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CODE NUMBER	064/1/1
SET NUMBER	1



**INDIAN SCHOOL MUSCAT
FIRST PREBOARD EXAMINATION 2023
HOME SCIENCE (064)**



CLASS : X
DATE: /11/2023

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. What could be the possible reason of cross contamination in food? 1
 - a. Using same chopping boards for both vegetarian and nonvegetarian food
 - b. Packing and labelling of food products
 - c. Keeping the raw food in refrigerator
 - d. Cutting the food in uniform size
2. Which is the best way to save energy while working in the office? 1
 - a. Improve posture
 - b. Sleep in between the working hours
 - c. Eat balanced diet
 - d. Deep breath and exercise regularly
3. What do you mean by Time Management? 1
 - a. Adopting a strategy to optimize energy and time
 - b. Conscious effort of controlling the time spent on specific activities
 - c. Process of dividing the work in smaller units
 - d. Ability to plan the work in sequence
4. Choose the incorrect pair of stain with its removing reagent 1
 - a. Tea: Alkaline reagent
 - b. Ink: Acidic reagent
 - c. Polish: Grease solvent
 - d. Rust: Grease absorbent
5. Mr. Ramesh has shifted to new house. He was pushing the steel almirah to the corner. What 1

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for

- will be correct posture he should use so that he does not feel physical discomfort? He should
- crouch and bend knees and keep the back straight
 - stand straight and push with both the hands
 - bend knees and back
 - sit and push with both the legs
6. Choose two protein rich foods for rickshaw puller. 1
- Cheese and Egg
 - Cashewnut and Almonds
 - Peanut and Soyabean
 - Meat and Fish
- OR
- Which of the following activities help to save fuel in the kitchen?
- Dovetailing
 - Peak load period
 - Systematic storage
 - Conducive environment
7. Arrange the following activities in proper sequence of table setting and laying out the dinner 1
- Collecting the crockery and cutlery
 - Laying out table mat
 - Placing crockery on the table
 - Using tray for carrying crockery and cutlery
- Choose the correct option.
- i, iii, iv, ii
 - ii, i, iv, iii
 - iii, i, ii, iv
 - iv, ii, i, iii
8. Match List I with List II 1
- | | |
|----------------|-------------------|
| List I (Stain) | List II (Example) |
| A. Grease | I. Coffee |
| B. Mineral | II. Oil |
| C. Dye | III. Rust |
| D. Vegetable | IV. Paint |
- Choose the correct option from the following
- A – III; B – IV; C- II; D – I
 - A – IV; B – III; C- II; D – I
 - A – II; B – III; C- IV; D – I
 - A – I; B – II; C-III; D – IV
9. Match List I with List II 1
- | | |
|---------------------|---------------------|
| List I (Dishes) | List II (Nutrients) |
| A. Carrot Halwa | I. Carbohydrate |
| B. Vermicelli kheer | II. Protein |
| C. Channa Kebab | III. Calcium |
| D. Bread roll | IV. Vitamin A |
- Choose the correct option from the following
- A – III; B – IV; C- II; D – I
 - A – IV; B – III; C- II; D – I
 - A – II; B – III; C- IV; D – I
 - A – I; B – II; C-III; D – IV
10. What two points to be considered while selecting packaged juice? 1
- Freshly packed



- ii. Rust proof packing
- iii. Standardized mark
- iv. Price of pack

Choose the correct option from the following

- a. i and ii
- b. ii and iii
- c. i and iv
- d. iii and iv

11. In which two ways variety can be introduced in the meals? 1

- i. Different methods of cooking
- ii. Using various food groups
- iii. Peeling vegetables thinly
- iv. Retaining the stock

Choose the correct option from the following

- a. i and ii
- b. ii and iii
- c. i and iv
- d. iii and iv

12. Given below are two statements labeled as Assertion (A) and reason (R). 1

ASSERTION(A): The food which is injurious to health is called as sub-standard.

REASON(R): Consumer is an individual who purchases commodities and avail services to fulfil their needs.

Select the most 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.

13. Given below are two statements labeled as Assertion (A) and reason (R) 1

ASSERTION(A): Perishable food should be refrigerated as soon as they are purchased.

REASON(R): Any spill in the refrigerator should be cleaned immediately.

Select the most 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.

CASE STUDY BASED QUESTIONS

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

Childhood is the period of human life span between infancy and adolescence extending from ages 2-11 years. It is a time of remarkable growth and development. Growth and development in different domain take place which helps in identifying various needs of the child.

