

# ICSE Paper 2014 Home Science

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## Section – A [40 Marks]

(Attempt all questions from this section)

### Question 1.

(a) What is meant by the intensity of a colour? [2]

#### Answer:

Intensity of a colour means brightness or dullness of a colour. Bright colour have the full intensity. To reduce the intensity, add its complementary colour. Thus, by adding other colour both become soft colours.

(b) Mention any two objectives of furnishing a house. [2]

#### Answer:

Basically, there are three objectives of furnishing a house. These are :

1. Beauty
2. Functionalism
3. Expressiveness

(c) Mention any two factors affecting the selection of fabrics for home furnishing. [2]

#### Answer:

Factors for selecting fabrics for home :

1. Colour is the number one factor. Everyone choose a different colour.
2. Durability – How much time it remains? This is the other factor of selection of fabric.
3. Style – Everyone need a different style of fabrics.

(d) Differentiate between general lighting and local lighting. [2]

#### Answer:

General Lighting	Local Lighting
A basic form of lighting that replaces sunlight.	It provide extra fixture material which are often placed in task areas.

(e) Briefly explain a work triangle. [2]

**Answer:**

Work Triangle is mainly a method of doing activities and work in the kitchen. Generally, a work triangle is used by the designers. They use it for creating efficient use of the kitchen. Work Triangle include three work centers. These work centers are listed below:

1. Preparation and mixing center
2. Cooking stove center
3. Storage center.

**Question 2.**

(a) What should be the aspect of an ideal kitchen? [2]

**Answer:**

An ideal kitchen comprise of all the aspects means an ideal kitchen should be :

- faced towards east or north east to easily get sunrays.
- large sized to allow sufficient circulation of air and movement of persons.
- well lighted.

(b) Mention two factors affecting a family budget. [2]

**Answer:**

- First factor is size of the family. Smaller the family simple will be the budget. Large family create problems if the income is less. How to feed the family members?
- Family budget can also be get affected by the status of the family. Because expenditure varies depending upon the status.

(c) List two advantages of making payments through a cheque. [2]

**Answer:**

Advantages of payment by a cheque :

1. A cheque provide easy and inexpensive way of transferring money.
2. No need of checking and counting the bank notes.
3. Easy transaction.

(d) Give two differences between growth and development. [2]

**Answer:**

Difference between Growth and Development:

- Growth is measurable while development is not measurable. Development can be felt and observed only.
- The growth stops after a certain age whereas development of the body continues till death.
- Growth and development are related to each other. When a body grows in size, there is an increase in his capacity to do work. But sometimes development takes place without growth, e.g., If the physical growth is stunted, the person may have better mental, social and other developments.

(e) What is meant by positive peer pressure ? [2]

**Answer:**

Positive Peer Pressure: Positive peer pressure in general mean the positive energy given by the peers to the adolescent. It is the ability which is used to develop a healthy friendship and a good peer relationship. This all depends upon the adolescent's self-reliance and self-identity. Peers can often listen, accept and understand the challenges, frustration of the adolescent.

**Question 3.**

(a) Define cognitive development in a child. [2]

**Answer:**

Cognitive development: Cognitive development is basically the development of the brain of a child. It develops the ability of the brain to think and find answer or solution of problems. This type of the development is very necessary for the child.

(b) What are food fads? [2]

**Answer:**

Food fads: Food fad is an pattern of food behaviour which is unusual and which has no factual basis. People interest for a short time.

(c) Name two important chemical preservatives permitted for food preservation. [2]

**Answer:**

Chemicals prevent the growth of the microorganisms. Jam, Pickles also preserved by adding chemicals like salt, vinegar, spices, sugar. Potassium metabisulphate and sodium benzoate are used as preservatives for ketchup and squashes.

(d) What are convenient foods? [2]

**Answer:**

Convenient foods: Convenient foods is another food category in which food is semi processed and stored. This method increase the life and ease of preparation of the food. These types of the food include juices, jams, pickles and frozen peas. Do not use such foods in routine because such food are heavily processed and lost their nutritional value.

(e) Mention any two characteristics of a pay-in-slip. [2]

**Answer:**

Characteristics of Pay-in-slip :

(i) Pay-in-slip is a type of slip or form which is used by a person to deposit his money/cash or cheque in the bank.

(ii) It contains some useful information which should be filled by the person. These are :

- Date
- Account Number
- Name of the Account holder
- Branch name/Bank
- Signature

**Question 4.**

(a) What are detergents? How do they help in laundry? [2]

**Answer:**

Detergents: Detergents are manufactured in a laboratory. These are derived from the mineral oils. These are the cleaning agents which are made-up of the chemicals.

