

BUDHA DAL PUBLIC SCHOOL, PATIALA
Pre Board Examination (20 December 2025)

Class XII (Humanities - 064)
Subject - Home Science

M.M.70

Time: 3hrs.

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.

Section - A

- Q1. Match the following (1)
- | | |
|---|---|
| List 1 (Types of special dietary foods) | List 2 (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) Performs a protective role |
| 4) Antioxidants | iv) Requires a doctor's prescription for dietary management |
- Choose the correct option
- a) 1 - ii, 2 - iv, 3 - i, 4 - iii
b) 1 - i, 2 - ii, 3 - iii, 4 - v
c) 1 - iv, 2 - iii, 3 - ii, 4 - i
d) 1 - iii, 2 - i, 3 - iv, 4 - ii
- Q2. Given below are two statements labelled as Assertion (A) and Reason (R). (1)
- Assertion (A) : The Government of India and State Governments provide necessary support and guidance through policies and programme for the process of adoption.
- 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 to children.
- 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
- Q3. Given below are two statements labelled as Assertion (A) and Reason (R). (1)
- Assertion (A) : Food science is broad discipline concerned with all the technical aspects of food, beginning with harvesting and ending with consumption.
- Reason (R) : Food scientists deal with physiochemical aspects of food to understand the nature and properties of food.
- 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
- Q4. Which guiding principle of the National Curriculum Framework (NCF) is reflected when a preschool teacher in corporate singing and drawing into daily lessons? (1)
- a) Use of local materials
b) Play as a basis for learning
c) Developmentally appropriate practices
d) Blend of textual and cultural sources
- Q5. What is a key feature of community radio? (1)
- a) High investment cost
b) Operated by large corporations
c) Limited to urban areas
d) Communication in local dialects

- By adding _____ the calorie content of processed food can be reduced. (1)
- a) Artificial sweetener b) Specially treated proteins
c) Jaggery d) Honey
- Which of the following is the main feature of hospital laundry? (1)
- a) Pressing and perfect folding
b) Cleanliness and disinfection
c) Starching and ironing
d) Cleanliness and Aesthetic appeal
- Q8. A low cost strategy to combat vitamin A deficiency in rural areas would involve (1)
- a) Promoting sanitation and hygiene
b) Including fortified foods in daily diets
c) Encouraging home gardening
d) Distribution of Vitamin A capsules
- Q9. Which of the following is true about ISO 9000 standards? (1)
- a) Mandatory for all organisation world wide
b) Focus on environmental management standards
c) Concerned with the quantity management of an organization
d) Focused on food safety and hygiene regulations
- Q10. In the pre arrival stage of guest cycle, what is the most critical action for front office staff? (1)
- a) Assigning housekeeping duties
b) Ensuring the cleanliness of rooms
c) Managing checkout procedures
d) Confirming room reservations and rates
- Q11. A care requiring specialized surgery that cannot be managed at a district hospital is referred to another facility. Which healthcare level will handle this case? (1)
- a) Primary level b) Secondary level c) Tertiary level d) Community health centre
- Q12. What is the goal of the Sustainable Access in Rural India (SARI) project? (1)
- a) Enhancing rural health care 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
- Q13. For an elderly person with dentures, which type of diet would ensure adequate nutrition? (1)
- a) Clear liquid diet b) Regular diet c) Soft diet d) Low protein diet
- Q14. Which of the following helps to create Rhythm in a dress? (1)
- a) Gathers in waist b) Right kind of texture
c) Different unusual shapes d) Same design on each side
- Section - B**
- Q15. How is Achromatic Colour Harmony different from Triadic Harmony? (2)
- Q16. Your sister has bought a front loading washing machine. What are the two features of washing principles used in this machine? (2)
- Q17. An urban entrepreneur plans to open a day care for the elderly. Elaborate on two skills essential for managing this facility. (2)
- Q18. 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)
- Q18. Mention two features of the "Commonwealth Youth Programme". (2)
- Q20. List two important duties performed by the kitchen stewarding department. (2)
- Q21. A company observes increased absenteeism cause by employee health issues. In what three ways could life skills training enhance their Quality of Work Life (QWL)? (2)
- Q22. 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 individuals personal growth. (2)

224. What are the three primary requirements for operating hi-tech laundries? (3)
- Q25. A media house collaborates with an NGO for a water conservation awareness project. Provide three reasons why campaign was chosen for this project. (3)

Section - C

- Q26. Mukund, a graduate in food technology, is exploring career opportunities and challenges in the food industry. (4)
- Highlight any two potential career options for him.
 - What are the two significant challenges faced by food technologists in recent times.
- Q27. (4)
- What are the two causes of PEM and how are they assessed?
 - How can Public Health Nutritionist contribute to the prevention of PEM at the community level? Give one point.
- Q28. A 55 years old woman has been hospitalized due to complications from hypertension and a recent gastrointestinal infection. (4)
- Describe any two factors a medical nutrition therapist must consider to evaluate the effect of illness on food acceptance and utilization.
 - Enumerate any two steps involved in the nutritional care process that a medical nutrition therapist must follow for this patient.
- Q29. (4)
- State any one factor that indicates food is spoiled or deteriorated
 - Explicate any three factors which leads to food deterioration and spoilage.
- Q30. An ECCE professional is planning a lesson for group of preschool children. The professional is mindful of Piagets and Vygotsky's theories, which emphasize active learning and importance of social interaction. (4)
- How can the professional use Piaget's theory to design activities that promote cognitive development in preschool children
 - How does Vygotsky's theory of social learning apply to group activities in a preschool setting?
 - Provide two guidelines for ECCE professionals to consider when planning lessons for preschool children.
- Q31. Elaborate on five major developments in the fashion industry from ancient times. (5)
- Q32. (5)
- Explain any two possible grievances Mr. Sharma might face when using insurance services
 - Advice any three importance of consumer education to him which ensures consumer protection.