

**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><tr><th>LIST I (Type of Stain)</th><th>LIST II (Stain Removing Reagents)</th></tr><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></table> <b>Choose the correct option from the following-</b> (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
LIST I (Type of Stain)	LIST II (Stain Removing Reagents)											
1.Polish	I. Acidic reagent											
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	(C) 1-IV,2-III,3-II,4-I (D) 1-III,2-I,3-IV,4-II	
13.	<p><b>Given below are two statements labeled as Assertion (A) and Reason (R)-</b>  <b>Assertion(A):</b> Playing in group enhances the child's ability to share and cooperate.  <b>Reason(R):</b> Group play teaches social rule, such as taking turns and sharing toys.  <b>Select the most appropriate answer from the options given below:</b>            (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.</p>	1
14.	<p><b>Given below are two statements labeled as Assertion (A) and Reason (R)-</b>  <b>Assertion (A):</b> Stiffening agents are used for garments as they give shine to the fabric.  <b>Reason (R):</b> Stiffening agents form a smooth coating on the fabric surface as it acts as fabric cleanser.  <b>Select the most appropriate answer from the options given below:</b>            (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.</p>	1
	<b>SECTION B (VERY SHORT AND SHORT ANSWER QUESTIONS)</b>	
15 A.	What two points should be considered while storing perishable food?	2
	<b>OR</b>	
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
	<b>OR</b>	
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
	<b>OR</b>	
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
	<b>OR</b>	
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
<b>SECTION C (LONG ANSWER QUESTIONS)</b>		
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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**HOME SCIENCE - Code No. 064**  
**MARKING SCHEME**  
**CLASS - X - (2025-2026)**

**TIME: 3 Hours**

**Max.Marks:70**

S.No.	SECTION A (MULTIPLE CHOICE QUESTIONS)	MARKS
1.	(C) Increased risk of cross- contamination	1
2.	(C) Listing all the activities	1
3.	(B) Close friendships	1
4.	(B) Food that is injurious to health	1
5.	(D) At waist or shoulder level	1
6.	(C) Blending of different colours in food	1
7.	(C) Cotton	1
8.	(C) Wear rings / necklace	1
9.	(B) Light and digestible meals	1
10.	(A) Flexibility and realism	1
11.	(C) Use of slang and abbreviations	1
12.	(D) 1-III,2-I,3-IV,4-II	1
13.	(A) Both A and R are true, and R is the correct explanation of A.	1
14.	(C) A is true, but R is false.	1
	<b>SECTION B (VERY SHORT AND SHORT ANSWER QUESTION)</b>	
15 A.	<b>Two points to be considered while storing perishable food-</b> 1.Store them in refrigerator 2.Storage place should be neat and clean 3.It should be covered with tight fitting lids to prevent cross-contamination 4.Follow the "first in, first out" (FIFO) principle  <b>Any other, Any two</b>	1X2=2
	<b>OR</b>	<b>OR</b>
15 B.	<b>Two guidelines that should be followed to ensure hygiene while serving food -</b> 1.Hold the glass from its bottom and utensils from their handles 2.Tongs and ladles should be used to serve food 3.Use disposable gloves to serve the food 4.Fingers should not be dipped in food or water while serving  <b>Any other, Any two</b>	1X2=2
16.	<b>Two examples to show adopting energy-efficient postures reduces physical strain –</b> 1.Use long handled broom or mop for cleaning	1X2=2

