



COMMON PRE-BOARD EXAMINATION 2025-26

Subject: HOME SCIENCE-064



Class: X

Date: 27-11-2025

Set-1

Maximum Marks: 70

Time allowed : 3 hours

Answer Key

| SECTION A (MULTIPLE CHOICE QUESTIONS) | | |
|---|--|-----------|
| 1. | (D) All of the above | 1 |
| 2. | (B) Write down all the household tasks | 1 |
| 3. | (A) Sharing toys with friends | 1 |
| 4. | (B) Unsafe and can cause illness | 1 |
| 5. | (B) Within easy reach | 1 |
| 6. | (A) Food presentation | 1 |
| 7. | (B) It is likely attacked by mildew | 1 |
| 8. | (C) Washing hands before touching food | 1 |
| 9. | (D) Eating balanced meals with milk, fruits, and green vegetables | 1 |
| 10. | (A) Enough rest time and clear priorities | 1 |
| 11. | (C) Use of slang and abbreviations | 1 |
| 12. | (C) 1-IV,2-III,3-II,4-I | 1 |
| 13. | (C) A is true, but R is false. | 1 |
| 14. | (B) Both A and R are true, but R is not the correct explanation of A. | 1 |
| SECTION B (VERY SHORT AND SHORT ANSWER QUESTIONS) | | |
| 15 A. | <ul style="list-style-type: none">Use tongs or ladles instead of fingers to serve food.Hold glasses from the bottom and utensils from their handles.Do not dip fingers in food or water while serving.Use disposable gloves when necessary.Ensure serving area and utensils are clean. | 1X2=2 |
| | OR | OR |
| 15 B. | <ul style="list-style-type: none">Store leftover food in clean, airtight containers to prevent contamination.Allow food to cool before refrigerating and follow the First In, First Out (FIFO) principle.Keep cooked and raw foods separate and ensure proper air circulation in the refrigerator. | 1X2=2 |
| 16. | <ul style="list-style-type: none">Bend at the knees, not the waist, when lifting heavy objects, and use the legs to lift.Position a computer monitor at eye level and keep the keyboard at a comfortable height.Place the basket of washed clothes on a high stool while drying.Use a long-handled broom or mop for cleaning. | 1X2=2 |

| | | |
|-------|--|-----------|
| 17 A. | <ul style="list-style-type: none"> ❖ Use leftover rice or vegetables to prepare a stir-fry ,pulao ,rice pudding, cutlets, lemon/fried rice, etc.. ❖ Make sandwiches, soups, or rolls using leftover cooked vegetables or meat. ❖ Prepare parathas, or pancakes using leftover food. ❖ Combine leftover food with fresh ingredients to create a new dish. | 1X2=2 |
| 17 B. | OR | OR |
| 17 B. | <ul style="list-style-type: none"> • Lentils, beans, or pulses • Soy products (soybean, soy milk) • Sesame (till) | 1X2=2 |
| 18. | <ul style="list-style-type: none"> ❖ Oedema (swelling in body parts) ❖ Blindness or glaucoma ❖ Enlarged liver ❖ Kidney failure | 1X2=2 |
| 19. | <p>(a) ICMR – Indian Council of Medical Research</p> <p>(b) RDA – Recommended Dietary Allowance</p> | 1+1=2 |
| 20 A. | <p>Purpose: Chemical bleaches are used to whiten fabrics, remove stains, and restore brightness to dull or yellowed clothes.</p> <ul style="list-style-type: none"> • Types of chemical bleaches: <ol style="list-style-type: none"> 1. Oxidizing bleaches – e.g., Sunlight,hydrogen peroxide, sodium hypochlorite(Javelle water) 2. Reducing bleaches – e.g., Sodium hydrosulphite, Sodium bi-sulphate | 1+1=2 |
| 20 B. | OR | OR |
| 20 B. | <ul style="list-style-type: none"> • Rinse the excessively blued garment in plain water with a few drops of vinegar or lime juice. • Ensure the garment is completely wet before rinsing. <p>❖ Stiffening agent for silk : Gum .</p> | 1+1=2 |
| 21. | <ul style="list-style-type: none"> ❖ ISI marked for safety ❖ Non-toxic materials ❖ No sharp edges or small parts ❖ Age-appropriate ❖ Durable and easy to clean | 1X2=2 |

