



Indian School Al Wadi Al Kabir Midterm Examination (2024-25)

Class: X
Date : 19/09/2024

Sub: Home Science (064)
Set -I

Max Marks: 70
Time: 3hrs

	Marking Scheme	
	SECTION A (MULTIPLE CHOICE QUESTIONS)	
1.	(b) 57° C, 5° C	1
2.	(c) bland /lightly seasoned	1
3.	(b) iii & iv	1
4.	(d) regulatory foods	1
5.	(c) I D, II A, III B, IV C	1
6.	(c) 3020 calories OR (d) 3490 calories	1
7.	(d) i and iv	1
8.	(c) Tadpole picture	1
9.	(c) Use same chopping board and knife for fish and vegetables.	1
10.	(c) A – III; B – I; C- IV; D – II	1
11.	(a) Middle childhood	1
12.	(a) 20 and 6 years	1
13.	(c) i and iii	1
14.	(c) Nocturnal emission.	1
	SECTION B (CASE STUDY BASED QUESTIONS)	
15.	(b) Anorexia nervosa	1
16.	(d) Mood swings	1
17.	(d) A is false but R is true.	1
18.	(b) Both A and R are true but R is not the correct explanation of A.	1
	SECTION C (SHORT ANSWER QUESTIONS)	
19.	When children are curious about everything ,explore and try out new ideas, it is called exploratory play . For Example- Opening up of toys, pull their clothes to examine their bodies, put fingers in electric socket etc. (½+½= 1mark) When action of child is done seriously is known as serious play .	2

	For example- In a make-believe play of doctor –patient the doctor pretends to put an injection after rubbing the area with cotton. ($\frac{1}{2}+\frac{1}{2}= 1\text{mark}$)	
20.	(a) Borax (1 mark) (b) 1. Sodium Hydro-sulphite 2. Sodium bi-sulphate ($\frac{1}{2}+\frac{1}{2}= 1\text{mark}$)	2
21.	a) ICMR-Indian Council of Medical Research. (1 mark) b) RDA – Recommended Dietary Allowances (1 mark) OR Pregnant women should avoid ❖ Too much salt ❖ Fried foods ❖ Spices ❖ Strong flavoured foods ❖ Alcohol &tobacco ❖ Over eating Any four points $\frac{1}{2} \times 4\text{points}=2$	2
22.	(a) Jean Piaget (1 mark) (b) $\frac{1}{6}^{\text{th}}$ (1 mark)	2
23.	➤ Toys should not be so small ➤ Non-toxic ➤ Age appropriate ➤ Soft with round edges without any sharp edges. ➤ Colour fast and non-toxic ➤ ISI marked toys ➤ Bright &colourful ➤ Strong & durable ➤ Not be too expensive Any four points $\frac{1}{2} \times 4\text{points}= 2$	2
24.	Animistic thinking & cannot think logically e.g. In early childhood Believes that all non -living things have life. e.g.feeds the car while playing. Middle childhood ,the child can differentiate between living and non-living things. OR The cognitive ability used by Rahul is seriation.(1) In early childhood seriation ability is limited , for example the child can arrange the sticks in heightwise but not in the correct order. (Anyone point $\frac{1}{2}$ marks) In middle childhood seriation will be better .The child can arrange all the sticks in a neat order in the correct sequence. (Anyone point $\frac{1}{2}$ marks)	2
25.	Give one reason for each of the following:	2

	<p>(a) Silk dress while stitching use underlining : it helps from coming in contact with perspiration. (1 mark)</p> <p>(b) Cotton & rayon should be de-starched before storing :it can be attacked by silverfish or insects. (1 mark)</p>	
26.	<p>The factors which she should follow while planning meal for the family are:</p> <ol style="list-style-type: none"> 1. Age of family members 2. Meal pattern followed by family 3. Number of family members 4. Occupation and activity of family members 5. Availability of food items 6. Food habits of family 7. Sex/Gender 8. Climate condition 9. Budget of family <p style="text-align: right;">Any 3points with explanation</p>	3
27.	<p>Cognitive changes of adolescent with suitable example for each-</p> <ul style="list-style-type: none"> ➤ •ABSTRACT THINKING-They can imagine anything even if they have never seen it. They can think make -believe situations and events that are not real. For Example- if told elephants are flying, they can picture a grey or pink elephant with wings, flying up in clouds. ➤ •PROPOSITIONAL THOUGHT/LOGICAL THINKING-They can understand and evaluate the logic of verbal statements. For Example-A is grandson of B, B is father of C, how A is related to C. Adolescents can solve these types of questions. ➤ •HYPOTHETICAL DEDUCTIVE REASONING-They have an ability to analyze the problem hypothesize solution and systematically figure out any evidence need to prove. For Example-if neighbor was murdered, they can think of different possible ways who could have murdered. ➤ •SYSTEMATIC THINKING-They have an ability to think systematically. For Example-a child is asked to form words from the alphabets A, T, E and M. Adolescents will do this exercise systematically forming two letters, three letters and four letters' words. ➤ IDEALISM:They have a strong sense of right and wrong and live in an idealistic world .They think that everyone has ideal characteristics.They feel betrayed when they realize that their role model has flaws. ➤ IDENTITY CRISES: They are confused whether they are an adult or a child.This identity crisisstabilises between 19 to 21 years. 	3

