



INDIAN SCHOOL AL WADI AL KABIR
SECOND REHEARSAL EXAMINATION 2024-25

Subject: HOME SCIENCE-064

Class: X

Maximum Marks: 70

Date: 16-01-2025

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.	According to the Food Safety & Standards Act 2006, what term is used to describe a food product that contains inferior or cheaper substances and is injurious to health? (A) Partly sub-standard (B) Sub-standard (C) Misbranded (D) Unsafe	1
2.	While helping a friend to choose a packaged juice, what key factor should you consider to ensure quality and safety? (A) Price of the pack (B) Rust-proof packaging (C) Freshly packed (D) All of the above OR Mrs. Mehta is designing a hygienic kitchen for her new restaurant and she wants to ensure all safety and cleanliness standards. Analyse the following practices and identify which one is incorrect in maintaining hygiene in the kitchen:	1

	<p>(A) Surfaces should be kept free of any infections growing in corners.</p> <p>(B) Walls and ceilings must be free from flaking.</p> <p>(C) Drains should be kept clean and disinfected yearly.</p> <p>(D) Work surfaces, floors, and walls should be non-absorbent, washable, and without cracks.</p>	
3.	<p>Ananya is a 16-year-old girl who actively participates in sports and other extracurricular activities. How many calories should she consume daily to meet the energy needs of her active lifestyle?</p> <p>(A) 3020 calories</p> <p>(B) 2030 calories</p> <p>(C) 2440 calories</p> <p>(D) 2320 calories</p>	1
4.	<p>A fashion designer is preparing silk and rayon fabrics for a special collection. The designer decides to use gum as a stiffening agent on these fabrics. Why is gum used to stiffen silk and rayon fabrics?</p> <p>(A) To make them more durable and waterproof.</p> <p>(B) To give crispness and shine to the fabrics.</p> <p>(C) To improve their resistance to stains and wrinkles.</p> <p>(D) To prevent from sticking to the iron box.</p>	1
5.	<p>At which stage of childhood and at what age is a child able to grasp a pencil appropriately and draw a person with six parts?</p> <p>(A) Middle childhood, 7-8 years</p> <p>(B) Middle childhood, 9-10 years</p> <p>(C) Early childhood, 3-4 years</p> <p>(D) Early childhood, 5-6 years</p>	1
6.	<p>While selecting play materials for children, which of the following points should be considered to ensure their mental, social, and physical development?</p> <p>(A) The toys should be safe, durable, and age-appropriate.</p> <p>(B) The toys should be expensive and trendy.</p> <p>(C) The toys should be small and lack an ISI mark.</p> <p>(D) The toys should be made of cheap and non-durable material.</p>	1

7.	<p>Ryan is a 15-year-old boy, showcasing various features of language development typical for his age. Choose the correct option.</p> <p>(A) Use of abbreviations (B) Use of complex sentences (C) Use of slangs (D) All of the above</p> <p style="text-align: center;">OR</p> <p>Arjun, a 13-year-old boy, is learning about the signs of puberty in his biology class. Which of the following is the first sign of puberty typically observed in boys?</p> <p>(A) Voice becomes harsh (B) Chest and pubic hairs (C) Spermatarche (D) Menarche</p>	1
8.	<p>Pulses and legumes are classified under which food group according to the ICMR classification?</p> <p>(A) Energy-giving food (B) Body-building food (C) Protective food (D) Regulatory food</p>	1
9.	<p>You want to create a time plan to organize your tasks effectively. What steps should you follow? Choose the correct option:</p> <p>(A) List your tasks, prioritize them, allocate specific time slots, and review the plan regularly. (B) Randomly pick tasks and work on them without a specific order. (C) Complete only urgent tasks and leave the rest for later. (D) Write down tasks without assigning time or priorities and assign job to all family members.</p>	1
10.	<p>"Play is an essential part of a child's growth and development." Which of the following statement is aligning with child's overall development?</p> <p>(A) Causes stress and limits social interaction. (B) Enhances physical, social, and cognitive skills. (C) Does not allow the child to express emotions. (D) Hinders mental development.</p>	1

