

ADHIKAANSH ACADEMY (IITJEE NEET IX X XI XII)

RUN BY:

DEEPAK SAINI SIR

B.TECH, M.TECH (N.S.I.T. DELHI UNIVERSITY)

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SAMPLE QUESTION PAPER HOME SCIENCE (CLASS 10TH) Term-1



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SAMPLE QUESTION PAPER (2021-2022)

TERM I

HOME SCIENCE- 064

CLASS: X

M.M. -35

TIME: 90 Minutes

General Instructions:

1. There are total 55 questions.
2. All questions carry equal marks.
3. Question paper is divided into three sections- A, B and C.
4. Section A has question no.1 to 22 (Total 22 multiple choice questions).
Attempt any 18 questions.
5. Section B has question no. 23 to 43 (Total 21 multiple choice questions).
Attempt any 17 questions.
6. Section C has two case studies. It has question no. 44 to 55 (Total 12 multiple choice questions).
Attempt any 10 questions.

Q. No.	SECTION A (Attempt any 18 questions)
1.	Play is a _____ and joyful activity. a. Emotional b. Spontaneous c. Calculated d. Magical
2.	Thinking of make- believe situation which is not real is an example of _____. a. Propositional thought b. Systematic thinking c. Personal fable d. Abstract thinking
3.	Which of the following is not an advantage of time management? a. Saves time and energy b. Avoids last minute tension c. Helps to plan ahead d. Increases anxiety
4.	At what age a child is able to form sentences using passive voice? a. 3 years b. 2 years c. 8 years d. 4 years
5.	A child is sitting in the room and playing with puppets. What type of play is this? a. Natural Play b. Active Play c. Curious Play d. Passive Play
6.	_____ is the person who directly comes in contact with packaged or unpackaged food, equipment, utensils and is expected to adopt all hygienic requirements. a. Food shopkeeper b. Food officer c. Food handler d. Food supplier

7.	<p>Time plan means-</p> <ol style="list-style-type: none"> Doing work in simplified ways Advance plan of all the activities Performing many activities at the same time Alternating activities
8.	<p>Once _____ food is opened, should always be stored in glass bowls/jars.</p> <ol style="list-style-type: none"> Raw Canned Cooked Ready to eat
9.	<p>Meena is buying a toy for her niece who is three years old, which of the following statement not to be considered while buying toys for her?</p> <ol style="list-style-type: none"> Expensive With soft edges ISI marked Colour fast
10.	<p>Which of the following is an example of fixed time activity?</p> <ol style="list-style-type: none"> Lunch time Talking with your friends Office time Searching on internet
11.	<p>Which of the following is not a characteristic of language development in four year old child?</p> <ol style="list-style-type: none"> Improvement in pronunciation Use of tongue twisters Cannot use past tense Aware of phonetics
12.	<p>What is peak load period?</p> <ol style="list-style-type: none"> When multiple activities are done at the same time Period of rest Time gap in between two activities Period of emergency
13.	<p>What kind of toy is appropriate for six months old Raj?</p> <ol style="list-style-type: none"> Illustrated books Squeaky toys Building blocks Interlocking toys
14.	<p>Shlok is five years old and has started going to primary school. Which social skills is displayed by him while interacting with others?</p> <ol style="list-style-type: none"> Prefer playing alone Sharing and cooperation Keep secrets Long lasting relationship with friends
15.	<p>What temperature is considered as danger zone in which bacteria can grow quickly?</p> <ol style="list-style-type: none"> 5°C -60°C Above 60°C Below 5°C 10° C-65° C
16.	<p>Working in correct posture helps a person to-</p> <ol style="list-style-type: none"> Get enough rest Feel motivated Save energy Do two activities at same time