	<p>➤ IMPRESSIONABLE MINDS: They get impressed by anyone who appears nice. They easily share their secrets with anyone who talks nicely with them.</p> <p>➤ EGOCENTRISM: They are extremely self conscious. They love talking about themselves and their achievements. They believe that others are interested in them as they are. They believe that ,they are always right.Egocentric thinking results in imaginary audience (They think everyone is watching them)and personal fable(They feel that no one can understand their feelings and thoughts and they are unique and nothing wrong happen with them)</p> <p>(Any three points with explanation 1 mark each)</p> <p style="text-align: center;">OR</p> <p>➤ Peer group provide a positive and unique learning experience with a range of critical, social emotional skills, such as empathy, cooperation, and problem-solving skills.</p> <p>➤ Peer groups can also contribute negatively to social emotional development through bullying and harassment. It may distract them from studies and affect their mental peace thus results in stress and anxiety.</p> <p>➤ Some may involve in delinquent activities such as smoking, drinking, thefts, sexual activities etc.</p> <p>➤ Even if they are not comfortable with the peer groups because of the pressure from their friends they may adopt some habits which is against their moral values or family rules .</p> <p>(Any three points with explanation 1 mark each)</p>	
28.	<p>Meal planning helps to save ,time ,energy and fuel.</p> <p>Examples</p> <ol style="list-style-type: none"> 1.All ingredients can be bought together from the market if meals are planned 2.Pre -preparations such as peeling, shelling, chopping can be done in advance to avoid the rush in in peak load time. 3.Dovetailing can be done to save time such as masala for two curries can be prepared together <ul style="list-style-type: none"> ➤ 4.Soaking dals the night before, keeping all the ingredients near the gas and using pressure cooker ,can save fuel. <p>(Any other /any three points with explanation 1 mark each)</p> <p style="text-align: center;">OR</p> <p>Dietary tips for school going children</p> <ol style="list-style-type: none"> 1.Be rich in calories,proteins,iron,calcium and vitamin A. 2.Fresh 3.Not messy/ easy to eat 4.Non greasy 5.Have satiety value 	3

	6.Avoid too much spices,fried foods, sweets (Any other /any six points $\frac{1}{2} \times 6$ points= 3 marks)	
29.	While buying grocery items the following points to be considered. 1. Food packets should not be torn 2. Tins of food should not be puffed and bulging 3. Food items should not be rotten and blemished 4. Food should be fresh 5. Check the standardised marks, manufacturing and expiry date on the packets. (Any other/ Any three with explanation $1 \times 3 = 3$ marks)	3
	<u>SECTION D (LONG ANSWER QUESTIONS)</u>	
30.	Importance of play 1. Play helps in physical development Eg. When a child jumps,skips, runs, his blood circulation, breathing and digestion increases that helps a child to increase his height and weight and makes him taller and stronger. 2. Play helps the child to develop eye and hand co-ordination. Eg.1.To put buttons in his shirt 2.Drawing with crayons 3.Pouring water from one tumbler to another. 3. Play stimulates mental development. *Children learn about new object while playing by touching / feeling. Eg.1 With curiosity, they may break their toys to see how it works. 2. Building blocks teaches math skills 4. Play influences social and emotional development. Eg.1.Children learn to share through toys. 2.Learns to play in groups 3.learn to wait for their turn 4.They learn adult roles by imitation. 5.While playing make-believe games, girls would do the cleaning and boys would fetch water. 6.They learn communication & problem solving skills from dramatic play with friends. 5. Play teaches them to control their emotions. They learn not to be angry or cry when hurt. Eg. Children may not cry in school in front of their friends, when they get hurt in school ,but they may cry at home in front their parents at home 6. Play teaches a child to be honest. They learn to obey rules and regulations of the game.	4

