



**INDIAN SCHOOL MUSCAT
SECOND PRE-BOARD EXAMINATION-2023
HOME SCIENCE (064)**



CLASS : X
DATE:01 /02/2023

TIME ALLOTTED : 3 HRS.
MAXIMUM MARKS: 70

GENERAL INSTRUCTIONS:

1. All questions are compulsory.
2. There are total 35 questions.
3. Question paper is divided into three sections-A, B and C.
4. Section A has question no.1 to 18 (multiple choice questions) and are of 1 mark each.
5. Section B has question no.19 to 25 of 2 marks each and question no.26 to 29 of 3 marks each.
6. Section C has question no.30 to 33 of 4 marks each and question no.34 and 35 are of 5 marks each.
7. Internal choices are given in some questions.
8. Support your answers with suitable examples wherever required.

SECTION - A

1. Why is vinegar used in laundering? To _____ 1
 - a. Stiffen silk
 - b. Brighten cotton
 - c. Stiffen cotton
 - d. Remove stains
2. Given below are two statements labeled as Assertion (A) and reason (R). 1

Assertion (A)- A child in early childhood stage uses more verbs than nouns and ignores the grammar

Reason (R)- They lack vocabulary range.

Select the appropriate answer from the options given below.

 - 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
3. Cotton clothes get effected by silverfish due to presence of: 1
- a. Moisture
 - b. Grubs
 - c. Starch
 - d. Gum
4. Thinking of make-believe situation which is not real is an example of: 1
- a. Propositional thought
 - b. Systematic thinking
 - c. Personal fable.
 - d. Abstract thinking
5. Choose the most suitable toy for a 24 – 36 months old child: 1
- a. Push and pull toys
 - b. Illustrated books
 - c. Memory games
 - d. Teethers
6. Two children are cycle furiously. Their play is 1
- a. Serious
 - b. Curious
 - c. Natural
 - d. Active
7. At the age of four years a child can catch a ball with the help of his: 1
- a. Upper body
 - b. Both hands
 - c. One hand
 - d. All fingers
8. At what age is a child able to tell the time from a clock? 1
- a. 4 years
 - b. 7 years
 - c. 5 years
 - d. 6 years

List I(Food)

List II(Adulterants)

- | | |
|---------------------|-------------------|
| A. Suji | I. Washing soda |
| B. Red chili powder | II. Iron fillings |
| C. Coffee | III. Rhodamine B |
| D. Sugar | IV. Tamarind |

Choose the correct option:

- A-III; B-IV; C-II; D-I
- A-IV; B-III; C-I; D-II
- A-II; B-III; C-IV; D-I
- A-IV; B-I; C-III; D-II

- Which of the following is not an advantage of time management? 1
 - Saves time and energy
 - Avoid last minute tension
 - Helps to plan ahead
 - Increases anxiety
- _____ is the person who directly comes in contact with packed and unpacked food, equipment, utensils, and is expected to adopt all hygienic requirements 1
 - Food shopkeeper
 - Food officer
 - Food handler
 - Food supplier
- Once _____ food is opened, should always be stored in glass bowls/jars. 1
 - Raw
 - Canned
 - Cooked
 - Ready to cook
- Which characteristic Mrs. Jain should consider while selecting new work place for her office? 1
 - Spacious
 - Cluttered
 - Clustered
 - Noisy

CASE STUDY BASED QUESTIONS

Read the passage carefully. Answer question no. 14 to 18

Time and energy are important resources which are required to do all the activities. We need to utilize them properly. Time and energy management helps to maximize the use of both the resources. It helps to reduce fatigue. Mr. Sharma is working as manager in bank for last fifteen years. He is following same routine daily. His wife does all the household chores by herself. In the end of day, they both feel fatigued.

14. Identify the fatigue Mr. Sharma might be suffering from. 1
- a. Physiological
 - b. Psychological
 - c. Static
 - d. Financial
15. Mr. Sharma can reduce his fatigue by. 1
- a. Rest
 - b. Extract maximum work
 - c. Set small targets
 - d. Lack of appreciation
16. Suggest an appropriate way to reduce physiological fatigue of Mrs. Sharma 1
- a. Demand of family
 - b. Incentives
 - c. Motivations
 - d. Develop skills
17. Match the following: 1
- | | |
|-------------------------|-------------------------------------|
| A. Dovetailing | I. Mixer Grinder |
| B. Peak load period | II. Baking and chopping |
| C. Labour saving device | III. Alternate sitting and standing |
| D. Improper posture | IV. Morning time |
- Choose the correct option:
- a. A-III; B-I; C-IV; D-II
 - b. A-II; B-IV; C-I; D-III
 - c. A-IV; B-II; C-III; D-I
 - d. A-I; B-III; C-II; D-IV

18. Work can be simplified by: 1
- Arranging things alphabetically
 - Arranging things within the reach
 - Combining two activities together
 - All the above

SECTION B

19. Give two examples of energy giving foods. 2
20. Mention any two malpractices adopted by traders. 2
21. What do you understand by the term 'food groups'? 2

OR

Mention two ill effects of consuming argemone oil.

22. Mention two nutrients present in energy giving food like millets and tubers. 2
23. Name one suitable reagent each to remove paint and coffee stains from silk. 2
24. Suggest two precautions one should take while storing synthetic clothes. 2
25. Differentiate between substandard and unsafe food. 2

OR

List any two food standards adopted by FSSAI.

26. Mention any three rules for removing unknown stains. 3
27. Write down three properties of a non-soapy detergent named Syndets. 3
28. Make a meal plan for a teenager for a day by including the food items to be served during the breakfast, lunch and dinner. 3

OR

Preethi took out her woolen clothes from the box. She found them damaged. Suggest her three ways for storing woolen clothes.

29. Mention any three malpractices adopted by traders to cheat consumers. 3

SECTION - C

30. a. What are the two points you keep in mind while buying packed food? 4
- b. Name the standard marks given to wheat flour and milk powder.
31. Give four guidelines for choosing the laundry soaps. 4
32. How does food groups help in planning a balanced diet. (Four points) 4

33. a. Give two examples for oxidizing bleaches. 4
b. Give two examples for reducing bleaches.
34. a. Give one reason for each of the following: 5
i. Storage boxes can be lined with newspaper.
ii. Silk should not be exposed to direct sunlight for long time.
b. List three typical social characteristics of adolescents which make them apart from other age groups.
35. a. As a consumer what are the likely adulterants to be found in the following foods 5
which can be detrimental to health?
i. Turmeric powder
ii. Mustard oil.
b. Enumerate three ill effects of each of the adulterants (mentioned at above) on health.
c. Define food safety.

***** END OF THE QUESTION PAPER*****