



Indian School Al Wadi Al Kabir
Mid-Term Examination (2025-2026)

Class: X
Date: 28/09/2025

Subject: HOME SCIENCE (064)
SET- 1

Max. marks: 70
Time: 3 hours

General Instructions

1. All questions are compulsory.
2. There are 32 questions in this paper.
3. Question paper is divided into three sections-A, B, & 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 2 marks 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.31 and 32 of 5marks each.
7. Internal choices are given in some questions.
8. Support your answers with suitable examples wherever required.

	<u>SECTION A (MULTIPLE CHOICE QUESTIONS)</u>	
1.	<p>During middle-childhood, children show several changes in their physical development. Which one of the following does not belong to physical development in this stage?</p> <p>(A) Body becomes less stocky and more slender. (B) Feet become longer (C) Development of abstract thinking (D) Head becomes about 1/6th of the body size</p>	1
2.	<p>If a teacher wants to encourage children's social skills, emotional development and teamwork, which play activity should she organize?</p> <p>(A) Individual puzzle-solving (B) Group dramatic play (e.g., family role-play) (C) Silent reading in class (D) Copying notes from the board</p>	1
3.	<p>Riya's mother wants to prepare low-cost meals for the family without compromising nutrition and taste. She follows certain steps to reduce the cost effectively.</p> <p>In which of the following two ways can low-cost meals be prepared?</p>	1

	<p>(i) Chop vegetables uniformly (ii) Purchase seasonal fruits and vegetables (iii) Soak pulses before cooking (iv) Use leftover food creatively</p> <p>Choose the correct option:</p> <p>(A) (ii) and (iv) (B) (i) and (iii) (C) (ii) and (iii) (D) (i) and (iv)</p>	
4.	<p>At home, Ravi was asked to follow proper steps to ensure food safety,</p> <p>Which of the following is NOT a step for safe handling of food?</p> <p>(A) Maintaining kitchen hygiene (B) Practicing personal hygiene (C) Hygienic practices while cooking and serving food (D) Eating quickly without washing hands</p>	1
5.	<p>Kevin, a 16-year-old boy, gets easily upset when his friends tease him about his hairstyle. He often feels that everyone is noticing and judging his looks. Which adolescent characteristic does this reflect?</p> <p>(A) Impressionable minds (B) Self-consciousness (C) Identity Crisis (D) Idealism</p>	1
6.	<p>Leena stores her cotton sarees for the summer season. She wants to prevent moths and other insects from damaging the sarees using natural insect repellents.</p> <p>Which of the following can she use?</p> <p>(A) Camphor and Neem leaves (B) Sandalwood powder and Eucalyptus leaves (C) Mint leaves and Cedar chips (D) All of the above</p>	1

7.	<p>During a school picnic, the students brought perishable food items like sandwiches, salads, and milkshakes. The teacher noticed that some of the food was left outside in the sun for a long time.</p> <p>Which temperature range is considered the “danger zone” where bacteria can grow rapidly, making the food unsafe to eat?</p> <p>(A) Below 5 °C (B) 10 °C – 65 °C (C) Above 60 °C (D) 5 °C – 60 °C</p>	1
8.	<p>Mrs. Singh is preparing a starch solution for finishing cotton garments. To prevent the starched garments from sticking to the surface of the iron while pressing, which of the following substances should she add to the solution?</p> <p>(A) Javel Water (B) Borax (C) Hydrogen Peroxide (D) Baking Soda</p>	1
9.	<p>Vishnu's younger brother is 6 years old. His first tooth just became loose and fell out. How many milk teeth children usually have and at what age they start shedding.</p> <p>Which of the following is correct?</p> <p>(A) 20 milk teeth; start shedding at 5–6 years (B) 28 milk teeth; start shedding at 7–8 years (C) 32 milk teeth; start shedding at 10–12 years (D) 22 milk teeth; start shedding at 4 years</p>	1
10.	<p>A textile worker is finishing silk and rayon garments to give them a firm and crisp texture. Which stiffening agent should be used to achieve this effect?</p> <p>(A) Borax (B) Starch (C) Gum (D) Vinegar</p>	1

