

Home Science [Official]

CISCE

Academic Year: 2023-2024

(English Medium)

Date & Time: 13th March 2024, 11:00 am

Duration: 2h

Marks: 100

1. Answers to this Paper must be written on the paper provided separately.
2. You will not be allowed to write during the first 15 minutes.
3. This time is to be spent reading the question paper.
4. The time given at the head of this Paper is the time allowed for writing the answers.
5. Attempt all questions from Section A and any four questions from Section B.
6. The intended marks for questions or parts of questions are given in brackets [].

SECTION-A (40 MARKS) (Attempt all questions from this Section.)

Question 1. Choose the correct answers to the questions from the given options. (Do not copy the questions, write the correct answer only.)

1.1. A wise guide to have an overall view of family income and expenses:

1. Insurance Policy
2. Budgeting
3. Bank Account
4. Saving

Solution

Budgeting

Explanation:

A budget is a financial plan that tracks both revenue (money coming in) and expenses (money going out). It helps the user see exactly where their money is going, allowing them to make informed spending decisions.

1.2. A work triangle is necessary to improve the _____ of the kitchen.

1. Ventilation
2. **Functionality**
3. Size
4. aspect

Solution

A work triangle is necessary to improve the functionality of the kitchen.

Explanation:

The work triangle is a kitchen design concept that enhances the space's efficiency and functionality. It refers to the imaginary triangle formed by a kitchen's three primary work areas: the stove, the sink and the refrigerator.

1.3. A significant stage or an event in the development of an individual:

1. Heredity
2. Growth
3. Puberty
4. **Milestone**

Solution

Milestone

Explanation:

A milestone is an important event or stage in someone's development. It can refer to many elements of development, such as physical, cognitive, social and emotional development.

1.4. The areas of cognitive development of a 13-year child focus on _____.

1. ideas of cause and effect
2. **logical thinking**
3. symbolical words
4. object permanence

Solution

The areas of cognitive development of a 13-year child focus on logical thinking.

Explanation:

At the age of 13, children are usually in the early stages of adolescence and their cognitive development is marked by the refinement and advancement of many various processes. Logical thinking reflects the advancing cognitive abilities of adolescence and is more closely associated with the cognitive challenges and achievements that children of this age face.

1.5. Pull or strip kitchens are:

1. Where work centres are placed in a row.
2. Work counters are on both sides.
3. No work triangle really exists.
4. Three work centres are on adjacent wall.

1 and 2

1 and 3

2 and 3

3 and 4

Solution

1 and 3

Explanation:

Pull or strip kitchens have work centers in a row (1), rather than a traditional triangle (3). They are typically found in small places where efficiency takes priority over triangular movement.

1.6. Rohit cannot visualize letters, has difficulty with basic sentence structure and poor grammatical awareness. Identify his disability:

1. Dyscalculia
- 2. Dyslexia**
3. ADHD
4. Dysgraphia

Solution

Dyslexia

Explanation:

Dyslexia is a learning disability that causes difficulty reading, spelling and writing despite normal intelligence and proper education. Individuals with dyslexia can struggle with letter visualisation, sentence structure and grammatical awareness, as demonstrated in the scenario for Rohit.

1.7. Which of the following would help a small room appear larger?

1. Using dark colour curtains and draperies
2. Using curtains and draperies with large patterns
3. Using curtains and draperies that blend with wall colour
4. Using heavy textured curtains and draperies

Solution

Using curtains and draperies that blend with wall colour

Explanation:

Lighter colours, especially those that match the wall colour, add a sense of continuity and openness in a small space. This makes the walls appear to recede, creating the illusion of more space.

1.8. Example of a hygroscopic substance:

1. Oil
2. Cumin
3. Turmeric
4. Salt

Solution

Salt

Explanation:

Salt (sodium chloride) is a classic example of a hygroscopic material. It readily absorbs moisture from the air, which might cause it to clump or harden.

1.9. A form of theatrical performance:

1. Exhibition
2. Conference
3. **Street play**
4. Seminar

Solution

Street play

Explanation:

A street play is a type of theatrical performance that takes place outdoors, usually in public areas like streets, parks or squares. Street plays are characterised by their accessibility and ability to engage a wide audience.

