

BUDHA DAL PUBLIC SCHOOL, PATIALA

Final Examination (19 March 2026)

Class - XI
HOME SCIENCE (064)

M.M. 70

Time: 3hrs

All questions are compulsory.

Section - A

1. Read the following statement Assertion (A) and Reason (R)
Assertion (A) : Diseases like obesity, high blood pressure, heart disease, diabetes, cancer, arthritis are increasing rapidly.
Reason (R) : India is bearing the 'double burden of malnutrition' that is both under nutrition and over nutrition are found here.
Select the most appropriate answer
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 and R is false.
d) A is false but R is true
2. Read the following statement Assertion (A) and Reason (R)
Assertion (A) : Demographic segmentation is done on the basis of population, age, gender, education and income of the people.
Reason (R) : This helps in improving the product and making it unique in the market.
Select the most appropriate answer
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 and R is false.
d) A is false but R is true
3. What is the main principal of washing clothes in a machine?
a) To keep the cloth in a movement in washing solution.
b) Filling of water in a machine.
c) Setting the control of the machine
d) To put a good detergent in the machine for removing dirt.
4. Spinning at speed greater than 300 rpm generate _____ in washing machine
a) Centrifugal force b) Gravitational force c) Regional force d) Magnetic force
5. What is the optimum speed of spinning for washing clothes
a) 300 - 350 rpm b) 500 - 530 rpm c) 900 - 1100 rpm d) 600 - 620 rpm
6. Which of the following lines gives an illusion of height?
a) Oblique lines b) Horizontal lines c) Curved lines d) Vertical lines
7. Which of the following is not a stimulating colour?
a) Red b) Yellow c) Orange d) Purple
8. The retail shops that have the same brand and central management are called
a) Business impact b) Departmental stores
c) Chain stores d) Small single unit store

9. Salmonella exists in the intestinal tract to animals, raw milk and eggs but it can be destroyed by
a) Heating b) Cooling c) Refrigeration d) Deep freezing
10. Which process was developed by Louis Pasteur to prevent milk from becoming sour?
a) Dehydration b) Food processing c) Pasteurization d) Cooling
11. Who said, "The problem of malnutrition is a matter of national shame I appeal to the nation to resolve and work hard to eradicate malnutrition in 5 years."
a) Narendra Modi b) Mahatma Gandhi c) Dr. Manmohan Singh d) Mother Teresa
12. Diets that are adjusted to meet the medical needs of a patient are called as
a) Regular diets b) Medicinal diets c) Modified diets d) Therapeutic diets
13. Which department is responsible for visual merchandising?
a) Merchandising division
b) Sale and promotion division
c) Operational division
d) Personnel and branch store

Case Study Based Questions:

Many food processing operations are designed to extend the shelf life of the food products. The concepts associated with food processing are reducing/ eliminating microbial activity and other factors that influence food spoilage. The principle micro organisms that cause food spoilage are bacteria, fungi, yeasts and moulds. They grow typically very rapidly under congenial conditions. Factors influencing microbial growth and nutrient availability, moisture, pH oxygen levels and the presence or absence of inhibiting substances eg. Antibiotics. The activity of enzymes inherently present in foods also depends on pH and temperature. Oxidative enzymes depends on pH and temperature. Oxidative enzymes in fresh fruits and vegetables continue to use oxygen to metabolise, reducing the shelf life of fruits and vegetables.

14. What temperature range is known as Danger Zone in which bacteria grows?
a) 0 - 50°C b) 4 - 60°C c) 2 - 50°C d) 5 - 60°C
15. Which are the High Risk Food preferred by bacteria?
a) Protein rich b) Fat rich c) Mineral rich d) Carbohydrate rich
16. Which of the following is not a food processing method to prevent food spoilage?
a) Application of heat b) Application of water
c) Removal of water d) Reduction of pH
17. Which amongst the following is an example of semiperishable food?
a) Curd b) Tomato c) Onion d) Rice
18. Which amongst the following is an example of Non perishable food?
a) Potato b) Wheat c) Milk d) Peas

Section - B

19. What do you understand by the term food based strategy? Enlist any two food base strategies. You may adopt to tackle public nutrition problems?
20. What two rules Sudha will have as a fashion merchandiser in each of the following field
a) Manufacturing b) In promoting

- but it can be
- Your mother is admitted in the hospital for a surgery. Her gastro intestinal tract is functioning properly but she is not able to take food by mouth. Which feeding route should be adopted in this situation? Write any one advantage of the method.
22. Enumerate any four primary requirements when preparing for a career in the field of care and maintenance of fabrics.
 23. Noor wants to create a clothing collection using contrasting colour scheme. What four different types of contrasting scheme she can apply?
 24. Sushma wants to create dress using different shapes Which four basic shapes she can create by using different types of lines?
 25. Compare two advantages and disadvantages of food/ diet based approach used to Combat Public Nutrition problems.

Section - C

26. Illustrate any three ways each of creating emphasis in a kurta/ kurti.
27. Why laundry is an art and science? Give any four differences between household and commercial laundry?
28. a) Differentiate between Food Infection and Food Intoxication
b) Write any two ways by which salmonella bacteria spreads.
29. You have bought a silk fabric to get a frock stitched for your younger sister. Illustrate three different ways to create 'Rhythm' in the frock.

Section - D

30. A food hazard can enter/ come into the food at any stage of the food chain, therefore adequate control throughout the food chain is essential. Explain three ways with two features of each to ensure food safety and quality. Also state two importance of FSSA, 2006.
31. You are working in the hi-tech laundry of a hotel
 - a) What four factors you will keep in mind before choosing the process of washing a fabric?
 - b) You are using a dryer to dry the washed fabric? Explain two types of circulation system in a dryer?
32. How are the laundries in hospitals different from hotels?
33. Elaborate an eight knowledge and skills required by a personal involved in Food Product Development.

Section - E

35. Your sister wants to go in for a career of Fashion designer. Explain her the five stages of Fashion Cycle.
34. Compare two points of difference between tube feeding and intravenous feeding. Also give three each objectives of diet therapy and role of clinical nutritionist.