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24. Home Science [Hos.412]),

Subject Area		Test Specification Chart																		
		Plan for Question and distribution of marks covered																		
		Unit	Content Area	Teaching Hours	Knowledge			Comprehension			Application			Higher efficiency			Total Question covered			Total
VS	S				L	VS	S	L	VS	S	L	VS	S	L	VS	S	L			
Human Nutrition	1	Nutritional Requirements and Food Habits	8																	
	2	Digestion, Absorption and utilization mechanism of Food in Human Body	5																	
	3	Meal Planning and cooking of food	8																	
	4	Food safety and hygiene	9	1	-	-	-	-	1	-	1	-	-	1	-	1	2	1	4	19
Child Development	1	Play and its importance in childhood	8																	
	2	Concept of Growth and Development	5																	
	3	Early Childhood Development	6																	
	4	Adolescence and Family	11	2	-	-	2	-	-	1	-	1	-	1	-	5	1	1	7	18
Home Management	1	Money Management	8																	
	2	Resource management	8																	
	3	Interior Decoration	10																	
	4	Income Generation Activities	4	2	1	-	1	1	-	-	1	-	-	-	-	3	3	0	6	18
Clothing and Fashion Designing	1	Costume Development Theories	6																	
	2	Fashion and Design	9																	
	3	Dyeing, printing and Stain Remove	9																	
	4	Body Measurement and Decorative Stitches	6	-	1	-	2	1	-	-	-	-	-	1	2	2	1	5	20	
Total			120	5	2	-	5	2	1	1	2	1	0	2	1	11	8	3	22	75

Notes:

1. The alternative short and long questions will be asked from appropriate chapters taking in to account the nature, depth and coverage of the contents.
2. Very short question will be of one (1) mark and there will be eleven (11) questions from each of the chapters to the possible extent.
3. Short question will be of five (5) marks and there will be eight (8) questions from each of the chapters to the possible extent. All the questions shall be compulsory. However, two alternative questions will be added to any two questions among the total questions asked.
4. There will be three long questions carrying eight (8) marks. All the questions shall be compulsory. However, one alternative question will be added to any one of the three questions.

Types of Question

Types of Question	Numbers of Question	Total marks
Very short answer type	11	$11 \times 1 = 11$
Short answer type	8	$8 \times 5 = 40$
Long answer type	3	$3 \times 8 = 24$

Note: Numbering of the questions should be arranged from first very short questions (Q.N. 1 to 11), short answer questions (Q.N. 12 to 19) and long answer questions (Q.N. 20 to 22).

गृह विज्ञान (Home science [Hos.412])

कक्षा(Grade): XII

समय(Time): 3 Hrs.

पूर्णाङ्क (Full Marks): 75

परीक्षार्थीले सकेसम्म आफ्नै शब्दमा मौलिक उत्तर दिनुपर्ने छ । किनारामा दिइएका अङ्कले पूर्णाङ्कलाई जनाउँछ ।
(The candidates are required to give their answers in their own words as far as practicable. The figures in the margin indicate full marks.)

समूह क (Group A)

अति सङ्क्षिप्त उत्तरात्मक प्रश्नहरू (Very Short Answer Questions)

सबै प्रश्न हल गर्नुहोस् (Attempt All Questions)

(11 x 1 = 11)

1. अवशोषण भनेको के हो ?
What is absorption?
2. बालविकासमा प्रभाव पार्ने कुनै दुई कारक लेख्नुहोस् ।
Write any two influencing factors of child development.
3. वृद्धि र विकासविचको कुनै एक फरक लेख्नुहोस् ।
Write any one difference between growth and development.
4. बालबालिकाको वृद्धि र विकासमा वातावरणीय तत्त्वले कसरी प्रभाव पार्छ ?
How do environmental factor influence on growth and development of child?
5. प्रारम्भिक बालविकासका कुनै दुई क्षेत्र उल्लेख गर्नुहोस् ।
Mention any two domains of early childhood development.
6. तपाईं प्रारम्भिक बाल्यअवस्थामा सामाजिक भाषाको विकास गर्न कसरी सहयोग गर्नुहुन्छ? कुनै दुई प्रक्रिया उल्लेख गर्नुहोस् ।
How do you help to develop social language in early childhood? Mention any two processes.
7. आय सृजना गर्ने गतिविधि उल्लेख गर्नुहोस् ।
State income generating activities.
8. दिगो खेतीपातीका लागि जैविक मल किन महत्त्वपूर्ण छ ? कुनै दुई कारण दिनुहोस् ।
Why organic manures important for sustainable farming? Give any two reasons.
9. रङ्गचक्र निर्माणका लागि कुनै दुई आधारभूत रङ्गका नाम दिनुहोस् ।
Name any two basic colors for making a color chart.
10. वातावरणीय अनुकूलन सिद्धान्तको कुनै एक प्रयोग लेख्नुहोस् ।
Write any one application of environmental adoption theory.
11. सुन्दर पोसाक निर्माणका लागि अनुपात किन जरुरी छ ? कुनै दुई कारण लेख्नुहोस् ।
Why proportion is necessary for making beautiful dress? Give any two reasons.