1.10. Clothes suitable for summer are _____.

1. Dark coloured clothes
2. Cool coloured clothes
3. **Light and cool coloured clothes**
4. Dashing and bright coloured clothes

Solution

Clothes suitable for summer are light and cool coloured clothes.

Explanation:

Light-coloured clothing is better than dark-coloured clothing since it reflects sunlight and helps one stay cooler while the latter absorbs heat.

1.11. Rapid and large increase in the numbers of a particular species is termed as _____.

1. Endangerment
2. Sex ratio
3. **Population Explosion**
4. Mortality

Solution

Rapid and large increase in the numbers of a particular species is termed as population Explosion.

Explanation:

A population explosion refers to a sudden and significant increase in the population of a specific species. This rapid growth can be caused by a variety of variables, including abundant food resources, decreased predation and favourable environmental conditions.

1.12. Assertion (A): Cotton is ironed at 400°F.

Reason (R): Cotton is a natural fibre made of cellulose which possess good heat resistance properties.

1. A is true but R is false.
2. Both A and R are not true.
3. A and R are true and R is the reasoning for A.
4. Both A and R true but R is not the reasoning for A.

Solution

A and R are true and R is the reasoning for A.

Explanation:

Cotton's strength and structure are derived from cellulose, a natural polymer. It has decent heat resistance compared to other synthetic fibers.

1.13. Ironing, temperature for woollen fabrics is _____.

1. 200°F
2. 100°F
3. 400°F
4. 150°F

Solution

Ironing, temperature for woollen fabrics is 100°F.

Explanation:

Wool is a delicate fabric that can easily burn or scorch if pressed at a high temperature.

1.14. Only _____ soaps are used to wash silk garments.

1. Acidic
2. Neutral
3. Medicated
4. glycerin

Solution

Only neutral soaps are used to wash silk garments.

Explanation:

Neutral pH soaps are neither acidic nor alkaline, which helps to protect the delicate silk fibers.

1.15. MNREGA 2005 focuses _____.

1. to improve women's learning capacity
2. to deliver primary health care services
3. to improve the livelihood and security in rural areas
4. to prevent the degradation of purity of environment

Solution

MNREGA 2005 focuses to improve the livelihood and security in rural areas.

Explanation:

The Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA), established in 2005, seeks to give guaranteed employment to persons in rural India who are willing to do unskilled manual labor.

1.16. Choose the correct pair:

A. Sun drying	1. Potatoes, Onions, Yams
B. Convenience	2. Rasin, chips, papad

C. Semi-perishable	3. Meat, fish, chicken
D. Perishable	4. Peas, Jam, Jellies

1. A-2, B-4, C-1, D-3
2. A-2, B-3, C-1, D-4
3. A-1, B-2, C-3, D-4
4. A-3, B-1, C-4, D-2

Solution

A-2, B-4, C-1, D-3

Explanation:

A. Sun drying	2. Rasin, chips, papad
B. Convenience	4. Peas, Jam, Jellies
C. Semi-perishable	1. Potatoes, Onions, Yams
D. Perishable	3. Meat, fish, chicken

1.17. Audio visual aid commonly found in the village is called a _____.

1. Brochure
2. Nukkad natak
3. Slide show
4. Flyers

Solution

Audio visual aid commonly found in the village is called a nukkad natak.

Explanation:

Nukkad Natak is a form of street play that is popular in both rural and urban India. It involves theater acts performed in public places like street corners or marketplaces to promote social issues or entertain the audience.

1.18. A good kitchen should have the following features:

1. dark coloured interior
2. have no work triangle
3. well-ventilated and well lit

4. have a western aspect

Solution

Well-ventilated and well lit

Explanation:

A good kitchen should have sufficient ventilation to remove cooking odours, moisture and smoke, as well as proper lighting to ensure safety and ease of preparation.

1.19. Storage places in the kitchen should be _____.

1. Damp
2. Dry
3. clean and dry
4. unhygienic and damp

Solution

Storage places in the kitchen should be clean and dry.

Explanation:

To preserve the freshness and quality of stored food, kitchen storage areas should be clean and dry. Damp storage areas can encourage the growth of mould, mildew and bacteria, resulting in food spoilage and significant health risks.

1.20. Roughage plays an important role in our diet. It helps to _____.

1. promote brain development
2. supply essential fatty acid
3. repair tissues in the body
4. prevent constipation

Solution

Roughage plays an important role in our diet. It helps to prevent constipation.

