

8/12/19

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SET A



**INDIAN SCHOOL MUSCAT
FINAL EXAMINATION
HOME SCIENCE**

CLASS: X

Subject Code: 064

Time Allotted: 3 Hrs.

02.02.2021

Max. Marks: 70

General Instructions:

1. All questions are compulsory.
2. There are total 42 questions.
3. Question paper is divided into three sections-A, B and C.
4. Section A has question no.1 to 14 (objective type questions) and are of 1 mark each.
5. Section B has question no. 15 to 28 (case study based multiple choice questions) and are of 1 mark each.
6. Section C has question no.29 to 35 of 2 marks each, question no.36 and 37 of 3 marks each, question no.38 to 40 of 4 marks each and question no.41 and 42 of 5 marks each.
7. Internal choices are given in some questions.
8. Support your answers with suitable examples wherever required.

SECTION – A (OBJECTIVE TYPE QUESTIONS)

SL. Multiple choice questions

NO.

1. Reena took out his skirt from cupboard hung on an iron hanger, she found a stain on it. Identify this stain - 1
- a. Oil
 - b. Curry
 - c. Rust
 - d. Grease

OR

Which among the following is not an insect repellent?

- a. Camphor
 - b. Naphthalene balls
 - c. French chalk
 - d. Sandal wood powder
2. We should take care while buying things from a roadside vendor, why? 1
- a. As he may not give you a bill
 - b. Sells cheap goods
 - c. Bargain prices
 - d. All the above

OR

Which standard mark you will look for buying one bottle of vinegar?

- a. FSSAI
- b. Ag mark
- c. ISI
- d. BIS

3. Cold food stuffs should always be held at temperature below 4°C because: 1
- To keep the food cold
 - To avoid the growth of microorganisms
 - To avoid cross contamination
 - To keep it away from insects
4. Play teaches a child to be honest, how? 1
- As they learn to obey rules and regulations
 - They learn about the object by touching
 - They learn to share the toys
 - They learn the skills of drawing
5. Which among the following options is not a character of soap less detergent? 1
- PH is neutral
 - Non-biodegradable
 - Cheaper
 - Non environment friendly
6. One among the following refers to the emotional development of early childhood, select that. 1
- Fun loving and cheerful
 - Extremely impatient
 - Fewer fears
 - Have imaginary friends

OR

Predict the changes which occurs in relation to physical development -

- Height
 - Weight
 - Body proportion
 - All of the above
7. Identify the physical changes in ladies when they enter the middle adulthood 1
- Gaining weight especially in n the waist and hips
 - Menopause
 - Hormonal imbalance
 - All the above
8. Mrs. Shetty is having a one year old son. Advise her what kind of food should not be given to him- 1
- light and digestible foods
 - Fried food
 - lightly seasoned food
 - food rich in vitamin c

OR

Your grandmother has turned seventy years old .Advise what kind of food should be preferred by her-

- Spicy food
- Fried food
- Strong flavoured food
- Light and digestible food

9. Select the appropriate property a kitchen equipment should have 1
- Non-toxic
 - Non-absorbent
 - Rust-resistant
 - All of the above
10. Nitish always prepare time plan for his day and he is good in studies as well as swimming. Which 1
- of the following is/are advantage of time management-
- It helps in saving time.
 - It helps in saving energy
 - It generates free time.
 - All of the above

OR

Radha always complains of lack of time to finish all her assignments. She fails to manage her time. Failing to manage time can lead to some consequences like-

- Less Stress
- Greater productivity and efficiency
- A better professional reputation
- Missed deadlines

Fill in the blank/s-

11. Changes in _____ is done in diets in case of problem in chewing, swallowing etc. 1
12. Expansion of RDA: _____. 1
- OR**
- Expansion of ICMR: _____
13. Any substance which is capable of removing dirt and grime from clothes, is called a 1
- _____
14. We should not use off-season foods because it _____ 1

SECTION B (CASE STUDY QUESTIONS)

- I. Mr. Vinod is an event management proprietor. Once he got a deal of conducting a marriage 1x5
- reception party for the family relatives from a client. The client gave him a detailed description about the age, taste, likes and dislikes of all the family members. Vinod made a plan of the food items and other requirements for the party. The client was very peculiar about the nutrient value, satisfaction of the persons, attractiveness of the dishes, variety and flexibility. Mr. Vinod having a great experience in this field is very strict in maintaining everything in perfect order. So he prepared a meal planning which he thinks very important. He made a chart on all the factors to be considered while preparing the meal. While preparing the plan he also considered the health condition and age of the family members. He wants to make the feast a grand as well as a perfect one.
15. Which factor does not affect the meal planning?
- Occupation of the people
 - Climate of the place
 - Attractiveness of the food items
 - Cost of the food items

16. To fulfill the requirements of satisfaction, what kind of food should Mr. Vinod include in the meal?

- a. Soft drinks
- b. Protein and fat rich food
- c. Only fried food
- d. None of these