	<p>They know no one would like to play with a child who cheats in the game.</p> <p>7. Play helps to let out child's emotions. A child may get over his anger by throwing a toy or hitting a doll for some time. (Any other /Any four points with eg.)</p>	
31.	<p>(a) The substances, which are capable of removing dirt and grime from clothes, are called cleansers or emulsifying agents. They are soapy and non-soapy. eg. soapy detergents & soapless detergents.</p> <p style="text-align: right;">1 mark</p> <p>(b) Advantages of syndets</p> <ul style="list-style-type: none"> • Syndets readily dissolve in cold and hot water. • They lower the surface tension of water. • They do not combine with calcium of hard water and do not leave deposits. • They do not clog drains. • Its PH is near neutral. <p style="text-align: right;">(Any 3 points $\frac{1}{2} \times 3 = 1\frac{1}{2}$ marks)</p> <p>Disadvantages of syndets</p> <ul style="list-style-type: none"> ❖ Syndets are very expensive. ❖ Not environment friendly ❖ Non bio-degradable <p style="text-align: right;">(3 points $\frac{1}{2} \times 3 = 1\frac{1}{2}$ marks)</p>	4
32.	<p>Suggestions to store milk:</p> <ol style="list-style-type: none"> 1. Should be properly boiled and cooled before storing in refrigerator 2. Do not mix old milk with fresh milk 3. It should be kept in clean and covered container. 4. Milk products such as curd, cream and paneer should be stored in cool place 5. Butter should be stored preferably in refrigerator 6. Milk should be stored away from strong smelling food. <p style="text-align: right;">(Any four points)</p>	4
33.	<p>Early childhood:</p> <ol style="list-style-type: none"> 1. Have imaginary friends. 2. Develop a sense of Humour and enjoy acting silly. 3. Start feeling empathy and realize that others too have feelings. 4. Cannot control their impulses. 5. Do not hide their emotions. 6. Emotions are short lived and unpredictable. 	4

Middle childhood:

1. Exhibits their emotions in socially approved way.
2. Better in controlling impulses.
3. Are cheerful and fun loving.
4. Can be stubborn and self-centered.
5. Impatient but not as moody as before.
6. Have fewer fears.

(Any four points from early and middle childhood)

OR

3-year-old	7-year-old
Indulges in fantasy and make-believe play.	Lives in the world of reality
Believes all non-living things have feelings and life like qualities.	Can differentiate between living and non-living
Unable to think logically	Thoughts are more logical
Inability to conserve	Ability to conserve improves.
Has no concept of distance and space	Know the concept of distance and space
Limited ability at seriation	Better at seriation
Cannot think steps in the reverse	Can reverse their thinking

Any four points

34.

The steps to remove of unknown stain –

- Remove stain when fresh
- Soak the stain in plain cold water
- Then soak it in warm soapy water.
- Bleach the stain in sunlight.
- Treat the stain with diluted alkaline solution.
- Treat the stain with diluted acid.

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	<ul style="list-style-type: none"> • Apply oxidizing bleach • Apply reducing bleach. • If the stain persists, repeat the cycle from step 4 to step 7. • Rinse all chemicals. <p style="text-align: right;">($\frac{1}{2}$ marks x10 points=5 marks)</p> <p style="text-align: center;">OR</p> <p>(a) Carpet beetles & moth. ($\frac{1}{2}$ x 2 points= 1 mark)</p> <p>(b) The precautions to be taken while storing woollen garment:</p> <ol style="list-style-type: none"> 1. Clothes should be hung on rust proof hangers and have enough space in between for aeration. 2. Should not have moisture before storing as it may damage the woollen garment. 3. Food stains should be removed immediately before storing as microorganisms' attack food stains. 4. Naphthalene balls should be kept in the storage container to keep the microorganisms away. 5. Newspapers can be used to pack the clothes and can be used to cover the shelves. Newspaper 6. should be changed occasionally as printer's ink repels grubs and moths. <p style="text-align: right;">(1x 4 points=4 marks)</p>	
35.	<p>The physical features of adolescent boys and girls</p> <ul style="list-style-type: none"> ❖ Increase in height and weight ❖ Hands and feet attain adult size ❖ Appearance of pimple(acne) ❖ Voice of adolescent girls becomes shrill whereas voice cracks and become harsh of adolescent boys. ❖ Adolescent girls have rounded and curvy hips whereas adolescent boys have lean hips. ❖ Development of breasts in girls and development of muscles in boys. ❖ Growth of female sex organs and initiation of menstruation (menarche)in girls and growth of male sex organs and nocturnal emission (spermarche)in boys. ❖ Growth of hair on underarms and pubic areas in girls and boys. ❖ Growth of hair on face (beard), body or chest in boys. (Any five points) 	5