



COMMON PRE-BOARD EXAMINATION 2025-26

Subject: HOME SCIENCE-064



Class: X

Maximum Marks: 70

Date: 27-11-2025

Set-1

Time allowed : 3hours

General Instructions:

1. All questions are compulsory.
2. There are 32 questions in this paper.
3. The question paper is divided into three sections-A, B and C.
4. Section A has question no.1 to 14 multiple choice questions and are of 1 mark each.
5. Section B has question no. 15 to 21 of 2marks each and question no.22 to 25 of 3 marks each.
6. Section C has question no.26 to 30 of 4 marks each and question no.31and 32 of 5 marks.
7. Internal choices are given in some questions.
8. Support your answers with suitable examples wherever required.

SECTION A (MULTIPLE CHOICE QUESTIONS)

1.	<p>Ritu is learning about good kitchen practices in her Home Science class. Her teacher explains that certain methods help keep food safe and prevent cross-contamination in the kitchen.</p> <p>Which of the following practices should Ritu follow at home?</p> <p>(A) Cooked food should be kept covered in clean containers (B) Using separate chopping boards for raw meat and vegetables (C) Sanitize all utensils, chopping boards, and knives after using them (D) All of the above</p>	1
2.	<p>Aisha wants to manage her daily work better. Which step should she do first when making a time plan?</p> <p>(A) Give jobs to her family members (B) Write down all the household tasks (C) Allow time for each activity (D) Make a master schedule</p>	1
3.	<p>At the age of eight, which behaviour shows that a child is developing good social skills?</p> <p>(A) Sharing toys with friends (B) Playing alone most of the time (C) Putting fingers into electric sockets (D) Refusing to listen to others' opinions</p>	1

4.	<p>Farhan finds a container of cooked food with a bad smell at home. What should he understand about this food?</p> <p>(A) Still safe to eat (B) Unsafe and can cause illness (C) Safe if cooked again (D) Safe if stored in the refrigerator.</p>	1
5.	<p>Meera needs frequent access to spices and utensils in the kitchen during cooking. Where should she place them to work efficiently?</p> <p>(A) On high shelves & hard to reach (B) Within easy reach (C) Stacked one above the other (D) In another room</p>	1
6.	<p>While serving lunch, Mrs Shankar adds colourful vegetables and arranges food neatly on the plate. What skill is she showing?</p> <p>(A) Food presentation (B) Time management (C) Cleaning (D) Cooking speed</p>	1
7.	<p>Vishnu notices white patches and a smell on his stored cotton clothes after the rainy season. What does this indicate?</p> <p>(A) It is resistant to damage (B) It is likely to be attacked by mildew (C) Never gets spoiled (D) Dries faster than other fabrics</p>	1
8.	<p>While preparing food in the kitchen, which practice shows the personal hygiene of a food handler?</p> <p>(A) Wearing jewellery while cooking (B) Long and painted nails (C) Washing hands before touching food (D) Hair coming outside the cap</p>	1
9.	<p>Selvi has recently given birth and is breastfeeding her baby. Which dietary habit will best support her health and milk production?</p> <p>(A) Skipping meals to lose weight (B) Drinking aerated beverages frequently (C) Having only fast food for quick energy (D) Eating balanced meals with milk, fruits, and green vegetables</p>	1

10.	<p>While preparing daily schedule, Hari wants to make an effective time plan. Which factor should he keep in mind?</p> <p>(A) Enough rest time and clear priorities (B) Doing tasks without any order (C) Ignoring time limits for each task (D) Planning only for one activity</p>	1										
11.	<p>Sana is 15 years adolescent girl and often enjoys discussing with friends using new words and expressions. Which feature of language development does this show?</p> <p>(A) Use of simple sentences only (B) Limited vocabulary (C) Use of slang and abbreviations (D) Speaks only in passive voice</p>	1										
12.	<p>Match the List I with List II.</p> <table><tr><th>LIST I (Type of Stain)</th><th>LIST II (Stain-Removing Reagents)</th></tr><tr><td>1. Borax</td><td>I. Grease absorbent</td></tr><tr><td>2. Tomato</td><td>II. Grease Solvent</td></tr><tr><td>3. Turpentine</td><td>III. Acidic reagent</td></tr><tr><td>4. Bran</td><td>IV. Alkaline reagent</td></tr></table> <p>Choose the correct option from the following-</p> <p>(A) 1-II,2-IV,3-I,4-III (B) 1-I,2-II,3-III,4-IV (C) 1-IV,2-III,3-II,4-I (D) 1-III,2-I,3-IV,4-II</p>	LIST I (Type of Stain)	LIST II (Stain-Removing Reagents)	1. Borax	I. Grease absorbent	2. Tomato	II. Grease Solvent	3. Turpentine	III. Acidic reagent	4. Bran	IV. Alkaline reagent	1
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13.	<p>Given below are two statements labelled as Assertion(A)and Reason(R)</p> <p>ASSERTION (A): Playing in a group improves a child’s ability to communicate with peers.</p> <p>REASON (R): Group play only helps children have fun, without teaching any social skills.</p> <p>Select the most appropriate answer from the options given below:</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										

