

ANSWER KEY & MARKING SCHEME · CBSE CLASS 12

Work, Livelihood and Career

Home Science · Chapter 1 · Use this with the Board Paper · Companion to Quick Drill

HOW TO USE

Attempt the Board Paper first (closed-book, full time). Then come here. For 2-mark+ questions, compare your answer to the model. For 3-4 mark questions, also consult the **Topper Templates** below — these show the exact step-by-step structure that scores full marks per CBSE marking-scheme conventions.

MODEL ANSWERS · BOARD PAPER
Section A — Short (2 × 4 = 8 marks)
Q1. Define WORK in the context of this chapter. [2 marks]

Ans: Work is any purposeful activity directed at producing goods or services. Includes BOTH paid (wages, salary) AND unpaid (household, care, voluntary) activity.

Q2. Name the five sub-disciplines of Home Science. [2 marks]

Ans: Foods + Nutrition · Apparel + Textiles · Resource Management · Human Development · Communication + Extension.

Q3. List the four steps of career planning. [2 marks]

Ans: (1) Self-assessment. (2) Occupational research. (3) Education-employment match. (4) Action plan + iterative review.

Q4. Give one example each of (a) paid and (b) unpaid work. [2 marks]

Ans: (a) Paid — teacher, factory worker, doctor, businessman. (b) Unpaid — homemaker cooking, parent caring for child, volunteer at NGO.

Section B — Medium (3 × 4 = 12 marks)
Q5. Differentiate between WORK, LIVELIHOOD, and CAREER with one example each. [3 marks]

Ans: Work = purposeful activity (paid or unpaid) — e.g. a teacher teaching, a parent cooking. Livelihood = combination of activities + resources for life necessities — e.g. a farmer's combination of farming + livestock + seasonal labour. Career = long-term work trajectory across lifespan — e.g. teacher → headmistress → education-policy consultant.

Q6. Why is unpaid work undervalued? Give three reasons. [3 marks]

Ans: (1) Not counted in GDP/national statistics — invisible to economists. (2) Not exchanged in markets — no monetary value attached. (3) Gendered — concentrated in women whose social status is already lower. (Also valid: dispersed across millions of households, hard to mobilise.)

Q7. Discuss any three career opportunities within the Apparel + Textiles sub-discipline of Home Science. [3 marks]

Ans: (1) Fashion designer — boutique + ready-to-wear brands. (2) Textile designer — prints, weaves, knits. (3) Apparel merchandiser — sourcing, costing, quality control. (Also valid: fashion entrepreneur, costume designer, sustainable-fashion entrepreneur, retail buyer.)

Q8. Why must career planning be done iteratively, not once? [3 marks]

Ans: Life events (marriage, child-rearing, health change), technology disruption, industry decline, and personal growth all require reassessment. Modern careers involve 2-3 reinventions over a 40-year span. Once-and-done planning leads to mid-career stagnation. Plan, act, review every 3-5 years.

Section C — Long (5 × 2 = 10 marks)
Q9. Discuss the career opportunities for Home Science graduates in Foods + Nutrition across at least five distinct sub-categories. [5 marks]

Ans: (1) Clinical: hospital dietician, sports nutritionist. (2) Public health: Anganwadi/ICDS/NGO programme officer. (3) Industry: food-company R&D, quality auditor (FSSAI). (4) Research/Academia: ICMR-NIN Hyderabad, college lecturer,

PhD researcher. (5) Entrepreneurial/Modern: nutrition Instagram/YouTube creator, online wellness coach, organic-food brand entrepreneur, telemedicine dietician.