17.	Anup likes to solve different types of puzzles. It will help in developing his _____ skills. a. Social b. Emotional c. Physical d. Cognitive
18.	Suggest your mother the best way to save her energy while cleaning the house. a. Mopping while sitting b. Using long handled mop c. Mopping while bending d. Using short handled mop
19.	Which characteristic Mrs. Jain should consider while selecting new work place for her office? a. Spacious b. Cluttered c. Clustered d. Noisy
20.	Which of the following statement is correct for adolescents? a. Give less importance to their friends b. Have rebellious attitude c. Follow set rules d. Always emotionally balanced
21.	An example of proper sequence of work is- a. Chopping then sauteing vegetables b. Pressure cooking then soaking c. Ironing then washing d. Mopping then brooming
22.	You have dinner party at your home. Suggest best way to avoid unnecessary movement while setting table. a. Attractive table cover b. Use of paper napkins c. Use of tray for cutlery d. Correct height of table
SECTION B (Attempt any 17 questions)	
23.	Pest are an agent for transferring the diseases. How can you keep your kitchen free from pest? a. Covering wounds b. Wire mesh on windows c. Wash vegetables d. Switch off the appliances
24.	Priya is in her middle childhood stage. Which emotional skill will be exhibited by her? a. Enjoy group activities b. Animistic thinking c. Fun loving and cheerful d. Logical thinking
25.	Which of the following statement is incorrect? a. Left overs should be stored hot to avoid contamination b. Use separate chopping boards and knives for different foods c. Cooked food should be kept covered d. Tongs should be used to serve the food

<p>26.</p>	<p>Reetika is six years old, which of the following is incorrect cognitive feature for this age?</p> <ol style="list-style-type: none"> Acquire basic knowledge of numbers High level of curiosity Logical and systematic thinking Limited memory
<p>27.</p>	<p>Your twin brother and sister are fourteen year old. Which of the similar features are observed in them?</p> <ol style="list-style-type: none"> Increase in height Development of breast Voice becomes harsh Appearance of acne <p>Choose the correct option.</p> <ol style="list-style-type: none"> i and iii ii and iv iii and iv i and iv
<p>28.</p>	<p>Which of the following helps to simplify the work?</p> <ol style="list-style-type: none"> Use ready made products Conducive workplace Rest Appreciation <p>Choose the correct option.</p> <ol style="list-style-type: none"> ii and iv i and iii i and ii iii and iv
<p>29.</p>	<p>Mr. Verma wants to renovate kitchen of his house. Advise him about the features related to kitchen surface.</p> <ol style="list-style-type: none"> Washable Adequate ventilation Non absorbent Fit exhaust fans <p>Choose the correct option.</p> <ol style="list-style-type: none"> ii and iii iii and iv i and iii ii and iv
<p>30.</p>	<p>Which factors will you consider while preparing time plan for your brother?</p> <ol style="list-style-type: none"> Estimate of time Incentive received Help available Change in routine <p>Choose the correct option.</p> <ol style="list-style-type: none"> i and ii ii and iv iii and iv i and iii
<p>31.</p>	<p>Your younger sister is four years old. Which features of physical development will you observe in her?</p> <ol style="list-style-type: none"> Have milk teeth Feet become longer Body becomes more slender Legs are approximately half of body length