Explanation:

One of the primary benefits of consuming roughage is that it promotes regular bowel movements and helps to prevent constipation. Dietary fiber softens stool, increases its bulk, and facilitates its passage through the digestive tract, so preventing constipation.

Question 2. Answer all the questions:

2.1. List any two importance of making a family budget.

Solution

The importance of making a family budget is:

1. **Financial Planning:** A budget helps families plan and manage their money more successfully. By outlining expected income and expenses, families can allocate finances to different areas such as housing, groceries, utilities, savings and entertainment.
2. **Controls Spending:** A budget provides a structure for monitoring and controlling spending habits. Tracking expenses against planned amounts allows families to identify areas of overspending and make necessary adjustments.

2.2. State any two factors affecting the size of a kitchen.

Solution

Two factors affecting the size of the kitchen are:

1. The amount of space available for the kitchen within the overall layout of the house or apartment is a significant factor.
2. The size of the kitchen depends on its intended usage. A kitchen designed for a family that enjoys cooking and entertaining may prioritize a larger space with ample counter space, storage and enough for many cooks.

2.3. Define the term language development.

Solution

Language development is the process by which humans acquire the ability to comprehend and communicate via spoken or signed languages. It is a complex process that starts early in life and continues throughout childhood, with the most rapid development occurring during the first few years.

2.4. Name any two types of learning disabilities among children.

Solution

The two types of learning disabilities among children are:

1. Dyslexia: It is the most common form of all learning disabilities. It is a language-based disability in which a person has difficulty understanding words, phrases or paragraphs.
2. Dysgraphia (graphics): Dysgraphia is related to the physical act of writing. It is a writing disability in which people struggle to form letters and write within a specific space.

2.5. State the importance of milk and its products in our diet.

Solution

Milk and its products are high in calcium, protein, vitamins and minerals, all of which are required for bone health, muscular function and overall growth and development, promoting strong bones and good nutrition.

2.6. Why is it important to preserve meat and its products properly?

Solution

Proper preservation delays rotting, prevents hazardous bacteria growth and keeps meat safe to eat for an extended period of time, making it critical to properly preserve meat and its products.

2.7. Name any two qualities a consumer seeks while selecting a fabric.

Solution

Two qualities a consumer seeks while selecting the fabrics are:

1. Consumers often want textiles with comfort, durability and aesthetic appeal.
2. They may prioritize softness, breathability, simplicity of care and adaptability for specific uses or occasions.

2.8. Radha is a nurse who hand washes her uniform everyday. Give two reasons for Radha soaking her uniform before going through the other process of laundering.

Solution

Two reasons for Radha soaking her uniform before going through the other process of laundering are:

1. To loosen dirt and stains so they can be easily removed while washing.
2. Soaking also helps to pre-treat stains and odours, resulting in a more thorough cleaning process.

2.9. Differentiate foeticide and infanticide.

Solution

Female infanticide is the intentional death of newborn female infants, usually shortly after birth, for cultural, social, economic or gender reasons.

Female foeticide, on the other hand, refers to the selective abortion of female fetuses, usually following prenatal sex determination, due to a desire for male children.

2.10. List any two objectives of DWCRA.

Solution

DWCRA (Development of Women and Children in Rural Areas) aims to:

1. Empower rural women economically by providing them with possibilities for self-employment, skill development and income generation.
2. Improve the social and economic standing of women in rural areas by encouraging their participation in decision-making and community development activities.

SECTION-B (60 MARKS) (Answer any four questions from this Section.)

Question 3.

3.1. Explain any five steps of making a budget.

Solution

The five steps of making a budget are:

1. Track the Income: This is the first step to create a family budget collect information on all income sources, such as salary, earnings, bonuses, interest payments or any other regular incoming money.
2. Track the Expenses: For about a month, meticulously record and categorize all expenses (rent/mortgage, groceries, utilities, transportation, entertainment, etc.).
3. Calculate Net Income: Subtract the total expenses from the total income. This will show how much money remains after covering the important costs.
4. Set Spending Goals: Consider your financial goals (saving for a down payment, a vacation, etc.) and desired lifestyle. Allocate finances to these goals and prioritize needs over wants.
5. Create a Spending Plan: Develop a plan for allocating net income. This could include setting aside money for savings, debt repayment and assigning particular amounts to certain expenditure categories.

