

HOME SCIENCE (064)
SAMPLE QUESTION PAPER (2023-2024)
CLASS X

TIME-3 hours

M.M-70

GENERAL INSTRUCTIONS-

- 1.All questions are compulsory.
- 2.There are total 35 questions.
- 3.Question paper is divided into three sections-A, B and C.
- 4.Section A has question no.1to 18 (Objective type questions) and are of 1 mark each. Question no. 14 to 18 are case based questions
- 5.Section B has question no.19 to 25 of 2 marks each and question no.26 to 29 of 3 marks each.
- 6.Section C has question no.30 to 33 of 4 marks each and question no.34 and 35 are of 5 marks each.
- 7.Internal choices are given in some questions.
- 8.Support your answers with suitable examples wherever required.

S.No.	SECTION A (Objective type questions)	MARKS	Typology
1.	What could be the possible reason of cross contamination in food? a. Using same chopping boards for both vegetarian and non-vegetarian food b. Packing and labelling of food products c. Keeping the raw food in refrigerator d. Cutting the food in uniform size	1	MCQ
2.	Which is the best way to save energy while working in the office? a. Improve posture b. Sleep in between the working hours c. Eat balanced diet d. Deep breath and exercise regularly	1	MCQ
3.	What do you mean by Time Management? a. Adopting a strategy to optimize energy and time b. Conscious effort of controlling the time spent on specific activities c. Process of dividing the work in smaller units d. Ability to plan the work in sequence	1	MCQ
4.	Choose the incorrect pair of stain with its removing reagent. a. Tea: Alkaline reagent b. Ink: Acidic reagent c. Polish: Grease solvent d. Rust: Grease absorbent	1	MCQ

5.	Mr. Ramesh has shifted to new house. He was pushing the steel almirah to the corner. What will be correct posture he should use so that he does not feel physical discomfort? He should- a. crouch and bend knees and keep the back straight b. stand straight and push with both the hands c. bend knees and back d. sit and push with both the legs	1	MCQ		
6.	Choose two protein rich foods for rickshaw puller. a. Cheese and Egg b. Cashewnut and Almonds c. Peanut and Soyabean d. Meat and Fish OR Which of the following activities help to save fuel in the kitchen? a. Dovetailing b. Peak load period c. Systematic storage d. Conducive environment	1	MCQ		
7.	Arrange the following activities in proper sequence of table setting and laying out the dinner- i. Collecting the crockery and cutlery ii. Laying out table mat iii. Placing crockery on the table iv. Using tray for carrying crockery and cutlery Choose the correct option. a. i,iii,iv,ii b. ii,i,iv,iii c. iii,i,ii,iv d. iv,ii,i,iii	1	MCQ		
8.	Match List I with List II <table><tr><td>List I(Stain) A. Grease B. Mineral C. Dye D. Vegetable</td><td>List II(Example) I. Coffee II. Oil III. Rust IV. Paint</td></tr></table> Choose the correct option from the following- a. A – III; B – IV; C- II; D – I b. A – IV; B – III; C- II; D – I c. A – II; B – III; C- IV; D –I d. A –I; B –II; C-III; D – IV	List I(Stain) A. Grease B. Mineral C. Dye D. Vegetable	List II(Example) I. Coffee II. Oil III. Rust IV. Paint	1	MCQ
List I(Stain) A. Grease B. Mineral C. Dye D. Vegetable	List II(Example) I. Coffee II. Oil III. Rust IV. Paint				

9.	Match List I with List II List I (Dishes) A. Carrot Halwa B. Vermicelli kheer C. Channa Kebab D. Bread roll List II (Nutrients) I. Carbohydrate II. Protein III. Calcium IV. Vitamin A Choose the correct option from the following- a. A – III; B – IV; C- II; D – I b. A – IV; B – III; C- II; D – I c. A – II; B – III; C- IV; D –I d. A –I; B –II; C-III; D – IV	1	MCQ
10.	What two points to be considered while selecting packaged juice? i. Freshly packed ii. Rust proof packing iii. Standardized mark iv. Price of pack Choose the correct option from the following- a. i and ii b. ii and iii c. i and iv d. iii and iv	1	MCQ
11.	In which two ways variety can be introduced in the meals? i. Different methods of cooking ii. Using various food groups iii. Peeling vegetables thinly iv. Retaining the stock Choose the correct option from the following- a. i and ii b. ii and iii c. i and iv d. iii and iv	1	MCQ
12.	Given below are two statements labeled as Assertion (A) and reason (R). ASSERTION(A): The food which is injurious to health is called as sub-standard. REASON(R): Consumer is an individual who purchases commodities and avail services to fulfil their needs. Select the most appropriate answer from the options given below:	1	CBQ

	a. Both A and R are true and R is the correct explanation of A. b. Both A and R are true but R is not the correct explanation of A. c. A is true but R is false. d. A is false but R is true.		
13.	Given below are two statements labeled as Assertion (A) and reason (R) ASSERTION(A): Perishable food should be refrigerated as soon as they are purchased. REASON(R): Any spill in the refrigerator should be cleaned immediately. Select the most appropriate answer from the options given below: a. Both A and R are true and R is the correct explanation of A. b. Both A and R are true but R is not the correct explanation of A. c. A is true but R is false. a. A is false but R is true.	1	CBQ
14.	CASE STUDY BASED QUESTIONS Read the passage carefully. Answer question no. 14 to 18. Childhood is the period of human life span between infancy and adolescence extending from ages 2-11 years. It is a time of remarkable growth and development. Growth and development in different domain take place which helps in identifying various needs of the child. Which of the following is not a typical feature of language development of your brother who is studying in nursery class? a. Vocabulary of more than 10000 words b. Enjoy tongue twisters c. Aware of phonetics d. Frame active and passive sentences	1	CBQ