	<p>Choose the correct option.</p> <ol style="list-style-type: none"> i and iv ii and iii iii and iv i and iii
32.	<p>Mahima has joined a restaurant as a chef. Which rules she must follow while working in the kitchen?</p> <ol style="list-style-type: none"> Nails should be trimmed Wearing necklace No wrist watch Torn clothes <p>Choose the correct option.</p> <ol style="list-style-type: none"> i and iv i and iii ii and iii iii and iv
33.	<p>Given below are two statements labeled as Assertion (A) and reason (R) ASSERTION (A): Milk should be refrigerated after 24 hours of its purchase. REASON(R): Refrigerator should be set at right temperature. Select the most appropriate answer from the options given below:</p> <ol style="list-style-type: none"> Both A and R are true and R is the correct explanation of A. Both A and R are true but R is not the correct explanation of A. A is true but R is false. A is false but R is true.
34.	<p>Given below are two statements labeled as Assertion (A) and reason (R) Assertion (A): A child in early childhood stage uses more verbs than nouns and ignores the grammar rules. Reason (R): They lack vocabulary range. Select the most appropriate answer from the options given below:</p> <ol style="list-style-type: none"> Both A and R are true and R is the correct explanation of A. Both A and R are true but R is not the correct explanation of A. A is true but R is false. A is false but R is true.
35.	<p>Given below are two statements labeled as Assertion (A) and reason (R) Assertion (A): Time plan must be flexible and practical. Reason(R): At the time of emergency, it can be changed. Select the most appropriate answer from the options given below:</p> <ol style="list-style-type: none"> Both A and R are true and R is the correct explanation of A. Both A and R are true but R is not the correct explanation of A. A is true but R is false. A is false but R is true.
36.	<p>Given below are two statements labeled as Assertion (A) and reason (R) Assertion (A): Play teaches a child to be honest. Reason(R): Children learn about new objects while playing. Select the most appropriate answer from the options given below:</p> <ol style="list-style-type: none"> Both A and R are true and R is the correct explanation of A. Both A and R are true but R is not the correct explanation of A. A is true but R is false. A is false but R is true
37.	<p>Given below are two statements labeled as Assertion (A) and reason (R) Assertion (A): We should not buy puffed or torn food packets. REASON(R): They might be contaminated. Select the most appropriate answer from the options given below:</p>

	<p>a. Both A and R are true and R is the correct explanation of A.</p> <p>b. Both A and R are true but R is not the correct explanation of A.</p> <p>c. A is true but R is false.</p> <p>d. A is false but R is true</p>
38.	<p>Given below are two statements labeled as Assertion (A) and reason (R) Assertion (A): During middle childhood, children become illogical. Reason(R): They become ego centric. Select the most appropriate answer from the options given below:</p> <p>a. Both A and R are true and R is the correct explanation of A.</p> <p>b. Both A and R are true but R is not the correct explanation of A.</p> <p>c. A is true but R is false.</p> <p>d. Both A and R are false.</p>
39.	<p>Given below are two statements labeled as Assertion (A) and reason (R) Assertion (A): Energy management is a strategy which helps to utilize energy to maximum. Reason(R): It prevents frustration. Select the most appropriate answer from the options given below:</p> <p>a. Both A and R are true and R is the correct explanation of A.</p> <p>b. Both A and R are true but R is not the correct explanation of A.</p> <p>c. A is true but R is false.</p> <p>d. A is false but R is true</p>
40.	<p>Given below are two statements labeled as Assertion (A) and reason (R) Assertion (A): Proper lighting and ventilation should be provided in the kitchen. Reason(R): It helps to keep kitchen free from dirt and germ. Select the most appropriate answer from the options given below:</p> <p>a. Both A and R are true and R is the correct explanation of A.</p> <p>b. Both A and R are true but R is not the correct explanation of A.</p> <p>c. A is true but R is false.</p> <p>d. A is false but R is true</p>
41.	<p>Given below are two statements labeled as Assertion (A) and reason (R) Assertion (A): Labour saving devices reduces psychological fatigue. Reason(R): Preparing tomato puree in mixer grinder saves energy. Select the most appropriate answer from the options given below:</p> <p>a. Both A and R are true and R is the correct explanation of A.</p> <p>b. Both A and R are true but R is not the correct explanation of A.</p> <p>c. A is true but R is false.</p> <p>d. A is false but R is true</p>
42.	<p>Given below are two statements labeled as Assertion (A) and reason (R) Assertion: Playing can influence social and emotional development. Reason: It helps to realise gender roles since childhood. Select the most appropriate answer from the options given below:</p> <p>a. Both A and R are true and R is the correct explanation of A.</p> <p>b. Both A and R are true but R is not the correct explanation of A.</p> <p>c. A is true but R is false.</p> <p>d. A is false but R is true.</p>
43.	<p>Given below are two statements labeled as Assertion (A) and reason (R) Assertion (A) - Play can take away the sense of curiosity as it doesn't have any aim. Reason(R) - Colourful toys are strong and sturdy. Select the most appropriate answer from the options given below:</p> <p>a. Both A and R are true and R is the correct explanation of A.</p> <p>b. Both A and R are true but R is not the correct explanation of A.</p>

- c. A is true but R is false.
- d. Both A and R are false.