3.2. List any five uses of a carpet in a home.

Solution

Carpet serves various purposes in a home, including the following:

1. Enhancing Decor: Carpets bring warmth, texture and colour into a room, improving its overall aesthetic and creating a cozy atmosphere. They can bring together many design aspects and act as a focal point in the room.
2. Providing Comfort: Carpets provide a soft and comfortable surface for walking, sitting or lying on while also providing insulation against cold floors and reducing noise levels. They create a relaxing and welcoming setting for socializing.
3. Improving Safety: Carpets provide traction and reduce the risk of slips and falls, particularly on smooth or slippery flooring surfaces. They provide a safer environment, especially for children, seniors and individuals with mobility issues.
4. Sound Absorption: Carpets absorb sound and reduce echoes, lowering noise transmission between floors and rooms. This is especially useful in multi-level homes or apartments where noise reduction is important for privacy and comfort.
5. Provides Warmth: In colder climates or seasons, carpet retains warm air for longer than other forms of flooring. This feature not only keeps the home cozy in the winter, but it also saves electricity. Carpet also provides a comfortable spot to relax, play or work while making a space feel warmer overall.

3.3. Mention any five uses of a modular kitchen.

Solution

The five uses of a modular kitchen are:

1. **Space Optimization and Efficiency:** Modular kitchens are designed with prefabricated modules that can be customized to the exact proportions of the kitchen space. This eliminates wasted space and enables for more efficient use of every corner, which is especially useful in small kitchen spaces.
2. **Flexibility and Customization:** Unlike typical built-in kitchens, modular kitchens provide a great deal of flexibility. Drawers, cabinets, shelves and appliances can all be placed in a way that improves productivity and ease of use in the kitchen.
3. **Improved Storage and Organization:** Modular kitchens often provide plenty of storage space with useful cabinets, drawers and shelves.
4. **Aesthetics and Modern Design:** Modular kitchens come in a variety of styles, finishes and materials.
5. **Ease of Installation and Maintenance:** Modular kitchens are often more simple to build than standard built-in kitchens. The prefabricated units are easy to assemble and disassemble, making future modifications or adjustments easier.

Question 4.

4.1. State any five changes that occur in the social behavior of an 8-year-old child.

Solution

At the age of 8, children undergo significant changes in their social behaviour, these changes are:

1. They become more self-sufficient, seeking to make judgements and choices on their own and relying less on adults for guidance.
2. Their social circle expands beyond their immediate family to include classmates from school, extracurricular activities and the neighbourhood. As their friendships deepen, they engage in cooperative play, take turns and resolve problems with their peers.
3. They also gain a greater knowledge of social norms and expectations, including notions like justice, empathy and regard for other people's feelings.

4. Peer influence grows stronger as youngsters strive for acceptance and approval from their peers while simultaneously creating their own personalities.
5. These changes indicate a shift towards increased social independence and a better knowledge of interpersonal connections.

4.2. List any five symptoms of learning disabilities seen in a 10-year-old child.

Solution

Several symptoms of learning disabilities may be observed in a 10-year-old child. These are as follows:

1. **Difficulty with Reading:** A 10-year-old child with a learning disability may have difficulty with reading fluency, accuracy and comprehension. They may have difficulty decoding words, recognizing sight words and understanding written passages.
2. **Poor Writing Skills:** Children with learning disabilities may struggle with handwriting, spelling and organization of written work. They might struggle to express their ideas coherently on paper, making numerous spelling errors and having difficulty with grammar and punctuation.
3. **Math Difficulties:** Learning disabilities can have an impact on mathematical abilities, causing difficulties with simple arithmetic operations, problem-solving and understanding mathematical concepts. Counting, addition, subtraction, multiplication and division can all be difficult for children.
4. **Poor Memory and Recall:** Children with learning disabilities may struggle to retain and recall information, both in short-term and long-term memory. They may forget instructions, lose track of work and have difficulty remembering important facts or concepts.
5. **Lack of Concentration and Focus:** Children with learning difficulties may have short attention spans, be easily distracted and struggle to stay focused on assignments. They may struggle to concentrate in class, become easily bored or frustrated and have trouble finishing homework or following instructions.