	<p>2.For drying clothes, put basket/bucket of washed clothes on high stool</p> <p>3.Positioning a computer monitor at eye level and keeping the keyboard at a comfortable height</p> <p>4.When lifting heavy objects, bending at the knees (not the waist) and using the legs to lift rather than the back</p> <p><b>Any other, Any two examples</b></p>	
17 A.	<p><b>Two substitutes for expensive protein sources that can be included in a balanced diet-</b></p> <p>1.Groundnuts</p> <p>2.Soyabean</p> <p>3.Sesame (Til)</p> <p><b>Any other, Any two</b></p>	1X2=2
	<b>OR</b>	<b>OR</b>
17 B.	<p><b>Two ways to incorporate leftover food in meals-</b></p> <p>1.Left over rice can be used to make rice pudding, cutlets, lemon/fried rice etc.</p> <p>2.Left over dal can be used to make dal parantha, dal cutlets etc.</p> <p>3. Leftover Vegetables can be used to make stuffed parathas, mixed vegetable cutlets etc.</p> <p><b>Any other, Any two</b></p>	1X2=2
18.	<p><b>Two points to be considered apart from the ISI mark while purchasing toys for a 6-month-old child-</b></p> <p><b>Toy/s should be-</b></p> <p>1.not too small</p> <p>2.unbreakable</p> <p>3.soft with round edges (no sharp edges)</p> <p>4.bright and colourful/attractive</p> <p>5.strong and durable</p> <p>6.not too expensive</p> <p>7.age appropriate</p> <p>8.not very noisy</p> <p><b>Any other, Any two</b></p>	1X2=2
19.	<p><b>Two harmful effects of adulterant Metanil yellow on health-</b></p> <p>1.Cancer</p> <p>2.Anaemia</p> <p>3.Mental Retardation</p> <p>4.Abnormalities in skin, eyes, lung and bones</p> <p><b>Any other, Any two</b></p>	1X2=2

20 A.	<b>Use of Bleach in fabric care and maintenance-</b>  Remove paleness from the fabric  <b>One role</b>  <b>An example of bleach used in daily routine –</b>  Sunlight  <b>Any one</b>  <div style="text-align: center;"><b>OR</b></div>	1+1=2  1  1  <b>OR</b>
20 B.	<b>Blue is applied to white clothes while laundering -</b>  It acts as fabric whitener  <b>One point</b>  <b>One precautions to be considered while applying blue to white garments-</b>  1.If garment is excessively blued it should be dipped in plain water with few drops of vinegar or lime juice 2.If article is to be both starched and blued, then blue can be added to the starch solution 3.The article must be made wet before dipping in blue solution  <b>Any other, Any one</b>	1+1=2  1  1
21.	<b>Two key guidelines provided by ICMR for creating a balanced meal using the food groups -</b>  1.Select one food from each of the food groups 2.Consider the principles of meal planning 3.Seasonal fruits and vegetables should be included 4.Choose whole grains instead of refined grains 5.Include small amounts of nuts and milk daily 6.Keep individual preferences in mind  <b>Any other, Any two</b>	1X2=2
22 A.	<b>Three benefits of time management-</b>  <b>It-</b> 1.is a useful tool to save both time and energy 2.ensures the timely completion of tasks 3.provides time for rest and relaxation 4creates opportunities for free time 5.reduces last-minute stress and tension	1X3=3

	6.facilitates better planning in advance 7.helps in managing unforeseen events effectively 8.enables to plan ahead  <b>Any other, Any three</b>  <div style="text-align: center;"><b>OR</b></div>	<div style="text-align: center;"><b>OR</b></div>  1X3=3	
22 B.	<b>Three advantages of energy management-</b>  1.Increases productivity, enabling more work to be done in less time 2.Ensures efficient task completion without causing fatigue 3.Improves the quality of work, resulting in better outcomes 4.Reduces last-minute confusion and tension 5.Provides a sense of satisfaction from accomplishing tasks effectively 6.Allows time for rest and relaxation, promoting overall well-being 7.Enhances focus and concentration, enabling workers to give full attention to their tasks  <b>Any other, Any three</b>		
23.	<b>Three ways to retain the nutrients while preparing variety of dishes –</b>  1.Washing vegetables before cutting 2.Peeling vegetables thinly 3.Use minimum water 4.Covering the food while cooking 5.Retain stock  <b>Any other, Any three</b>	1X3=3	
24 A.	<b>Three key cognitive changes that occur as children transition from early childhood to middle childhood-</b>  1.A shift from egocentrism to reduced egocentrism 2.Early childhood beliefs that non-living objects have life-like qualities are replaced by a clearer differentiation between living and non-living things 3.Thought processes transition from being non-logical in early childhood to becoming more logical and organized during middle childhood 4. Children move from fantasy and make-believe play to engaging more with the real world and understanding practical situations 5.Middle childhood is marked by the ability to perform tasks like seriation, classification, understanding reversibility etc.  <b>Any other, Any three</b>  <div style="text-align: center;"><b>OR</b></div>	1X3=3	<div style="text-align: center;"><b>OR</b></div>



