



माध्यमिक शिक्षा मण्डल, मध्यप्रदेश, भोपाल

2020

24 पृष्ठीय

परीक्षार्थी द्वारा भरा जावे ↓

परीक्षा का विषय **Home Management** विषय कोड **6 1 0** परीक्षा का माध्यम **ENGLISH**
 स्टीकर तौर के निशान **52343** लगाये

उत्तर पुस्तिका का सरल क्रमांक **320-**
 अंकों में परीक्षार्थी का रोल नम्बर
X 2 0 4 4 3 4 6 1 9
 शब्दों में
two zero four four three four six one nine
 BOARD OF SECONDARY EDUCATION MADHYA PRADESH
 माध्यमिक शिक्षा मण्डल, म.प्र., भोपाल

क :- पूरक उत्तर पुस्तिकाओं की संख्या अंकों में **X** शब्दों में
 ख :- परीक्षार्थी का कक्ष क्रमांक **9**
 ग :- परीक्षा का दिनांक **13 03 2020**
 परीक्षा का नाम एवं परीक्षा केंद्र क्रमांक की मुद्रा
C. No.- 442116 High Secondary School
 परीक्षक का नाम एवं हस्ताक्षर : केन्द्राध्यक्ष/सहायक केन्द्राध्यक्ष के हस्ताक्षर
गौरी शर्मा **Arjun**

परीक्षक एवं उपमुख्य परीक्षक द्वारा भरा जावे ↓

प्रमाणित किया जाता है कि मूल्यांकन के समय पूरक उत्तर पुस्तिकाओं की संख्या उपरोक्तानुसार सही पाई होले क्राफ्ट स्टीकर क्षतिग्रस्त नहीं पाया गया तथा अन्दर के पृष्ठों के अनुरूप मुख्य पृष्ठ पर अंकों की प्रविष्टी एवं अंकों का योग सही है।
 निर्धारित मुद्रा : नाम, पदनाम, मोबाईल नम्बर, परीक्षक क्रमांक एवं पदांकित संस्था के नाम की मुद्रा लगाएं।
 उप मुख्य परीक्षक के हस्ताक्षर एवं निर्धारित मुद्रा : परीक्षक के हस्ताक्षर एवं निर्धारित मुद्रा

नोट :- "हरयर सेकेण्डरी परीक्षा में केवल वाणिज्य संकाय के विषयों तथा हाईस्कूल परीक्षा में प्रायोगिक विषय को छोड़कर शेष विषयों हेतु नियमित एवं स्वाध्यायी छात्रों के लिये प्रश्न पत्र 100 अंकों का होगा किन्तु नियमित छात्रों को 100 अंक के प्राप्तांक का 80% अधिभार एवं स्वाध्यायी छात्रों को 100 अंक के प्राप्तांक ही अकसूची में प्रदर्शित किये जायेंगे।"

केवल परीक्षक द्वारा भरा जाये।
 प्रश्न क्रमांक के समूह प्राप्तांकों की प्रविष्टी करें। प्रश्न पृष्ठ क्रमांक (से)

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Ques - 1

(a) (iii) By Electromagnetic waves ✓

(b) (ii) ~~0°F to 30°F~~ 32°F to 45°F ✓

(c) (iv) Lathyrism ✓

(d) (i) 4 Calories ✓

(e) (i) Kantha ✓

Ques - 2

(a) Protein ✓

(b) Two ✓

(c) White ✓

(d) Three ✓

(e) Vitamin A ✓

Ques - 3

Ans (a) Family is a group of people which live most of the time together to fulfill their basic needs and requirement.
 Ans It consist of married people which live with their children.

Ans: (b) World Health Organization was established in year 1948.



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Ans: (c) To prepare the meal chart not only for 1 day but for 1 week or more is called meal planning. It simplifies the work of housewife.

Ans: (d) A person who buy something like goods, any food article, cloth or any other service irrespective of their age is known as consumer.

Ques: Natural fibres are the fibres which we get from plants, animals and mineral sources. For example - cotton, wool, silk, polyester etc.

Ques - 4

'A'	'B'
(a) Natural light	Sun ✓
(b) Electric appliances	I.S.I. ✓
(c) Silk clothes	Gum Starch ✓
(d) Acetic Acid	Pickle ✓
(e) Rayon	Viscose method ✓

Ques - 5

Ans: Consumer education is to give knowledge to the customer as to what, when,



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योग पूव २-

पृष्ठ ५ अंक

सु. ११ २०११

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where how to buy, how much to
buy and how to use it so that
they can stay away from any loss.