Q10. Explain the 4-step framework of career planning, applying it to a hypothetical case: a Class 12 student who loves cooking and wants to combine that passion with nutrition. [5 marks]

Ans: STEP 1 SELF-ASSESS: interests (cooking, food, nutrition, health), aptitudes (Maths/Biology good?), values (helping others vs salary?), personality. STEP 2 RESEARCH: clinical dietician, food entrepreneur, nutrition content creator, food-industry R&D — for each: education, salary, future demand. STEP 3 MATCH: B.Sc Home Science (Foods + Nutrition) → M.Sc → registered dietician exam + entrance to RD path; OR B.Sc + business minor for entrepreneurial path. STEP 4 ACTION: enrol in B.Sc, secure 2-month hospital internship, build social-media presence, review every year and adjust.

★ **TOPPER ANSWER TEMPLATES**

3 TEMPLATES · MEMORISE THE FORMAT

★ **TOPPER TEMPLATE — 3 marks: Differentiate between WORK, LIVELIHOOD, and CAREER with examples.**

Annual

Step 1 [1 mark]	WORK	WORK is any purposeful activity directed at producing goods or services — INCLUDING both paid work (salaried employment, business, professional services) and unpaid work (household chores, family care, voluntary service). Examples: a factory worker assembling components, a homemaker cooking meals, a volunteer teaching at a community library. ALL three are work; ALL three create value, though only the first is paid in cash.
Step 2 [1 mark]	LIVELIHOOD	LIVELIHOOD is the COMBINATION of activities, resources, and skills through which a person or household secures the basic necessities of life — food, shelter, education, healthcare. Livelihood is broader than income — it includes the resource-base (land, savings, community support) and the resilience strategies (multiple income streams) that protect against shocks. Example: a small farmer's livelihood may combine farming + livestock + seasonal migration + family contributions.
Step 3 [1 mark]	CAREER	CAREER is the LONG-TERM TRAJECTORY of work-experiences across an individual's lifespan — the sequence of jobs, training, skill-development, and advancement that gives a person their professional identity. Example: a person who starts as a teacher's assistant, becomes a teacher, then headmistress, then department head, and finally an education-policy consultant — that 35-year arc IS a career, even though it spans 4-5 distinct jobs. Career has direction; a job is a single position within a career.

COMMON LOSS OF MARKS:

- Just defining each without examples (each carries 1 mark).
- Treating 'work' and 'livelihood' as synonyms.
- Conflating 'career' with 'job' — examiners look for the lifespan-trajectory framing.

★ **TOPPER TEMPLATE — 5 marks: Discuss career opportunities in Foods + Nutrition for Home Science graduates.**

Annual

Step 1 [1 mark]	Field overview	FOODS + NUTRITION is one of the five sub-disciplines of Home Science. It studies food science (composition, processing, preservation, safety) AND human nutrition (nutrients, requirements, metabolism, deficiency disorders, dietary planning). The field combines biochemistry, physiology, public health, and food technology. Career demand is rising because of growing chronic-disease prevalence (diabetes, obesity, cardiovascular disease) and increasing public awareness of nutrition's role in health.
Step 2 [1 mark]	Clinical / Healthcare careers	CLINICAL DIETICIAN — works in hospitals planning therapeutic diets for patients (diabetic, renal, cardiac, paediatric). Requires registration with the Indian Dietetic Association. SPORTS NUTRITIONIST — works with athletes on performance + recovery nutrition. NUTRITION COUNSELLOR — one-on-one consultation with clients (private practice / online platforms). Hospital + clinical demand has grown 4× in India in the last decade as private-hospital nutrition departments expanded.
Step 3 [1 mark]	Public Health / NGO careers	PUBLIC-HEALTH NUTRITIONIST — works with state/central government and NGOs on Anganwadi services, mid-day-meal programmes, anaemia prevention, ICDS interventions. NGO PROGRAMME OFFICER — Akshaya Patra (mid-day-meal), Bal Raksha Bharat (Save the Children), CARE India all hire Home Science graduates for nutrition-programme management. WHO + UNICEF country offices also recruit.
Step 4 [1 mark]	Industry / Research / Academia	FOOD-INDUSTRY careers: Quality-control officer in food companies (Nestle, Britannia, Dabur), R&D scientist developing new food products, food-safety auditor for FSSAI-licensed facilities. RESEARCH careers: ICMR-National Institute of Nutrition (NIN, Hyderabad), CSIR-Central Food Technological Research Institute (Mysuru), NIN-Public Health Foundation. ACADEMIC careers: home-science college lecturer, university researcher, PhD-track research scientist.
Step 5 [1 mark]	Entrepreneurial + Modern careers	ENTREPRENEURIAL: nutrition consulting practice, organic food brand, healthy meal-delivery business, wellness app, nutrition content channel (YouTube, Instagram). EMERGING TECH careers: nutrition data scientist (analysing wearable + diet data), MD-specialist+nutritionist hybrid roles. POST-2020 trend: many Home Science graduates have built successful nutrition content brands on social media, monetising through brand partnerships and online courses — a path that did not exist 15 years ago.

