



# COMMON PRE-BOARD EXAMINATION 2024-25



## Subject: HOME SCIENCE-064

Class: X

Maximum Marks: 70

Date: 04-12-2024

Set-1

Time allowed : 3hours

### Answer Key

SECTION A (MULTIPLE CHOICE QUESTIONS)		
1.	(B) Hydrocyanic acid	1
2.	(A) 5°C - 60°C <b>OR</b> (D) Using same chopping board for chicken and vegetable cutting	1
3.	(C) Baking soda	1
4.	(B) 3490	1
5.	(C) Office Time	1
6.	(A) Passive	1
7.	(D) Social <b>OR</b> (A) Mood Swings	1
8.	(A) It is the act of planning and managing time	1
9.	(D) 20 teeth at 6 years	1
10.	(A) Illustrated books	1
11.	(A) a-ii, b-iv, c-i, d-iii	1
12.	(B) a-iv, b-iii, c-ii, d-i	1
13.	(A) (ii) and (iii)	1
14.	(A) (i) and (ii)	1
SECTION B (CASE STUDY BASED QUESTIONS)		
15.	(B) The stain should be worked in a circular movement starting from the Outer edge of the stain to the centre.	1
16.	(C) (iv),(ii),(iii),(i)	1
17.	(A) Both A and R are true but R is not the correct explanation of A.	1
18.	(A) A is true but R is false.	1
SECTION C (SHORT ANSWER QUESTIONS)		
19.	Group 1 – Cereals , roots and tubers	2


	<p>Rice, potato, wheat- rich in carbohydrate</p> <p><b>Group II- Pulses, nuts and oilseeds</b> Rajma, peanuts- rich in protein.</p> <p><b>Group III- milk, meat and their products</b> Paneer, eggs- rich in good quality protein, calcium</p> <p><b>Group IV- Fruits and vegetables</b> Spinach, oranges, bottle guard, apple- good source of vitamins and minerals</p> <p style="text-align: center;"><b>OR</b></p> <p><b>Breakfast Menu:</b></p> <p><b>Vegetable Poha, Groundnut in Poha, Peas, carrot, tomato, onion in poha, milk shake, banana in milk shake, sugar in milk shake</b></p> <p><b>Or any other example with ICMR food groups.</b></p> <p>Cereals-carbohydrates Pulses -protein Vegetables and fruits-vitamins and minerals Milk-protein and calcium</p>	
20.	<p>The ability to arrange items along a dimension such as length and weight is known as seriation. They develop the ability of seriation.</p> <p>e.g: They arrange all the sticks according to the height order. Organize books on a bookshelf by size or height order. Sorting from shortest to tallest as below: Early childhood children can arrange the sticks height wise but not in order, whereas in middle childhood they arrange in a neat order.</p>	2
21.	<p><b>Four points to be considered while buying grocery items:</b></p> <ol style="list-style-type: none"> <li>1. Food packets should not be torn</li> <li>2. Tins of food should not be puffed and bulging</li> <li>3. Food items should not be rotten and blemished</li> <li>4. Food should be fresh</li> <li>5. Check the standardized marks, manufacturing and expiry date on the packets.</li> </ol> <p>Any other, Any four</p> <p style="text-align: center;"><b>OR</b></p> <p><b>Four points to be kept in mind while storing leftover food in the refrigerator:</b></p> <ol style="list-style-type: none"> <li>1. It should be cooled and packed immediately.</li> <li>2. It should be reheated and consumed as soon as possible.</li> <li>3. Food should be covered with tight fitted lids and stored in refrigerator.</li> <li>4. Raw and cooked items should be stored separately.</li> <li>5. Foods which absorb flavors stored away from those that give strong flavors.</li> <li>6. Any other (any four)</li> </ol>	2

