



# Nishant eAcademy

## CBSE Sample Paper Class 12 Home Science 2021-22

Subject: Home Science Class: 12 Maximum Marks: 80 Duration: 3 hours

### Section A: Multiple Choice Questions (20 marks)

1. Which of the following is an example of a nutrient deficiency disease? a) Diabetes b) Rickets c) Hypertension
2. Which of the following is an example of a non-renewable resource? a) Solar energy b) Water c) Fossil fuel
3. Which of the following is an example of a textile fiber obtained from animals? a) Cotton b) Silk c) Jute
4. Which of the following is an example of a communication barrier? a) Active listening b) Body language c) Language differences

### Section B: Short Answer Questions (30 marks)

5. Explain the concept of sustainable development and its relevance in the field of Home Science.
6. Discuss the various factors that contribute to effective family communication.
7. Describe the steps involved in planning and preparing a nutritious diet for elderly individuals.
8. Explain the importance of ergonomics in designing a functional and comfortable workspace.

### Section C: Long Answer Questions (30 marks)

9. Discuss the role of Home Science in promoting gender equality and women empowerment.
10. Explain the importance of time management in maintaining a well-balanced personal and professional life.



11. Discuss the impact of consumerism on the environment and suggest ways to promote sustainable consumption.
12. Describe the process of fabric dyeing and explain the factors to consider for selecting appropriate dyes.

Section D: Case Study (20 marks)

Read the following case study and answer the questions that follow:

Case Study: Mrs. Sharma is a working professional and finds it challenging to manage her household responsibilities along with her job. She often feels overwhelmed and stressed. Advise Mrs. Sharma on effective strategies for managing work-life balance.

13. Identify the factors contributing to Mrs. Sharma's work-life imbalance.
14. Suggest practical solutions and strategies to help Mrs. Sharma achieve a better work-life balance.