

SAMPLE QUESTION PAPER
HOME SCIENCE (064)
Class X (2024-2025)

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 four sections-A, B, C and D.
- 4.Section A has question no.1 to 14 are multiple choice questions and are of 1 mark each.
- 5.Section B has question no. 15 to 18 are case study-based questions and are of 1 mark each.
- 6.Section C has question no.19 to 25 of 2 marks each and question no.26 to 29 of 3 marks each.
- 7.Section D has question no.30 to 33 of 4 marks each and question no.34 and 35 are of 5 marks each.
- 8.Internal choices are given in some questions.
- 9.Support your answers with suitable examples wherever required.

S.No.	SECTION A (MULTIPLE CHOICE QUESTIONS)	MARKS
1.	“While advertising manufacturers often give an exaggerated picture of their product”. Which malpractice of manufacturer is exhibited in this statement? (A)Charging high price (B)Adulteration of goods (C)Misleading information (D)Lack of standardized products	1
2.	Which of the following characteristic of cognitive development is observed in 4 to 6 years old child? (A) Diminished egocentrism (B) Ability to conserve (C) Egocentrism (D) Can differentiate between living and non-living things OR Which of the following characteristic of emotional development is observed in 8 to 10 years old child? (A) Have imaginary friends (B) Can control impulses (C) Do not hide emotions (D)Emotions are transitory (change rapidly) and unpredictable	1

3.	The food whose nature or quality is so affected that it is injurious to health is- (A) Organic food (B) Unsafe food (C) Raw food (D) Super food	1
4.	Which of the following are characteristics to identify a stain on a fabric? (A) Colour, smell or feel (B) Colour, taste or look (C) Taste, shape or feel (D) Colour, shape or feel	1
5.	“Adolescents give more importance to their friends and like to spend more time with them.” Which type of development is exhibited in this statement? (A) Physical (B) Language (C) Social (D) Cognitive	1
6.	Which of the following precaution should be considered while using chemical to remove the stain? (A) Effect of chemical should be tested on a hidden corner of the fabric (B) Chemical should be applied from the front of the stained fabric (C) Stain removal should proceed from complex to simple process (D) Always use hot water to rinse all types of chemicals	1
7.	The requirement for energy is the highest for which of the following individual- (A) Rickshaw puller (B) Teacher (C) Housewife (D) Bank manager OR Identify the sedentary worker from the following- (A) Computer operator (B) Housewife (C) Mason (D) Sports person	1
8.	Which of the following statement is incorrect with regards to kitchen hygiene? (A) Work surfaces, floors and walls should be absorbent. (B) No food particle should be left on the surface to rot. (C) Surfaces should be kept free of any infection growing in corners. (D) Walls and ceilings must be free from flaking.	1

9.	Identify an advantage of using soaps over detergents. (A) Lowers the surface tension of water (B) Dissolves in hot as well as cold water (C) Not harmful to the environment (D) Combine with minerals of hard water	1
10.	Why there is a need of correct posture while working? (A) Get enough rest (B) Improves concentration (C) Saves energy (D) Do two activities at the same time	1
11.	Match the Stains given in List I with their examples in List II. List I (Stains) a. Animal b. Grease c. Mineral d. Vegetable List II (Example) i. Rust ii. Milk iii. Tea iv. Oil Choose the correct option. (A) a-ii, b-iv, c-i, d-iii (B) a-iv, b-iii, c-ii, d-i (C) a-iii, b-i, c-iv, d-ii (D) a-i, b-ii, c-iii, d-iv	1
12.	Match the Age of child (in months) given in List I with Age-appropriate Toys in List II. List I (Age in months) a. 6 b. 18 c. 24 d. 36 List II (Toys) i. Push and Pull toys ii. Wooden puzzles iii. Teethers iv. Plastic Gardening tools Choose the correct option. (A) a-iv, b-ii, c-iii, d-i (B) a-ii, b-iii, c-i, d-ii (C) a-iii, b-i, c-iv, d-ii (D) a-i, b-iv, c-iii, d-ii	1
13.	Which of the following precautions need to be followed by food handler with regards to personal hygiene? (i) Work with injured finger (ii) Rings should not be worn (iii) Hair should be tied and covered (iv) Sneeze over the food	1