22.	<p>Elderly people should avoid</p> <ul style="list-style-type: none"> <li>(i) Fried foods</li> <li>(ii) Sweets</li> <li>(iii) Too much tea/coffee</li> <li>(iv) Spices</li> </ul>	2
23.	<p>Buying seasonal foods or cheaper substitutes can provide the same nutrition as expensive foods due to the following reasons:</p> <ol style="list-style-type: none"> <li>1. <b>Nutritional Value of Seasonal Foods:</b> Seasonal fruits and vegetables are fresh, nutrient-dense and naturally rich in vitamins and minerals. It helps to prepare low cost meals in meal planning.</li> <li>2. <b>Cheaper Substitutes with Similar Nutrients:</b> Many affordable foods offer the same nutrients as their expensive counterparts. Eg.1: Lentils are an excellent source of protein and can be a cost-effective alternative to expensive meat. E.g. 2: A handful of peanuts or soybeans can compensate for almonds. Eg.3: Sesame (oil) can substitute milk for calcium</li> <li>3. <b>Local and Readily Available:</b> It doesn't lose nutrients during long transportation and storage.</li> <li>4. <b>Budget-Friendly:</b> Seasonal foods are more abundant and therefore cost less, maintain a balanced diet without straining the budget. Affordable and nutritious food examples <ol style="list-style-type: none"> <li>1. <b>Proteins:</b> Groundnuts, chana dal, and soya bean are excellent sources of protein, making them affordable substitutes for expensive meat or dairy products.</li> <li>2. <b>Carbohydrates:</b> Roti, bajra roti, and khichdi provide complex carbohydrates and essential fibre for sustained energy and digestion.</li> <li>3. <b>Micronutrients:</b> Foods like guava, amla, and banana are rich in vitamins (e.g., Vitamin C in guava and amla) and minerals like potassium. Mint, coriander, and radish leaves add flavour and essential nutrients like iron and calcium.</li> <li>4. <b>Healthy Fats and Energy:</b> Groundnuts and jaggery are energy-rich and provide essential fats and iron.</li> <li>5. <b>Calcium and Probiotics:</b> Buttermilk is an affordable source of calcium and helps maintain gut health.</li> </ol> </li> </ol> <p>By wisely selecting seasonal foods and affordable substitutes, one can maintain a nutritious and balanced diet similar to what expensive foods offer.</p> <p>Any 2 example with 2 points</p>	2
24.	<p><b>Play stimulates mental development.</b></p> <ul style="list-style-type: none"> <li>*Children learn about new object while playing by touching / feeling or At times tasting.</li> <li>Eg.1 With curiosity, they may break their toys to see how it works.</li> <li>2. Building blocks teaches math skills</li> </ul>	2

25.	<p>When preparing meals for infants, the following key factors should be considered:</p> <p><b>1.Light and Digestible:</b> Meals should be easy for infants to digest to avoid any discomfort.</p> <p><b>2.Bland or Lightly Seasoned:</b> Use minimal spices to suit the infant's delicate taste and digestion.</p> <p><b>3.Smooth Consistency:</b> Foods should have a smooth texture without lumps to make them easy to swallow.</p> <p><b>4.Nutrient-Rich:</b> Include foods that are rich in calories, proteins, calcium, iron, Vitamin A, Vitamin C, and folic acid to support growth and development.</p> <p><b>5.Avoid Fried Foods and Sweets:</b> These should be avoided as they can be hard to digest and lack essential nutrients.</p> <p>Any 4 points</p>	2
26.	<p><b>Four precautions to be taken while storing woollen garment:</b></p> <ol style="list-style-type: none"> <li>1. Clothes should be hung on rust proof hangers and have enough space in between for aeration.</li> <li>2. Should not have moisture before storing as it may damage the woollen garment.</li> <li>3. Food stains should be removed immediately before storing as microorganisms' attack food stains.</li> <li>4. Naphthalene balls should be kept in the storage container to keep the microorganisms away.</li> <li>5. Newspapers can be used to pack the clothes and can be used to cover the shelves. Newspaper should be changed occasionally as printer's ink repels grubs and moths.</li> </ol> <p>Any other (any four)</p>	3
27.	<p>(a)</p> <ol style="list-style-type: none"> <li>(i) ISI-Indian Standards Institution Mark</li> <li>(ii) FSSAI- Food Safety and Standards Authority of India</li> <li>(iii) MRP- Maximum Retail Price</li> </ol> <p style="text-align: center;"><b>OR</b></p> <p>(b) Six food safety standards laid down by FSSAI-</p> <ol style="list-style-type: none"> <li>1. Food should not contain excess of any food preservatives, contaminants, heavy metals, residue of pesticides.</li> <li>2. No one should manufacture, distributor sell any modified food</li> <li>3. No person shall import into India any unsafe or substandard food</li> <li>4. No one should sell any packaged food products which are not labelled</li> <li>5. No one should make a false or misleading presentation</li> <li>6. The labels shall not contain any false or misleading claims</li> </ol> <p>Any other, Any six</p>	3
28.	<p><b>Advantages of meal planning are:-</b></p> <ol style="list-style-type: none"> <li>1. Helps to plan the nutritional food as per the needs of all family members</li> <li>2. Attractive meals can be served</li> <li>3. Saves time, energy and fuel</li> <li>4. Leftover food can be used</li> </ol>	3

