रोल नं.
Roll No. ☐☐☐☐☐☐☐

परीक्षार्थी कोड को उत्तर-पुस्तिका के मुख-पृष्ठ पर अवश्य लिखें ।

Candidates must write the Code on the title page of the answer-book.

- कृपया जाँच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ **7** हैं ।

- प्रश्न-पत्र में दाहिने हाथ की ओर दिए गए कोड नम्बर को छात्र उत्तर-पुस्तिका के मुख-पृष्ठ पर लिखें ।

- कृपया जाँच कर लें कि इस प्रश्न-पत्र में **32** प्रश्न हैं ।

- **कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, प्रश्न का क्रमांक अवश्य लिखें ।**

- इस प्रश्न-पत्र को पढ़ने के लिए 15 मिनट का समय दिया गया है । प्रश्न-पत्र का वितरण पूर्वाह्न में 10.15 बजे किया जाएगा । 10.15 बजे से 10.30 बजे तक छात्र केवल प्रश्न-पत्र को पढ़ेंगे और इस अवधि के दौरान वे उत्तर-पुस्तिका पर कोई उत्तर नहीं लिखेंगे ।

- Please check that this question paper contains **7** printed pages.

- Code number given on the right hand side of the question paper should be written on the title page of the answer-book by the candidate.

- Please check that this question paper contains **32** questions.

- **Please write down the Serial Number of the question before attempting it.**

- 15 minute time has been allotted to read this question paper. The question paper will be distributed at 10.15 a.m. From 10.15 a.m. to 10.30 a.m., the students will read the question paper only and will not write any answer on the answer-book during this period.

गृह विज्ञान
HOME SCIENCE

निर्धारित समय : 3 घण्टे
Time allowed : 3 hours

अधिकतम अंक : 75
Maximum Marks : 75

सामान्य निर्देश :

इस प्रश्न-पत्र में **पाँच** खण्ड **A, B, C, D** और **E** हैं । खण्ड *A* में प्रत्येक *1* अंक के *8* प्रश्न हैं । खण्ड *B* में प्रत्येक *2* अंक के *8* प्रश्न हैं । खण्ड *C* में प्रत्येक *3* अंक के *3* प्रश्न हैं । खण्ड *D* में प्रत्येक *4* अंक के *8* प्रश्न हैं । खण्ड *E* में प्रत्येक *5* अंक के *5* प्रश्न हैं ।

सभी खण्ड अनिवार्य हैं । प्रत्येक खण्ड में अलग से दिया गया है कि उस खण्ड से कितने प्रश्नों के उत्तर देने हैं ।

General Instructions :

*This question paper contains **five** sections **A, B, C, D** and **E**. Section A contains 8 questions of **1** mark each. Section B contains 8 questions of **2** marks each. Section C contains **3** questions of **3** marks each. Section D contains 8 questions of **4** marks each. Section E contains **5** questions of **5** marks each.*

***All** sections are compulsory. The number of questions to be attempted is given in each section separately.*

खण्ड क

SECTION A

दिए गए **आठ** प्रश्नों में से **किन्हीं सात** प्रश्नों के उत्तर दीजिए ।   1×7=7

*Attempt **any seven** questions from the given **eight** questions.*

1. 'किशोरावस्था' से आप क्या समझते हैं ?   1

    अथवा

    'वृद्धावस्था' से आप क्या समझते हैं ?

    What do you understand by 'Adolescence' ?
                    OR
    What do you understand by 'Old age' ?

2. 12 – 18 माह के बच्चे के लिए दो उपयुक्त खिलौने सुझाइए ।   1

    Suggest two appropriate toys for a child of 12 – 18 months.

3. खाद्य कर्मी को परिभाषित कीजिए ।   1

    Define food handler.

4. खाद्य स्वच्छता बनाए रखने के लिए आप कौन-सी दो सावधानियाँ अपनाएँगे ?   1

    What two precautions will you adopt to maintain food hygiene ?