Ques - 6

Ans: The intake of improper nutrients or
lack of any nutrient in our diet
or longer period of time or do
not get sufficient amount of food
is known as malnutrition. We should
have to take proper balance diet to
prevent from malnutrition.

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Ques - 7

Ans: Canning is a process of food preservation
in which food can be preserved in
tin, cans etc for longer period of
time. Fruits are preserved in the
form of juices in cans. The process
of canning has following steps -
required arrangement, selection of fruit,
food, blanching, exhausting, sealing,
sterilizing and labelling.

Ques - 8

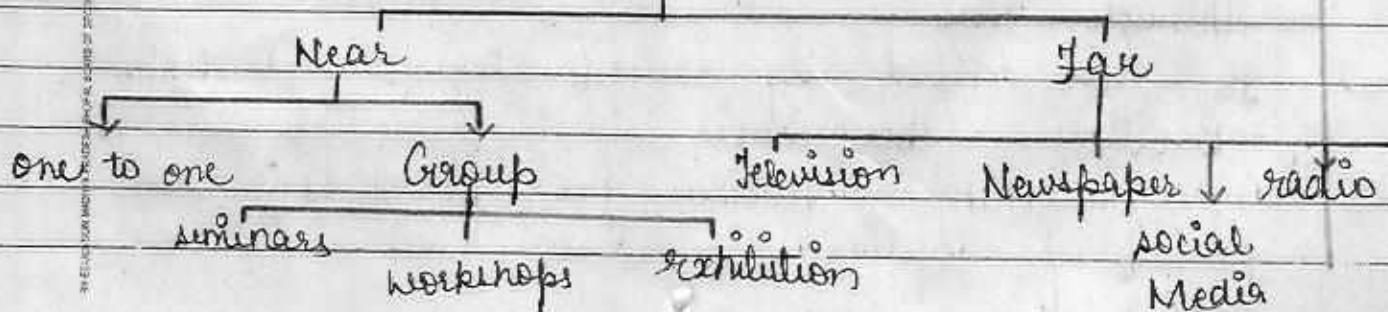
Ans: - Adolescent is the age of rapid growth.

It was said that diet of adolescent and adult is same but there is difference because during the age of adolescent many internal and external changes occurs. So for that proper nutritious diet is required. Following are the food related problems of adolescent :-

- B**
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- (i) They don't eat proper meal because of late night studies and over usage of mobiles. While they are doing this they show less interest in food.
 - (ii) They want tasty food more than nutritious food so they prefer junk foods which is not good for their health.
 - (iii) Due to stress, tension they use to skip meals.
 - (iv) Girls are usually figure conscious. So they don't eat proper food.

Ques - 3

Ans: Contact methods of nutrition education are:
Contact Method





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1. Near - In this method of giving nutrition education we can contact with them individually and they can clear their doubts and this is easy to explain. Near method is again divided into 2 parts - one to one ^{and} or in groups by organizing exhibitions, seminars, workshops etc. But through this method we can give education to very less amount of people.

S 2. Far or Distant :- In this method of giving nutrition education we can contact with many people through world wide by television, radios, giving articles in social newspapers etc. But the disadvantage is if people has some doubts so that they will not be able to ask about it or clear it.

Ques - 10

Ans:- Causes of Tuberculosis :-

1. This is communicable disease and spreads through air.
2. It is called by caused by the bacteria *Mycobacterium tuberculosis*
3. By breathing infectious gas for longer period of time.



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4. Stools and urine ^{left} in open areas. Through flies and bacteria it contaminated food and air.

