness and disinfection (C) Starching and ironing (D) Cleanliness and Aesthetic appeal | 1 | | | | | | | | | | |
|--|--|--|--------------------|---------------------|--|------------------|---|-------------------|--------------------------------|-----------------|--|---|
| 7. | A case requiring specialized surgery that cannot be managed at a district hospital is referred to another facility. Which healthcare level will handle this case? (A) Primary level (B) Secondary level (C) Tertiary level (D) Community health center | 1 | | | | | | | | | | |
| 8. | Which of the following is true about ISO 9000 standards? (A) Mandatory for all organizations worldwide. (B) Focus on environmental management standards. (C) Concerned with the quality management of an organization. (D) Focused on food safety and hygiene regulations. | 1 | | | | | | | | | | |
| 9. | What is a key feature of community radio? (A) High investment cost (B) Operated by large corporations (C) Limited to urban areas (D) Communication in local dialects | 1 | | | | | | | | | | |
| 10. | Which guiding principle of the National Curriculum Framework (NCF) is reflected when a preschool teacher incorporates singing and drawing into daily lessons? (A) Use of local materials (B) Play as the basis of learning (C) Developmentally appropriate practices (D) Blend of textual and cultural sources | 1 | | | | | | | | | | |
| 11. | By adding _____ the Calorie content of processed food can be reduced. (A) Artificial sweetener (B) Specially treated proteins (C) Jaggery (D) Honey | 1 | | | | | | | | | | |
| 12. | Match the List I with List II. <table><tr><th>LIST I (Types of Special Dietary Foods)</th><th>LIST II (Examples)</th></tr><tr><td>1. Functional foods</td><td>I. Non-nutrient constituents present in food</td></tr><tr><td>2. Medical foods</td><td>II. Include plants or botanicals in various forms</td></tr><tr><td>3. Phytochemicals</td><td>III. Perform a protective role</td></tr><tr><td>4. Antioxidants</td><td>IV. Require a doctor's prescription for dietary management</td></tr></table> | LIST I (Types of Special Dietary Foods) | LIST II (Examples) | 1. Functional foods | I. Non-nutrient constituents present in food | 2. Medical foods | II. Include plants or botanicals in various forms | 3. Phytochemicals | III. Perform a protective role | 4. Antioxidants | IV. Require a doctor's prescription for dietary management | 1 |
| LIST I (Types of Special Dietary Foods) | LIST II (Examples) | | | | | | | | | | | |
| 1. Functional foods | I. Non-nutrient constituents present in food | | | | | | | | | | | |
| 2. Medical foods | II. Include plants or botanicals in various forms | | | | | | | | | | | |
| 3. Phytochemicals | III. Perform a protective role | | | | | | | | | | | |
| 4. Antioxidants | IV. Require a doctor's prescription for dietary management | | | | | | | | | | | |

*Please note that the assessment scheme of the Academic Session 2024-25 will continue in the current session i.e. 2025-26.

| | | |
|-------|---|---|
| | <p>Choose the correct option from the following-</p> <p>(A) 1-II,2-IV,3-I,4-III (B) 1-I,2-II,3-III,4-IV (C) 1-IV,2-III,3-II,4-I (D) 1-III,2-I,3-IV,4-II</p> | |
| 13. | <p>Given below are two statements labeled as Assertion (A) and Reason (R)-</p> <p>Assertion (A): The Government of India and State Governments provide necessary support and guidance through policies and programmes for the process of adoption.</p> <p>Reason (R): The Government of India constituted a Central Agency, Central Adoption Prevention Authority (CAPA), to set up guidelines for adoption to safeguard the welfare and rights of children.</p> <p>Select the most appropriate answer from the options given below:</p> <p>(A) Both A and R are true, and R is the correct explanation of A. (B) Both A and R are true, but R is not the correct explanation of A. (C) A is true, but R is false. (D) A is false, but R is true.</p> | 1 |
| 14. | <p>Given below are two statements labeled as Assertion (A) and Reason (R)-</p> <p>Assertion (A): Food Science is a broad discipline concerned with all the technical aspects of food, beginning with harvesting and ending with consumption.</p> <p>Reason (R): Food scientists deal with physio-chemical aspects of food to understand the nature and properties of food.</p> <p>Select the most appropriate answer from the options given below:</p> <p>(A) Both A and R are true, and R is the correct explanation of A. (B) Both A and R are true, but R is not the correct explanation of A. (C) A is true, but R is false. (D) A is false, but R is true.</p> | 1 |
| | SECTION B (VERY SHORT AND SHORT ANSWER QUESTIONS) | |
| 15 A. | Mention two features of the “Commonwealth Youth Programme.” | 2 |
| | OR | |
| 15 B. | Enlist any two services provided by the Integrated Child Development Services (ICDS) for the welfare of children. | |
| 16 A. | A person finds satisfaction and joy in volunteering at a local shelter without financial compensation. Enumerate two ways in which perceiving work as a calling can impact an individual's personal growth. | 2 |
| | OR | |
| 16 B. | A young entrepreneur designs an innovative, ergonomic workstation to prevent posture-related injuries in employees. What two entrepreneurial qualities are evident in designing solutions based on ergonomic principles? | |
| 17 A. | You are the Front Office Manager of a luxury hotel. What will be your two responsibilities for VIP guest with specific preference for the room set up? | 2 |
| | OR | |
| 17 B. | Being an executive housekeeping manager, what are your two responsibilities in the hotel? | |

