

**HOLIDAY HOME WORK**  
**CLASS - XII**  
**SUBJECT - HOME SCIENCE**

**The assignment should be submitted in the CW notebook and practical in the practical file.**

- Q1. Mention the two main concern of young adult.
- Q2. What are the two adjustments people have to make in old age?
- Q3. Define soft diet.
- Q4. What do you understand by mechanical irritant?
- Q5. How does fiber help in diabetes?
- Q6. Enlist the reasons of anger in old age.
- Q7. How does the energy requirement changes in fever?
- Q8. Discuss two major causes of constipation.
- Q9. Pooja wants to start a catering service for a nearby crèche. Suggest what points she should keep in mind while planning tiffins of toddlers?
- Q10. What do you mean by satiety value?
- Q11. Explain the obstructive jaundice.
- Q12. State the RDA for energy of a lactating lady and pregnant lady.
- Q13. Explain quantitative modification of food.
- Q14. Why is the requirement of iodine important for a pregnant women. What other micronutrient is important at this stage?
- Q15. A family is served meal consisting of the following: Dal, rice, chapattis, and curd. Modify the meal for a pregnant lady.
- Q16. Mention major consideration in planning the diet for a diarrhoea patient.
- Q17. Write four main causes of Divorce.
- Q18. What is polydipsea?
- Q19. Name one cereal that is rich in iron and calcium.
- Q20. How does regional and religious preferences affect meal plan?
- Q21. What are the major old age problems?
- Q22. Explain the principles of meal planning with examples.
- Q23. Write down five symptoms and five causes of Diabetes.
- Q24. Differentiate between early and late maturers.
- Q25. Why an adolescent is called an idealistic rebellion?
- Q26. Cephalocaudal and proximodistal is a principal of development. Explain it.

- Q27. In which stage of Jean piaget does an adolescence come. Discuss more about it.
- Q28. Briefly explain the systematic thinking during cognitive development of a teenager.
- Q29. How does vocation change for man and women post marriage?
- Q30. Explain the main reasons for a 40 year old to be unhappy with her life.

## **PRACTICAL**

### Human Development: Life Span Approach (Part II)

1. Activities Identify the problems of adjustment of adolescents with the help of a tool (group activity) and make a report.
2. Spend a day with an aged person and observe the needs and problems. Write a report.
3. List and discuss at least 4 areas of agreement and disagreement of self with:-  
a) Mother b) Father c) Siblings d) Friends e) Teacher

### Nutrition for Self, Family and Community Activities

1. Record one day diet of an individual and evaluate it against principles of balanced diet.
2. Plan a meal and modify for any one physiological condition – Fever, Diarrhoea, Constipation, Jaundice, Hypertension, Diabetes, Pregnancy, Lactations, Old age and Infants.
3. Identify food adulteration: using visual and chemical methods; Turmeric, Chana Dal, Bura Sugar, Milk, Tea leaves, Coriander, Black Pepper Seeds, Desi-ghee.
4. Prepare ORS Solution.

### Money Management and Consumer Education

1. Collect and fill savings account opening form in Post Office and Bank.
2. Fill up the following forms and paste in file: Withdrawal slip, Deposit slips, Draft slip and cheque (bearer of A/c payee).
3. Collect labels of any three products and compare them with mandatory requirements.
4. Prepare one label each of any three items bearing ISI, FPO, Agmark.