	Choose the correct option. (A) (i) and (iv) (B) (ii) and (iii) (C) (iii) and (iv) (D) (i) and (ii)	
14.	Which of the following points to be considered while planning meals for the preschoolers? (i) Liquid food (ii) Finger food (iii) Bland in taste (iv) Colourful food Choose the correct option. (A) (i) and (ii) (B) (ii) and (iii) (C) (i) and (iv) (D) (ii) and (iv)	1
	SECTION B (CASE STUDY BASED QUESTIONS)	
	Read the passage carefully and answer Question no. 15 to 18 Time and energy are two important resources but these are limited and one must use them wisely and efficiently. By mastering time and energy management, individuals can achieve their goals while maintaining a sense of equilibrium and vitality in their daily lives	
15.	What is meant by Time Management? (A) Adopting a strategy to optimize energy (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 (CBQ)
16.	Given are the steps involved in cleaning the table after eating food. Arrange them in correct sequence with regards to time and energy saving- (i) Folding table mats (ii) Wiping the table (iii) Collecting dishes and cutlery (iv) Throwing waste	1 (CBQ)

	Choose the correct option. (A) (iii),(iv),(i),(ii) (B) (ii),(i),(iv),(iii) (C) (iv),(ii),(iii),(i) (D) (i),(iii),(ii),(iv)	
17.	Given below are two statements labeled as Assertion (A) and Reason (R) ASSERTION (A): Energy management is a strategy which helps to utilize energy to maximum. REASON (R): Energy management helps in doing productive work in more time. 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. (D) A is false but R is true.	1 (CBQ)
18.	Given below are two statements labeled as Assertion (A) and Reason (R) ASSERTION (A): Positive incentives like rewards, appreciation of good work etc. make people feel good and motivates them to do better. REASON (R): It helps to save time and energy. 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. (D) A is false but R is true.	1 (CBQ)
	SECTION C (SHORT ANSWER QUESTIONS)	
19.	Which four areas will you clean properly to maintain hygiene in your kitchen? OR In what four ways pests can be prevented from the kitchen?	2
20.	“Play influences social and emotional development.” Justify this statement with two examples.	2 (CBQ)
21.	With summer season approaching, your mother is now storing the woolen clothes used by the family. What four precautions she should adopt while storing these clothes for a long time? OR You found holes in your silk clothes when you took them out of storage. What could be four possible reasons for this?	2 (CBQ)
22.	List two characteristics of Balanced Diet.	2

23.	Write any four major problems faced by consumers regarding quality of products.	2
24.	What is the role of stiffening agents in finishing of clothes? Name one stiffening agent suitable for cotton clothes.	2
25.	“Meal planning helps to save time and energy”. Justify this statement with two suitable examples.	2 (CBQ)
26.	Enumerate three motor abilities of a 6-year-old child.	3
27.	Menu for today’s breakfast is Puri, Potato curry and Curd. (a) Identify three food groups included in this menu. (b) Write any one nutrient provided by each of the above food groups. OR Give three tips to your mother about how she can use different food groups while planning balanced meals for the family.	3 (CBQ)
28.	What six factors would you consider while making time plan for a working woman?	3
29.	While purchasing a jam bottle from the market, what standard mark would you look for to ensure good product? Also list its four functions. OR Enlist six ways a vendor might cheat in weighing 5 kg of rice bought by your mother.	3
SECTION D (LONG ANSWER QUESTIONS)		
30.	(a) Suggest any four hygienic practices you would follow during storage of food in the refrigerator at your home. (b) Enumerate four features of kitchen dustbin.	2+2=4
31.	“Climate and Occasion affect meal planning”. Elaborate this statement with the help of two examples for each.	4 (CBQ)
32.	Your mother gets very tired while doing household chores. (a) What could be the four possible reasons for it? (b) Give four suggestions to overcome this problem. OR Mrs. Verma is working as school teacher for the past 5 years and now she doesn’t have interest to continue further. (a) Identify the type of fatigue and give one reason for this type of fatigue. (b) Advise her four ways of reducing this fatigue.	2+2=4 (CBQ) OR 2+2=4 (CBQ)
33.	Next month your twin brother and sister will be celebrating their 13 th birthday. (a) Present two cognitive features you will observe in both of them. (b) Compare two different physical features you will observe in them.	2+2=4 (CBQ)

34.	Mrs. Sharma is planning a birthday party for her 15-year-old son. (a) In which four ways she can incorporate variety in the meals? (b) Which three points she should consider while planning menu for the party.	2+3=5 (CBQ)
35.	While washing channa dal, it leaves deep yellow colour. (a) Identify the adulterant that might be present in channa dal. (b) What are the two health hazards linked with consuming adulterated dal? (c) Which four precautions should be adopted by the consumer to safeguard themselves from buying adulterated foods? OR Your mother bought 1 litre loose mustard oil from the market. (a) Which possible adulterant might be present in it? (b) What are the two health hazards linked with consuming adulterated oil. (c) What four measures she should adopt while buying cooking oil for the family to ensure good health?	1+2+2=5 (CBQ) OR 1+2+2=5 (CBQ)