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**INDIAN SCHOOL MUSCAT
HALF YEARLY EXAMINATION 2022
064 HOME SCIENCE**



CLASS : X
DATE: /11/2022

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.	c	1
2.	a	1
3.	d	1
4.	d	1
5.	b	1
6.	c	1
7.	a	1
8.	c	1
9.	c	1
10.	c	1
11.	b	1
12.	b	1
13.	a	1
	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'. 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.	1

14.	a	1
15.	c	1
16.	a	1
17.	c	1
18.	d	1
	SECTION- B	1
19.	1. enables to withstand low dietary intake. 2. provides nutrients for growth and development of the body.	2
20.	Dietary requirement of adolescent and adult males is more as compared to females of same age.	2
21.	Definition. Or Any 2 points of hygiene during food storage.	2
22.	Smoking, drinking, substance abuse and thefts.	2
23.	Difference between physiological and psychological fatigue. Or Any 2 points to reduce psychological fatigue.	2
24.	Definition	2
25.	i. Provides nutritious meal. ii. helps to save energy, time and fuel. Or Differences (2 points)	2
26.	Any 3 points with examples.	3
27.	Any 6 changes.	3
28.	Any 3 points on selection of play material. Or Any 3 characteristics.	3
29.	Flowchart. Or <ul style="list-style-type: none"> Indicates the development of the child. Evaluate the health of the child. Helps to care for an infant by providing the right kind of toys, support etc. 	3
	SECTION- C	
30.	Elaborate these points: i. keep bucket on high stool ii. scrub clothes. iii. use labour saving device (washing machines) iv. soaking the clothes together.	4
31.	Any four points for physiological fatigue.	4
32.	i. related to studies ii. relationships iii. conflicts on values, career. iv. inabilities or any 4 points on improve posture.	4
33.	Four differences on physical changes specific to teenage boys and girls.	4
34.	Define balanced diet. Any 4 points to keep in mind while planning a meal. Or	5

	Write the five food groups and explain with one example that provide each of them in a meal.	
35.	Any 5 points on hygiene when food is cooked by the food handler. Or Make a time plan.	5
****END OF THE QUESTION PAPER****		