	<p>5. Keep individual likes and dislikes in mind</p> <p>6. Can be planned within family budget</p> <p>7.Helps in introducing flexibility, variety and satiety value</p> <p>Any three</p>	
29.	<p>(a)Three cognitive changes of adolescent with suitable example for each-</p> <ul style="list-style-type: none"> <li>•<b>ABSTRACT THINKING</b>-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.</li> <li>•<b>PROPOSITIONAL THOUGHT/LOGICAL THINKING</b>-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.</li> <li>•<b>HYPOTHETICAL DEDUCTIVE REASONING</b>-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.</li> <li>•<b>SYSTEMATIC THINKING</b>-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.</li> </ul> <ul style="list-style-type: none"> <li>• IDEALISM -with example</li> <li>• IDENTITY CRISIS-with example</li> <li>• IMPRESSIONABLE MINDS-with example</li> <li>• EGOCENTRISM-with example</li> </ul> <p>Any three/any other</p> <p style="text-align: center;"><b>OR</b></p> <p>(b) Six <b>physical changes observed in adolescence</b></p> <ul style="list-style-type: none"> <li>• Increase in height and weight</li> <li>• Hands and feet attain adult size</li> <li>• Appearance of pimple(acne)</li> <li>• Voice of adolescent girls become shrill whereas voice cracks and become harsh of adolescent boys.</li> <li>• Adolescent girls have rounded and curvy hips whereas adolescent boys have lean hips.</li> <li>• Development of breasts in girls and development of muscles in boys.</li> <li>• Growth of female sex organs and initiation of menstruation (menarche)in girls and growth of male sex organs and nocturnal emission(spermarche)in boys.</li> <li>• Growth of hair on underarms and pubic areas in girls and boys.</li> </ul> <p>Growth of hair on face (beard), body or chest in boys.</p> <p>Any six /any other</p>	3

SECTION D (LONG ANSWER QUESTIONS)		
30.	<p><b>(a) Four tips to store cotton sarees-</b></p> <ul style="list-style-type: none"> <li>Remove the stain before storing the saree.</li> <li>Place of storage should be dry.</li> <li>De starched the saree before storing.</li> <li>Pins/buckles, etc. should be removed.</li> </ul> <p>Any other, Any four</p> <p><b>(b) Two natural insect repellent used to prevent the attack of insects on sarees-</b></p> <ul style="list-style-type: none"> <li>Camphor</li> <li>Neem leaves</li> <li>Sandalwood powder</li> </ul> <p>Any other, Any two</p>	2+2=4
31.	<p><b>Four conditions under which food is considered unsafe for human consumption:</b></p> <ol style="list-style-type: none"> <li>When food has preservatives and food colour in excess than prescribed.</li> <li>When food has heavy metals.</li> <li>When container of the food reacts with the food material.</li> <li>When food has residues of pesticides in excess amount.</li> </ol> <p>Any other, Any three</p>	4
32.	<p><b>(a)</b></p> <p>(i) Dovetailing is doing two or more activities simultaneously.  Eg. 1: Cutting cucumber while boiling rice.  Eg 2: Kneading dough while vegetables and lentils cooked in the pressure cooker  Eg.3: Clothes being washed in machine while dishes being done in dishwasher.  Definition + one example /Any other example</p> <p>(ii) When more work to be done in less time or multiple activities need to be done at the same time, it is known as peak load period.  Daily peak load, weekly peak load, monthly peak load &amp; seasonal peak load  Definition + Any one type of peak load with example</p> <p style="text-align: center;"><b>OR</b></p> <p><b>(a) Ways of reducing psychological fatigue:-</b></p> <ol style="list-style-type: none"> <li>Make the job interesting</li> <li>Set small targets</li> <li>Change in routine</li> <li>Motivation and incentives</li> </ol> <p>Any four / Any other</p> <p><b>(b) Methods to reducing physiological fatigue are:</b></p> <ol style="list-style-type: none"> <li>Take rest</li> <li>Eat balance food</li> </ol>	<p>2+2=4</p> <p style="text-align: center;"><b>OR</b></p> <p>2+2=4</p>