17. Which among the following cooking method does not result in soft texture of the food?

- a. Steaming
- b. Frying
- c. Stewing
- d. Boiling

18. If the budget could not afford all the suggested food items, what should Vinod do?

- a. Use off-season food items
- b. Buy low quality food items
- c. Reduce the quantity of the other food items
- d. Purchase less expensive alternatives for the more expensive foods

19. What was the client not peculiar about?

- a. quantity of the food items
- b. attraction of the dishes
- c. variety
- d. nutrient value

II One winter holiday evening Jamey went out to play with his friends. He was wearing a woolen sweater. During the rest time one of his friends bought for them some potato chips and tomato ketchup. While eating Jamey accidentally dropped the ketchup on his sweater. After returning home, he immediately folded and kept the sweater in the cupboard in order to hide the stain from his mother. After few days when he took the sweater he was shocked to notice foul smell, patches and small holes in his sweater. 1x4

20. What precaution Jamey should have taken while storing his sweater?

- a. Stain should be removed immediately.
- b. Should be hung on a hanger.
- c. Stored in damp place
- d. Should not wash

21. The damage in the sweater is because of-

- a. Carpet Beetle
- b. Ants
- c. Mildew
- d. Bacteria

22. Woollen clothes are resistant to what all things?

- a. moth and carpet beetle
- b. mildew and bacteria
- c. microorganisms and insects.
- d. none of these.

23. Why it is suggested that newspapers should be used in garment cupboards and it should be changed occasionally.

- a. to prevent dust particles from attaching the clothes
- b. to make the cupboard attractive
- c. it can repel grubs and moths
- d. none of the above.

III. Ravi purchased tea dust from a shop. It was very cheap in rate. His wife used the dust to prepare tea for all the family members. After few months his younger son got sick and uneasy. The little boy showed inflammations here and there in the body. He felt very tired. Ravi and his wife took him to the hospital. The doctor diagnosed him and they were advised to do few medical checkups. After getting the test result the boy was found to have severe liver disorder. As part of the treatment the doctor enquired them about their daily food habits and said that the most probable cause of the lung disorder may be the use of any adulterated food. 1X5

24. What could be the other harmful effect of consuming adulterated tea?

- a. Cancer
- b. Anemia
- c. Dropsy
- d. Mental Retardation

25. Which standardized mark should be checked while purchasing tea?

- a. ISI
- b. BIS
- c. FPO
- d. Eco mark

26. Apart from checking standardized mark what other factor/s Ravi should have considered while purchasing the tea?

- a. Packed and sealed product
- b. Low cost
- c. Attractive offers/discounts
- d. Persuasive Advertisement

27. Who is a consumer?

- a. One who purchases goods but doesn't use any services
- b. One who purchases goods and avails services
- c. One who avails services but doesn't purchase products
- d. One who purchases all goods by himself/herself?

28. What could be possible adulterant in the tea?

- a. Coal tar dyes.
- b. Metanil yellow
- c. Brick powder
- d. Argemone

SECTION – C (Answer the following questions)

29. Expand FSSAI.
Write any two activities in which FSSAI is involved.

30. Name any two types of stain. write one example each 2
31. List any four motor abilities of a child of 4-5 years. 2
- OR**
- Mention any four cognitive operations in childhood.
32. Mention four factors affecting meal planning. 2
33. Your parents decided to celebrate your birthday party. They invited about 15-20 guests. Advise your mother on any four ways to simplify her work. 2
34. What four practices you will follow to keep your kitchen free from pests? 2
35. Give the difference between oxidizing and reducing bleaching agents with one example of each. 2
- OR**
- What is use of a stiffening agent? Name the stiffening agent for rayon clothes.
36. Mention any three factors influencing time plan. 3
37. Define balanced diet. Why is it important that we should include a balanced diet in our daily meal? (any two points) 3
- OR**
- Plan a balanced meal for your family and categorize food items included in it according to food groups.
38. Misleading information always betrays the consumers. Explain this with any four examples. 4
39. Prepare a chart on the changes seen in adolescent boy and girl. 4
- OR**
- ‘Adolescence is a period of stress of strain’. Justify this statement.
40. Enlist four important points to be kept in mind while storing Woollen garments. 4
- OR**
- You found a stain on your white uniform shirt. What eight steps you should adopt while removing this unknown stain
41. Suggest any four ways to reduce physiological fatigue. 5
- If a child won't get much appreciation from her/his parents even after scoring good marks and behaving well, the child will definitely suffer from a type of emotional depression.
- (i) What kind of fatigue the child may be suffering from?
- (ii) Write any other four steps to reduce this type of fatigue?
42. Family meals are affected by traditions, occasion, gender, occupation and likes and dislikes of its members. Support this statement with the help of an example of each of the above factor. 5

End of the Question Paper