| 22 A. | <p>Advantages of energy management-</p> <ul style="list-style-type: none"> Increases productivity, enabling more work to be done in less time. Reduces fatigue and ensures efficient task completion. Improves the quality of work, resulting in better outcomes. Enhances focus and concentration. Provides time for rest and relaxation. Reduces last-minute confusion and tension. Gives a sense of satisfaction from accomplishing tasks effectively. <p style="text-align: center;">OR</p> | 1x3=3 | | | | | | | | | | | | | | | |
|-------------------------------|---|---|-----------------------------|-------------------------------|--------------------|------------------------|-----------------------------|------------------------|-------------------------|----------------------|-------------------------------|----------------------|--------------------------------|----------------------------|---|---|-------|
| 22 B. | <p>Benefits of Time management:</p> <ul style="list-style-type: none"> Saves both time and energy. Ensures timely completion of tasks. Provides time for rest and relaxation. Reduces last-minute stress and tension. Creates opportunities for free time. Facilitates better planning in advance. Helps in managing unforeseen events effectively. | 1x3=3 | | | | | | | | | | | | | | | |
| 23. | <ul style="list-style-type: none"> Fold the saree with tissue paper or wrap it in a muslin cloth. Store it in a cool, dry place away from direct sunlight. Saree should be properly aired and never folded immediately after wearing. Dry clean or wash the saree before storing. Keep insect repellent to avoid damage. Avoid storing in plastic bags. | 1x3=3 | | | | | | | | | | | | | | | |
| 24 A. | <p>Emotional development</p> <table border="1" data-bbox="221 1453 1356 1790"> <thead> <tr> <th data-bbox="221 1453 600 1537">Aspect</th><th data-bbox="600 1453 992 1537">Early Childhood (2–6 years)</th><th data-bbox="992 1453 1356 1537">Middle Childhood (7–11 years)</th></tr> </thead> <tbody> <tr> <td data-bbox="221 1537 600 1579">Friendships</td><td data-bbox="600 1537 992 1579">Have imaginary friends</td><td data-bbox="992 1537 1356 1579">Form real-world friendships</td></tr> <tr> <td data-bbox="221 1579 600 1622">Impulse Control</td><td data-bbox="600 1579 992 1622">Cannot control impulses</td><td data-bbox="992 1579 1356 1622">Can control impulses</td></tr> <tr> <td data-bbox="221 1622 600 1664">Expression of Emotions</td><td data-bbox="600 1622 992 1664">Do not hide emotions</td><td data-bbox="992 1622 1356 1695">Can manage or imagine emotions</td></tr> <tr> <td data-bbox="221 1664 600 1790">Emotional Stability</td><td data-bbox="600 1664 992 1790">Emotions are rapidly changing & unpredictable</td><td data-bbox="992 1664 1356 1790">Emotions are more stable, fun loving & cheerful. Stubborn & self-centred.</td></tr> </tbody> </table> <p style="text-align: center;">OR</p> | Aspect | Early Childhood (2–6 years) | Middle Childhood (7–11 years) | Friendships | Have imaginary friends | Form real-world friendships | Impulse Control | Cannot control impulses | Can control impulses | Expression of Emotions | Do not hide emotions | Can manage or imagine emotions | Emotional Stability | Emotions are rapidly changing & unpredictable | Emotions are more stable, fun loving & cheerful. Stubborn & self-centred. | 1x3=3 |
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| 24 B. | <p>cognitive changes</p> <table border="1" data-bbox="225 164 1348 895"> <thead> <tr> <th data-bbox="225 164 404 270">Cognitive Aspect</th><th data-bbox="404 164 714 270">Early Childhood (2–6 years)</th><th data-bbox="714 164 1348 270">Middle Childhood (7–11 years)</th></tr> </thead> <tbody> <tr> <td data-bbox="225 270 404 375">Thinking</td><td data-bbox="404 270 714 375">Egocentric and cannot think logically</td><td data-bbox="714 270 1348 375">Less egocentric and Think logically and systematically</td></tr> <tr> <td data-bbox="225 375 404 481">Memory & Attention</td><td data-bbox="404 375 714 481">Short attention span, forgetful</td><td data-bbox="714 375 1348 481">Improved attention span and memory</td></tr> <tr> <td data-bbox="225 481 404 629">Understanding</td><td data-bbox="404 481 714 629">Believes that non-living objects have life-like qualities</td><td data-bbox="714 481 1348 629">Can differentiate between living and non-living things</td></tr> <tr> <td data-bbox="225 629 404 783">Task Management</td><td data-bbox="404 629 714 783">Limited ability for structured tasks such as seriation, classification, reversibility,etc.</td><td data-bbox="714 629 1348 783">Can perform seriation, classification, reversibility, etc.</td></tr> <tr> <td data-bbox="225 783 404 895">Fantasy</td><td data-bbox="404 783 714 895">Engage in fantasy and make-believe play</td><td data-bbox="714 783 1348 895">Lives in a world of reality</td></tr> </tbody> </table> | Cognitive Aspect | Early Childhood (2–6 years) | Middle Childhood (7–11 years) | Thinking | Egocentric and cannot think logically | Less egocentric and Think logically and systematically | Memory & Attention | Short attention span, forgetful | Improved attention span and memory | Understanding | Believes that non-living objects have life-like qualities | Can differentiate between living and non-living things | Task Management | Limited ability for structured tasks such as seriation, classification, reversibility,etc. | Can perform seriation, classification, reversibility , etc. | Fantasy | Engage in fantasy and make-believe play | Lives in a world of reality | 1x3=3 |
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| Fantasy | Engage in fantasy and make-believe play | Lives in a world of reality | | | | | | | | | | | | | | | | | | |
| 25. | <ul style="list-style-type: none"> Wash vegetables before cutting. Peel vegetables thinly to retain nutrients. Use minimal water while cooking. Cover the food while cooking to reduce nutrient loss. Retain the stock or cooking water when possible. Cook vegetables with skins on when possible. Prefer steaming or pressure cooking instead of boiling. Cut vegetables into larger pieces to reduce nutrient loss. | 1x3=3 | | | | | | | | | | | | | | | | | | |
| SECTION C (LONG ANSWER QUESTIONS) | | | | | | | | | | | | | | | | | | | | |
| 26. | <ol style="list-style-type: none"> Age – Nutritional requirements differ for children, adults, and the elderly. Sex (Gender) – Males generally need more calories and nutrients compared to females. Climate – In warm weather, light and refreshing meals are preferred; in cold weather, hot and energy-giving foods are preferred. Occupation (Activity) – Sedentary, moderate, and heavy workers have different nutritional needs. Availability of Food – Use locally available and seasonal fruits and vegetables as they are nutritious and affordable. Family Traditions – Certain festivals or customs may restrict specific foods, e.g., avoiding onions and garlic during Navratri <p>(any four points with 1–2 lines explanation)</p> | 1x4=4 | | | | | | | | | | | | | | | | | | |

