

MARKING SCHEME (2021-2022)**TERM II****HOME SCIENCE- 064****CLASS: X**

Q. No.	QUESTIONS	Marks
	SECTION A	
1.	Two characteristics of balanced diet- 1. It contains different types of foods/nutrients to meet the need of an individual 2. It also has a provision for extra nutrients which can be reserved in the body to withstand short periods of low dietary intake Any other (Any two)	1+1=2
2.	Four functions of FSSAI- 1. Specifies standards and guidelines for food articles. 2. Issues licenses to food service operators and registers small vendors 3. Give guidelines to other bodies for certification 4. Specifies food labelling standards Any other (Any four) OR Two food items that can be adulterated with argemone- 1. Mustard oil 2. Mustard seeds Any other (Any two) Two ill effects of consuming these adulterated food items- 1. Oedema 2. Kidney failure Any other (Any two)	1/2x4=2 OR 1+1=2 1/2x2=1 1/2x2=1
3.	Four tips for proper storage of silk- 1. Examine the garment before storing 2. Protect from light and wrap in muslin cloth 3. Place /cupboard where the garment is stored should be dry and clean	1/2x4=2

	<p>4. Put naphthalene balls/dried neem leaves/camphor in the storage place Any other (Any four)</p> <p style="text-align: center;">OR</p> <p>Two differences between soap and detergent</p> <table border="1" data-bbox="304 344 1193 622"> <thead> <tr> <th data-bbox="304 344 740 434">SOAP</th> <th data-bbox="740 344 1193 434">DETERGENT</th> </tr> </thead> <tbody> <tr> <td data-bbox="304 434 740 524">1. Dissolve in cold water.</td> <td data-bbox="740 434 1193 524">1. Dissolve in both hot and cold water.</td> </tr> <tr> <td data-bbox="304 524 740 622">2. They are biodegradable</td> <td data-bbox="740 524 1193 622">2. Mostly they are non-biodegradable</td> </tr> </tbody> </table> <p>Any other (Any two differences)</p>	SOAP	DETERGENT	1. Dissolve in cold water.	1. Dissolve in both hot and cold water.	2. They are biodegradable	2. Mostly they are non-biodegradable	<p style="text-align: center;">OR</p> <p>1+1=2</p>
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1. Dissolve in cold water.	1. Dissolve in both hot and cold water.							
2. They are biodegradable	2. Mostly they are non-biodegradable							
4.	<p>a) Meal planning saves time and energy- For example- buying all the required ingredients together from the market if meals are planned</p> <p>b) Variety in terms of colour while planning meals- For example -With kadi, bhindi/karela is served to bring variety in colour</p> <p>Any other (Any one example for each)</p>	<p>1+1=2</p> <p>1</p> <p>1</p>						
5.	<p>Four ways a milkman can cheat the consumers-</p> <ol style="list-style-type: none"> 1. Adulteration 2. Price variation 3. Faulty weights and measures 4. Non availability <p>Any other (Any four)</p>	<p>1/2x4=2</p>						
6.	<p>a) Cotton shirt should be de -starched before storing- As starched clothes can be attacked by silverfish</p> <p>b) Food stains should be immediately removed from woollen sweater- As micro-organisms attack any food stain</p> <p>Any other (Any one reason for each)</p>	<p>1+1=2</p> <p>1</p> <p>1</p>						

7.	<p>Four ways in which manufacturer can mislead the consumer-</p> <ol style="list-style-type: none"> 1. Use of substandard products in packaging similar in colour, size, etc. of popular brand 2. In advertisement, to promote the product exaggerated picture of the product is created by manufacturer 3. Incomplete labels on products 4. Leaflet/Labels of the product is not available in local language <p>Any other (Any four)</p>	1/2x4=2
SECTION B		
8.	<p>a) Four points to be kept in mind while planning menu for 15-year-old boy-</p> <ol style="list-style-type: none"> 1. Menu should be nutritious 2. Easy to eat 3. Avoid over eating and dieting 4. Food should provide satiety <p>Any other (Any four)</p> <p>b) Two ways of preparing a low-cost meal</p> <ol style="list-style-type: none"> 1. Prefer using seasonal fruits and vegetables 2. Substitute expensive food with low-cost nutritious food-For example use peanuts instead almonds 3. Use locally available food products <p>Any other (Any two)</p>	<p>2+1=3 1/2x4=2</p> <p>1/2x2=1</p>
9.	<p>Blue is applied to white clothes because- It acts as a fabric whitener/brightener Any other (Any one)</p> <p>Four steps of applying blue to the clothes-</p> <ol style="list-style-type: none"> 1. Add blue to water and dissolve well 2. Wet the article to be blued in water and squeezed properly 3. The article is opened and then dipped in the above blue solution 4. The article is squeezed and put in the sun <p>Any other (Any four)</p> <p style="text-align: center;">OR</p> <p>Starch is applied to clothes because- It gives crispness/stiffness/brightness to the fabric Any other (Any one)</p> <p>Four steps of applying starch to the clothes-</p> <ol style="list-style-type: none"> 1. Mix starch paste in water and dissolve well 	<p>1+2=3 1</p> <p>1/2x4=2</p> <p>OR</p> <p>1+2=3 1</p> <p>1/2x4=2</p>