5. कौन-सा खाद्य पदार्थ शुद्ध कार्बोहाइड्रेट कहलाता है ?   1

    अथवा

    कौन-सा पोषक-तत्त्व दूध में नहीं पाया जाता है ?

    Which food is known as pure carbohydrate ?
                    OR
    Which nutrient is not found in milk ?

6. चीनी में कौन-सा मिलावटी पदार्थ पाया जा सकता है ?

अथवा

लोहे के चूर्ण की मिलावट किस खाद्य पदार्थ में पाई जा सकती है ?

Which adulterant may be found in sugar ?

OR

Which food may be adulterated with iron filings ?

7. धुलाई में 'स्टार्च' का प्रयोग क्यों किया जाता है ?   *1*

Why is 'starch' used in laundry ?

8. वृद्धों के परिधानों में किस प्रकार के बंधकों का प्रयोग किया जाना चाहिए ?   *1*

What kind of fasteners should be used on the clothes of the elderly ?

खण्ड ख
SECTION B

*दिए गए **आठ** प्रश्नों में से **किन्हीं सात** प्रश्नों के उत्तर दीजिए ।*   *2×7=14*

*Attempt **any seven** questions from the given **eight** questions.*

9. 'वास्तविक आय' से आप क्या समझते हैं ? इसके दो उदाहरण दीजिए ।   *2*

What do you understand by 'Real income' ? Give its two examples.

10. डाकघर में उपलब्ध निवेश की किन्हीं चार योजनाओं के नाम बताइए ।   *2*

Name any four investment schemes available in the Post Office.

11. सूती वस्त्रों को संग्रह करते समय कौन-सी चार सावधानियाँ बरतनी चाहिएँ ?   *2*

अथवा

ऊनी शॉलों को संग्रह करते समय आप कौन-से चार कदम अपनाएँगे ?

What four precautions should be adopted while storing cotton garments ?

OR

What four steps will you adopt while storing woollen shawls ?

12. आहार आयोजन कम खर्च में भोजन तैयार करने में सहायता करता है । इस कथन को दो उदाहरणों की सहायता से समझाइए ।   *2*

अथवा

आहार आयोजन द्वारा बचे हुए खाद्य-पदार्थों का पुन: उपयोग कर सकते हैं । इस कथन को दो उदाहरणों द्वारा समझाइए ।

Meal planning helps in preparing low cost meals. Explain this statement with the help of two examples.

OR

Meal planning helps in reusing leftovers. Explain this statement with two examples.

13. किन्हीं चार ग़ैर-सरकारी संस्थाओं के नाम बताइए जो उपभोक्ता शिक्षा के स्रोत के रूप में कार्य करती हैं । *2*

Name any four Non-Government Agencies which act as a source of consumer education.

14. ऐसी चार खाद्य वस्तुएँ बताइए जिनके लिए आई.एस.आई. मार्क चिद्वित लेबल बनाया जाता है । *2*

Name four food items for which ISI marked label is made.

15. मध्य बाल्यावस्था में भाषा की दो विशेषताएँ लिखिए । *2*

Write two characteristics of language during middle childhood.

16. प्रारम्भिक बाल्यावस्था की कोई दो संज्ञानात्मक क्षमताएँ लिखिए । *2*

Write any two cognitive abilities of early childhood.

खण्ड ग
SECTION C

*दिए गए **तीन** प्रश्नों में से **किन्हीं दो** प्रश्नों के उत्तर दीजिए ।* *3×2=6*

*Attempt **any two** questions from the given **three** questions.*

17. एक किशोरी के लिए निम्नलिखित पोषक-तत्त्वों की कितनी मात्रा (RDA) का परामर्श दिया गया है ? *3*

   (a)   कैलोरी

   (b)   प्रोटीन

   (c)   कैल्शियम

What is the recommended dietary allowance of the following nutrients for an adolescent girl ?

