



GOVERNMENT OF KARNATAKA
KARNATAKA STATE PRE-UNIVERSITY EDUCATION EXAMINATION BOARD
II YEAR PUC EXAMINATION
SCHEME OF VALUATION

Subject Code : 67

Subject : Home Science [05]

Qn. No.	Part-A	Marks
	Nutrition Science	
II		
1)	It is the state of complete physical, mental & emotional well being not merely the absence of disease	1
2)	Composition of Carbohydrate - Carbon, Hydrogen - oxygen.	1
3)	Meat, Fish, Green leafy Vegetables Jaggery ; Rice bran.	1
4)	Protein Energy Malnutrition	1
5)	Energy in the Capacity to do work.	1

Qn. No.		Marks
6)	Germination / Fermentation / Fortification Malting / Parboiling / Parching.	1
7)	Thiamine	1
8)	Body building / Repair worn out tissues / Maintainance.	1
9)	Temperature / Air / Oxygen / Micro organisms / moisture.	1
II		
10)	Rickets → Enlarged skull Pigeon chest Bow legs Pot belly.	2
	Osteomalacia → Softening of bones Deformed spine Rheumatic pain in legs Spontaneous fractures	
	Osteoporosis → Pain in the back & hip. Susceptible to fractures Porous bones.	

Qn. No.		Marks
11)	<p>To increase the shelf life of food</p> <p>To kill the microorganisms</p> <p>To prevent the growth of microorganisms.</p> <p>To safeguard the nutritive value</p>	2
12)	<p>The energy metabolism of a subject at complete physical & mental rest & having normal body temperature and in the post absorptive state (12 hrs after the last meal) is known as Basal Metabolic Rate (BMR)</p>	2
13	<p>The symptoms of Anaemia are</p> <ul style="list-style-type: none"> -> Weakness, fatigue & headache -> Loss of appetite -> Burning sensation in the stomach -> Insomnia -> Pallor of eyes and nail -> Reduction in Hb levels -> Shortness of breath & dizziness -> Oedema of ankle -> Spoon shaped nails -> Liver & Spleen become enlarged 	2

Qn. No.		Marks
14	<p>Oral Rehydration Solution / Salt</p> <p>It is used to prevent dehydration & electrolyte loss among children suffering from diarrhoea.</p> <p>1 glass boiled, cooled water + 1 tsp Sugar + 1 pinch Salt.</p>	2
15)	<p>Classification of nutrient</p> <p>Macro nutrient :- Carbohydrate Protein Fat</p> <p>Micronutrient :- Vitamins → → Fat Soluble [A, D, E, K] - Water Soluble [B complex vitc]</p> <p>Minerals - Calcium, Phosphorus Iron, Folic acid, Iodine</p>	2
16	<p>Egg, Milk, Meat, Pulses [Soya bean, Dhali] Fish.</p>	2

Qn. No.		Marks
17	<p>Reasons for cooking food.</p> <ul style="list-style-type: none"> → Easy digestibility → To make the food safe by killing the microorganisms → To make the food palatable → Cooked food is easy to chew and swallow → To provide variety → To improve the taste 	2
III		
18)	<p>Deficiency of fat</p> <ul style="list-style-type: none"> → Loss of body weight When the diet is deficient in fat the fat sources are depleted & prolonged deficiency leads to loss of weight → Deficiency of fat soluble vitamins In the absence of fat, the fat soluble vitamins such as vitamin A, D, E, K will not be absorbed. → Dry skin. Deficiency of fat leads to dry and lustreless skin. The condition is known as Phrynodema 	4

Qn. No.		Marks
	<p>Excess intake</p> <p>→ obesity: Increasing body weight because excess amount is deposited under the skin and abdomen leading to obesity.</p> <p>→ Cardiac problem:</p> <p>Excess fat intake increases the level of cholesterol in the blood. Excessive cholesterol gradually deposits under the lining of blood vessels resulting in Atherosclerosis. The coronary arteries supplying blood to the heart are affected & heart problems occur.</p> <p>→ Slow digestion.</p> <p>- Fat slows down the digestion and absorption of food products.</p>	
19)	<p>Discuss the functions of Carbohydrates 4</p> <p>→ Source of Energy</p> <p>→ Protein Sparing action</p> <p>→ Regulation of fat metabolism</p> <p>→ Conversion of carbohydrates into fat</p> <p>→ Role of carbohydrates in fat</p> <p style="text-align: right;">} Explain</p>	4

Qn. No.		Marks
	<p>→ Functioning of Central Nervous System</p> <p>→ Normal function of heart.</p> <p>→ Muscle Contraction</p>	<p>Explain</p>
20.	<p>→ Food Pyramid was introduced in 1992</p> <p>→ Used as a general plan of what to eat each day</p> <p>→ Valuable tool for planning a health promoting diet</p> <p>→ It includes five food groups.</p> <p>→ It has three principles - Balance</p> <p style="padding-left: 150px;">Variety</p> <p style="padding-left: 150px;">Moderation</p>	<p>4</p> <p>Explain</p>
21.	<p>Poverty</p> <p>Lack of education with respect to nutrition</p> <p>Superstitions, beliefs, taboos</p> <p>Lack of storage facility for food grain</p> <p>Increasing population.</p> <p>Lack of Sanitation & Hygiene</p> <p>Using only one type of cereal.</p> <p>[Any four may be written & explained each carries 1 mark]</p>	<p>4</p>