4.3. Discuss the role of a peer group in the development of a child.

Solution

Peer groups play a significant role in the development of a child, influencing various aspects of their social, emotional, and cognitive growth:

1. **Socialization:** Peer groups allow youngsters to develop social skills, norms and behaviours by interacting with their peers. Through play, communication and cooperation, children learn how to navigate social situations, develop empathy and understand the viewpoints of others.
2. **Identity Formation:** Peer groups help a child establish a sense of identity and self-concept. Interactions with peers allow youngsters to experiment with different roles, interests and values, shaping their sense of self and where they fit into the social system.
3. **Emotional Support:** Peer groups provide emotional support as well as friendship, giving members a sense of belonging and acceptance. Children build intimate connections with their peers, offering each other encouragement, validation and comfort during times of stress or struggle.
4. **Influence on Behaviour:** Peer pressure and social conformity have an impact on each other's attitudes, beliefs and behaviours. Children may learn positive and negative behaviors from their peer group, impacting their choices and decisions in a variety of domains, such as academics, extracurricular activities and risk-taking behaviours.
5. **Cognitive Development:** Peer relationships promote cognitive growth by fostering curiosity, problem-solving abilities and critical thinking. Children use collaborative activities and discussions to exchange ideas, discover new perspectives and improve their thinking and communication skills.

Question 5.

5.1. Enumerate any five uses of preserving food at home.

Solution

Preserving food at home offers numerous benefits, these are:

1. **Extending Shelf Life:** Methods such as canning, freezing and pickling extend the life of foods, decreasing waste and maintaining a consistent supply.
2. **Cost Savings:** Buying in bulk and preserving seasonal produce can result in significant savings when compared to buying store-bought items.

3. Convenience: Home-preserved foods provide quick, easy dinner options while eliminating the need for frequent grocery trips.
4. Nutritional Value: Preservation methods preserve nutrients in foods, allowing year-round access to nutritious options.
5. Customization: Homemade preserves allow for customized flavours and ingredients, enhancing meals with distinct tastes and textures.

5.2. How does pickling help to preserve fruits, vegetables and meat?

Solution

Pickling is the process of preserving fruits, vegetables or meat by soaking them in a vinegar, salt and spice solution known as brine. This procedure contributes to food preservation by providing an acidic environment that prevents the growth of bacteria, yeasts and moulds that cause spoilage. The pickling solution's high acidity inhibits the growth of harmful microorganisms, extending the shelf life of the food. Furthermore, the salt in the brine drains moisture from the food, preventing bacterial growth and preserving its texture and flavour. The pickling process's combination of acidity and salt provides a hostile environment for spoilage organisms, allowing fruits, vegetables and meat to be safely stored for long periods of time without refrigeration.

5.3. Discuss any five factors affecting meal planning.

Solution

A number of factors influence meal planning, including decisions on what to eat, how to prepare it and when to consume meals.

The factors that affect meal planning are:

1. Individual nutritional requirements and health goals differ depending on their age, gender, activity level and health status.
2. Economic factors play an important role in meal planning. The cost of ingredients, the availability of affordable food options and overall economic limits can all have an impact on food choices and meal preparation methods.
3. Busy schedules and time constraints can have an impact on meal planning. People frequently want quick and accessible meal options, such as pre-packaged foods, takeout or meals that require little preparation time.

4. Individuals and communities have varying food preferences, cultural traditions and nutritional habits. Meal planning must account for these preferences and cultural influences by adding familiar flavours, ingredients and cooking techniques that appeal to different individual tastes and backgrounds.
5. The availability of ingredients, seasonal fluctuations and geographic location all influence meal planning decisions. Access to fresh produce, local markets and specialist stores can all influence the variety and quality of meals made.

Question 6.

6.1. Explain any five steps incorporated while laundering a polyester sportswear.

Solution

Laundering polyester sportswear requires specific care to maintain its performance, durability, and appearance over time.