	<p>2. Wet the article to be starched in water, squeeze it properly</p> <p>3. Open the article and dip in starch solution</p> <p>4. Squeeze and spread in the sun</p> <p>Any other (Any four)</p>	
10.	<p>Six ways to remain careful so that fruit vendor does not cheat while weighing the fruits-</p> <ol style="list-style-type: none"> 1. Hollow bottom iron weights should not be used 2. Check magnet should not be there under the pan of the weighing scale 3. Pointers must be there in weighing scale 4. Vendor should not use irregular weights 5. Iron rings should not be hung on one side of weighing scale 6. Weighing balance must remain horizontal <p>Any other (Any six)</p>	1/2x6=3
SECTION C (Attempt any three questions)		
11.	<p>a) Adulterant -Metanil yellow</p> <p>b) Unsafe food- Food whose nature, substance or quality is so affected as to make it injurious to health</p> <p>c) Four precautions to be adopted to safeguard from buying adulterated foods-</p> <ol style="list-style-type: none"> 1. Buy reputed brands and check for standardized marks 2. Buy only packed and sealed foods 3. Buy from reputed shops 4. Do not compromise on quality and price <p>Any other (Any four)</p>	<p>1+1+2=4</p> <p>1</p> <p>1</p> <p>1/2x2=4</p>
12.	<p>Four factors that will affect meal planning-</p> <ol style="list-style-type: none"> 1. Age-Nutritional requirement of different age group is different. For example-Children and adolescent need more calories, protein, iron and calcium as compared to old man. 2. Occassion- Specific dishes are prepared on special occasions. For Example-Gujiyas on Holi, Ghewar on Teej, etc. 3. Likes and dislikes- People have their own preferences for particular foods. 	1+1+1+1+1=4

	<p>Example- Bottle gourd(ghiya) can be given as kofta, kheer, sambhar, etc.,</p> <p>4.Occupation(activity)-Light(sedentary), moderate and heavy workers have different nutritional needs. For example-Labourer needs more calories. Any other (Any four with an example for each)</p> <p style="text-align: center;">OR</p> <p>a) Food groups – It is collection of foods which have similar nutritive value</p> <p>b) Two nutrients provided by the following food groups-</p> <p>I. Cereals, Millets and Tubers-</p> <ol style="list-style-type: none"> 1. Vitamin B complex 2. Carbohydrates <p>II. Milk and its products-</p> <ol style="list-style-type: none"> 1. Protein 2. Calcium <p>III. Nuts and oilseeds Fat</p> <ol style="list-style-type: none"> 1. Omega 3 2. Protein <p>Any other (Any two for each)</p>	<p style="text-align: center;">OR</p> <p>1+3=4 1 1+1+1=3 $\frac{1}{2}+1/2=1$</p> <p>$1/2+1/2=1$</p> <p>$\frac{1}{2}+1/2=1$</p>
13.	<p>Eight precautions to be considered while removing stain from clothes-</p> <ol style="list-style-type: none"> 1. Remove stain when fresh. 2. Effects of chemical should be tested on a hidden corner of the fabric. 3. Chemical should be applied from the back of the stained fabric. 4. The stain removal should proceed from simple to complex process. 5. Several mild applications of a reagent should be preferred over one strong application. 6. The stain should be worked in a circular movement starting from outer edge to centre. 7. All the reagents should be neutralized. 8. Traces of chemicals should be rinsed immediately <p>Any other (Any eight)</p>	<p>$1/2 \times 8 = 4$</p>