

Roll Number

SET A



**INDIAN SCHOOL MUSCAT
FIRST PRE-BOARD EXAMINATION
HOME SCIENCE Code - 064**

CLASS : X

Max marks: 70

02.01.2020

Time: 3 hrs

General Instructions:

- All questions are compulsory.
- There are total 33 questions.
- Questions no.1-18, Section A are objective type questions and are of 1 mark each.
- Questions no. 19- 23, Section B, are of 2 marks each, to be answered in 10-20 words.
- Questions no.24 and 25, Section C, are of 3 marks each, to be answered in 20-30 words.
- Questions no. 26-29, Section D, are of 4 marks each, to be answered in 30-40 words.
- Questions no.30-33; Section E are of 5 marks each, to be answered in 50-60 words.
- Internal choices are given in sections B, C, D and E.

SECTION A

Fill in the blanks:

1. Inability to see the perspective of others is called _____. 1
2. The food adulterant used with tea is _____. 1
3. The way a garment hangs over the body contours is known as _____. 1
4. Which standard mark would you look for buying a bag of sugar of 5 kg? 1
a) Ag mark b) FPO c) ISI mark d) BEE mark
5. Sources of psychic income 1
a) Doing own work b) Living in a rented house
c) Giving house on rent d) None of these
6. Care label of on a shirt has the following symbol. What does this mean. 1



7. After fermentation cereals become rich source of 1
a) Vitamin B and C b) Protein and Vitamin D c) Carbohydrates d) Vitamin D

8. Which of the following is an example of physical fatigue? 1
a. Fatigue do to walking
b. Fatigue to a stressful day
c. Fatigue due to waiting for one's own turn for consulting a doctor
d. Fatigue do to be in a long queue

9. What do you understand by peak period? 1
a. The time period between two activities
b. When more work to be done in less time
c. Idle time
d. Time when the person gets to rest

10. _____ Fibre can resist mildew and bacteria.

OR

Name any two insect repellants. 1

11. Expand GAMA. 1

12. Which among the following is not a scheme coming under provident fund 1
a) Public provident fund b) National pension scheme
c) Mediclaim policy d) Provident fund

13. What is the meaning of "First in First Out rule" followed during food storing? 1

OR

Which quality mark you should look while selecting a toy ?

- a) Ag Mark b) ISI mark c) FSSAI d) All the above

14. What does the below picture in certain fabrics indicate? 1



15. FSSAI, the principal government authority formed in 2006 is under _____. 1

16. What are the two characteristics of language of an adolescent?

- a) Slang and abbreviations b) Babbling and abbreviations
 c) Gestures and slangs d) Crying and emotional expressions
- b) If one commodity is exchanged with other, it is called _____ 1
- c) Stress and storm are a typical phase of 1
 a) Early childhood b) Adolescence c) Adulthood d) Old age

SECTION B

19. Mention any four tips to save your energy while doing any work. 2
20. Name four fasteners used in preparing readymade garments. 2
- OR**
- Write two examples showing that play is exploratory. 2
21. Write any two points you should follow while storing silk fabrics. 2
22. Mention two guidelines for choosing a good laundry soap. 2
23. What all ill effects will we face by using argemone oil as an adulterant for mustard oil? 2

OR

What would you add in the last rinse to stiffen silk to enhance its sheer? Name any other stiffening agent. 2

SECTION C

24. Draw suitable symbols for a care label to indicate that the garment should be 'chlorine bleached', 'dry in shade' and 'tumble dried'. 3
25. Your friend does not like to eat any type of fish. Which three foods can be included in his meal instead? 3

OR

Write six unhygienic practices adopted by a vendor selling chaat papri on the roadside which could lead to illness. 3

SECTION D

26. Skill of home science student can help his or her family to increase the real income. Support the statement with the help of any four examples. 4
27. Differentiate the terms Idealism and Identity crises in terms of cognitive characters in adolescence. 4

OR

Identify four areas in the kitchen which need to be cleaned every week.

4

28. In your kitchen you have potatoes, Spinach, butter, coconut oil, grapes, peanuts, white rice, Bengal gram, Urid dal, sunflower oil, sugar and eggs. Segregate them into different food groups as according to recommendations by ICMR. Explain their nutritive value.

4

29. Write eight guidelines for consumers so that they can file a complaint in a court.

OR

In which four ways vegetable vendors cheat their customers? Explain.

4

SECTION E

30. While planning a meal for a school going child, why is it important to have knowledge of Recommended Daily Allowance (RDA) given by ICMR?

5

31. Write the five steps involved in filing a complaint against a trader who cheated you.

OR

Today Anita has turned thirteen. Tell her about two physical changes which may occur in her. Also, prepare her about three problems normally associated with this age.

5

32. What ten precautions would you adopt while removing tea stains from an expensive garment?

5

33. Differentiate between social development of early and middle childhood stage.

OR

Your mother experiences physiological fatigue while cleaning the house. What could be the three reasons for this? Suggest her four ways by which she can simplify her work.

5

End of the Question Paper