The five steps incorporated while laundering a polyester sportswear are:

1. Check the Care Label: This may seem like an obvious step, but it is the most important. The label will contain particular washing instructions for the item, such as the water temperature, drying technique and any warnings.
2. Pre-treat Stains: Polyester is prone to oil and sweat stains. If there are any stains, clean them with a stain remover before laundering. Follow the directions on the stain remover and care label.
3. Wash with Cold or Warm Water: Polyester can be damaged by hot water, which causes the fibres to shrink or melt. For the best results, wash in cold or warm water on a gentle cycle.
4. Mind the Dryer: High temperatures can also damage polyester. If you must use a dryer, select a low heat setting or the delicate cycle. Hanging sportswear to air dry is the best way to avoid shrinking and wrinkles.
5. Skip the Harsh Chemicals: Bleach and strong detergents can cause polyester fibres to break down. Use a moderate synthetic detergent and avoid overloading the washing machine.

6.2. State any five benefits of purchasing readymade garments.

Solution

Purchasing readymade garments offers several advantages compared to making or tailoring clothing from scratch. These benefits are:

1. **Convenience and Time-Saving:** Ready-made clothing is easily accessible in stores or online, removing the need to source fabric and find a tailor.
2. **Wider Variety and Trends:** Clothing producers are always creating new designs and following the newest trends. This gives us access to a vast selection of styles, colours and patterns that would be difficult or expensive to replicate with custom-made garments.
3. **Cost-Effective:** Mass production of ready-made garments keeps prices lower than custom-made items.
4. **Quality and Consistency:** Reputable brands use quality-controlled materials and defined manufacturing procedures to ensure uniform sizing and a specific level of quality in the end product.
5. **Versatility and Mix-and-Match:** Ready-made clothing is available in a variety of basic and fashionable styles. This makes it simple to develop a wardrobe of versatile items that can be mixed and matched to create a variety of outfits.

6.3. List any five benefits of using starch in laundering of clothes.

Solution

Using starch in laundering clothes can offer several benefits, especially for garments that require a crisp, polished appearance.

The benefits of using starch in laundering of clothes are:

1. **Crisp, Professional Look:** Starch provides stiffness and structure to fabrics, notably cotton and linen. This results in a sharp, polished appearance suitable for formal or business clothes.
2. **Easier Ironing and Wrinkle Resistance:** Starch acts as a lubricant, allowing clothes to move more easily under an iron. Furthermore, starched fibers hold their shape better, eliminating wrinkles throughout the day.
3. **Enhanced Stain Protection:** Starch creates a barrier on the fabric's surface, making it slightly stain-resistant. Dirt and sweat tend to stick to the starch rather than penetrate the fibers themselves.

4. **Extended Garment Life:** Starch can slightly stiffen the fibers, reducing wear and tear from everyday activities. This has the ability to enhance the lifespan of the clothes.
5. **Fresher Appearance:** Starching can help clothes maintain a sharper, more freshly laundered appearance for longer periods of time. This is because starched fibers hold their shape and prevent flattening, which can happen with softer fabrics.

Question 7.

7.1. List any five objectives of UJJWALA YOJANA.

Solution

The Ujjwala Yojana is an Indian government effort that aims to provide low-income households with clean cooking fuel.

The main objectives of this scheme are as follows:

1. One of the primary objectives of the Ujjwala Yojana is to reduce the negative health effects associated with traditional cooking methods, such as the use of solid fuels like wood, dung or coal.
2. The Ujjwala Yojana seeks to empower women by designating them as the primary beneficiaries of the scheme. The initiative aims to improve the safety, health and overall quality of life of women from economically disadvantaged households by providing them with LPG connections.
3. Another objective of the Ujjwala Yojana is to enhance environmental sustainability by reducing reliance on traditional biomass fuels that contribute to deforestation, habitat loss and air pollution.
4. The Ujjwala Yojana seeks to reduce poverty by targeting low-income households and supplying them with subsidised LPG connections.
5. The Ujjwala Yojana seeks to increase access to clean cooking energy among underserved groups, particularly in rural and remote areas where modern energy services are limited.

7.2. Discuss any five factors of gender discrimination.

Solution

Gender discrimination refers to as people being treated differently or having fewer opportunities because of their gender. Discrimination can occur in a variety of settings, including school, employment, healthcare, politics and social interactions.

