

SAMPLE QUESTIONPAPER (2019-2020)
HOME SCIENCE (Code – 064)
CLASS X

Time allowed: 3Hrs.

Max Marks: 70

General Instructions:

1. All questions are compulsory.
2. There are total 33 questions.
3. Questions no. 1- 18, Section A are objective type questions and are of 1 mark each.
4. Questions no. 19 – 23, Section B, are of 2 marks each, to be answered in 10-20 words.
5. Questions no. 24 and 25, Section C, are of 3 marks each, to be answered in 20-30 words.
6. Questions no. 26 -29, Section D, are of 4 marks each, to be answered in 30-40 words.
7. Questions no. 30 -33; Section E are of 5 marks each, to be answered in 50-60 words.
8. Internal choices are given in sections B, C, D and E.
9. Support your answer with suitable examples wherever required.

SECTION A		
	Fill in the blanks:	
1.	_____ stage is known as pre- gang stage.	1
2.	Inability to see the perspective of others is called _____.	1
3.	_____ is an example of labor-saving device.	1
4.	Cold food stuffs should always be held at temperature below 4 Degrees C because: a. To keep the food cool b. To avoid the growth of microorganisms c. To avoid cross contamination d. To keep it away from insects	1
5.	Fats and _____ rich foods have high satiety value.	1
6.	Requirement of calories in boys in the age group of 16-17 years is _____.	1
7.	_____ is used to stiffen cotton and linen.	1
8.	Piping should always be cut on a true bias to have _____	1
9.	Expansion of RDA: _____.	1
OR		

	Expansion of ICMR: _____	
10.	Identify the following symbols: 	1
11.	What is the meaning of symbol 10 X on a shirt?	1
12.	Radha noticed some different looking seeds in the mustard seeds. What could be these look alike mustard seeds?	1
13.	Which of the following is not an adulterant in Milk? a. Water b. NaCl c. Urea d. Vegetable Fat OR Mental retardation and degeneration of reproductive organs indicates the consumption of _____.	1
14.	Social needs of an elderly person can be fulfilled by: a. Playing favorite songs b. Providing financial guidance c. Teaching underprivileged children d. Meditation	1
15.	A man possesses two bungalows, a car and big jeep. These are the examples of which type of income? a. Money income b. Real income c. Psychic income	1
16.	It helps in work simplification: a. Developing skills at work b. Listening to music c. Taking rest d. Playing indoor games	1
17.	Which of the following practice should not be adopted by a food handler: a. Wearing clean clothes b. Wearing rings c. Covering wounds with waterproof tapes d. Short nails	1
18.	As per Food Safety & Standards Act 2006, if food article sold in the market contains any inferior or cheaper substances whether wholly or partly which is injurious to health then such products can be called as:	1

	a. Sub-standard b. Unsafe c. Misbranded d. Partly sub-standard	
	SECTION B	
19.	Your grandfather is using support of stick to walk. In what four ways you can ensure accident free home for him?	2
20.	What is obesity? Write two possible reasons of obesity in adolescents. OR Write down the four risks of indulging in unprotected sex.	2
21.	Your cook is going to the market to buy tinned pineapple. What four points he should keep in mind while buying this?	2
22.	Tell your mother four hygiene practices which she should follow while working in kitchen. OR After a dinner party, you are helping your mother to store the left-over food items. What four points you will keep in mind while doing so?	2
23.	You are starting your own business of home grounded spices. Which standard mark you should have on the label of your product? Draw the mark.	1+1=2
	SECTION C	
24.	Radhika is a dietician and she is planning a meal for the family living in rural area. List down six important factors which she should follow while planning meal for this family.	3
25.	Your father bought a new geyser. It is not heating the water. Shopkeeper is not helping in solving the problem. Your father wants to file a complaint in consumer court. What steps he should follow to file a complaint? OR Your mother has bought a mobile phone worth Rs 45,000/ for your younger sister. It gets over- heated while charging. You have decided to file a complaint against the shopkeeper as he is taking no interest in solving your problem. a. In which forum should she file a complaint. Why? b. What compensation will she get if she wins the case? Give	3 1+2=3

	four points.	
	SECTION D	
26.	Rita is working in an office. She finds her work very boring and monotonous. She is not liking the job. What kind of fatigue she may be suffering from? In what six ways can she reduce her fatigue? OR Improving posture helps in reducing physical fatigue. Suggest four ways to maintain a good posture while working at home.	1 + 3= 4 1x4=4
27.	You are a member of canteen committee of your school. What four tips you will give to canteen manager in each of the following cases: a. To maintain personal hygiene of cooks. b. To keep kitchen insect free.	2 + 2= 4
28.	a. Imitation of product is a common problem faced by consumers. As a consumer what are your four responsibilities to tackle this problem? b. Give examples two each of government and non-government agencies who are working in the field of consumer education.	2+2= 4
29.	While storing woolen garments what four precautions you should take? Give reason for each. OR You want to buy a readymade coat for yourself. Elaborate four points you will check to ensure good workmanship.	2 + 2= 4 4
	SECTION E	
30.	Compare five cognitive operations of a 3-year-old child and 7-year-old child. OR Differentiate between five emotional characteristics of children during early and middle childhood.	5
31.	Name five food groups and write major nutrients provided by each.	5
32.	Give one reason for each of the following: a. Cotton clothes should be stored away from dampness. b. Silk should not be exposed to direct sunlight for long time. c. Storage boxes can be lined with newspaper. d. Safety pins, buckles etc. should be removed from clothes before storing.	5