| Socio-Emotional Change | Explanation |
|---|---|
| Mood swings | Adolescents experience rapid changes in emotions, feeling happy, sad, or irritable quickly. |
| Self-consciousness | They become more conscious of their appearance, behavior, and how others perceive them. |
| Rebellious and casual attitude | May challenge rules, express opinions freely, and sometimes show defiance toward authority. |
| Changes in relationships with parents/family | May share a love-hate relationship with parents, seek independence. |
| Intense emotions | Experience feelings more deeply and intensely than in childhood. |
| Give more importance to friends | Spend more time with peers than with family, value friendships highly. |
| Crushes / feelings of love | Develop feelings of love toward members of same or opposite gender. |

OR

OR

| Secondary Physical Change | Description |
|--|---|
| Increase in height and weight | Both boys and girls experience a rapid growth . |
| Hands and feet grow to adult size | Hands and feet develop to their adult size. |
| Change in body shape | Girls develop rounded and curvy hips; boys develop lean hips and muscles. |
| Development of breasts / muscles | Girls' breasts develop; boys gain muscle mass. |
| Pubic and underarm hair growth | Hair appears under the arms and in the pubic region in both boys and girls. |

| 28. | <table border="1" data-bbox="213 171 1367 614"> <thead> <tr> <th data-bbox="213 171 796 213">Circumstance</th><th data-bbox="796 171 1367 213">Explanation</th></tr> </thead> <tbody> <tr> <td data-bbox="213 213 796 318">False or misleading claims on labels</td><td data-bbox="796 213 1367 318">Labels should accurately reflect the contents; misleading claims can lead to license cancellation.</td></tr> <tr> <td data-bbox="213 318 796 382">Selling genetically modified or altered food</td><td data-bbox="796 318 1367 382">Vendors cannot sell food that is modified without proper authorization.</td></tr> <tr> <td data-bbox="213 382 796 445">Packaged food sold without proper labeling</td><td data-bbox="796 382 1367 445">All packaged foods must display labels with necessary information.</td></tr> <tr> <td data-bbox="213 445 796 508">False or misleading product presentations</td><td data-bbox="796 445 1367 508">Vendors should not mislead consumers about the nature or quality of the product.</td></tr> <tr> <td data-bbox="213 508 796 551">Importing unsafe or substandard food</td><td data-bbox="796 508 1367 551">Unsafe or poor-quality food cannot be sold.</td></tr> <tr> <td data-bbox="213 551 796 614">Excess preservatives, contaminants, or heavy metals</td><td data-bbox="796 551 1367 614">Food must meet safety standards; violations can result in license cancellation.</td></tr> </tbody> </table> <p data-bbox="213 656 1367 699">(Any other, Any four)</p> | Circumstance | Explanation | False or misleading claims on labels | Labels should accurately reflect the contents; misleading claims can lead to license cancellation. | Selling genetically modified or altered food | Vendors cannot sell food that is modified without proper authorization. | Packaged food sold without proper labeling | All packaged foods must display labels with necessary information. | False or misleading product presentations | Vendors should not mislead consumers about the nature or quality of the product. | Importing unsafe or substandard food | Unsafe or poor-quality food cannot be sold. | Excess preservatives, contaminants, or heavy metals | Food must meet safety standards; violations can result in license cancellation. | 1x4=4 |
