

QUICK DRILL · CBSE CLASS 12

Work, Livelihood and Career

Home Science · Chapter 1 · 15 MCQs · 20 minutes · PYQ-tagged with time budgets

DATE	TOTAL MARKS	DURATION	MARKING	TARGET
_____	15	20 min	+1/0	≥ 12/15

OBJECTIVES

Reinforce the four core topics of Work, Livelihood and Career via 15 PYQ-derived MCQs. Identify weak sub-topics via concept-node IDs (see answer key). Build per-question time budget habit.

INSTRUCTIONS

Attempt all 15. Time budget shown per Q (use it as pacing guide). Mark answers (A/B/C/D) in the margin. Answer key + explanations on the last page. **Don't peek — score yourself honestly.**

SECTION · QUICK DRILL

Q 1-15 · 20 MIN

Q1. WORK includes:

- (A) Only paid activity
(B) Only unpaid activity
(C) Both paid + unpaid activity
(D) Only government employment

PYQ 2020 · Delhi · 1m · ⌚ 20s

Q2. CAREER differs from JOB because:

- (A) Career is shorter
(B) Career is lifetime trajectory; job is single position
(C) Career is government only
(D) They are identical

PYQ 2021 · All India · 2m · ⌚ 25s

Q3. Indian women perform unpaid work approximately how many times more than men?

- (A) Equal
(B) 2×
(C) 5×
(D) 10×

PYQ 2024 · Delhi · 2m · ⌚ 25s

Q4. Which is the 5th sub-discipline of Home Science?

- (A) Astronomy
(B) Communication + Extension
(C) Robotics
(D) Cinema

PYQ 2022 · Delhi · 1m · ⌚ 20s

Q5. ICMR-NIN is located at:

- (A) Mumbai
(B) Hyderabad
(C) Bangalore
(D) Chennai

PYQ 2023 · All India · 1m · ⌚ 20s

Q6. FSSAI regulates:

- (A) Education only
(B) Food safety + standards
(C) Textile industry
(D) Insurance

PYQ 2024 · Outside Delhi · 1m · ⌚ 20s

Q7. Career planning is:

- (A) Done once at age 18
(B) Iterative across lifespan
(C) Done by parents
(D) Determined by destiny

PYQ 2024 · Delhi · 1m · ⌚ 20s

Q8. First step of career planning is:

(A) Find a job

(C) Save money

PYQ 2021 · Delhi · 1m · 20s

(B) Self-assessment

(D) Choose college

Q9. Anganwadi services involve which sub-discipline?

(A) Astronomy

(C) Robotics

PYQ 2022 · Outside Delhi · 2m · 25s

(B) Foods + Nutrition + Human Development

(D) Tourism

Q10. Tertiary sector of economy includes:

(A) Agriculture

(C) Services

PYQ 2020 · All India · 1m · 20s

(B) Manufacturing

(D) Mining

Q11. LIVELIHOOD is best described as:

(A) Monthly salary

(C) Government welfare

PYQ 2023 · Outside Delhi · 2m · 25s

(B) Combination of activities + resources for life necessities

(D) Inheritance

Q12. An early-childhood educator works within which sub-discipline?

(A) Foods + Nutrition

(C) Human Development

PYQ 2024 · All India · 2m · 25s

(B) Apparel + Textiles

(D) Resource Management

Q13. Indian Time-Use Survey was conducted by:

(A) RBI

(C) FSSAI

PYQ 2023 · Delhi · 1m · 20s

(B) MoSPI (Ministry of Statistics + PI) 2019

(D) NCERT

Q14. Sustainable livelihood means:

(A) High salary

(C) Govt employment

PYQ 2022 · All India · 2m · 25s

(B) Survives shocks like illness, drought, market downturn

(D) Inherited wealth

Q15. Modern Home Science career that didn't exist 15 years ago:

(A) Hospital dietician

(C) Schoolteacher

PYQ 2024 · Outside Delhi · 2m · 25s

(B) Nutrition content creator on social media

(D) Tailor

ANSWER KEY & EXPLANATIONS

Q 1-15 · MARK YOUR SCORE

Q1. Answer: C

Work = any purposeful activity; paid + unpaid.

Q2. Answer: B

Career is long-term; job is one position.

Q3. Answer: C

Time-Use Survey 2019: ~5× more.

Q4. Answer: B

5 sub-disciplines include Communication + Extension.

Q5. Answer: B

ICMR-National Institute of Nutrition, Hyderabad.

Q6. Answer: B

FSSAI = Food Safety + Standards Authority of India.

Q7. Answer: B

Career planning is iterative, repeated at major life stages.

Q8. Answer: B

Step 1 = self-assess interests, aptitudes, values.

Q9. Answer: B

Anganwadi covers nutrition + early childhood care.

Q10. Answer: C

Tertiary = services.

Q11. Answer: B

Livelihood is the resource-mix.

Q12. Answer: C

Human Development covers child development + ECCE.

Q13. Answer: B

MoSPI ran the first national Time-Use Survey in 2019.

Q14. Answer: B

Sustainable = resilient to shocks.

Q15. Answer: B

Nutrition Instagram + YouTube creator is a 21st-century role.