

**SAMPLE QUESTION PAPER (2020-2021)**

**TIME-3 hours**

**CLASS X HOME SCIENCE**

**M.M-70**

**GENERAL INSTRUCTIONS-**

- 1.All questions are compulsory.
- 2.There are total 42 questions.
- 3.Question paper is divided into three sections-A,B and C.
- 4.Section A has question no.1to 14 (objective type questions) and are of 1 mark each.
- 5.Section B has question no. 15 to 28 (case study based multiple choice questions) and are of 1 mark each.
- 6.Section C has question no.29 to35 of 2 marks each, question no.36 and 37 of 3 marks each, question no.38 to40 of 4 marks each and question no.41 and 42 of 5 marks each .
- 7.Internal choices are given in some questions.
- 8.Support your answers with suitable examples wherever required.

<b>SECTION A(OBJECTIVE TYPE QUESTIONS)</b>		
S.No.		MARKS
1.	<p><b>Choose the correct answer-</b></p> <p>Which of the following statement is incorrect-</p> <ol style="list-style-type: none"><li>a. In warm climate light meals should be planned.</li><li>b. In cold climate energy giving food are preferred.</li><li>c. Non vegetarian dishes are the only source of protein in one’s diet.</li><li>d. Food group is a collection of foods which have similar nutrients.</li></ol> <p style="text-align: center;">OR</p> <p>Which of the following statement is correct-</p> <ol style="list-style-type: none"><li>a. Expensive food is more nutritious.</li><li>b. Meals planned should be rigid.</li><li>c. Seasonal food is expensive.</li><li>d. Meals planned should be attractive and appealing.</li></ol>	1
2.	<p>Your friend does not like to include fruits and vegetables in her meals. She does not like to eat homemade meals. Convince your friend to include fruits and vegetables in his/her diet as it provides-</p> <ol style="list-style-type: none"><li>a. Fibre</li><li>b. Fats</li><li>c. Protein</li><li>d. Omega 3 fatty acids</li></ol> <p style="text-align: center;">OR</p> <p>What is the main purpose of carbohydrates in our body?</p> <ol style="list-style-type: none"><li>a. They provide chemicals to repair cells.</li></ol>	1

	<p>b. They help to maintain body temperature.</p> <p>c. They are the main source of energy for the body.</p> <p>d. They help in building the muscles of the body</p>	
3.	<p>For preparing fruit pudding , you need tinned pineapples and cherries. What point/s you will consider while buying tinned fruits ?</p> <p>The tin should not be-</p> <p>a. Bulging</p> <p>b. Dented</p> <p>c. Rusted</p> <p>d. All of the above</p>	1
4.	<p>Your younger brother is going to buy vegetables from the vendor for the first time. Advice him which of the following point he can ignore while buying vegetables-</p> <p>a. Freshness of vegetables</p> <p>b. Price of vegetables</p> <p>c. Measurement of weighing table</p> <p>d. Pointer in the weighing balance</p>	1
5.	<p>Predict the changes which occurs in relation to physical development -</p> <p>a. Height</p> <p>b. Weight</p> <p>c. Body proportion</p> <p>d. All of the above</p> <p style="text-align: center;">OR</p> <p>Choose an emotional characteristic of a child who is in early childhood -</p> <p>a. Unpredictable</p> <p>b. Socially approved</p> <p>c. Intense</p> <p>d. Imaginary</p>	1
6.	<p>When Rahul took out his shirt from cupboard hung on iron hanger ,it had a stain on it. Identify this stain -</p> <p>a. Oil</p> <p>b. Curry</p> <p>c. Rust</p> <p>d. Grease</p> <p style="text-align: center;">OR</p> <p>Raj stained his shirt with newly painted door. This stain can be classified as-</p> <p>a. Dye stain</p> <p>b. Mineral stain</p> <p>c. Animal stain</p> <p>d. Vegetable stain</p>	1

7.	<p>You always find your mother doing many activities before she leaves for her office like preparing breakfast and lunch, ironing clothes, cleaning home, laundering of clothes, etc. This is called as-</p> <ol style="list-style-type: none"> <li>Dovetailing</li> <li>Peak load period</li> <li>Leisure time</li> <li>Flexible activities</li> </ol>	1
8.	<p>Nitish always prepare time plan for his day and he is good in studies as well as swimming. Which of the following is/are advantage of time management-</p> <ol style="list-style-type: none"> <li>It helps in saving time.</li> <li>It helps in saving energy</li> <li>It generates free time.</li> <li>All of the above</li> </ol> <p style="text-align: center;">OR</p> <p>Radha always complains of lack of time to finish all her assignments. She fails to manage her time. Failing to manage time can lead to some consequences like-</p> <ol style="list-style-type: none"> <li>Less Stress</li> <li>Greater productivity and efficiency</li> <li>A better professional reputation</li> <li>Missed deadlines</li> </ol>	1
9.	<p>You have appointed a new cook at your home. Advice him at what temperature should cold and hot foods held to keep them safe?</p> <ol style="list-style-type: none"> <li>Below 5° C and above 57°C</li> <li>Below 8° C and above 47°C</li> <li>Below 2° C and above 67°C</li> <li>Below 6° C and above 77°C</li> </ol>	1
10.	<p>Mrs. Verma' s three year old son has started going to nursery school. Advise her what kind of food should be given to him-</p> <ol style="list-style-type: none"> <li>Finger foods</li> <li>Fried food</li> <li>Sweet food</li> <li>Strongly flavoured food</li> </ol> <p style="text-align: center;">OR</p> <p>Your grandfather has turned seventy years old .Advise what kind of food should be preferred by him-</p> <ol style="list-style-type: none"> <li>Spicy food</li> <li>Fried food</li> <li>Strong flavoured food</li> <li>Light and digestible food</li> </ol>	1
	<b>Fill in the blank/s-</b>	