14.	<p>Given below are two statements labelled as Assertion(A)and Reason(R)</p> <p>ASSERTION (A): Fabric softeners make clothes smooth, shiny, crispy ,and easy to handle.</p> <p>REASON (R): Borax helps prevent starched garments from sticking to surface of the iron.</p> <p>Select the most appropriate answer from the options given below:</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
SECTION B (VERY SHORT AND SHORT ANSWER QUESTIONS)		
15 A.	Mention two ways to maintain hygiene while serving food to prevent contamination.	2
	OR	
15 B.	What precautions should be followed to store leftover food safely in the refrigerator to prevent spoilage and contamination?	
16.	Give two examples of how adopting energy-efficient postures can reduce physical strain during daily activities.	2
17 A.	"Incorporating leftover food into new meals helps to reduce food wastage and saves time." Suggest two ways to do this safely and effectively.	2
	OR	
17 B.	To include adequate protein in a balanced diet without relying on expensive sources, suggest two alternative protein-rich foods.	
18.	Name two harmful effects of consuming food contaminated with Argemone oil.	2
19.	<p><i>Expand the following:</i></p> <p>(a) ICMR</p> <p>(b) RDA</p>	2
20 A.	What is the purpose of using chemical bleaches in fabric care, and what are the two types of chemical bleaches? Give one example each?	2
	OR	
20 B.	What steps should be followed to remove excessive blue from a white garment? Name the stiffening agent used to stiffen silk.	

21.	Suggest two important factors to consider while choosing safe and suitable toys for a 2-year-old child.	2
22 A.	Neha plans her daily activities carefully to complete her work efficiently. She notices that by managing her energy well, she can finish tasks on time and stay focused. Based on this scenario, enlist three advantages of energy management.	1x3=3
22 B.	Anita plans her daily schedule carefully to use her time efficiently. Explain three benefits of managing time effectively that help her in daily life.	
23.	Mrs Singh has recently purchased a new silk saree and wants to keep it in good condition for many years. Suggest three precautions she should follow while storing the saree.	3
24 A.	In a workshop, the counsellor explains how children's emotional reactions change as they grow. Describe three differences in emotional development between children in early childhood and middle childhood.	3
24 B.	As children grow, their thinking and reasoning skills improve. What are three key cognitive changes that occur in children as they grow from early childhood to middle childhood?	
25.	Your mother is cooking various dishes at home. Suggest three ways she can follow to retain the nutrients in the food.	3
SECTION C (LONG ANSWER QUESTIONS)		
26.	Your mother wants to prepare healthy meals for the family. Enumerate four factors she should think about while planning meals for the family.	4
27 A.	A class teacher of 9th standard observed that some students are forming small groups or "gangs" in her class. Explain four socio-emotional changes that adolescents may experience at this age.	4
27 B.	In a Biology class, the teacher discusses body changes during adolescence. Elaborate any four secondary physical changes seen in boys and girls at this stage.	

28.	A food safety officer finds that a vendor is not following proper food labelling and safety standards. Under what four circumstances can the FSSAI cancel the vendor's license?	4
29.	<p>Fathima has been preparing for a school project for several days and feels mentally exhausted.</p> <p>I. Suggest two ways she can reduce this mental or psychological fatigue</p> <p>II. Mention two ways to create a suitable environment for effective work.</p>	2+2=4
30.	A home science student is designing a kitchen layout. Explain four key roles of proper ventilation in the kitchen.	4
31 A.	<p>I. A household needs fumigation to control pests. Explain the purpose of fumigation, why it should be carried out by professionals, and name the gas commonly used for fumigation.</p> <p>II. While doing laundry, you want to choose a good laundry soap. Explain three important guidelines you should follow when selecting a laundry soap.</p> <p style="text-align: center;">OR</p>	2+3=5
31 B.	<p>I. Some stains change the feel of the fabric. Identify one stain that makes the fabric stiff and one stain that makes it slippery.</p> <p>II. You notice an unknown stain on a fabric during laundry. Describe the step-by-step procedure to remove such a stain effectively.</p>	
32.	<p>You are buying mineral water, milk powder, and custard powder for your family. Your mother asks you to check the quality of these products.</p> <p>I. Identify the standard mark used on these products and draw the graphic design of the mark.</p> <p>II. Explain two benefits of checking the standard mark.</p> <p>III. Write any three roles of FSSAI in ensuring food safety.</p>	1+2+2=5