समूह ख (Group B)

सङ्क्षिप्त उत्तरात्मक प्रश्नहरू (Short Answer Questions)

सबै प्रश्न हल गर्नुहोस् । (Attempt All Questions.) (8 x 5 = 40)

12. दुध छाडेको बच्चा र स्कूल जाने बच्चाको खाने बानीलाई तपाईं कसरी व्यवस्थित गर्नुहुन्छ ? कुनै पाँच तरिका उल्लेख गर्नुहोस् ।
How do you maintain food habits of weaning child and school going children? Suggest any five ways.
13. घरायसी स्तरमा खाद्य सुरक्षा र पोषणको अवस्था व्यवस्थित गर्न खाद्य र व्यक्तिगत सरसफाइको कार्यान्वयन कसरी गर्न सकिन्छ ?
How can food hygiene and personal hygiene be implemented in household level in maintaining food safety and good nutritional status?
14. " बाल्यकालमा खेल आवश्यक छ" पुष्टि गर्नुहोस् ।
"Play is necessary for childhood". Justify.
15. बजेट निर्माणका चरणको सूची बनाउनुहोस् र प्रत्येकको छोटकरीमा वर्णन गर्नुहोस् ।
List the steps involved in making budget and describe each briefly.
अथवा(Or),
पारिवारिक बजेटका प्रकारको वर्णन गर्नुहोस् ।
Discribe types of family budget.
16. पुष्प सजावट गर्दा ध्यान दिनुपर्ने कुराहरूको वर्णन गर्नुहोस् ।
Describe the things to be considered while decorating flowers.
17. परिवारका सदस्यको ज्ञान, सिप, क्षमता र मनोवृत्तिलाई किन महत्त्वपूर्ण मानव स्रोतको रूपमा लिइन्छ ?
व्याख्या गर्नुहोस् ।
Why knowledge, skills, abilities and attitude of the family members are considered as important human resources? Explain.
18. शरीर मापनका उपयुक्त तरिका के के हुन् ?
What are the appropriate ways of body measurement?
19. फेसन र डिजाइनबिचका कुनै पाँच फरक लेख्नुहोस् ।
Write any five differences between fashion and design.
अथवा(Or),
सुन्दर पोसाकका तत्व व्याख्या गर्नुहोस् ।
Explain the components of beautiful dress.

समूह ग (Group C)

लामो उत्तरात्मक प्रश्नहरू (Long Answer Questions)

सबै प्रश्न हल गर्नुहोस् । (Attempt All Questions.) (3 X 8 = 24)

20. खाना पकाउनुका कुनै चार कारण पहिचान गर्नुहोस् र खाना पकाउने कुनै दुई तरिकाको व्याख्या गर्नुहोस् ।

Identify any four reasons for cooking foods and explain any two methods of cooking.

अथवा(Or),

खाना दूषित हुने प्रक्रिया र मानव स्वास्थ्यमा यसको प्रभाव व्याख्या गर्नुहोस् ।

Explain the process of food contamination and its effects on human health.

21. तपाईं परिवारमा कसरी सद्भावपूर्ण सम्बन्ध विकास गर्नुहुन्छ ? यसमा परिवारका सबै सदस्यको भूमिका वर्णन गर्नुहोस् ।

How you develop harmonious relationship within family? Elaborate the role of all family members.

22. मानौं तपाईं कुनै गार्मेन्ट उद्योगमा काम गर्नुहुन्छ, तपाईंले तयार गर्न लागेको पोसाकमा दाग लाग्यो । यस अवस्थामा तपाईं उक्त दागलाई कसरी हटाउनुहुन्छ ? यसको सम्पूर्ण प्रक्रिया विस्तार गर्नुहोस् ।

Suppose you are working in a garment factory and the cloth you are about to make are stained. In this situation how can you remove stain from the cloth? Elaborate the practical processes.

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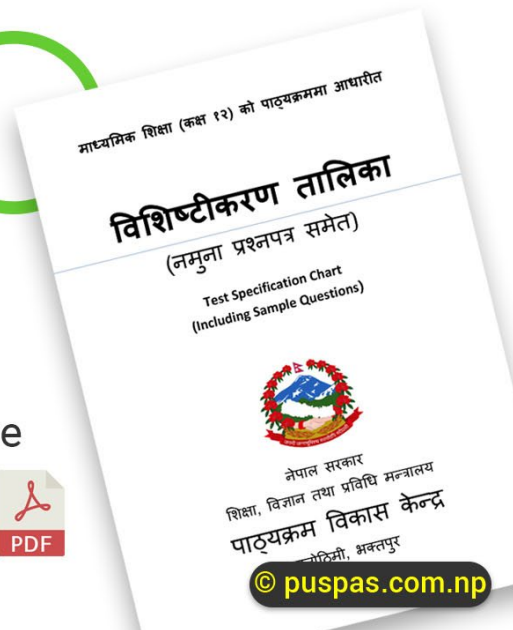
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- **Specification Chart**
- **Model Question**

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