In laundry these are helpful in:

- Hard and soft water.
- Less water and less effort for cleaning clothes.
- Detergents are cheaper.
- These lower the surface tension of water and are effective in removing dirt and grease easily.

(b) Mention two types of food adulterants. [2]

**Answer:**

Two main food adulterants are Kesari dal and Argemone seeds.

(c) State two advantages of including seasonal fruits and vegetables in meal. [2]

**Answer:**

Seasonal fruits and vegetables are necessary in the meal. Because these fruits and vegetables have the nutritional value in their particular season.

They provide us those nutrients which we need in that particular season. Secondly, such foods and vegetables are cheaper and easily available.

(d) Define a balanced diet. [2]

**Answer:**

Balanced diet: Balanced diet is a diet which contains all the nutrients which our body needs for growth and development.

(e) Mention any two problems faced by consumers. [2]

**Answer:**

Variation in price of the commodity and adulteration are the two problems which the consumer face. There are many other problems too which the consumer face such as quality of product, misleading advertisement, defective weights.

### **Section – B [60 Marks]**

(Attempt any four questions from this section)

#### **Question 5.**

Meal planning is an art which develops through inspiration and thought. In this context answer the following questions:

(a) Write five major food groups classified on the body of nutrients. [5]

**Answer:**

Food Group	Nutrients Supplied
<b>Cereals, Grains and Products</b> Rice, Wheat, Ragi, Bajra, Maize, Jowar, Barley, Riceflakes, Wheat flour	Energy, Protein, Invisible fat, Vitamin-B <sub>1</sub> , Vitamin-B <sub>2</sub> , Folic acid, Iron, Fibre
<b>Pulses and Legumes</b> Bengalgram, Blackgram, Green gram, Redgram, Lentil, Cowpea, Peas, Rajmah, Soyabeans, Beans etc.	Energy, Protein, Invisible fat, Vitamin-B <sub>1</sub> , Vitamin-B <sub>2</sub> , Folic acid, Calcium, Iron, Fibre
<b>Milk and Meat Products</b> <b>Milk :</b> Milk, Curd, Skimmed Milk, Cheese <b>Meat :</b> Chicken, Liver, Fish, Egg, Meat	Protein, Fat, Vitamin-B <sub>2</sub> , Calcium Protein, Fat, Vitamin-B <sub>2</sub>
<b>Fruits and Vegetables</b> <b>Fruits :</b> Mango, Guava, Tomato, Papaya, Orange, Sweet lime, Watermelon	Carotenoids, Vitamin-C, Fibre
<b>Vegetables (Green Leafy) :</b> Amaranth, Spinach, Gogu, Drumstick leaves, Coriander leaves, Mustard leaves, Fenugreek leaves	Invisible Fats, Carotenoids, Vitamin-B <sub>2</sub> , Folic acid, Calcium, Iron, Fibre
<b>Other Vegetables :</b> Carrots, Brinjal, Capsicum, Beans, Onion, Drumstick, Potatoes, Cauliflower.	Carotenoids, Folic acid, Calcium, Fibre
<b>Fats and Sugars</b> <b>Fats :</b> Butter, Ghee, Hydrogenated oils, Cooking oils like Groundnut, Mustard, Coconut	Energy, Fat, Essential fatty acids
<b>Sugars :</b> Sugar, Jaggery	Energy

(b) Discuss any five characteristics of a well-planned [5]

**Answer:**

Characteristics of a well-planned meal: Meal planning is basically done to satisfy the nutritional needs of the family members according to the age and occupation.

1. Meal planning firstly determines the adequacy of the diet.
2. Better choice of food.
3. Helps to maintain a healthy life.
4. Beneficial for the old age persons.
5. Good exercise for the house wife.

6. Fulfill the nutritional need of the family.

(c) Mention any five methods adopted while planning ant. Organizing meals to save time and energy. **[5]**

**Answer:**

1. Planning keeps individual's like and dislikes in mind.
2. Meal planning saves time, energy, money and fuel too.
3. With a little effort, cheap and nutritious food can be prepare.
4. For saving time you should plan a meal for a week. Buy out the things you need once for the weeks, this saves your time for thinking what should made today.
5. Prepare a menu card for a week. This will also save your time.

**Question 6.**

Money Management is the key to financial security. In this context answer the following questions:

(a) List five advantages of budget. **[5]**

**Answer:**

Advantages of Budget:

The following are the advantages of making a budget:

1. The budget helps in saving money for unforeseen emergencies.
2. It helps in distribution and proper allocation of income for expenditure or different items, according to their requirements.
3. It helps the family in spending the money carefully so that the expenditure does not exceed the income.
4. It act as a financial guide.
5. Since all the members in a family work together for the planning of a budget, it induces a sense of cooperation among them.