   (a)   Calorie

   (b)   Protein

   (c)   Calcium

18. सफेद सूती वस्त्रों पर लगे निम्नलिखित धब्बों को आप किस प्रकार हटाएँगे ?

   (a) सब्ज़ी का दाग

   (b) पेंट

   (c) कॉफी

अथवा

कपड़ों पर से धब्बे छुटाते समय कौन-सी छ: सावधानियाँ बरतनी चाहिएँ ?

How will you remove the following stains from white cotton clothes ?

(a) Curry

(b) Paint

(c) Coffee

OR

What six precautions should be adopted while removing stains from clothes ?

19. दोपहर के भोजन में एक परिवार को राजमा, चावल एवं परांठा परोसा गया है । इस आहार में ज्वर से पीड़ित व्यक्ति की आवश्यकताओं की पूर्ति के लिए दो परिवर्तन सुझाइए । अपने सुझाव का एक-एक कारण भी बताइए ।

A family has been served kidney beans, rice and parantha. Suggest two modifications in this meal, to fulfil the needs of a person suffering from fever. Give one reason each for your suggestion.

3

खण्ड घ

SECTION D

दिए गए आठ प्रश्नों में से किन्हीं सात प्रश्नों के उत्तर दीजिए ।

Attempt any seven questions from the given eight questions.

4×7=28

20. आपकी माताजी सारा दिन कार्य करके बहुत ज्यादा थक जाती हैं । अपनी ऊर्जा बचाने के उन्हें चार तरीकों का सुझाव दीजिए ।

Your mother gets too tired after working for the whole day. Suggest to her four ways by which she can save her energy.

4

21. वृद्धावस्था में सामाजिक आवश्यकताओं में बदलाव आते हैं । इन आवश्यकताओं की पूर्ति किन चार तरह से की जा सकती है ?

During old age, changes occur in the requirement of social areas. In what four ways can these needs be fulfilled ?

4

22. आपने अपने घर के लिए एक रसोइए को नियुक्त किया है । व्यक्तिगत स्वच्छता बनाए रखने के लिए आप उसे कौन-से चार निर्देश देंगे ?

अथवा

अपनी रसोई में खाद्य सामग्री के स्वच्छतापूर्वक भण्डारण को सुनिश्चित करने के लिए आप कौन-से चार कदम उठाएँगे ?

4

You have hired a cook for your home. Give him four guidelines to maintain his personal hygiene.

OR

What four actions will you take to ensure that food items are stored in a hygienic condition in your kitchen ?

23. आप एक किलो आलू खरीद रहे हैं । एक उपभोक्ता के रूप में आपकी कौन-सी चार ज़िम्मेदारियाँ हैं जिनका पालन कर आप सही तौल पा सकते हैं ? *4*

You are buying one kg of potatoes. As a consumer, what are your four responsibilities which you should adopt to ensure that you get correct weight ?

24. कीमतों एवं जानकारी के संदर्भ में उपभोक्ताओं को किन दो-दो समस्याओं का सामना करना पड़ता है ? उदाहरण सहित समझाइए । *4*

Explain any two problems each faced by consumers in context to prices and information, with the help of examples.

25. आपका भाई अपने लिए एक सिली-सिलायी पैंट खरीद रहा है । उसकी उत्तम कारीगरी के लिए उसे किन चार बिन्दुओं की जाँच करनी चाहिए ? *4*

अथवा

आपकी बहन अपने लिए एक सिला-सिलाया ब्लाउज़ खरीदना चाहती है । 'गले' में उत्तम कारीगरी के किन चार बिन्दुओं को उसे ध्यान में रखना चाहिए ?

Your brother is buying a readymade trouser for himself. What four features should he check to ensure its good workmanship ?

OR

Your sister is buying a readymade blouse for herself. To ensure a good workmanship on its neckline what four features should she look into ?