11.	<p>Match the Types of Development in List I with their features in List II.</p> <table><tr><th>List I (Types of development)</th><th>List II (Features in middle childhood)</th></tr><tr><td>a. Social Development</td><td>i. Fun loving and cheerful</td></tr><tr><td>b. Emotional Development</td><td>ii. Dress oneself independently</td></tr><tr><td>c. Language Development</td><td>iii. Enjoy group activities</td></tr><tr><td>d. Motor Development</td><td>iv. Ask clarification</td></tr></table> <p>Choose the correct option. (A) a-ii, b-iv, c-i, d-iii (B) a-iv, b-iii, c-ii, d-i (C) a-iii, b-i, c-iv, d-ii (D) a-i, b-ii, c-iii, d-iv</p>	List I (Types of development)	List II (Features in middle childhood)	a. Social Development	i. Fun loving and cheerful	b. Emotional Development	ii. Dress oneself independently	c. Language Development	iii. Enjoy group activities	d. Motor Development	iv. Ask clarification	1
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12.	<p>Match the factors affecting time plan given in List I with suggestions in List II.</p> <table><tr><th>List I (Factors affecting Time Plan)</th><th>List II (Suggestions)</th></tr><tr><td>a. Labour saving device</td><td>i. Take care of unexpected situation</td></tr><tr><td>b. Dovetailing</td><td>ii. Multiple activities grouped together</td></tr><tr><td>c. Peak load</td><td>iii. Shelling peas and & roasting brinjal</td></tr><tr><td>d. Flexibility</td><td>iv. Spice box</td></tr></table> <p>Choose the correct option. (A) a-ii, b-iv, c-i, d-iii (B) a-iv, b-iii, c-ii, d-i (C) a-iii, b-i, c-iv, d-ii (D) a-i, b-ii, c-iii, d-iv</p>	List I (Factors affecting Time Plan)	List II (Suggestions)	a. Labour saving device	i. Take care of unexpected situation	b. Dovetailing	ii. Multiple activities grouped together	c. Peak load	iii. Shelling peas and & roasting brinjal	d. Flexibility	iv. Spice box	1
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13.	<p>Analyse the following options and select the correct option that highlights the key advantage or importance of managing energy effectively:</p> <p>(i) It helps to extract maximum work from workers. (ii) It increases the ability of workers to manage their emotions. (iii) It creates delays and confusion. (iv) Workers get frustrated and irritated.</p> <p>Choose the correct option. (A) (i) and (iv) (B) (ii) and (iii) (C) (iii) and (iv) (D) (i) and (ii)</p>	1										

14.	<p>The following are pairs of stain and their respective removing reagents.</p> <ul style="list-style-type: none"> (i) Ball point ink: Methylated spirit (ii) Paint: Grease absorbent (iii) Lipstick: Fuller's earth (iv) Coffee: Borax solution <p>Choose the correct option.</p> <ul style="list-style-type: none"> (A) (i) and (ii) (B) (ii) and (iii) (C) (i) and (iv) (D) (ii) and (iv) 	1
SECTION B (CASE STUDY BASED QUESTIONS)		
	<p>Read the passage carefully and answer Question no. 15 to 18</p> <p>A cotton fabric was stained with coffee, requiring immediate treatment. Stains are typically identified by their colour, smell, or texture. A detergent was used to remove the stain, following standard stain removal practices. It is important to address stains while they are fresh and to take necessary precautions during the process. After the stain was treated, the fabric was immediately washed to remove any residues of the cleaning agent.</p>	
15.	<p>Which of the following actions is recommended for effective stain removal?</p> <ul style="list-style-type: none"> (A) Rubbing a cloth dipped in stain remover in a circular motion from any side. (B) Rubbing a cloth dipped in stain remover diagonally on the stain surface. (C) Rubbing a cloth dipped in stain remover over the stain from the outer corner moving inwards. (D) Rubbing a cloth dipped in stain remover over the stain from the centre to the outer corner. 	1
16.	<p>Arrange the following steps of the sponging method for stain removal in the correct sequence:</p> <ul style="list-style-type: none"> (i) Several mild applications of a reagent should be preferred over one strong application. (ii) The stain removal should proceed from simple to complex. (iii) The effect of the chemicals should be tested on a hidden corner. (iv) Traces of chemicals should be rinsed thoroughly. 	1