24 B.	<b>Three differences in emotional development between early childhood and middle childhood-</b> <table><tr><th>EARLY CHILDHOOD (2 to 6 years)</th><th>MIDDLE CHILDHOOD (7 to 11 years)</th></tr><tr><td>1.Have imaginary friends</td><td>1. Develop more real-world relationships and social connections</td></tr><tr><td>2.Can not control impulses</td><td>2.Control their impulses</td></tr><tr><td>3.Do not hide emotions</td><td>3.Can imagine their emotions</td></tr><tr><td>4.Emotions are transitory (change rapidly) and unpredictable</td><td>4. More stable emotional responses, they become more stubborn and self-centered</td></tr></table> <b>Any other, Any three differences</b>	EARLY CHILDHOOD (2 to 6 years)	MIDDLE CHILDHOOD (7 to 11 years)	1.Have imaginary friends	1. Develop more real-world relationships and social connections	2.Can not control impulses	2.Control their impulses	3.Do not hide emotions	3.Can imagine their emotions	4.Emotions are transitory (change rapidly) and unpredictable	4. More stable emotional responses, they become more stubborn and self-centered	1X3=3
EARLY CHILDHOOD (2 to 6 years)	MIDDLE CHILDHOOD (7 to 11 years)											
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4.Emotions are transitory (change rapidly) and unpredictable	4. More stable emotional responses, they become more stubborn and self-centered											
25.	<b>Three precautions to be taken while storing silk saree-</b>  1. Fold the saree with tissue paper or wrap it in a muslin cloth 2. Store it in a cool, dry place away from direct sunlight 3. Saree should be properly aired and should never be immediately folded after being worn 4.It should be drycleaned /washed before storing 5.Keep insect repellent 6. Avoid storing in plastic bag  <b>Any other, Any three</b>	1X3=3										
	<b>SECTION C (LONG ANSWER QUESTIONS)</b>											
26.	<b>Four key roles of ventilation in the kitchen -</b>  1.Reduces moisture and humidity 2.Removes cooking odors and smoke 3.Controls temperature 4.Improves air quality 5.Reduces the buildup of grease 6.Prevents condensation  <b>Any other, Any four</b>	1X4=4										
27 A.	<b>Four noticeable bodily changes in the adolescents -</b>  1.Increase in height and weight 2.Develop adult size of hands and feet 3.Rounded and curvy hips / Lean hips 4.Development of breasts / muscles 5. Pubic and underarm hair growth  <b>Any other, Any four</b>	1X4=4										

	<b>OR</b>	<b>OR</b>
27 B.	<b>Four socio-emotional changes-</b> <ol style="list-style-type: none"> <li>1.Mood swings</li> <li>2.Feel intense emotions</li> <li>3.Self-conscious</li> <li>4.Rebellious and casual attitude</li> <li>5.Changes in relationship with parents or family / Share a love hate relationship with parents</li> <li>6.Give more importance to friends / Spend more time with friends than with their families</li> <li>7.Crushes / develop feelings of love towards other members of same or opposite gender</li> </ol> <b>Any other, Any four</b>	1X4=4
28.	<b>Four factors of planning meals-</b> <ol style="list-style-type: none"> <li>1.Age- Nutritional requirement of different age group is different</li> <li>2.Sex (Gender)- Males' dietary requirements is more as compared to females</li> <li>3.Climate- In warm weather light, cool refreshing meals are preferred where as in cold weather hot, spicy and energy giving food is preferred</li> <li>4.Occupation(activity)- Light(sedentary), moderate and heavy workers have different nutritional needs</li> <li>5.Availability of food- Locally available and seasonal fruits and vegetables should be selected as they are cheap and nutritious</li> <li>6. Family traditions- Each family has different traditions such as during Navratri some people restrict intake of onions and garlic</li> </ol> <b>Any other, Any four factors with 1-2 lines explanation</b>	1X4=4
29.	<b>I. Two ways to reduce psychological fatigue-</b> <ol style="list-style-type: none"> <li>1. Create a proper study space</li> <li>2.Use proper equipment</li> <li>3.Make the atmosphere pleasant</li> <li>4.Take regular breaks</li> <li>5. Practice relaxation techniques</li> <li>6. Maintain a balanced study routine</li> </ol> <b>Any other, Any two</b>	2+2=4 1X2=2