26. भोज्य पदार्थों का मूल्य, उनकी उपलब्धता, परिवार में सदस्यों की संख्या व उनकी पसंद-नापसंद किस प्रकार आहार आयोजन को प्रभावित करते हैं ? प्रत्येक को एक उदाहरण द्वारा समझाइए । *4*

How does cost of food items, availability of food, number of family members and their likes and dislikes affect meal planning of a family ? Explain each of them with an example.

27. एक परिवार की समय योजना पर किन चार कारकों का प्रभाव पड़ता है ? समझाइए । *4*
Explain four factors which influence the time plan of a family.

दिए गए **पाँच** *प्रश्नों में से* **किन्हीं चार** *प्रश्नों के उत्तर दीजिए ।*   *5×4=20*

Attempt **any four** *questions from the given* **five** *questions.*

28. सतीश शारीरिक एवं मानसिक थकान से पीड़ित है । इसके पाँच कारण कौन-से हो सकते हैं ?
इस थकान को कम करने के पाँच उपाय सुझाइए ।   *5*

Satish is suffering from physical and mental fatigue. What could be five
reasons for it ? Suggest to him five ways to minimise this fatigue.

29. 5 – 6 वर्ष की आयु में एक बालक में होने वाले पाँच गत्यात्मक क्षमताओं की सूची बनाइए ।   *5*

List five motor abilities that a child acquires between 5 – 6 years of age.

30. अपने परिवार के लिए एक संतुलित आहार का आयोजन कीजिए । इसमें कौन-से खाद्य वर्ग
सम्मिलित किए गए हैं ? प्रत्येक खाद्य वर्ग से प्राप्त होने वाले एक मुख्य पोषक तत्त्व का नाम
बताइए ।   *5*

अथवा

अपने परिवार के लिए सुबह के नाश्ते का मीनू बनाइए । इसमें कौन-से खाद्य वर्ग सम्मिलित
किए गए हैं ? प्रत्येक खाद्य वर्ग से प्राप्त होने वाले एक मुख्य पोषक तत्त्व का नाम बताइए ।

Plan a balanced meal for your family. Specify each food group included in
it. Name one major nutrient found in each food group.

OR

Plan a menu for breakfast for your family. Specify each food group
included in it. Name one major nutrient found in each food group.

31. (a) बच्चों के लिए खिलौनों का चयन करते समय आप किन चार बातों का ध्यान रखेंगे ?

(b) बच्चों के विकास में खेल की महत्त्वता समझाइए ।   *5*

(a) What four points would you keep in mind while selecting toys for
children ?

(b) Explain the role of play in the development of children.

32. किशोरों की कोई पाँच विशेषताओं को उदाहरणों सहित समझाइए ।   *5*

Explain any five characteristics of adolescents, with the help of examples.

General Instructions: -

1. You are aware that evaluation is the most important process in the actual and correct assessment of the candidates. A small mistake in evaluation may lead to serious problems which may affect the future of the candidates, education system and teaching profession. To avoid mistakes, it is requested that before starting evaluation, you must read and understand the spot evaluation guidelines carefully. **Evaluation is a 10-12 days mission for all of us. Hence, it is necessary that you put in your best efforts in this process.**

2. Evaluation is to be done as per instructions provided in the Marking Scheme. It should not be done according to one's own interpretation or any other consideration. Marking Scheme should be strictly adhered to and religiously followed. **However, while evaluating, answers which are based on latest information or knowledge and/or are innovative, they may be assessed for their correctness otherwise and marks be awarded to them.**

3. The Head-Examiner must go through the first five answer books evaluated by each evaluator on the first day, to ensure that evaluation has been carried out as per the instructions given in the Marking Scheme. The remaining answer books meant for evaluation shall be given only after ensuring that there is no significant variation in the marking of individual evaluators.