	3. Alternate heavy and light activities 4. Use of labour-saving devices 5. Divide work in smaller units 6. Any other (any two)	
33.	<p>(a) Mark found on agricultural products: AGMARK</p>  <p>(b) To ensure fairness and accuracy in weighing products, Priya should follow these guidelines:</p> <ol style="list-style-type: none"> <li>(1) The scale must start from zero to avoid inaccurate measurements.</li> <li>(2) Irregular weights, such as stones and bricks, should not be used; only standard weights should be utilized.</li> <li>(3) Avoid using a weighing balance with a wooden beam, as it may be unreliable.</li> <li>(4) The scale should have pointers to ensure precise readings.</li> <li>(5) Iron rings or other non-standard additions should not be used on one side of the balance.</li> <li>(6) The scale must be placed on a plane surface to ensure accurate balancing.</li> <li>(7) It is advisable to use a digital weighing balance, which is more reliable and accurate than traditional scales.</li> </ol> <p>Any four points</p>	2+2=4
34.	<p>(a) <b>Time Plan</b></p> <p>Time Activities</p> <p><b>4:00 – 4:30 a.m. Freshen up and milk/tea</b></p> <p><b>4:30 – 6:00 a.m. Study time</b></p> <p><b>6:00 – 6:30 a.m. Packing of school bag, Dressing etc.</b></p> <p><b>6.30– 7:00 a.m. Going to school</b></p> <p><b>7:00 – 1:45 p.m. School hours</b></p> <p><b>1:45 – 2:45 p.m. Reach back home</b></p> <p><b>2:45 – 3:00 p.m. Freshen up</b></p> <p><b>3:00 – 3:15 p.m. Lunch</b></p> <p><b>3:15 – 4:30 p.m. Rest</b></p> <p><b>4:30 – 5:30 p.m. Study</b></p> <p><b>5:30 – 6:30 p.m. Leisure time activity</b></p> <p><b>6:30 – 7:00 p.m. Help in house hold work</b></p> <p><b>7:00 – 8:30 p.m. Study</b></p> <p><b>8:30 – 9:00 p.m. Dinner</b></p> <p><b>9:00 – 10:00 p.m. Study</b></p>	2+3=5

	<p><b>10:00p.m. – 4:00 a.m. To bed (3 marks)</b></p> <p><b>(b) Advantages of time schedule</b></p> <ol style="list-style-type: none"> <li>(1) Key to success</li> <li>(2) Saves time and energy</li> <li>(3) Helps in planning ahead</li> <li>(4) Finish all jobs in time</li> <li>(5) Relieving tension</li> <li>(6) Save time for other activities</li> <li>(7) Deals with unexpected</li> </ol> <p>Any two (2marks)</p>	
35.	<p><b>(a) 20seconds</b></p> <p><b>(b) Steps for Proper Handwashing:</b></p> <ol style="list-style-type: none"> <li>1. <b>Wet Your Hands:</b> Begin by thoroughly wetting your hands with clean, running water.</li> <li>2. <b>Apply Liquid Soap:</b> Use a good amount of liquid soap to cover all surfaces of your hands.</li> <li>3. <b>Lather and Scrub:</b> Create a lather and scrub your hands for at least 20 seconds, making sure to clean between fingers, under nails, and the back of your hands.</li> <li>4. <b>Rinse:</b> Rinse your hands under clean, running water for about 10 seconds to remove all soap and germs.</li> <li>5. <b>Dry Your Hands:</b> Use a clean towel or an air dryer to dry your hands completely.</li> <li>6. <b>Turn Off the Tap:</b> Turn off the tap using the towel to prevent recontamination.</li> </ol> <p><b>(c) Rules of personal hygiene to be followed</b></p> <ol style="list-style-type: none"> <li>1. Bathe daily</li> <li>2. Hands should be washed thoroughly for 20 seconds with hot water and bactericidal soap before handling food and beginning the kitchen work and after using washroom, handling raw meat, vegetables, etc.</li> <li>3. Wear clean washable and light coloured apron</li> <li>4. Nails should be kept unpainted and trimmed.</li> <li>5. Wear covered shoes</li> <li>6. Rings and watches should not be worn as particles of food may accumulate under them.</li> <li>7. Comb your hair and Hair should be free from dandruff/lice and tied and covered with an absorbent cap while working in the kitchen.</li> <li>8. Avoid scratching hair and nose pricking.</li> <li>9. Brush your teeth.</li> <li>10. Change undergarments regularly.</li> <li>11. Ensure that food handler is not suffering from any kind of diseases such as common cold, boils, skin diseases, etc.</li> </ol> <p>Any other, Any four</p>	1+2+2=5



**OR**

**OR**

**(a) Precautionary measures for the safety of food at home are:**

1+2+2=5

1. Kitchen hygiene
  2. Personal hygiene
  3. Hygienic practices while cooking and serving food
- Any two points

**(b) To keep kitchen insect and pest free.**

1. Insecticides should be sprayed.
  2. Drains should have cockroach traps.
  3. Wire mesh on windows and doors.
  4. Adequate lighting in the kitchen.
  5. All crevices or grooves should be filled.
- Any other (any four)

**(c) The practices should be avoided while maintaining hygiene in the kitchen-**

1. No food particle should be left on the surface to rot.
  2. Open drains should not be there.
  3. Dustbins should not be overflowing.
  4. Do not leave garbage uncovered.
- Any two points