



# COMMON PRE-BOARD EXAMINATION 2024-25

## Subject: HOME SCIENCE-064



**Class: X**

**Maximum Marks: 70**

**Date: 04-12-2024**

**Set-1**

**Time allowed : 3hours**

### **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
8. Internal choices are given in some questions.
9. Support your answers with suitable examples wherever required.

### **SECTION A (MULTIPLE CHOICE QUESTIONS)**

1.	A professional was hired to fumigate a hostel to destroy grubs and moths in cupboards. Which gas is commonly used for this purpose?  (A) Hydrogen peroxide (B) Hydrocyanic acid (C) Sodium hydro-sulphite (D) Sodium bi-sulphate	1
2.	In food safety, the temperature range in which bacteria can grow quickly is referred to as the danger zone. Which of the following temperature ranges represents this danger zone?  (A) 5°C - 60°C (B) Above 60°C (C) Below 10°C (D) 10°C - 65°C  <b>OR</b>  You are preparing a meal for a family gathering. What could be the possible method to avoid cross contamination in food while cooking?  (A) Keeping the raw food in refrigerator (B) Cutting the food in uniform size (C) Packing and labelling of food products (D) Using same chopping board for chicken and vegetable cutting	1

3.	<p>You are preparing a fabric for a project that requires stiffness. Identify which of the following is not considered as a stiffening agent.</p> <p>(A) Gum (B) Arrow root (C) Baking soda (D) Rice</p>	1
4.	<p>How many calories are required by a sedentary worker, compared to individuals doing moderate and heavy work?</p> <p>(A) 3020 (B) 3490 (C) 2320 (D) 2023</p>	1
5.	<p>Mr. Raj follows a strict daily schedule to manage his time effectively. Which of the following activities from Mr. Raj's schedule is an example of a fixed-time activity?</p> <p>(A) Spending Time with family (B) Shopping Time (C) Office Time (D) Prayer Time</p>	1
6.	<p>Jiya is sitting quietly in a corner, playing house -house with each other. Which type of play is Jiya engaging in?</p> <p>(A) Passive (B) Active (C) Serious (D) Exploratory</p>	1
7.	<p>"Adolescents refuse to listen to their parents and do not like to spend time with them". Which domain of development is exhibited in this statement.</p> <p>(A) Cognitive (B) Physical (C) Language (D) Social</p>	1

	<div>OR</div> <div>“Adolescents behaviour is very unpredictable.” Which type of emotional characteristics depicts in this statement.</div> <div>(A) Mood Swings</div> <div>(B) Self conscious</div> <div>(C) Rebellious and causal attitude</div> <div>(D) None of the above</div>	
8.	<div>Neha is a college student with apart-time job. She struggles to meet deadlines and often works under pressure at the last minute. After discussion with her mentor, Neha decides to adopt time management techniques to improve her productivity. Based on Neha’s situation, which of the following best defines time management?</div> <div>(A) It is the act of planning and managing time</div> <div>(B) It is action in limited time</div> <div>(C) It is time that can be retrieved</div> <div>(D) It is action in time that has been wasted</div>	1
9.	<div>At what age does a child typically have all their temporary teeth, and when do they start shedding them?</div> <div>(A) 28 teeth at 6 years</div> <div>(B) 28 teeth at 9 years</div> <div>(C) 20 teeth at 9 years</div> <div>(D) 20 teeth at 6 years</div>	1
10.	<div>Which of the following is an age-appropriate toy for a child aged 24-36 months?</div> <div>(A) Illustrated books</div> <div>(B) Rattles</div> <div>(C) Wind chimes</div> <div>(D) None of the above</div>	1
11.	<div>Match the Age given in List I with their motor abilities in List II.</div> <div><div>List I (Age)</div><div>a. 2-3 years</div><div>b. 3-4 years</div><div>c. 4-5 years</div><div>d. 5-6 years</div></div> <div><div>List II (Motor abilities)</div><div>i. Write crude alphabets</div><div>ii. Draw circles</div><div>iii. Draws persons with six parts</div><div>iv. Draw tadpole picture</div></div>	1