4. If a question has parts, please award marks on the right-hand side for each part. Marks awarded for different parts of the question should then be totaled up and written in the left-hand margin and encircled.

5. If a question does not have any parts, marks must be awarded in the left hand margin and encircled.

6. If a student has attempted an extra question, answer of the question deserving more marks should be retained and the other answer scored out.

7. No marks to be deducted for the cumulative effect of an error. It should be penalized only once.

8. A full scale of marks **0 – 75** has to be used. Please do not hesitate to award full marks if the answer deserves it.

9. Every examiner has to necessarily do evaluation work for full working hours i.e. 8 hours every day and evaluate 25 answer books per day.

10. Ensure that you do not make the following common types of errors committed by the Examiner in the past:-
    - Leaving answer or part thereof unassessed in an answer book.
    - Giving more marks for an answer than assigned to it.
    - Wrong transfer of marks from the inside pages of the answer book to the title page.
    - Wrong question wise totaling on the title page.
    - Wrong totaling of marks of the two columns on the title page.
    - Wrong grand total.
    - Marks in words and figures not tallying.
    - Wrong transfer of marks from the answer book to online award list.
    - Answers marked as correct, but marks not awarded. (Ensure that the right tick mark is correctly and clearly indicated. It should merely be a line. Same is with the X for incorrect answer.)
    - Half or a part of answer marked correct and the rest as wrong, but no marks awarded.

11. While evaluating the answer books if the answer is found to be totally incorrect, it should be marked as (X) and awarded zero (0) Marks.

12. Any unassessed portion, non-carrying over of marks to the title page, or totaling error detected by the candidate shall damage the prestige of all the personnel engaged in the evaluation work as also of the Board. Hence, in order to uphold the prestige of all concerned, it is again reiterated that the instructions be followed meticulously and judiciously.

13. The Examiners should acquaint themselves with the guidelines given in the Guidelines for spot Evaluation before starting the actual evaluation.

14. Every Examiner shall also ensure that all the answers are evaluated, marks carried over to the title page, correctly totaled and written in figures and words.

15. The Board permits candidates to obtain photocopy of the Answer Book on request in an RTI application and also separately as a part of the re-evaluation process on payment of the processing charges.

MARKING SCHEME

SET-B

CODE NO-37

Section-A

Q.1 **Any Two:-**

(a) Onset of puberty.   **½ x 2= 1**

(b) Person develops from child to and adults.

(c) Between the age of 11-18 years.

(d) Any others.

OR

Any Two:-

(a) Final stage of normal life.

(b) 60 or 65 yrs of age or above.

(c) stage of emptiness.

(d) after retirement .

Q.2. **Any Two:-**   **½ x 2= 1**

(a) Push/pull toys

(b) building blocks

(c) any others.

Q.3. A person who comes in direct contact with utensils/food while cooking, storing and packaging food.   **1**

Q.4. **Any Two**   **½ x 2= 1**

(a) always keep your food covered .

(b) cook and served food in washed , clean and sterilized crockery and cutlery.

(c) hold the glasses from the bottoms and other utensils from handles.

(d) any others.

Q.5.   Sugar   1

Or

Iron

Q.6   Chalk, dust   ½ x 2= 1

Or

Semolina, Tea

Q.7   **Any One**   1

(a) To bring the stiffness in the clothes.

(b) To bring proper shape to the clothes.

(c) To bring brightness and newness in the clothes.

(d) Clothes get clean easily.

(e) Any others.

Q.8   **Any one.**   1/2X2=1

(a) Use of big size round button.

(b) Use of elastics in pyjamas and salwars.

(c) Use of Velcro.

(d) Any others.

Section-B

Q.9 Real income is a flow of commodities and services available for the satisfactions of human wants and needs over a given period of time. Eg-Govt. Hospitals, Govt. Schools, Skills of family members.

1+1/2 x2 =2

Q.10 (a) Public provident fund (PPF). **1/2x4 = 2**

(b) Kisan Vikas Patra(KVP).