	<b>II. Two ways to create a conducive environment for effective study-</b>  1.Choose a quiet, well-lit space 2.Keep the study area organized 3.Minimize distractions 4.Set a comfortable temperature  <b>Any other, Any two</b>	1X2=2
30.	<b>Four circumstances under which FSSAI may cancel the license of a food vendor-</b>  1.If food contains excess of any food preservatives / contaminants / heavy metals/ residue of pesticides 2.Selling of any modified food 3.Import of any unsafe / substandard food 4.Sell any packaged food products without label 5.Making a false / misleading presentation about the product 6.If the label contains any false / misleading claims  <b>Any other, Any four</b>	1X4=4
31A.	<b>I. Two points to be considered while selecting the soap-</b>  <b>It is-</b> 1. readily soluble in water 2. firm but not too hard or soft 3. free from starch 4. free from alkali  <b>Any other, Any two</b>  <b>II. Three advantages of detergent over soap -</b>  1. Dissolve in both hot and cold water 2. Dissolve in both hard and soft water 3. Have perfumes 4. Fabrics are brighter after washing 5. Don't clog the drains  <b>Any other, Any three</b>	2+3=5  1x2=2          1x3=3
31B.	<b>I. Two ways to identify the stain-</b>  1.By colour / appearance 2.By smell 3.By feel / touch <b>Any other, Any two</b>	<b>OR</b>          <b>OR</b>  2+3=5 1X2=2

	<p><b>II. Three methods of stain removal –</b></p> <p>1.Scraping -It is used to lift off excess staining material and to loosen caked on stains. This can be done using a blunt knife.</p> <p>2.Dipping -The stained area is dipped into the reagent and gently scrubbed. It is suitable for a fabric with many stains or one large stain.</p> <p>3.Sponging -The stained area is placed on a flat surface. Reagent is applied with a sponge on the stained area and absorbed by the blotting paper laid underneath. The reagent should be worked in a circular movement starting from the outer edge of the stain to the centre.</p> <p>4. Drop method -The stained cloth is stretched over a bowl. The reagent is put on wrong(reverse) side of the fabric gradually with a help of dropper, followed by other steps of laundry.</p> <p><b>Any other, Any three with 1–2 lines explanation</b></p>	1X3=3	
32.	<p><b>I. Malpractice evident in this situation-</b></p> <p>Non-availability of goods / Artificial shortage / Hoarding / Black Marketing</p> <p><b>Any other, Any one</b></p> <p><b>II. Two ways consumers can safeguard themselves against such practices during high-demand periods-</b></p> <p>1.Buy from trusted and regulated retailers</p> <p>2.Plan purchases in advance</p> <p>3.Survey market</p> <p>4.Compare prices</p> <p><b>Any other, Any two</b></p> <p><b>III. Two other malpractices commonly faced by consumers during festive seasons-</b></p> <p>1.Price variation- During festive seasons, retailers may increase prices significantly, taking advantage of increased demand.</p> <p>2.Adulteration- Festive seasons often see an increase in the sale of adulterated products, such as sweets, oils, and spices, as vendors try to maximize profits.</p> <p>3.Defective weights and measures- During high-demand periods, some sellers may use faulty weights or measures to shortchange consumers.</p> <p>4.Substandards products- In high-demand periods, substandard products are often sold as genuine.</p> <p><b>Any other, Any two with 1–2 lines explanation</b></p>	<p>1+2+2=5</p> <p>1</p> <p>1x2=2</p> <p>1x2=2</p>	