



COMMON PRE-BOARD EXAMINATION 2025-26



Subject: HOME SCIENCE-064

Class: X

Maximum Marks: 70

Date: 27-11-2025

Set-1

Time allowed : 3hours

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		
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. <p style="text-align: center;">OR</p>	1X2=2
17 B.	<ul style="list-style-type: none"> • Lentils, beans, or pulses • Soy products (soybean, soy milk) • Sesame (till) 	<p style="text-align: center;">OR</p> <p>1X2=2</p>
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 <p style="text-align: center;">OR</p>	1+1=2
20 B.	<ul style="list-style-type: none"> • Rinse the excessively blueed 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.	Advantages of energy management- <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.	Benefits of Time management: <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.	Emotional development <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Aspect</th><th style="text-align: left;">Early Childhood (2–6 years)</th><th style="text-align: left;">Middle Childhood (7–11 years)</th></tr> </thead> <tbody> <tr> <td>Friendships</td><td>Have imaginary friends</td><td>Form real-world friendships</td></tr> <tr> <td>Impulse Control</td><td>Cannot control impulses</td><td>Can control impulses</td></tr> <tr> <td>Expression of Emotions</td><td>Do not hide emotions</td><td>Can manage or imagine emotions</td></tr> <tr> <td>Emotional Stability</td><td>Emotions are rapidly changing & unpredictable</td><td>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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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"> 1. Age – Nutritional requirements differ for children, adults, and the elderly. 2. Sex (Gender) – Males generally need more calories and nutrients compared to females. 3. Climate – In warm weather, light and refreshing meals are preferred; in cold weather, hot and energy-giving foods are preferred. 4. Occupation (Activity) – Sedentary, moderate, and heavy workers have different nutritional needs. 5. Availability of Food – Use locally available and seasonal fruits and vegetables as they are nutritious and affordable. 6. 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																		

27 A.

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.

1x4=4

OR

OR

27 B.

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.

1x4=4

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29.	<p>I. Ways to reduce mental or psychological fatigue:</p> <ol style="list-style-type: none">1. Take short breaks during study or work sessions.2. Practice relaxation techniques like deep breathing or meditation.3. Engage in physical activity or a short walk to refresh the mind.4. Ensure adequate sleep and proper meals. <p>II. Ways to create a suitable environment for her studies:</p> <ol style="list-style-type: none">1. Study in a well-lit and quiet area.2. Keep the workspace organized and clutter-free.3. Minimize distractions like mobile phones or loud noises.4. Maintain a comfortable temperature and seating arrangement. <p>(Any two points from each part)</p>	2+2=4														
30.	<ol style="list-style-type: none">1. Reduces moisture and humidity – Helps prevent mould and dampness in the kitchen.2. Removes cooking odours and smoke – Keeps the kitchen environment fresh and breathable.3. Controls temperature – Maintains a comfortable cooking atmosphere.4. Improves air quality – Ensures clean air for the cook and others in the house.5. Reduces the buildup of grease – Prevents sticky surfaces and easier cleaning.6. Prevents condensation – Protects walls, ceilings, and appliances from moisture damage. <p>(Any four points)</p>	1x4=4														

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. <p style="text-align: center;">OR</p>	<p>2+3=5</p> <p>2</p> <p>1x3=3</p> <p>OR</p>
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"> 1. Remove when fresh – Treat immediately if possible. 2. Soak in plain cold water – Loosen the stain. 3. Soak in warm soapy water – Initial cleaning. 4. Bleach by sunlight – Lighten the stain. 5. Diluted alkaline solution – Apply to the stain. 6. Diluted acid – Apply carefully. 7. Oxidizing bleach – Use to remove persistent stains. 8. Reducing bleach – Apply if stain remains. 9. Repeat steps 5–7 – Increase concentration if needed. 10. Rinse thoroughly – Remove all chemicals. 	<p>1x2=2</p> <p>3</p>
32.	<p>I. ISI mark is the standard mark used on mineral water, milk powder, and custard powder.</p> <div data-bbox="321 1640 656 1927" data-label="Image"> </div>	<p>1+2+2=5</p> <p>1</p>

II. Importance of checking the standard mark:

- 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**.

1x2=2

(Any two /any other points)

III. Roles of FSSAI

1. Ensures **safe, healthy, and reliable food** for consumers, including imported foods.
2. **Specifies standards and guidelines** for food products.
3. **Issues licenses** to food service operators and **registers small vendors**.
4. Gives **guidelines to other bodies** like BIS and UGMark for certification.
5. **Specifies food labeling standards** to inform consumers.
6. **Provides training and awareness** to consumers and food operators about food safety.
7. **Collects and tests food samples** to detect adulteration.

1x2=2

(Any two /any other points)