15.	Match List I with List II List I [Age (in years)] A.2 B.6 C.8 D.11 List II [Characteristics of Motor Development] I. Jump hurdles II. Skate III. Hops IV. Tie Laces Choose the correct option from the following- - A – III; B – IV; C- II; D – I - A – IV; B – III; C- II; D – I - A – II; B – III; C- IV; D –I - A –I; B –II; C-III; D – IV	1	
16.	Which is the correct pair of social development? - Copying actions of adults: Middle Childhood - Show loyalty towards friends: Early Childhood - Enjoy group activities: Middle Childhood - Become independent: Early childhood	1	
17.	At what age child is able to think logically? 2 years 6 years 10 years 4 years OR At what age child's feet become longer? 1 year 5 years 9 years 3 years	1	
18.	At 3 years how many temporary teeth does a child has and what age it starts shedding? 20 and 6 years 20 and 9 years 28 and 6 years 28 and 9 years	1	

	SECTION B (Short answer questions)		
19.	Write four steps involved in making time plan to manage the time for upcoming examination.	2	
20.	Advice four points to your mother she should consider while storing milk. OR Give four ideal characteristics of hygienic kitchen.	2	
21.	Your brother bought two meters of cotton cloth from local shop but tailor complained that the cloth is less. In what four possible ways cloth merchant must have cheated him?	2	CBQ
22.	Present two reasons of preferring soaps over detergents.	2	
23.	Which two labour-saving devices Mrs. Sharma will be using for each- a. making vegetable curry b. cleaning the house	2	
24.	What two points each to be considered and avoided while preparing meal for school going children?	2	
25.	Lack of information about commodities and services is common problem faced by the consumers. Support your answer with four examples. OR What is the full form of FSSAI? Give its two roles.	2	
26.	Shallu's 12-year-old son frequently fall sick due to unhealthy eating practices. Guide her with any six healthy eating practices she should follow to solve this problem.	3	CBQ
27.	A 3-year-old Riyanshi do not want to play with others. She enjoys playing with herself. a. What would be the two drawbacks of not engaging in play with others? b. Suggest any two appropriate toys for her which promotes overall development of Riyanshi. OR Differentiate between exploratory and serious play with the help of an example for each.	2+1=3 OR 1.5+1.5=3	CBQ
28.	Guide six rules of personal hygiene to be followed by cook while working in the kitchen. OR What three points to be considered for each while serving and holding the cooked food?	3	
29.	Enlist any six food safety standards laid down by FSSAI.	3	

	SECTION C (Long answer questions)		
30.	Rahul went to attend the wedding of his friend where he wore his favorite kurta. After returning home he found stain on his kurta. What eight steps of stain removal he must follow?	4	CBQ
31.	Rohan used to eat ice-ball frequently from the street vendor. After few days he complaint about uneasiness. Doctor has indicated the possibility of consumption of adulterated food by him. - Name the possible adulterant present in ice ball. - List two ill effects of this adulterant. - Suggest four precautions to be considered to safeguard against malpractice of adulteration.	1+1+2=4	CBQ
32.	Adolescence is a precursor to adulthood. It is the most crucial period of life between childhood and maturity. They experience various changes. - What four physical changes are observed by them? - Elaborate four features of emotional changes during adolescence. OR Explain any four cognitive changes you will observe in an adolescent. Support your answer with a suitable example for each.	2+2=4	
33.	45-year-old, Mrs. Roshni and Mrs. Rashmi are housewife and follow the same routine of household work every day but Mrs. Rashmi feels physically exhausted at the end of the day. - What could be two possible reasons for this? - Enumerate any six ways by which Mrs. Rashmi can simplify her work.	1+3=4	CBQ
34.	Your mother wants to organize a party for family and friends on the occasion of your father's retirement. She wants to avoid food wastage. - Keeping the above fact in mind, what four important factors she should consider while planning the menu? - Give two advantages of menu planning.	4+1=5	CBQ
35.	Sheena is fond of cotton sarees. - Which two finishing agents she should use and why? - Give four tips to store them properly. - State two natural insect repellent she should use to prevent the attack of insects on these sarees. OR Rama has stored her silk saree and later on found hole in it.	2+2+1=5 OR 1+2+2=5	CBQ

	a. Which insect must have caused this damage? b. List four possible reasons for this damage. c. What four precautions she should have taken care to prevent this damage?		
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