	<p>Choose the correct option.</p> <p>(A) (iii),(iv),(i),(ii) (B) (ii),(i),(iv),(iii) (C) (iv),(ii),(iii),(i) (D) (iii),(ii),(i),(iv)</p>	
17.	<p>Given below are two statements labelled as Assertion (A) and Reason(R)</p> <p>ASSERTION (A): Any substance which is capable of removing dirt and grime from clothes are called emulsifying agents.</p> <p>REASON (R): The soap should contain 30% water and not be extremely hard or soft.</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
18.	<p>Given below are two statements labelled as Assertion(A)and Reason(R)</p> <p>ASSERTION (A): Acidic reagents are used to remove tea, coffee and perspiration stain.</p> <p>REASON (R): Vinegar, lemon, and tomato are commonly used acidic reagents to remove the stain.</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 C (SHORT ANSWER QUESTIONS)		
19.	<p>(a) A school teacher observes that many students in her class often fall sick due to poor eating habits. Suggest any four healthy eating practices that the teacher can recommend to the parents to improve the students' health.</p> <p style="text-align: center;">OR</p> <p>(b) As a nutritionist, you are tasked with planning a mid-day meal for a primary school. What two points would you consider to ensure that the meal meets the students' dietary needs, and what two points would you avoid to promote their health during meal preparation?</p>	2

20.	“One can buy seasonal foods or cheaper substitutes to provide the same amount of nutrition as expensive foods”. Explain this statement with two examples in connection with the preparation of low-cost meals while planning meals.	2
21.	<p>(a) Your mother is preparing food in the kitchen, what precautions should you take while using chopping boards, utensils and knives to ensure proper hygiene?</p> <p style="text-align: center;">OR</p> <p>(b) To prevent pest infestation and maintain hygiene in the kitchen, what precautions should be taken for:</p> <p style="margin-left: 40px;">(i) Managing the dustbin.</p> <p style="margin-left: 40px;">(ii) Cleaning and maintaining the drains.</p>	2
22.	<p>Expand the following:</p> <p style="margin-left: 40px;">(a) ICMR</p> <p style="margin-left: 40px;">(b) RDA</p>	2
23.	<p>Rahul is learning about different types of cognitive operations of early childhood in his psychology class. Analyse the following scenarios and identify which cognitive operation is being demonstrated:</p> <p style="margin-left: 40px;">(a) A child believes that all non-living things have lifelike qualities like feelings, thoughts and wishes.</p> <p style="margin-left: 40px;">(b) It is believed that the tooth fairy visits children to leave a gift in exchange for their lost tooth.</p>	2
24.	"A child engages in different types of play throughout their development". Explain the difference between exploratory play and serious play, and provide one example of each.	2
25.	<p>You are tasked to design a meal plan for a patient recovering from an illness.</p> <p style="margin-left: 40px;">(a) Define a therapeutic diet.</p> <p style="margin-left: 40px;">(b) Highlight any two advantages of using a therapeutic diet in managing health conditions.</p>	2
26.	<p>Mr. Sharma found holes in his silk kurta, which had been stored in a box during the summer season.</p> <p style="margin-left: 40px;">(a) Analyse the situation and identify three possible reasons for the damage to his garment.</p> <p style="margin-left: 40px;">(b) Suggest three preventive measures to avoid such issues in the future.</p>	3