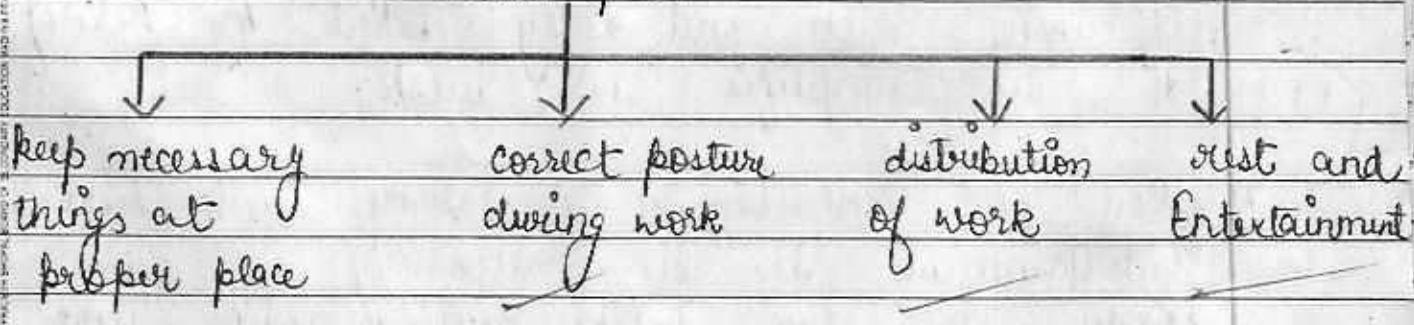
Symptoms of Tuberculosis :-

- (i) High fever during evening time.
- (ii) loss of appp Vapelite.
- (iii) less interest in food.
- (iv) weight loss
- (v) sneezing and coughing continuously.
- (vi) after sometime blood also comes
t in coughing.

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Ques - 11

Ans. Principles of work simplification are-
Principles



1. Keep necessary things at proper place :-

A housewife should keep all the things at their proper places so that it could be easier for her. like keep uniform of children along with socks and shirt at one place, water utensils in the kitchen,

daily use things at one place so that time and energy could not get waste in finding the things.

2. Correct posture during work :- ^{one} she should have to work in ^{keeping} proper posture of the body. Because doing work continuously in wrong posture may lead to excess body pain and can cause some other defect in our body.

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3. Distribution of Work :- distribution of work is very important to save time and energy. It also simplifies our work. For example - A housewife should have to distribute work among children and husband which can done by them instead of doing each and every work by herself. It will simplifies her work.

1. Rest and Entertainment :- Some rest and entertainment is also necessary for our body to stay fresh and active and energetic for doing work properly.

Ques-12

Ans:- Problems faced by consumer are-

Problems of Consumer

↓
less availability
of quality products

↓
Fraud
shopkeeper

↓
Improper
instructions

↓
faulty
appliances

1. Less availability of quality products :- due to low production or higher rates of any product shopkeepers used to sell low quality products or adulterated products which can befool the consumer and can cause harm to their health also.

2. Fraud shopkeepers :- shopkeepers used to cheat the consumers by showing some other high quality product and giving defective piece to them. This is the big problem faced by the consumers.

3. Improper Instruction :- shopkeepers gives only the good information about the products and don't show the demerits of the products. And don't give proper information about the product.

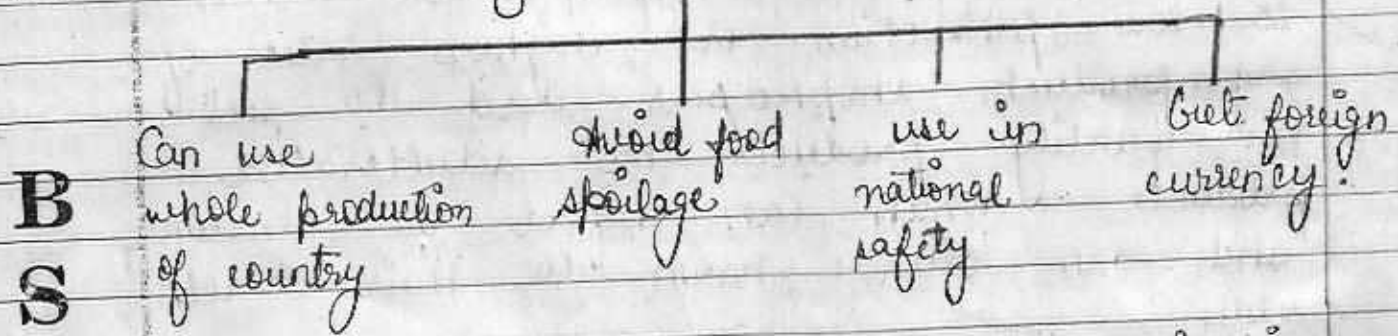
Faulty Appliances :- shopkeepers used faulty appliances to get more profit. Example tilted measuring vessel, defective



measuring tap, defective measuring beam etc to give less amount of product and get more profit over it.