Qn. No.		Marks
22.	No fuel is needed Food does not get burnt No need for constant attention Nutrients are not lost	4
23.	Germination / Sprouting Fermentation Malting [Explain any two]	4
IV		
24.	Physiological functions Psychological functions Social functions	6
25.	Deficiency of vitamin A → Night blindness → Xerosis of Cornea → Bitot's Spot → Photophobia → Keratomalacia → Growth failure	6

Qn. No.		Marks
V.		
26.	<p>Protein rich recipe - Egg omelet, Ground nut chikki, Ground nut laddu, Dry fruit laddu Dal patty, Dal payasa [write ingredients & method]. Nutrient - Protein, Carbohydrate fat.</p>	5
27.	<p>Any one recipe of student's choice Upma, Noodles <u>et</u> Evaluation: Sensory attribute [color, Taste Texture, appearance]. Write the nutrients present in it.</p>	5
	<p>Part B Human Development</p>	
28	<p>Human development is the scientific study of those processes start from conception to till death. According to papalia & ordi. "It is the study of process of change & stability through the human lifespan"</p>	1

Qn. No.		Marks
29.	9 months	1
30	First 100 weeks of life in known as neonatal period.	1
31.	Climbing / Tumbling / Running	1
32.	Thumb sucking / Nail biting / Bedwetting / masturbation [Any two]	1
33	Process of expanding the infant's diet to include food & drinks other than breast milk. Usually Home made	1
34	Acquired Immuno Deficiency Syndrome	1
35	ICDS / Mid Day Meal [Any one]	1
36.	Annual number of deaths of women per 100,000 live births due to complications of pregnancy and child birth.	1

Qn. No.		Marks
VII 37.	Normal Birth Instrumental birth Breech birth 'C' Section birth Transverse birth Precipitate birth	2
38	Method of Septimetrically stroking an infant. usually starting with the face and then moving to the chest, arms, stomach, legs & back.	2
39.	Amenorrhoea, changes in the breast. Morning Sickness, quickening, enlargement of the uterus, enlargement of the abdomen. Increased frequency of urination, Vaginal discharge.	
40	Crying, Cooing, Babbling, Gestures Speech [Explain briefly].	2
41	Constructive play Exploring Collecting Games & Sport Amusement } write in 1 or 2 sentences each.	2

Qn. No.		Marks
42	Mouth shape change eyes seems dull, double chin Skin becomes wrinkled & dry Grey hair	2
43	Proper Prenatal Care of the mother Post-natal Care of the infant Immunization at the right time Breast feeding Supplementary feeding. [Any two]	2
44	To improve the nutritional & health status of child in the age range of 0-6 yrs To lay the foundation for proper Psychological, Physical & Social develop- ment of the child	2
<u>VIII</u>		
45	Good nutrition Sleep Suitable clothing Care of skin Ideal body weight gain	4

Explain briefly

Qn. No.		Marks
	Excercise Hygiene Care of breast } Explain briefly	
46.	Physical Mental Social Emotional } Explain	4
47.	Dressed age Time of transition Time of stress Dangerous age outward age Time of achievement Time of exhaustion Period of empty nest } Explain briefly	4
48.	Bonding with the mother Nutrition Steli Immunity to the child Easily digestible Proper growth & development cheaper } Explain	4

Qn. No.		Marks
49	First stage or Dilatation of Cervix Second stage or Delivery of the baby Third stage or Placental stage } Explain any one	4
50	At birth BCG Oral polio vaccine Hepatitis B 1 st dose At 6 weeks DPT - 1 st dose OPV - 2 nd dose At 10 weeks II DPT - 2 nd dose II OPV - 3 rd dose At 14 weeks I DPT - 3 rd dose II OPV - 4 th dose 9 months Measles vaccine 15-18 months I MMR II DPT - 1 st booster III OPV - 5 th dose IV. Cholera vaccine 2 yr i Typhoid II cholera 5 yr I DPT - 2 nd booster II OPV - 6 th dose 10 yr III 2 nd booster dose 15-16 yr IV 4 th booster	4

Qn. No.		Marks
17		
51	Social problems, Educational problems, Academic problems, Vocational problems, Premarital Sex, Physical & Sexual abuse Moral & Religious problems, Smoking drugs, alcohol consumption, Disinterest in studies, Delinquency, Suicide, Depression [Mention any six & explain]	6
52	Ministry of Social Justice & empowerment Ministry of finance Ministry of Road transport Ministry of Health & family welfare Ministry of Railways Ministry of Civil Aviation Ministry of Consumer affairs, and food & public distribution [Explain briefly]	6
X		
53	Crayon painting, Brush painting, Screen painting, Sand painting, Thumb/finger painting, Vegetable painting, Paper Craft etc [Explain any one]	5
	Write the educational values.	

Qn. No.		Marks
54	<p>Supplementary food is important along with breast feeding as it gives energy, nourishment during the growing period.</p> <p>Eg:- Ragi malt; fruit juice; Vegetable Soup, Puddings <u>et</u> [Explain any one]</p>	5