11.	<p>While helping in the kitchen, Miya wanted to ensure proper hygiene while preparing food. She followed several practices to keep the kitchen and food safe.</p> <p>Which of the following is NOT a proper hygiene practice while working in the kitchen?</p> <p>(A) Wash your hands properly (B) Use clean and fresh water for washing and cooking food (C) Sanitize all utensils, chopping boards, and knives after use (D) Use the same chopping board for meat and other foods</p>	1														
12.	<p>Match List I with List II</p> <table><tr><th>List I [Stain Removing agents]</th><th>List II [Examples]</th></tr><tr><td>a. Acidic reagents</td><td>(i) Baking soda & Borax</td></tr><tr><td>b. Grease absorbents</td><td>(ii) Acetone & turpentine</td></tr><tr><td>c. Alkaline reagents</td><td>(iii) Vinegar & lemon</td></tr><tr><td>d. Grease solvents</td><td>(iv) Fuller's earth & powdered magnesia</td></tr></table> <p>Choose the correct option from the following;</p> <table><tr><td>(A) a-(iv); b-(i); c-(ii); d- (iii)</td></tr><tr><td>(B) a-(iii); b-(iv); c-(i); d- (ii)</td></tr><tr><td>(C) a-(iii); b-(i); c-(ii); d- (iv)</td></tr><tr><td>(D) a-(iii); b-(iv); c-(ii); d- (i)</td></tr></table>	List I [Stain Removing agents]	List II [Examples]	a. Acidic reagents	(i) Baking soda & Borax	b. Grease absorbents	(ii) Acetone & turpentine	c. Alkaline reagents	(iii) Vinegar & lemon	d. Grease solvents	(iv) Fuller's earth & powdered magnesia	(A) a-(iv); b-(i); c-(ii); d- (iii)	(B) a-(iii); b-(iv); c-(i); d- (ii)	(C) a-(iii); b-(i); c-(ii); d- (iv)	(D) a-(iii); b-(iv); c-(ii); d- (i)	1
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13.	<p>Given below are two statements labelled as Assertion (A) and reason (R)</p> <p>Assertion (A): In early childhood, children have a limited ability at seriation; they cannot always arrange objects in the correct order.</p> <p>Reason (R) : If asked to arrange sticks by height, young children may attempt it but may not get the exact sequence right.</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): Food hygiene means safe handling of food in a way that will keep it safe and free from all contaminants.</p> <p>Reason (R) : It is important to sterilize dustbins to kill pathogens and microorganisms which may grow in it.</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
	<u>SECTION B (VERY SHORT & SHORT ANSWER QUESTIONS)</u>	
15.A	<p>Haritha is planning to store her cotton sarees for a long time. Suggest any four tips she should keep in mind while storing them.</p> <p style="text-align: center;">OR</p>	2
15.B	<p>During the annual cleaning of the school store room, the management decided to control the pests through fumigation.</p> <p>(i) Why should fumigation be carried out only by professionals & Name the gas used.</p> <p>(ii) Name one pest that will be destroyed by fumigation.</p>	
16.	<p>You want to buy a toy for your three-year-old sibling. What four important points will you keep in mind while selecting the toy?</p>	2
17.A	<p>Tarun, a 15-year-old boy, notices a tiny hole on his shirt and becomes very conscious, thinking everyone is staring at it. He also often takes risks while cycling fast on busy roads, believing nothing bad can happen to him.</p> <p>Identify the two adolescent characteristics reflected in Tarun's behaviour.</p> <p style="text-align: center;">OR</p>	2
17.B	<p>State the primary physical characteristics that develop in adolescent boys and girls.</p>	

18.	Name the two nutrients that provide high satiety value and keep us full for a longer time.	2
19.	You are sent by your mother to buy groceries from the supermarket. Mention any four important points you will check to ensure the food items are safe and of good quality.	2
20.A	During early childhood, children often link two events that occur close to each other, even if one does not cause the other. Example: "It is night because the sun goes to sleep." (i) Identify the type of cognitive operation in early childhood. (ii) Give one more example from a child's daily life. OR	2
20.B	(i) Define animistic thinking. (ii) Compare animistic thinking in early childhood with middle childhood and give one example showing how it changes.	
21.	During a class party, some leftover food was brought back home. As a responsible student, mention any four important points you will keep in mind while storing the leftover food to ensure safety and freshness.	2
22.A	While having lunch, Meena dropped curry on her dress and later noticed a rust mark from an old safety pin. Identify the two types of stains on her dress and suggest three ways of identifying stains. OR	3
22.B	Vinita is washing her delicate silk dress with hard water. She also wants to save water during rinsing. She plans to use syndets instead of soaps. Mention any four advantages and any two disadvantages of using syndets.	

23.	Adolescents undergo various social changes during their development. Identify and explain any three social characteristics of adolescence with suitable examples.	3
24.	Based on the domain of language development, mention any three points of language development in middle childhood. Support your points with relevant examples.	3
25.	During a health awareness drive in your school, you are asked to demonstrate the correct way of washing hands to your classmates. List the steps of proper handwashing in the correct sequence.	3
	<u>SECTION C (LONG ANSWER QUESTIONS)</u>	
26.	Distinguish between the motor abilities of a 2–3-year-old child (early childhood) and a 10–11-year-old child (middle childhood).	4
27.A	Rahul's grandmother has recently been discharged from the hospital after recovering from gastrointestinal problems. The doctor advised her to follow a therapeutic diet instead of a regular diet to aid recovery. (i) What do you mean by a <i>therapeutic diet</i> ? (ii) Name any two types of therapeutic diets based on consistency and give one example for each. (iii) Mention any one advantage of a therapeutic diet for patients. OR	4
27.B	As a responsible family member, you are asked to plan meals for your family for a week. Mention any four advantages of meal planning.	

28	Raj is a 14-year-old boy, and he has a lot of friends. Explain how his peer group can influence his social development during adolescence.	4
29	Children's play takes different forms and helps in their development. Explain any four types of play with suitable examples.	4
30	<p>You are a member of the School Eco & Health Club. During a visit to the school canteen, you observed that the condition of the canteen needs to be upgraded.</p> <p>(i) Suggest four healthy practices you will give to the cook regarding maintaining personal hygiene.</p> <p>(ii) How will you educate the janitors to keep the kitchen clean and tidy? Mention any four tips.</p>	4
31.A	<p>Elaborate the following five cognitive characteristics while observing an adolescent boy studying in Class 11. Support your answer with a suitable example for each.</p> <p>(i) Hypothetical -deductive reasoning</p> <p>(ii) Systematic Thinking</p> <p>(iii) Abstract thinking</p> <p>(iv) Idealism</p> <p>(v) Propositional thought /Logical thinking</p> <p style="text-align: center;">OR</p>	5
31.B	The period of sexual and reproductive maturity is called puberty. Compare any five secondary physical characteristics specific to teenage boys and girls.	
32.	<p>While helping in household work, you find a cloth with an unknown stain. You are not sure what caused it.</p> <p>Write down the steps you would follow in the correct order to remove an unknown stain.</p>	5