14. Which of the following is not a typical feature of language development of your brother who is studying in nursery class? 1

- a. Vocabulary of more than 10000 words
- b. Enjoy tongue twisters
- c. Aware of phonetics
- d. Frame active and passive sentences

15. Match list I with list II 1

LIST I [Age(in years)]

- A. 2
- B. 6

LIST II[Characteristics of motor development]

- I. Jump hurdles
- II. Skates

C. 8

D. 11

III. Hops

IV. Tie laces

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
16. Which is the correct pair of social development? 1
a. Copying actions of adults: Middle Childhood
b. Show loyalty towards friends: Early Childhood
c. Enjoy group activities: Middle Childhood
d. Become independent: Early childhood
17. At what age child's feet become longer? 1
a. 1 year
b. 5 years
c. 9 years
d. 3 years

OR

At what age child is able to think logically?

- a. 2 years
b. 6 years
c. 10 years
d. 4 years
18. At 3 years how many temporary teeth does a child has and what age it starts shedding? 1
a. 20 and 6 years
b. 20 and 9 years
c. 28 and 6 years
d. 28 and 9 years

SECTION B

19. Write four steps involved in making time plan to manage the time for upcoming examination. 2
20. Advice four points to your mother she should consider while storing milk. 2

OR

Give four ideal characteristics of hygienic kitchen

21. Your brother bought two meters of cotton cloth from local shop but tailor complained that the cloth is less. In what four possible ways cloth merchant must have cheated him? 2
22. Present two reasons of preferring soaps over detergents. 2
23. Which two labour-saving devices Mrs. Sharma will be using for each 2
a. making vegetable curry
b. cleaning the house
24. What two points each to be considered and avoided while preparing meal for school going children? 2
25. Lack of information about commodities and services is common problem faced by the consumers. Support your answer with four examples. 2

OR

What is the full form of FSSAI? Give its two roles.

26. Shallu's 12-year-old son frequently fall sick due to unhealthy eating practices. Guide her with any six healthy eating practices she should follow to solve this problem. 3
27. A 3-year-old Riyanshi do not want to play with others. She enjoys playing with herself. 3
a. What would be the two drawbacks of not engaging in play with others?
b. Suggest any two appropriate toys for her which promotes overall development of

Riyanshi.

OR

28. Differentiate between exploratory and serious play with the help of an example for each. 3
Guide six rules of personal hygiene to be followed by cook while working in the kitchen.

OR

29. What three points to be considered for each while serving and holding the cooked food? 3
Enlist any six food safety standards laid down by FSSAI.

SECTION - C

30. Rahul went to attend the wedding of his friend where he wore his favorite kurta. After 4
returning home he found stain on his kurta. What eight steps of stain removal he must follow?
31. Rohan used to eat ice-ball frequently from the street vendor. After few days he complaint 4
about uneasiness. Doctor has indicated the possibility of consumption of adulterated food by him.

- a. Name the possible adulterant present in ice ball.
b. List two ill effects of this adulterant.
c. Suggest four precautions to be considered to safeguard against malpractice of adulteration.
32. Adolescence is a precursor to adulthood. It is the most crucial period of life between 4
childhood and maturity. They experience various changes.
a. What four physical changes are observed by them?
b. Elaborate four features of emotional changes during adolescence.

OR

- Explain any four cognitive changes you will observe in an adolescent. Support your answer with a suitable example for each.
33. 45-year-old, Mrs. Roshni and Mrs. Rashmi are housewife and follow the same routine of 4
household work every day but Mrs. Rashmi feels physically exhausted at the end of the day.

- a. What could be two possible reasons for this?
b. Enumerate any six ways by which Mrs. Rashmi can simplify her work.
34. Your mother wants to organize a party for family and friends on the occasion of your father's 5
retirement. She wants to avoid food wastage.
a. Keeping the above fact in mind, what four important factors she should consider while planning the menu?
b. Give two advantages of menu planning.

35. Sheena is fond of cotton sarees. 5
a. Which two finishing agents she should use and why?
b. Give four tips to store them properly.
c. State two natural insect repellent she should use to prevent the attack of insects on these sarees.

OR

- Rama has stored her silk saree and later on found hole in it.
a. Which insect must have caused this damage?
b. List four possible reasons for this damage.
c. What four precautions she should have taken care to prevent this damage?

Mani Singh