The five factors of gender discrimination are:

1. **Societal Stereotypes:** Deeply ingrained societal assumptions regarding gender roles can lead to discrimination. These prejudices frequently dictate what behaviours, careers and interests are appropriate for men and women.
2. **Unequal Access to Education and Employment:** In many regions of the world, females are denied equal access to education, limiting their future employment opportunities.
3. **Legal and Policy Frameworks:** Laws and policies that discriminate against women on the basis of their gender exacerbate inequality. This could include restrictions on property ownership, restrictions on women's ability to work specific jobs or a lack of laws protecting women from workplace harassment or discrimination.
4. **Lack of Bodily Autonomy:** Gender discrimination can be seen in the control or restriction of women's bodily autonomy. This could include limitations on women's reproductive rights, forced marriage, female genital mutilation or denying women access to healthcare services.
5. **Unequal Representation in Power Structures:** Women's underrepresentation in government, leadership and decision-making bodies can result in policies and practices that benefit men.

7.3. List any five guidelines of making a poster.

Solution

Creating an effective poster requires careful consideration of design elements as well as communication strategies in order to convey a message clearly and engagingly.

The main guidelines of making a poster are as follows:

1. The message on the poster should be clear and concise, effectively communicating the core idea or objective. Avoid using too much text or information on the poster.

2. Design the poster to be visually appealing and attention-grabbing. Use vibrant colours, high-quality photographs and interesting graphics to draw readers' attention and make the poster stand out.
3. Organise the poster's content in a logical hierarchy to direct readers' attention and improve comprehension. To structure and highlight significant points, use headings, subheadings and bullet points.
4. Choose fonts that are simple to read from a distance, even in crowded or busy environments.
5. Maintain a balanced composition by carefully arranging items on the poster and ensuring an adequate distribution of white space.

Question 8.

8.1. List any five advantages of using convenience food.

Solution

Convenience foods offer several advantages, making them a popular choice for those with busy lifestyles.

The advantages of using convenience foods are:

1. **Time-Saving:** Convenience foods are designed to reduce preparation and cooking time. Pre-washed vegetables, pre-cooked meals and frozen dinners can be quickly heated or assembled, allowing you to eat with little effort.
2. **Reduced Planning and Shopping:** Many convenience foods require minimal planning or shopping visits. You can grab frozen meals or pre-cut items on the move, which reduces the overall time and commitment required for meal preparation.
3. **Variety and Availability:** The variety of convenience foods has grown significantly, now including options beyond frozen pizzas and quick noodles.
4. **Portion Control:** Convenience foods often come in single-serving portions, which can be helpful with portion control and calorie intake.
5. **Reduced Food Waste:** Convenience food often comes in pre-portioned sizes, so there is less risk of food spoilage than purchasing huge quantities of fresh ingredients.

8.2.

8.2.a Explain the term child abuse.

Solution

Child abuse is defined as any act or omission by a parent or carer that damages or endangers a child's physical or mental health. It can encompass a wide range of behaviours, including:

1. Physical abuse: Hitting, kicking, shaking, burning or otherwise causing bodily injury to a child.
2. Sexual abuse: Any sexual activity with a minor, including fondling, rape or incest.
3. Emotional abuse: Insulting, threatening or otherwise endangering a child's emotional well-being.
4. Neglect: Failing to provide a child with essential needs such as food, housing, clothes, medical care and supervision.

8.2.b List any four symptoms seen in children who have been abused.

Solution

The following symptoms are seen in children who have been abused:

1. Withdrawal from friends or regular activities.
2. Changes in behaviour, such as aggression, rage, hostility or hyperactivity or changes in school performance.
3. Depression, anxiety or strange fears or a sudden loss of self-confidence.
4. Sleep issues and nightmares.
5. An apparent lack of supervision.
6. Frequent absences from school.
7. Rebellious or stubborn behaviour.
8. Self-harm or attempts at suicide.

8.3

8.3.a Amit is in the fifth grade who is easily distracted in class and is unable to pay constant attention.

Name the learning disability Amit may be suffering from.

Solution

Amit is suffering from ADHD.

8.3.b Amit is in the fifth grade who is easily distracted in class and is unable to pay constant attention.

List any other four signs and symptoms of this learning disability.

Solution

The signs and symptoms of ADHD include:

1. Impulsivity: Acting without thinking, interrupting others or having trouble waiting for turns.
2. Hyperactivity: Excessive fidgeting, restlessness or difficulty sitting still.
3. Forgetfulness: Forgetting daily duties, losing goods regularly or being unable to organise activities.
4. Poor time management: Difficulty with time perception, being consistently late or struggling to prioritise work.