(b) Briefly explain the following: **[5]**

1. Fixed deposit account.
2. Recurring deposit account.

**Answer:**

(i) Fixed Deposit Account:

Deposits which are made for a specified period and whose amount cannot be

withdrawn before the expiry. These deposits are repayable, but only after the expiry of a fixed period. Such as one year, 5 years etc. Fixed deposits are also known as Long-Term Deposits. For such long-term investment higher rate of interest is offered. Larger the time period of the deposit higher will be the rate of interest.

Importance:

1. These are very flexible in nature.
2. Fixed deposits offers guaranteed returns. The interest rate is also higher.

(ii) Recurring Deposit Account: Started for those persons who cannot make large deposits. It is started to encourage such people. Such type of accounts can be open with a small amount for a specified period. When the time period ends the depositor gets his money with an interest. A passbook is also issued to the person who deposits his money time to time. He can check how much he deposits in the bank by checking his passbook.

(c) What is an ATM card and how is it utilized? [5]

**Answer:**

ATM Card: ATM means Automated Teller Machine. It is a computer device or we can say a computerized Tele-Communication device which provides cash or money to the customers. Here, a plastic card is issued to that person who have an account with a bank. When the person or customer enter that card in the ATM, the person get identified because in the card there is a unique card number which is given by the bank.

For security, a pin code is also given with the card to the customer. After inserting the card the customer have to fill that pin code in the ATM machine. This card is called ATM card. By this card customer can access his bank account and make transactions, check his balance etc.

**Question 7.**

(a) What are related colour schemes ? Explain the schemes falling under this category. [5]

**Answer:**

Related colour schemes are made up of one or many hues which provide an effect of unity and harmony. These colour schemes provide greater variety and also a balance between warm and cool colours.

It include two other schemes which are given below :

1. Monochromatic colour scheme
2. Analogous colour scheme



- Monochromatic colour scheme is done by using one colour. But this colour varies both in intensity and value. It makes an attractive colour scheme for homes.
- Analogous colour scheme is made by mixing same or neighbouring colours. 3 to 5 colours are used in this scheme.

(b) What are warm colours? How do they change the mood of any interior? [5]

**Answer:**

Warm colours: Those colours which have large amount of yellow and red colours. Such colours have the element of fire. These colours are mainly associated with a bright, rich and energetic look. These colours create a small size and length visual impact. These colours gives a sense of warmth and comfort to the space. These are often used in the rooms which admit little or no natural light (daylight).

(c) Discuss the advantages of physical exercise in maintaining fitness of the body. [5]

**Answer:**

Physical exercise is very important for us to remain healthy and fit. Exercise play a very important role in our life. It keeps us fresh and active.

Advantages of Physical exercise :

- It keeps us fresh and active throughout the day.
- Also helps in growth and development.
- Improve our working ability.
- Activate our immune system.
- Helps in proper blood circulation throughout the body.
- Also improves our digestive system.
- Provide us energy.
- Protect us from diseases.

**Question 8.**

Food is considered spoiled when it has undergone undesirable changes. In this context answer the following questions:

(a) Explain the procedure for preserving food by dehydration. [5]

**Answer:**

Dehydration of food is a very common method. This method is used for drying the moisture content in the food products. Because this moisture content helps the microorganisms to grow. Such microorganisms spoil the food. Sun drying is a very basic method of dehydration. But there are also many artificial methods of drying. Hot

air is also used to dry the food products. Dehydration process is commonly used for fruits, salad, vegetable, in pickle preparation etc.

(b) How does sugar help in food preservation? Give any two examples of foods being preserved by this method. [5]

**Answer:**

Sugar also act as a preservative. It is used as a preservative in many food items. Basically, sugar absorb the excess amount of water from the food product and we know that the microorganisms generally grow in the moisture. There are many such items which contain sugar in them as a preservative. Actually, sugar act as a preservative by osmosis process.

Few examples of such preserved foods are jellies and jams.