Ques-13

Ans:- Aims of Food Preservation



1. Use whole production of country :- India is an agricultural land. so production is more. So use whole production food preservation is to be done. so that we can get products in off season also.

2. Avoid food spoilage :- some foods like fruits and vegetables get spoiled after sometime do avoid this spoilage and save it for longer period preservation is needed.

3. Use in National safety :- during world war preservative industries provides food to our soldiers. And in natural



calamities preserved food is used.

4. Cret foreign currency :- In our country production of wheat, guava, mangoes is more. so it is preserved and exports to other countries in good price so that it will help our financial status of our country.

Ques - 14

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Qualities of indian embroidery are :-

complicated but looks elegant

increase the beauty of even white cloth

depict indian culture

Hand stitches & skills and talent

1. Complicated But looks elegant :- embroidery is different stitches by different colour & thread on different colour cloth. Some embroideries like Kantha of bengal is very complicated but it makes cloth attractive. It is done on borders of sarees.

2. Increase the beauty of white cloth :- By doing embroidery makes even white cloth expensive and looks elegant. For ex- chikan kari of



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Lucknow is done by using six threads. It is done by fine white cotton thread on white cotton cloth. It is also done in centre of the flower which makes cloth heavy, expensive and gorgeous.

3. Depict Indian culture :- In modern era new techniques of embroidery is arrived but ancient technique of embroidery has its own value and importance.

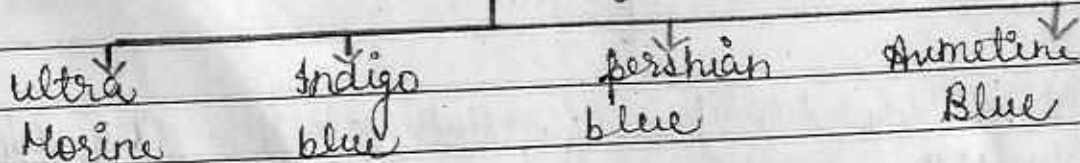
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embroiders depict our Indian culture in their embroidery by making image of birds, animals, and on the theme of our day to day life.

4. Hand stitches and skills and talent :- Hand stitches are very famous. Women of Bengal is famous for their skills and talent for the famous embroidery Kantha of Bengal.

Ques - 15.

Ans: There are 4 kinds of Blue :-



1. Ultra Morine :- This blue is obtained

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from minerals. It is made by the ash of sodium sulphate, chloride. All these things are crushed together and the powder is used as blue. It is soluble in water.

2. Indigo Blue :- It is obtained from plants. We cannot prepare it by artificial methods. It is insoluble and expensive.

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E 3. Prussian Blue :- This blue is made from ^{iron} sulphate oxide and potassium ferrocyanide. It is less use because it ^{leaves} iron like rusting like brownish marks on clothes.

Aniline Blue :- It is cheaper and most comfortable to use. It blue the clothes uniformly and it is soluble in water.

Ques - 16.

Ans: - Single family consist of mother, father and their children. Benefits of single family are -

1. Less Expense :- In single family budgeting is done easily and is properly maintained. Because they have less expenses.



They only need to expense on themselves, their house hold works and their children. It is easily maintained.

2. Privacy :- In single family we can get our own privacy. Do whatever we want. No need to ask someone before doing anything. And we can take our own decisions for ourselves and for our children.

B 3. No Boundations :- Single families have no
S boundations and no interference of others.
E we can go out anywhere, anytime by our choice. Responsibilities are not more so we can enjoy easily.

4. Proper watch on children :- In joint single families parents can keep watch on their children easily because their work load is less and can do their upbringing through their own way.

Less work load :- Housewives of single family have less work load because she should have to cook food for very less members and can keep her house neat and clean easily.



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thrive health.