COMMON LOSS OF MARKS:

- Listing only 2-3 career categories — examiners reward students who name 5+ specific roles.
- Generic 'become a nutritionist' answers without specifying clinical/public-health/research distinctions.
- Forgetting the entrepreneurial + modern (social media) angles — increasingly tested.

★ **TOPPER TEMPLATE — 4 marks: Explain the steps of career planning.**

Annual

Step 1 [1 mark]	SELF-ASSESSMENT	STEP 1 — SELF-ASSESSMENT. Identify your INTERESTS (what activities energise you?), APTITUDES (what skills do you naturally excel at? — Maths? Communication? Hands-on craft? Helping others?), VALUES (what motivates you — service, money, security, creativity?), and PERSONALITY (introvert/extrovert, structured/flexible). Tools: career-aptitude tests (free at NCS portal), psychometric assessments, frank conversations with mentors. Without honest self-assessment, the rest of the planning misfires.
Step 2 [1 mark]	OCCUPATIONAL RESEARCH	STEP 2 — RESEARCH OCCUPATIONS that match your self-assessment. For each option investigate: typical day-to-day work, required qualifications, salary range (entry + mid + senior), career advancement path, work-life balance, future demand. Sources: NCS (National Career Service) portal, www.ncs.gov.in; LinkedIn for real job descriptions; informational interviews with practitioners; industry reports from FICCI / NASSCOM / FSSAI.
Step 3 [1 mark]	EDUCATION-EMPLOYMENT MATCH	STEP 3 — MATCH education to chosen occupation. Identify the qualifications needed (B.Sc. Home Science? M.Sc.? PhD? specific certifications like the Registered Dietitian exam?). Map college options, entrance exams, internship + apprenticeship opportunities. Plan financial requirements (course fees, living expenses, scholarship eligibility). Build a realistic 4-6 year roadmap from current point to first employment.
Step 4 [1 mark]	ACTION PLAN + ITERATION	STEP 4 — IMPLEMENT + ITERATE. Create a concrete action plan with milestones (this year: clear Class 12 with 80%+; next year: enrol in B.Sc. Home Science; year 3: secure 2-month internship; year 4: write competitive exam for M.Sc.). REVIEW progress every 6 months and ADJUST. Career planning is NOT one-time — life events (marriage, family health, technology disruption) require re-assessment. The modern workplace expects 2-3 career reinventions over a 40-year span.

COMMON LOSS OF MARKS:

- Listing the steps without explaining each (each carries 1 mark).
- Skipping the iterative-review dimension — increasingly emphasised by examiners.
- No concrete examples of tools or sources.

MARKING SCHEME — GENERAL NOTES

- For career-option questions, name SPECIFIC roles (clinical dietician, fashion designer) — not generic categories.
- Examiners reward modern + emerging roles (social media, entrepreneurship, ESG) — these show contemporary awareness.
- Definitions must include EXAMPLES for full marks.
- Career planning answers must emphasise the ITERATIVE / lifelong dimension — single-cycle answers lose 1 mark.
- 5 sub-disciplines of Home Science must be named correctly — frequently tested.