	<p><b>Choose the correct option.</b></p> <p>(A) a-ii, b-iv, c-i, d-iii</p> <p>(B) a-iv, b-iii, c-ii, d-i</p> <p>(C) a-iii, b-i, c-iv, d-ii</p> <p>(D) a-i, b-ii, c-iii, d-iv</p>											
12.	<p>Match the work simplification methods given in List I with suggestions in List II.</p> <table> <tr> <td><b>List I (Work simplification methods)</b></td> <td><b>List II (Suggestions)</b></td> </tr> <tr> <td>a. Rhythmic work.</td> <td>i. Long handled broom</td> </tr> <tr> <td>b. Conducive workplace</td> <td>ii. Trolley</td> </tr> <tr> <td>c. Labour saving device</td> <td>iii. Modular Kitchen</td> </tr> <tr> <td>d. Improve posture</td> <td>iv. Stacking similar dishes</td> </tr> </table> <p><b>Choose the correct option.</b></p> <p>(A) a-ii, b-iv, c-i, d-iii</p> <p>(B) a-iv, b-iii, c-ii, d-i</p> <p>(C) a-iii, b-i, c-iv, d-ii</p> <p>(D) a-i, b-ii, c-iii, d-iv</p>	<b>List I (Work simplification methods)</b>	<b>List II (Suggestions)</b>	a. Rhythmic work.	i. Long handled broom	b. Conducive workplace	ii. Trolley	c. Labour saving device	iii. Modular Kitchen	d. Improve posture	iv. Stacking similar dishes	1
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13.	<p>Which disease can affect human health if mustard seeds powder contains the adulterant Argemone seeds or powder?</p> <p>(i) Lathyrism</p> <p>(ii) Dropsy</p> <p>(iii) Glaucoma</p> <p>(iv) Cancer</p> <p><b>Choose the correct option.</b></p> <p>(A) (i) and (iv)</p> <p>(B) (ii) and (iii)</p> <p>(C) (iii) and (iv)</p> <p>(D) (i) and (ii)</p>	1										
14.	<p>Which of the following points to be considered while planning meals for the lactating mother.</p> <p>(i) Increased fluid intake</p> <p>(ii) Include fruits and vegetables</p> <p>(iii) Bland in taste</p> <p>(iv) Spicy food</p>	1										

	<p><b>Choose the correct option.</b></p> <p>(A)(i) and (ii)  (B)(ii) and (iii)  (C)(i) and (iv)  (D)(ii) and (iv)</p>	
	<b>SECTION B (CASE STUDY BASED QUESTIONS)</b>	
	<p><b>Read the passage carefully and answer Question no. 15 to 18</b></p> <p>Stains are common household challenges, and knowing how to tackle them effectively is an essential life skill. Different types of stains require different treatments, and understanding the composition of each stain is key to successful removal. Here's a guide to some common stain types and methods for removing them.</p>	
15.	<p>Sarah accidentally spilled coffee on her white cotton shirt. What precaution should she follow, while washing the stain.</p> <p>(A) Chemicals should be applied from the front of the stained fabric.  (B) The stain should be worked in a circular movement starting from the Outer edge of the stain to the centre.  (C) The stain should be worked in a circular movement starting from the centre to the outer edge.  (E) Use only hot water to rinse all the chemicals.</p>	1
16.	<p>Given are the basic rules involved in removing known stains. Arrange them in correct sequence which should be followed while removing stains.</p> <p>(i) Test the effect of the chemical on a hidden corner of the fabric.  (ii) Identify the nature of the stain.  (iii) Examine and identify the fabric, and choose the correct chemical accordingly.  (iv) Remove the stain while it is fresh.</p> <p><b>Choose the correct option.</b></p> <p>(A) (iii),(iv),(i),(ii)  (B) (ii),(i),(iv),(iii)  (C) (iv),(ii),(iii),(i)  (D) (i),(iii),(ii),(iv)</p>	1

17.	<p><b>Given below are two statements labelled as Assertion (A) and Reason(R)</b></p> <p><b>ASSERTION (A):</b> All acidic reagents should be neutralized with an alkaline rinse, while all alkaline reagents should be neutralized with an acidic rinse.</p> <p><b>REASON (R):</b> Hydrogen peroxide should be used for bleaching wool.</p> <p><b>Select the most appropriate answer from the options given below:</b></p> <p>(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.</p>	1
18.	<p><b>Given below are two statements labelled as Assertion(A)and Reason(R)</b></p> <p><b>ASSERTION (A):</b> Stains can be identified by their colour and smell or feel.</p> <p><b>REASON (R):</b> Warm water should be used for animal stains to avoid coagulation.</p> <p><b>Select the most appropriate answer from the options given below:</b></p> <p>(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.</p>	1
<b>SECTION C (SHORT ANSWER QUESTIONS)</b>		
19.	<p>Riya is organizing her kitchen and wants to categorize the available items based on the food groups defined by ICMR.</p> <p>Categorize the given food items such as wheat, rice, rajma, potato, peanuts, spinach, paneer, eggs, oranges, bottle gourd, and apples into ICMR food groups.</p> <p style="text-align: center;"><b>OR</b></p> <p>Mrs. Aryan wants to plan a balanced breakfast menu for her family that includes all the essential food groups to ensure proper nutrition throughout the day.          Prepare a sample breakfast menu to help her to incorporates the different food groups effectively as per ICMR.</p>	2
20.	Explain the term ‘Seriation’ with examples with relevant to early and middle childhood.	2
21.	(a) You are shopping for groceries to prepare a meal. What four principles should you follow when selecting food items from the shop to ensure they are safe, and of good quality?	2