(c) Sukanya Samriddhi A/C.

(d)National Saving Scheme (NSC).

Q.11 (a) While storing starch should be removed. **1/2x4 = 2**

(b) The garments should be washed and dried properly

(c) Spread News Papers on every wooden self before placing the clothes.

(d) Keep away from moisture.

(e)Remove safety pins etc.

(f) any others.

Q.12 (a) By reusing leftovers for eg.- Dal can be used to make Dal Paratha. **1x2 = 2**

(b) By using seasonal fruits and vegetables.

(c) Any Others.

OR

(a) Making Parathas from leftover Dal.
(b) Making Pulao or Lemon Rice from leftover rice.
(c) Preparing Kaddi from leftover curd.
(d) Any Others.

Q.13 (a) CUTS- Consumer unity and trust society   **1/2x4 = 2**

(b) CAG- Citizens Consumer and civic action group.

(c) CAI- Consumer Association of India.

(e) IFCO- Indian Federation of Consumer Organization.
(f) Any Other.

Q.14 Any Four.   **1/2x4 = 2**

(a) Salt.

(b) Chocolate

(c) Powder Milk.

(d) Coffee.

(e) Baking Powder

(f) Mineral water.

(g) Any Other.

Q.15 Any Two   **1x2 = 2**

(a) Start Speaking complex sentences.

(b) Start speaking other languages.

(c) Vocabulary increases.

(d) Any others.

Q.16 Any Two   **1x2 = 2**

(a) Child become self centered.

(b) Relates one situation to another.

(c) Child becomes more imaginative.

(d) Child gets adjusted in environment.

(e) Any other.

Section-C

Q.17	13-15 yrs	16-18 yrs	1x3= 3
Calories	2330 Kcal	2440Kcal	
Protein	51.9 g	55.5g	
Calcium	800mg	800mg	

Q.18 Curry stain- Any two:-   **1/2x2+1/2x2+1/2x2=3**

(a)Wash in hot soapy water.

(b) Use of starch on the stain.

(c) Use of javelle solution.

(d) Any other.

Paint – Any two:-

(a) Soak in kerosene oil or turpentine oils.
(b) Wash in Hot soapy water.
(c) Any other.

Coffee

(a) Apply caustic soda on the stain and pour hot water
(b) Soak the stain in glycerin
(c) Any other.
    OR
(a) Wash the stain immediately   **1/2x6 =3**
(b) Choose the chemical according to the fabric and kind of stain.
(c) Check the fastness of color.
(d) While removing stain use the circular motion of hand.
(e) Use the acid if base is used to remove the stain and vice versa.
(f) Wash the fabric with water after removing the stain.
(g) Any other

Q.19 Any Two   **1.5x2=3**

(a) Khichri in place of Rajma Chawal

(b) Chapati in place of Paratha

These are easily digestible

(c) Any other

Section-D

Q.20 (a) Work to be done in serial order   **1x4=4**

(b) Adopt correct posture.

(c) Take Rest in between the work.

(d) Use of time/ energy saving equipments.

(e) Any other.

Q.21 (a) Invite their friends.   **1x4=4**

(b) Arrange social gathering

(c) Being social with same age people.

(d) More active in family gathering/matters.

(e) Any other.

Q.22 (a) Nails should be cut.   **1x4=4**

(b) Clothes should be clean.

(c) Hands and other body parts should be clean.

(d) He should not have any communicable disease.
(e) Any others.

OR

(a) Perishable foods should be kept at room temp. 1-2 days.

(b) Non perishable foods should be kept clean and dry place.

(c) Food should be cleaned before storage.

(d) Frozen food should be kept in freezer.

(e) Any other

Q.23 (a) Check weight for accuracy, stamp of the standard weight and measures department. **1x4=4**

(b) The pointer of the scale should be at zero.

(c) the balance should be placed on an even surface.