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| 29. | <p data-bbox="213 720 1367 762">I. Ways to reduce mental or psychological fatigue:</p> <ol data-bbox="262 804 1171 952" style="list-style-type: none"> <li data-bbox="262 804 1171 836">1. Take short breaks during study or work sessions. <li data-bbox="262 836 1171 868">2. Practice relaxation techniques like deep breathing or meditation. <li data-bbox="262 868 1171 899">3. Engage in physical activity or a short walk to refresh the mind. <li data-bbox="262 899 1171 931">4. Ensure adequate sleep and proper meals. <p data-bbox="213 984 1367 1026">II. Ways to create a suitable environment for her studies:</p> <ol data-bbox="262 1068 1171 1216" style="list-style-type: none"> <li data-bbox="262 1068 1171 1100">1. Study in a well-lit and quiet area. <li data-bbox="262 1100 1171 1132">2. Keep the workspace organized and clutter-free. <li data-bbox="262 1132 1171 1163">3. Minimize distractions like mobile phones or loud noises. <li data-bbox="262 1163 1171 1195">4. Maintain a comfortable temperature and seating arrangement. <p data-bbox="213 1248 1367 1290">(Any two points from each part)</p> | 2+2=4 | | | | | | | | | | | | | | |
| 30. | <ol data-bbox="262 1353 1367 1691" style="list-style-type: none"> <li data-bbox="262 1353 1367 1417">Reduces moisture and humidity – Helps prevent mould and dampness in the kitchen. <li data-bbox="262 1417 1367 1480">Removes cooking odours and smoke – Keeps the kitchen environment fresh and breathable. <li data-bbox="262 1480 1367 1512">Controls temperature – Maintains a comfortable cooking atmosphere. <li data-bbox="262 1512 1367 1543">Improves air quality – Ensures clean air for the cook and others in the house. <li data-bbox="262 1543 1367 1575">Reduces the buildup of grease – Prevents sticky surfaces and easier cleaning. <li data-bbox="262 1575 1367 1670">Prevents condensation – Protects walls, ceilings, and appliances from moisture damage. <p data-bbox="213 1723 1367 1765">(Any four points)</p> | 1x4=4 | | | | | | | | | | | | | | |

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| 31 A. | <p>I. Fumigation</p> <ul style="list-style-type: none"> Purpose: Destroys insects such as grubs and moths to protect stored food and household items. Why professionals: Fumigation involves poisonous gases, so it must be done by experts to ensure safety and effectiveness. Gases used: Hydrocyanic acid and other fumigants. <p>II. Guidelines for choosing a good laundry soap.</p> <ul style="list-style-type: none"> The soap should be readily soluble in water and produce good lather. It should contain around 30% water; less moisture can cause cracks on drying. The soap should be firm, but not extremely hard or too soft. It should be free from resins, which can make clothes yellow and hard. It should not have white crystals, as this indicates excess alkali. | 2+3=5 |
| | OR | OR |
| 31 B. | <p>I. Stains change the feel of the fabric</p> <ul style="list-style-type: none"> Stiff: Milk or sugar syrup stains Slippery: Grease or shoe polish stains <p>II. Steps to remove the unknown stain</p> <ol style="list-style-type: none"> Remove when fresh – Treat immediately if possible. Soak in plain cold water – Loosen the stain. Soak in warm soapy water – Initial cleaning. Bleach by sunlight – Lighten the stain. Diluted alkaline solution – Apply to the stain. Diluted acid – Apply carefully. Oxidizing bleach – Use to remove persistent stains. Reducing bleach – Apply if stain remains. Repeat steps 5–7 – Increase concentration if needed. Rinse thoroughly – Remove all chemicals. | 1x2=2 |
| 32. | <p>I. ISI mark is the standard mark used on mineral water, milk powder, and custard powder.</p>  | 1+2+2=5 |

| | |
|---|--------------|
| <p>II. Importance of checking the standard mark:</p> <ul style="list-style-type: none"> Ensures the product meets safety and quality standards. Protects consumers from unsafe or substandard products. Guarantees the product is safe to consume. Helps avoid adulterated or low-quality items. <p>(Any two /any other points)</p> | <p>1x2=2</p> |
| <p>III. Roles of FSSAI</p> <ol style="list-style-type: none"> Ensures safe, healthy, and reliable food for consumers, including imported foods. Specifies standards and guidelines for food products. Issues licenses to food service operators and registers small vendors. Gives guidelines to other bodies like BIS and UGMark for certification. Specifies food labeling standards to inform consumers. Provides training and awareness to consumers and food operators about food safety. Collects and tests food samples to detect adulteration. <p>(Any two /any other points)</p> | <p>1x2=2</p> |