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**INDIAN SCHOOL MUSCAT
FINAL EXAMINATION 2022
HOME SCIENCE (064)**



CLASS : X

TIME ALLOTTED : 3
HRS.

DATE: 06/12/2022

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. Diya's baby is 4-month-old. What will be the height of her child 1
- a) 45-50 cm
 - b) 65-70 cm
 - c) 50-60 cm
 - d) 90-95 cm

2. Match list I with list II 1

List I (Types of play)

List II(Examples)

A. Passive

I. Play of Doctor-patient

B. Curious

II. Cycling

C. Active

III. Playing with dolls

D. Serious

IV. Opening of car toy

Choose the correct option from the following.

- a. A – III; B – IV; C- II; D – I
 - b. A – IV; B – III; C- II; D – I
 - c. A – II; B – III; C- IV; D –I
 - d. A –I; B –II; C-III; D – IV
3. Play is important for the development of the following: 1
- a) Physical
 - b) Mental
 - c) Emotional
 - d) All of these
4. Which toy you will buy for 2- years -old child? 1

- i) Memory game
- ii) Musical instruments such as keyboards
- iii) Wind chimes
- iv) Play house or den

Choose the correct option.

- a) I and II
- b) II and III
- c) I and IV
- d) II and IV

5. At what age is a child able to pour the liquid in the containers: 1
- a) 3 years
 - b) 4 years
 - c) 6 years
 - d) 7 years
6. What do you mean by fantasy? The child thinks: 1
- a) Non-living things have life
 - b) Logically
 - c) Tooth fairy comes and exchange gifts
 - d) There are animals in his room
7. Rohan's nephew will be undergoing puberty changes next year. He 1
has to help him in the emotional development of the child. Which all
changes he will explain in the emotional characteristics?
- I. Mood swings
 - II. Self-conscious
 - III. Idealism

IV. Egocentrism

Choose the correct option.

- a) I and II
- b) I and III
- c) I and IV
- d) II and IV

8. Adolescence begins and ends between: 1
- a) 12 and 18 years of age
 - b) 12 and 16 years of age
 - c) 11 and 21 years of age
 - d) 10 and 19 years of age
9. Which of the following does **NOT** help in work simplification? 1
- a) Dovetailing
 - b) Use of labour saving device
 - c) Planning ahead.
 - d) Systematic storage
10. The first sign of puberty among boys is: 1
- a) Facial hair growth
 - b) Nocturnal emission
 - c) Breaking of voice
 - d) Appearance of pubic hair
11. What do you understand by peak load period? 1
- a) the time period between two activities
 - b) When more work to be done in same time
 - c) Idle time

d) Time when the person gets to rest.

12. What temperature you have to maintain while storing hot and cold food? 1

- a) 60°C and 4°C
- b) 57°C and 5°C
- c) 63°C and 3°C
- d) 45°C and 2°C

13. Match List I with List II

1

List – I (Nutrients)

List II (Food Sources)

A. Protein

I. Carrot and pumpkin

B. Iron

II. Milk and cottage cheese

C. Calcium

III. Soyabean and peanuts

D. Vitamin A

IV. Spinach and amaranth

Choose the correct option from the following-

- a) A – III; B – IV; C- II; D – I
- b) A – IV; B – III; C- II; D – I
- c) A – II; B – III; C- IV; D –I
- d) d. A –I; B –II; C-III; D – IV

CASE STUDY BASED QUESTIONS

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

Meal planning is making a plan of meals with adequate nutrition for every member of the family within the available resources. The term ‘available resources’ means whatever the family has in terms of time,

energy and money. Meal planning is important for meeting the nutritional requirements of the family members. It helps us to decide what to eat each day and in each meal. We can call it our 'daily food guide'. A balanced diet meets our nutritional requirements such a diet helps us in staying healthy. It also provides some amount of nutrient for storage in the body. This helps the body to withstand short periods of dietary inadequacy.

14. What is the source of energy giving food in the following? 1
- a) Cereals
 - b) Pulses and nuts
 - c) Milk
 - d) Water
15. An example of food which is rich in riboflavin. 1
- a) Chicken
 - b) Milk
 - c) Pulses
 - d) Green leafy vegetables.
16. Which of the following save nutrients while preparing a food? 1
- a) Retaining stock
 - b) Using different cooking methods
 - c) Garnishing with contrasting colors
 - d) Washing hands before serving them
17. Which of the following statement is incorrect in context to meal 1

planning?

- a) Incorporate variety.
- b) Prepare low-cost meal
- c) Cannot follow family traditions
- d) Fulfills physical needs

18. Which of the following is not the characteristic of a balanced diet? 1
- a) Contains variety of food
 - b) Meets the nutritional requirement of the individual
 - c) Consists of seasonal food.
 - d) It is very expensive

SECTION B

19. Name two characteristics of balanced diet. 2
20. How do gender influence the meal planning? 2
21. Who is a food handler? 2

Or

How will shikha make sure the hygiene of food while storing it? (any 2)

22. What all antisocial behavior we see in the adolescents? 2
23. Differentiate between physiological and psychological fatigue with examples. 2

Or

Mention two ways to reduce the physiological fatigue for heavy workers?

24. Define obesity. 2
25. Give two reasons for planning a meal for the family. 2

Or

Differentiate between the middle and early childhood based on their emotional development. (2 points)

26. "Play is an important part of childhood." Justify this statement highlighting the importance of play in child development with three examples. 3
27. Educate a 9 years old girl for the forth coming changes in her body. 3
28. Mrs. Verma wants to buy a toy for her son. Suggest three features she should check to ensure that the toy is safe. 3

Or

Elaborate the characteristics of play (any3)

29. Draw a flow chart showing the role of play in growth and development. 3

Or

What is the importance of milestones?

SECTION - C

30. Geeta wants to wash clothes. Suggest at least four changes in her body and hand which will help her simplify this work. 4
31. Explain the reasons for physiological fatigue. 4
32. What are the areas where adolescents experience stress? 4

Or

What is the role of posture in saving energy?

33. The period of adolescence is characterized by physical development. Compare any four physical changes specific to teenage boys and girls. 4
34. What do you understand by balanced meal? Write 4 points you will 5

keep in mind while planning balanced diet for your family?

Or

Balanced diet supplies all the nutrients in required amount that your body needs to work effectively. It can be planned using five food groups. Enlist and explain the five food groups with one nutrient each provided by them.

- 35 Suggest five behaviors you would insist in your cook to ensure that the food cooked by him is germfree. 5

Or

Suddha has to catch a train at 8 am. The station is 15 minutes away from her house. She has to pack food, clean utensils and get ready. Help her make a time plan so that she reaches the station on time.