11.	Kitchen dustbins should be _____ and _____ daily.	1
12.	_____ foods should be refrigerated within 2 hours of purchasing.	1
13.	_____ is a person who directly comes in contact with packaged or unpackaged food, equipment, utensils etc. OR _____ refers to adopting all practices to safeguard the quality of food from production to consumption.	1
14.	Rings should not be worn by the person who is cooking food because _____.	1
<b>SECTION B(CASE STUDY BASED QUESTIONS)</b>		
	Mrs. Sharma is running day care centre since 2010 .It has children from two to eight years of age. The day care centre has an open area to play outdoor games as well as activity room for indoor games where variety of play material like blocks, puzzles, clay, etc. are there. All these toys are ISI marked and made with non-toxic material. She takes care that toys should have round edges and bright in colour. She insists children to play outdoor games also but Rohan who is three year old quite often breaks and opens the toy and enjoys playing with those pieces. On the other hand, Anuj who is four year old is always interested in playing football. He has better stamina as compared to other children of his age group. Chetali and Shalini who are two year old likes to play with dolls in the corner of activity room. They don't like to communicate with others while playing.	
Q15.	What type of play Rohan is indulged in? a. Exploratory b. Dramatic c. Serious d. Natural	1
Q16.	Anuj likes to play outdoor games because of which he gained height and developed stamina. Which type of development has occurred- a. Social b. Emotional c. Physical d. Cognitive	1
Q17.	Chetali and Shalini who are two year old likes to play with dolls in the corner of activity room. This is an example of which type of play- a. Curious b. Passive c. Active d. Exploratory	1
Q18.	While buying toys, which point should be kept in mind?	1



	c. Crickets d. Insects	
Q24.	Rani purchased loose mustard oil from a village fair. She used the oil the same night to fry pooris and used the left over oil for making bread pakoda next day. All family members got sick and felt uneasy. The doctor diagnosed the reason of their symptoms to adulterated mustard oil. What could be possible adulterant in the oil? a. Coconut oil b. Metanil yellow c. Vanaspati Ghee d. Argemone	1
Q25.	What could be harmful effect of consuming adulterated oil? a. Cancer b. Anemia c. Dropsy d. Mental Retardation	1
Q26.	Which standardized mark should be checked while purchasing oil? a. ISI b. Agmark c. FPO d. Eco mark	1
Q27.	Apart from checking standardized mark what other factor/s Rani should have considered while purchasing this oil? a. Packed and sealed product b. Low cost c. Attractive offers/discounts d. Persuasive Advertisement	1
Q28.	Who is a consumer- a. One who purchases goods but doesn't use any services b. One who purchases goods and avails services c. One who avails services but doesn't purchase products d. One who purchases all goods by himself/herself.	1
	<b>SECTION C</b>	
29.	Enumerate any four activities in which FSSAI is involved.	2
30.	Give the difference between oxidizing and reducing bleaching agents with one example of each.  OR Why one should prefer detergents over soaps? Give four reasons.	2
31.	List any four characteristics of social development of 8 year old child.  OR Give any four motor abilities of 3 year old child.	2

32.	What four practices you will follow to keep your kitchen free from pests?	2
33.	Your mother is organizing a dinner for 15-20 guests. Advice her on any four ways to simplify her work .	2
34.	Mention four advantages of planning meal.	2
35.	List two ways of identifying an unknown stain. Give one example of each.	2
36.	Your younger sister is making a time plan to strike a balance between her job and household work. Explain any six factors which would influence her time plan.	3
37.	a)Justify the importance of eating balanced diet with the help of two reasons. b)Today's lunch menu is Arhar dal and Rice. Which two food groups are missing in this menu? Why is it important to include these in the meal? <b>OR</b> Plan a balanced meal for your family and categorize food items included in it according to food groups.	3
38.	Misleading information is common problem faced by consumer. Justify this statement with the help of four examples.	4
39.	Compare any four characteristics related to physical development of a teenage boy and girl. <b>OR</b> Predict four emotional characteristics of an adolescent.	4
40.	You have stained your expensive silk scarf with ink. What four precautions you will adopt while removing it? Also tell four important points to be kept in mind while storing it. <b>OR</b> Hema found a stain on her party dress. What eight precautions should she adopt while removing this unknown stain ?	4
41.	a. Radha is a housewife and manages all household work herself. Suggest her four ways to reduce physiological fatigue. b. Arjun does not get appreciated for his hard work in his office. (i) What kind of fatigue he may be suffering from? (ii) What can be other four reasons for this type of fatigue?	5
42.	Family meals are affected by traditions, occasion ,gender, occupation and likes and dislikes of its members. Support this statement with the help of an example of each of the above factor.	5