(d) Refuse to buy if the vendor uses false weights or stones.
(e) Any other.

Q.24 PRICES- **1x2+1x2=4**

(a) Difference in price in different markets – weekly markets are cheaper than other markets.

(b) Malls are comparatively costlier than the markets.

(c) Prices in wholesale market are cheaper then retail market.

(d) Any other.

INFORMATION-

(a) In complete and misleading labels.
(b) False and incomplete information by the shopkeepers.
(c) Any other.

Q.25 (a) Pants should be stitched with French seam **1x4=4**

(b) Interlocking should be done on the open ends

(c) Zip should be smooth running

(d) Button should be fixed properly
(e) Button holes should not be loose.

(f) Any other.

   OR

(a) Oblique strip should be used

(b) Matching threat should be used

(c) Invisible hemming

(d) No puckering

(e) Any other

Q.26 (a) COST OF FOOD- Meal planning is done according to the economic status of the family.eg- use of zaggery in place of sugar.   **1x4=4**

(b) AVAILABILITY OF FOOD-

 (i) Seasonal food items are easily available, cheap and nutritious.

(ii) Fish and coconut are easily available in coastal areas.

(C) NUBERS OF FAMILY MEMBERS-Quantity of food depend upon the numbers of family members.eg:-

Small quantity of foods will cooked in small family.

(d) LIKES AND DISLIKES OF THE FAMILY MEMBERS:-

(i) if the spinach curry is not liked by the members of family then spinach paratha or in any other form can   be given.

Q.27 (a) Number of family members and their age.   **1x4=4**

(b) Skills of family members.

(c) available time of family members.

(d) Availability of equipment to make work simple.

(e) Any other.

Section-E

Q.28   REASON:-   **1/2x5 +1/2x5 =5**

(a) less speed or accuracy

(b) Less Interest

(c) less availability of resources.

(d) Lack of memory.

(e) Lack of creativity.

(f) any other.

WAYS TO REDUCE FATIGUE:-

(a) There should be resting periods in between.
(b) Motivating factor should be there .
(c) Availability of resources.
(d) There should be skill in work.
(e) Right sequence of work
(f) Any other.

Q.29 (a) Control on elimination of body wastes.   **1x5=5**

(b) Playing ball and writing.

(c) Cycling

(d) Climbing up and down the stairs.

(e) Fastening the button of shirt.

(f) Any other.

Q.30 LUNCH   **1+2+2=5**

S.NO.	MENU	FOOD GROUPS	NUTRIENTS
1	Chapati/Rice	Cereals	Carbohydrate
2	Carrot-peas-Veg-	Fruits & Vegetables	Vitamins/Mineral
3	Red lentil Dal	Pulses & Legumes	Protein
4	Curd	Milk & Milk Products	Calcium, Protein
5	Salad	Fruits & Vegetables	Vitamins/Mineral
6	Ghee/Oil for cooking	Ghee & Oil	Fats
7	Any other menu		

OR

BREAKFAST

S.NO.	MENU	FOOD GROUPS	NUTRIENTS
1	Dal Methi Paratha	Pulses, Vegetable, cereal	Proteins,vitamins and carbohydrate.
2	Lassi	Milk & Milk Products	Calcium, Protein
3	Ghee/Oil for cooking	Ghee & Oil	Fats
4	Any other menu		

Q.31 (a)   **1/2x4=2**

(i) According to age

(ii) Non- Toxic

(iii) Fast Colors

(iv) Educational

(v) Any other

(b)   **1/2x6=3**

(i) complete growth and development

(ii) Language development

(iii) Social development

(iv) Learning adjustment

(v) Cognitive development

(vi) Motor development

(vii) Any Other

Q.32   (a) Physical development   **1x5=5**

(b) Sexual development

(c) desire for independence

(d) Stage of stress and strain

(e) Preparing for career.

(f) any other- Explain with example