(c) How should eggs and milk be stored at home to maintain their freshness for a longer period of time ? [5]

**Answer:**

<b>Storage of eggs</b>	<ol style="list-style-type: none"> <li>Select eggs that are clean, fresh and large. Check freshness of eggs by               <ul style="list-style-type: none"> <li>– rough shell</li> <li>– no sound when shaken</li> </ul> </li> </ol>	<ol style="list-style-type: none"> <li>Never wash eggs before storing.</li> <li>Store eggs with pointed ends downwards.</li> <li>Store in a cool place or in a basket in an airy room.</li> </ol>
<b>Storage of milk</b>	<ol style="list-style-type: none"> <li>Select milk according to quality needed               <ul style="list-style-type: none"> <li>– Toned milk (no cream)</li> <li>– Full cream (buffalo milk)</li> </ul> </li> <li>Check colour and taste. Milk has a slightly sweet taste. Stale milk has sour taste and an unpleasant smell.</li> </ol>	<ol style="list-style-type: none"> <li>Boil milk and keep in a cool place. If there is no refrigerator, boil milk after every 5-6 hours to keep it free from germs.</li> <li>Never mix old milk with fresh milk.</li> </ol>

**Question 9.**

(a) 'A wise consumer uses sensible buying method'. Justify this statement with five suitable examples. [5]

**Answer:**

1. A wise consumer should know what to buy, when to buy, where to buy, how to buy, how much to buy.
2. Good planning helps to avoid buying unnecessary items.
3. Decide the quantity of the item. It helps to avoid the wastage.
4. Decide what you need.
5. Evaluate the products by looking their price, brand, quality.

(b) List five consumer responsibilities. [5]

**Answer:**

Responsibilities of consumers :

1. After any purchase consumer should get the bill.
2. While buying goods always check the ISI mark.
3. Always read the instructions carefully.
4. Use rights of the consumers.
5. Always buy quality things and goods. Never buy a good whose brand name gets same with those brand which already exist in the market. So a consumer should be aware.

(c) What is the significance of 'consumer aids ?' Explain the role of any two of these aids. [5]

**Answer:**

Consumer aids:

Anything that helps and guides a consumer in selecting the product he wants to buy, is called a consumer aid.

These aids help the consumer in wise selection of goods/services and also safeguards oneself against exploitation by sellers/manufacturers.

Different Consumer aids:

1. Labels: Information about the product may be given in the form of labels. These are supplied by the manufacturer of the product. These labels are printed on the packages. Sometimes these are pasted on the container. For example, label on jam bottles.

Requisites of a good label are being listed below.

- Name of the product
- Brand name
- Trade mark

- Manufacturer's name and address
- Standardization mark (FPO, ISI, AGMARK etc.)
- Variety and quality
- Ingredients
- Preservatives used in case of processed food
- Manufacture and Expiry date
- Batch number

2. Standard marks: Standardization marks indicate to a buyer that the product has been tested and found to be of good quality.

Keeping the interest of consumers in mind, the government has undertaken various initiatives for keeping and upgrading the quality of the products. The Government operates certification schemes under which the standard marks are provided to the items.

ISI – Mineral water, LPG cylinder, Pressure cooker, Biscuits etc.

AGMARK – wheat Horn, ground spices etc.

FPO – fruit juices, jams etc.

Woolmark – woollen clothes.

### **Question 10.**

Explain the:

(a) procedure of laundering a woollen cardigan,

### **Answer:**

Laundry procedure of all clothes are approximately same. These are the steps which we use in laundering a woollen cardigan.

- Preparation: Firstly, examine the cardigan for tears, holes and stains and treat accordingly. Trace the outline on a brown paper to ensure its shape after washing.
- Steeping: In case of very dirty cardigan, it should not be soaked for more than 5-10 minutes in cold water. Luke warm water will harm the cardigan.
- Washing: Wash the cardigan with a very gentle hand with tender kneading and squeezing method.
- Rinsing: Remove the extra soap by pressing it between flat palms and then rinse off several times in a plenty of water.
- Drying: Roll it tightly in a towel to remove the extra water. Spread flat within the outline marked for its original shape. Dry it in shade.
- Ironing/Press: Cardigan should not be ironed. If required, it must be pressed.

(b) Importance of starching and blueing,

**Answer:**

Starching: It is done to make the fabric stiffen and give a feel which makes it attractive. This is mostly done by the textile manufacturers. It is an effort to regain the original finish of the fabric.

Blueing: It is applied on the white fabrics. Both these process are done in a single step to save time and starch.

(c) procedure of storage of clothes.

**Answer:**

Storage of clothes:

Cotton Clothes:

- Do not store moist clothes, they invite fungus.
- Put some deodorant among the stored clothing to avoid the smell (musty).

Silk Clothes:

- Store dry clothing only.
- Avoid use of moth-balls because they reduce the lustre of zari.

Wool Clothes:

- Store totally dry woollens.
- Use neem leaves, nepthha balls to prevent the damage by moths.