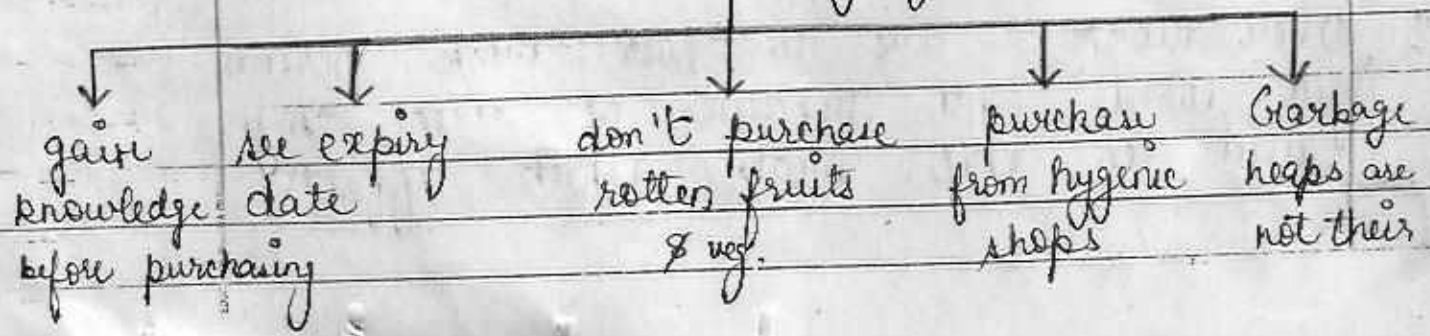
4. Working Parents :- due to working of both mother and father time is not available for cooking food for themselves and their children which leads to continuous consumption of outside unbalance food which has very low nutritive values.

B 5. High price of nutritive products :-
S Now-a-days the products which have
E high nutritive values are very costly and can't be able to purchased by middle class people. Therefore they prefer products which are having less nutritive values.

Ques - 18.

Ans: Following precautions should be kept while purchasing food articles:-

Purchasing food





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1. **Gain knowledge before purchasing :-** Before purchasing any food article one should have full knowledge about its price, ingredients etc so that he/she should not be fooled by the shopkeeper and get low quality food article in high price.
2. **Check Expiry date :-** Firstly we have to check expiry date before buying any food article. Because after the date of expiry food starts releasing toxins which are very harmful for our health. By consuming expiry date products we will be injured from food poisoning.
3. **Don't purchase rotten fruits & vegetables :-** Fruits and vegetables get rotten because of the microorganisms. The intake of rotten things creates toxins to our health which is very harmful.
4. **Purchase from hygienic shops :-** we should have to purchase any food articles from ~~any~~ hygienic shops. where cleanliness is maintained and flies and other bacteria are not there to infect food. And where food is not kept



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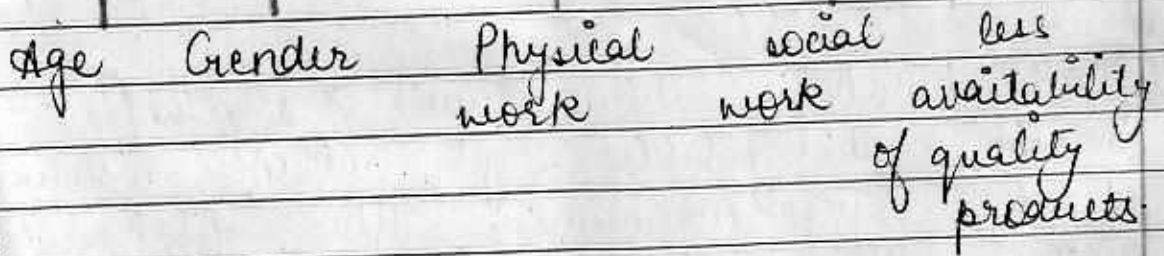
in open areas.

5. Garbage heaps near shops:- windows and doors of the shops are not opened in front of garbage heaps because flies and mosquitoes sit on the garbage and thus contaminate the food by sitting on them. This is very important to not to buy food products from shops near garbage heap.

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Ques - 17.

Factors affecting balance diet are-



1. Age:- According to age one should take proper diet. According to age and weight diet should be properly balanced. Not excess of the age or not less.

2. Gender:- According to gender diet should be their. Diet of male and



female should not be same. Mens should get more calorie than female because they have more physical work.

3. Physical work :- The person who are doing more physical work like labour class people or farmers should get all the nutrients - calories, proteins, carbohydrates etc in more amount. Because they want more energy.

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S 4. social work :- due to social works and religious things our diet gets affected. Ex-
E by doing rag fasts most of the time and not eating nutritious products balance diet is affected.

5. less availability of quality products :- In this era quality products are reducing. We don't get quality products instead adulterated items we are getting and crops are also grown by using harmful chemicals so by this nutritious value of the products are being low.