SECTION C
(Attempt any 10 questions)

CASE STUDY I

Read the following passage and answer Q No. 44 to 49.

Adolescence is the period of transition between childhood and adulthood. It includes some big changes—to the body, and to the way a young person relates to the world. The many physical, sexual, cognitive, social and emotional changes that happen during this time can bring anticipation and anxiety for both children and their families.

Rahul, Priyanka, Tanya and Reena are Class X students and are undergoing lot of changes in various aspects of development.

- 44.** Tanya spends a lot of time in front of the mirror and likes to wear clothes of latest trend. Which characteristics is this?
- a. Ego centrism
 - b. Identity crises
 - c. Self-conscious
 - d. Casual attitude
- 45.** Priyanka and Reena loves to ride scooty and often jumps red light. They think that traffic police will never catch them. Which cognitive feature of adolescence is shown in this statement?
- a. Distract thinking
 - b. Personal fable
 - c. Self-awareness
 - d. Argumentative
- 46.** School picnic was organized for class X students. On the way Reena was very excited but on reaching the picnic spot she isolated herself and was feeling sad. Which feature is this?
- a. Self esteem
 - b. Intense emotion
 - c. Crushes
 - d. Mood swings
- 47.** Rahul is trying to hide a pimple on his face, thinking that everyone is watching him. Which of the following characteristic is shown in this statement?
- a. Ego centrism
 - b. Idealism
 - c. Imaginary audience
 - d. Self-centered
- 48.** Which is not the feature of language development observed in Reena?
- a. Use of complex sentences
 - b. Use of abbreviations
 - c. Use only noun
 - d. Use of slangs
- 49.** **Given below are two statements labeled as Assertion (A) and reason (R)**
Assertion (A) - Adolescents do not get impressed easily and do not confide in people with their secrets.
Reason(R) - They are less egocentric.
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. Both A and R are false.

CASE STUDY II

Read the following passage and answer Q No.50 to 55.

Time and energy are important resources which are required to do all the activities. We need to utilise them properly. Time and energy management helps to maximize the use of both the resources. It helps to reduce fatigue.

Mr. Sharma is working as manager in bank for last fifteen years . He is following same routine daily. His wife does all the household chores by herself. In the end of day they both feel fatigued.

50.	Identify the fatigue Mr. Sharma might be suffering from. a. Physiological b. Psychological c. Static d. Financial
51.	Mr. Sharma can reduce his fatigue by- a. Rest b. Extract maximum work c. Set small targets d. Lack of appreciation
52.	Suggest an appropriate way to reduce physiological fatigue of Mrs. Sharma. a. Demand of family b. Motivation c. Incentives d. Develop skills
53.	Match the following- I. Dovetailing II. Peak load period III. Labour saving device IV. Improve Posture Choose correct option- a. I C, II A, III D, IV B b. I B, II D, III A, IV C c. I D, II B, III C, IV A d. I A, II C, III B, IV D A. Mixer Grinder B. Baking and chopping C. Alternate standing and sitting D. Morning time
54.	Given below are two statements labeled as Assertion (A) and reason (R) Assertion (A) - While making time plan one should alternate between heavy and light activities. Reason(R) - It helps to reduce fatigue. 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 and R is true.
55.	Given below are two statements labeled as Assertion (A) and reason (R) Assertion (A) - Dovetailing means doing one activity at a time. Reason(R) -Use of whole spices reduces energy. 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. Both A and R are false.

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