| | | |
|-------|--|---------|
| 18. | Your sister has bought a front-loading washing machine. What are the two features of washing principle used in this machine? | 2 |
| 19. | List two important duties performed by the Kitchen Stewarding department. | 2 |
| 20. | An urban entrepreneur plans to open a day care for the elderly. Elaborate on two skills essential for managing this facility. | 2 |
| 21. | How is Achromatic Colour Harmony different from Triadic Colour Harmony? | 2 |
| 22. | A company observes increased absenteeism caused by employee health issues. In what three ways could life skills training enhance their Quality of Work Life (QWL)? | 3 |
| 23 A. | What are the three primary requirements for operating hi-tech laundries? | 3 |
| | OR | |
| 23 B. | In what three ways can water be extracted from washing machines? | |
| 24 A. | A media house collaborates with an NGO for a water conservation awareness project. Provide three reasons why campaign was chosen for this project. | 3 |
| | OR | |
| 24 B. | A journalist uses video production to document gender equality initiatives. List three additional skills the journalist would need to effectively prepare this video. | |
| 25. | Based on your knowledge of the elements of design, elaborate on three effects that straight lines create in garments. | 3 |
| | SECTION C (LONG ANSWER QUESTIONS) | |
| 26. | An ECCE professional is planning a lesson for a group of preschool children. The professional is mindful of Piaget's and Vygotsky's theories, which emphasize active learning and the importance of social interaction. I. How can the professional use Piaget's theory to design activities that promote cognitive development in preschool children? II. How does Vygotsky's theory of social learning apply to group activities in a preschool setting? III. Provide two guidelines for ECCE professionals to consider when planning lessons for preschool children. | 1+1+2=4 |
| 27 A. | A 55-year-old woman has been hospitalized due to complications from hypertension and a recent gastrointestinal infection. I. Describe any two factors a medical nutrition therapist must consider to evaluate the effect of illness on food acceptance and utilization. II. Enumerate any two steps involved in the nutritional care process that a medical nutrition therapist must follow for this patient. | 2+2=4 |
| | OR | |
| 27 B. | The employees of an office consult a clinical nutritionist for general well-being and to improve their daily energy levels. They seek guidance on creating sustainable eating habits to manage their work-life balance effectively. I. Elaborate any two roles of a clinical nutritionist in managing the nutritional needs of employees. II. What are the significance of clinical nutrition in the current healthcare scenario? Support your answer with two points. | |
| 28. | I. What are the two causes of PEM and how are they assessed? | 3+1=4 |

*Please note that the assessment scheme of the Academic Session 2024-25 will continue in the current session i.e. 2025-26.

| | | |
|-----------|--|-------|
| | II. How can public health nutritionist contribute to the prevention of PEM at the community level? Give one point. | |
| 29. | I. State any one factor that indicates food is spoiled or deteriorated. II. Explicate any three factors which leads to food deterioration and spoilage. | 1+3=4 |
| 30. | Mukund, a graduate in food technology, is exploring career opportunities and challenges in the food industry I. Highlight any two potential career options for him. II. What are two significant challenges faced by food technologists in recent times? | 2+2=4 |
| 31. | I. Explain any two possible grievances Mr. Sharma might face when using insurance services. II. Advice any three importance of consumer education to him which ensures consumer protection. | 2+3=5 |
| 32 A. | Elaborate on five major developments in the fashion industry from ancient times. | 5 |
| OR | | |
| 32 B. | Elucidate five stages of “Fashion Cycle”. | |

***Please note that the assessment scheme of the Academic Session 2024-25 will continue in the current session i.e. 2025-26.**