

HOME SCIENCE - Code No. 064
SAMPLE QUESTION PAPER*
CLASS - X- (2025-26)

Time: 3 Hours

Max.Marks:70

GENERAL INSTRUCTIONS

- 1.All questions are compulsory.
- 2.There are 32 questions in this paper.
- 3.Question paper is divided into three sections-A, B and C.
- 4.Section A has question no.1 to 14 multiple choice questions and are of 1 mark each.
- 5.Section B has question no.15 to 21 of 2 marks each and question no.22 to 25 of 3 marks each.
- 6.Section C has question no.26 to 30 of 4 marks each and question no.31 and 32 of 5 marks each.
- 7.Internal choices are given in some questions.
- 8.Support your answers with suitable examples wherever required.

S.No.	SECTION A (MULTIPLE CHOICE QUESTIONS)	MARKS
1.	What will be the consequence of using same chopping board for raw meat and vegetables? (A) Enhanced flavor in the salad due to meat juice (B) Reduced risk of food contamination (C) Increased risk of cross-contamination (D) Extended shelf life of the salad	1
2.	What is the first step in creating a time plan? (A) Grouping flexible and inflexible activities (B) Estimating the time required for each activity (C) Listing all the activities (D) Assigning jobs to family members	1
3.	Which of the following is a key aspect of social development in an eight-year-old child? (A) Egocentrism (B) Close friendships (C) Imitation of adults (D) Preference for solo play	1
4.	Which type of food is classified as "Unsafe Food"? (A) Food with high sugar content (B) Food that is injurious to health (C) Food that is expensive (D) Food with added nutrients	1
5.	While working at home, where would you place the frequently used items to simplify work? (A) In hard-to-reach places (B) On the floor	1

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	(C) Outside the workspace (D) At waist or shoulder level											
6.	Which of the following measure would help to make a meal look more attractive? (A) Serving food items of same texture (B) Placing food randomly on the plate (C) Blending of different colours in food (D) Focusing only on the taste of food	1										
7.	Which fabric is most likely to be attacked by mildew? (A) Wool (B) Silk (C) Cotton (D) Nylon	1										
8.	Choose the incorrect statement related to personal hygiene of food handler. (A) Wash hands before and after handling the food (B) Nails should be unpainted and trimmed (C) Wear rings / necklace (D) Tie and cover the hair	1										
9.	What is the recommended dietary choice for elderly? (A) Fried foods (B) Light and digestible meals (C) Spicy foods (D) Protein shakes	1										
10.	Which factor to be considered while making the time plan? (A) Flexibility and realism (B) Strict rules (C) Unclear goals (D) Rigid deadlines	1										
11.	Which of the following is a feature of language development in adolescence? (A) Use of simple sentences only (B) Limited vocabulary (C) Use of slang and abbreviations (D) Speaks only in passive voice	1										
12.	Match the List I with List II. <table border="1"><thead><tr><th>LIST I (Type of Stain)</th><th>LIST II (Stain Removing Reagents)</th></tr></thead><tbody><tr><td>1.Polish</td><td>I. Acidic reagent</td></tr><tr><td>2.Ink</td><td>II. Alkaline Reagent</td></tr><tr><td>3.Oil</td><td>III. Grease solvent</td></tr><tr><td>4.Tea</td><td>IV. Grease absorbent</td></tr></tbody></table> Choose the correct option from the following- (A) 1-II,2-IV,3-I,4-III (B) 1-I,2-II,3-III,4-IV	LIST I (Type of Stain)	LIST II (Stain Removing Reagents)	1.Polish	I. Acidic reagent	2.Ink	II. Alkaline Reagent	3.Oil	III. Grease solvent	4.Tea	IV. Grease absorbent	1
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	(C) 1-IV,2-III,3-II,4-I (D) 1-III,2-I,3-IV,4-II	
13.	Given below are two statements labeled as Assertion (A) and Reason (R)- Assertion(A): Playing in group enhances the child's ability to share and cooperate. Reason(R): Group play teaches social rule, such as taking turns and sharing toys. 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.	1
14.	Given below are two statements labeled as Assertion (A) and Reason (R)- Assertion (A): Stiffening agents are used for garments as they give shine to the fabric. Reason (R): Stiffening agents form a smooth coating on the fabric surface as it acts as fabric cleanser. 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.	1
	SECTION B (VERY SHORT AND SHORT ANSWER QUESTIONS)	
15 A.	What two points should be considered while storing perishable food?	2
	OR	
15 B.	List any two guidelines that should be followed to ensure hygiene while serving the food.	
16.	"Adopting energy-efficient postures reduces physical strain." Provide two examples to support your answer.	2
17 A.	Mention any two substitutes other than expensive protein sources that can be included in a balanced diet.	2
	OR	
17 B.	Suggest two ways to incorporate leftover food in meals.	
18.	Apart from the ISI mark, what other two points will you consider while purchasing toys for a 6-month-old child?	2
19.	Identify two harmful effects of adulterant Metanil yellow on health.	2
20 A.	Why is bleach used in fabric care and maintenance? Give an example of bleach used in daily routine.	2
	OR	
20 B.	Why is blue applied to white clothes while laundering? What one precaution will you consider while applying blue?	
21.	Write any two key guidelines provided by ICMR for creating a balanced meal using the food groups.	2
22 A.	Give three benefits of time management.	3
	OR	
22 B.	Enlist three advantages of energy management.	

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23.	Suggest three ways to your school canteen cook to retain the nutrients while preparing variety of dishes.	3
24 A.	What are three key cognitive changes that occur as children transition from early childhood to middle childhood?	3
24 B.	Write any three differences in emotional development between early childhood and middle childhood.	
25.	Your mother wants to store silk saree to ensure it lasts for the long time. What three precautions should she take while storing this saree?	3
SECTION C (LONG ANSWER QUESTIONS)		
26.	Enumerate any four key roles of ventilation in the kitchen.	4
27 A.	During adolescence, both boys and girls undergo a growth spurt, resulting in several noticeable changes in their body. Elaborate on any four of these changes.	4
27 B.	Riya, a 14-year-old, has started experiencing various socio-emotional changes. Elaborate on any four such changes.	
28.	Bharat is a factory worker living with his wife and teenage children. Explain any four factors that you should consider while planning meals for his family.	4
29.	While preparing for the upcoming board exams, you are experiencing psychological fatigue. I. Suggest two ways to reduce this fatigue. II. Identify any two ways to create a conducive environment for effective study.	2+2=4
30.	Elucidate any four circumstances under which FSSAI may cancel the license of a food vendor.	4
31 A.	I. What two points to be considered while selecting the soap? II. Give three advantages of detergent over the soap.	2+3=5
31 B.	I. In what two ways stain can be identified? II. Explicate any three methods of stain removal.	
32.	During a festive season, a popular brand of cooking oil was declared out of stock from the market. However, a few days later, the same oil was available but sold at a much higher price. I. What malpractice is evident in this situation? II. Mention two ways consumers can safeguard themselves against such practices during high-demand periods. III. Indicate any two other malpractices commonly faced by consumers during festive seasons.	1+2+2=5

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