27.	<p>(a) You recently purchased unpacked milk from a local dairy farmer. Write any six points to check for the faulty weights and measures to ensure that the dairy farmer has not cheated you while selling the milk.</p> <p style="text-align: center;">OR</p> <p>(b) You purchased five metres of cotton cloth from a local shop, but the tailor complained that the cloth was 3 inches shorter. Identify four possible ways by which the cloth merchant could have cheated you in this transaction.</p>	3
28.	<p>Meal planning is influenced by various factors. Explain how the following factors influence meal planning and provide one example for each factor to illustrate your explanation.</p> <p>(a) Occasion (b) Climate (c) Likes and dislikes of family members</p>	3
29.	<p>(a) Observe and identify three common challenges that your classmates typically face in their academic or personal lives. Explain with appropriate examples.</p> <p style="text-align: center;">OR</p> <p>(b) Harshini is an adolescent girl experiencing the following characteristics. Help her to understand these by explaining each term, its meaning, and provide suitable examples. (i) Imaginary audience (ii) Abstract thinking (iii) Personal fable</p>	3
SECTION D (LONG ANSWER QUESTIONS)		
30.	<p>As a food safety inspector, you are tasked to assess the quality of turmeric powder and mustard oil at a local market.</p> <p>(a) Identify the possible adulterants that could be found in turmeric powder and mustard oil.</p> <p>(b) Demonstrate your understanding of the potential health effects by enumerating two ill effects of each adulterant found in turmeric powder and mustard oil.</p>	2+2=4

31.	<p>Give one reason for each of the following:</p> <p>(a) Cotton dresses should be de-starched before being stored.</p> <p>(b) Newspapers in the storage box should be changed occasionally.</p> <p>(c) Rayon & cotton clothes should be stored away from dampness.</p> <p>(d) Silk dresses should be stitched with an underlining.</p>	4
32.	<p>Mrs. Riya has been feeling extremely tired and unable to perform her daily activities efficiently.</p> <p>(a) Discuss any four possible reasons for physiological fatigue that could be affecting her health.</p> <p>(b) Suggest four effective ways to reduce physiological fatigue and help Riya to regain her energy.</p> <p style="text-align: center;">OR</p> <p>(a) Mr. Arjun, a marketing professional, has been feeling mentally drained and unable to focus on his tasks. Discuss any four reasons for psychological fatigue that might be affecting his performance.</p> <p>(b) Advise four effective strategies that Mr. Arjun can adopt to reduce psychological fatigue and improve his mental well-being.</p>	<p>4</p> <p>2+2=4</p>
33.	<p>A local entrepreneur has started a small-scale business producing and selling homemade apple jam. He must ensure that the product stands out in the market and complies with packaging regulations.</p> <p>(a) Write any four requisites of a good label that he should keep in mind while preparing it?</p> <p>(b) Which standard mark should he use on the jam and draw the graphic design of the mark?</p>	2+2=4
34.	<p>(a) Meera is learning about different categories of physical work in her home science class. Analyse the characteristics of heavy, moderate, and light work and provide one example for each to help her understand their differences.</p> <p>(b) Engaging in household work often leads to physical strain if the posture is incorrect. Suggest two practical ways to simplify the tasks and improve posture while cleaning and washing.</p>	3+2=5

35.	<p>Mrs. Singh wants to organize her refrigerator efficiently based on the perishability of different food items. She needs your help to store the foods properly to maintain their freshness and prevent spoilage.</p> <p>(a) Explain FIFO rule to Mrs. Singh.</p> <p>(b) Suggest four essential points that she should consider while storing milk and milk products in her refrigerator.</p> <p>(c) Write any four points to guide Mrs. Singh for proper storage of store leftover food, meat, and poultry products.</p>	1+2+2=5
<p>OR</p>		
	<p>Mr. Kiran, a hotel management student, has learned about health and hygiene practices in his college.</p> <p>(a) What two important rules should he follow to ensure proper hygiene while serving food?</p> <p>(b) Mention any four principles should Mr. Kiran follow to maintain good personal hygiene in his professional environment?</p> <p>(c) Before starting work in the kitchen, proper handwashing is essential to maintain hygiene. Describe the steps for washing hands effectively for 20 seconds to ensure cleanliness and prevent contamination.</p>	1+2+2=5