	<p style="text-align: center;"><b>OR</b></p> <p>(b) After your brother's birthday party, you are helping your mom store the leftover food items in the refrigerator. What four key practices should you follow to ensure the food is stored safely depending on the nature of food?</p>	
22.	What are four dietary practices that elderly people should avoid while ensuring the inclusion of micronutrient-rich food in their diet?	2
23.	How can buying seasonal foods or cheaper substitutes provide the same nutrition as expensive foods? Justify your answer with 2 examples.	2
24.	"Play stimulates mental development." Justify this statement with two examples.	2
25.	Mrs. Mark is preparing meals for her infant and wants to ensure proper growth and development. What key factors should she consider to meet the infant's specific nutritional needs?	2
26.	Imagine you are preparing to store your family's woollen garments at the end of winter. What precautions would you take to ensure their longevity and protect from damage?	3
27.	<p>(a) Expand the following</p> <p>(i) ISI (ii) FSSAI (iii) MRP</p> <p style="text-align: center;"><b>OR</b></p> <p>(b) Ravi recently started a bakery in his hometown. Identify six food safety standards laid down by FSSAI that Ravi should follow to ensure compliance</p>	3
28.	<p>Your mother often struggles with deciding what to cook daily, leading to stress and last-minute decisions. You decide to explain to her how meal planning can make her daily routine easier and more efficient.</p> <p>Explain any three advantages of meal planning that you would share with your mother to help her manage meals better.</p>	3
29.	<p>(a) Ashok is a counsellor who has observed significant cognitive changes in adolescents during his sessions. What are three cognitive changes Ashok might observe in adolescents? Provide a suitable example for each change to support your explanation.</p> <p style="text-align: center;"><b>OR</b></p> <p>(b) Adolescence serves as a bridge between childhood and adulthood. Identify six physical changes commonly experienced during adolescence. Provide relevant examples to support your answer.</p>	3

SECTION D (LONG ANSWER QUESTIONS)		
30.	<p>Anita loves wearing cotton sarees and wants to take proper care of them.</p> <p>(a) Suggest four tips to store cotton sarees properly to keep them in good condition.</p> <p>(b) Identify two natural insect repellents she can use to protect her sarees from insect damage.</p>	2+2=4
31.	Identify four conditions under which food may be considered unsafe for human consumption.	4
32.	<p>How would you explain the following concepts in daily life management? Provide examples to illustrate each term.</p> <p>(a) Dovetailing</p> <p>(b) Peak load</p> <p style="text-align: center;"><b>OR</b></p> <p>(a) What are four effective strategies that can be implemented in the workplace to reduce psychological fatigue?</p> <p>(b) Mr. Sanjay is experiencing physiological fatigue after engaging in continuous physical work. Suggest any four ways to overcome his condition.</p>	<p>2+2=4</p> <p style="text-align: center;"><b>OR</b></p> <p>2+2=4</p>
33.	<p>Priya plans to start her own business of selling home-ground pulses. To ensure her products meet quality and safety standards, she needs to include an important certification mark on her product labels.</p> <p>(a) Which standard mark should Priya include on her product labels to ensure compliance with food safety regulations? Draw the mark.</p> <p>(b) What type of weighing balance should Priya use in her shop to ensure accurate measurements and maintain trust with her customers?</p>	2+2=4
34.	<p>(a) You are preparing for your pre -board examinations. Create a daily time plan that includes specific study sessions, breaks, and other activities.</p> <p>(b) Explain two advantages of organizing your day with a time schedule.</p>	3+2=5



35.	<p>Mr. Jeffrey is a chef in a well-known restaurant and aims to maintain high standards of food safety.</p> <p>(a)How long should he wash his hands thoroughly with hot water &amp; antibacterial soap?</p> <p>(b)List all six steps involved in proper hand washing.</p> <p>(c)Mention any four personal hygiene practices should he follow in the kitchen part from handwashing?</p> <p style="text-align: center;"><b>OR</b></p> <p>(a) How can safe handling of food be ensured through proper precautionary measures in the kitchen?</p> <p>(c) What preparations are necessary when designing a kitchen to keep it free from insects and pests?</p> <p>(d) What practices should be avoided to maintain proper hygiene in the kitchen?</p>	<p>1+2+2=5</p> <p style="text-align: center;"><b>OR</b></p> <p>1+2+2=5</p>
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