



INDIAN SCHOOL AL WADI AL KABIR
SECOND REHEARSAL EXAMINATION 2024-25

Subject: HOME SCIENCE-064

Class: X

Maximum Marks: 70

Date: 16-01-2025

Set-1

Time allowed : 3hours

Answer Key

	SECTION A (MULTIPLE CHOICE QUESTIONS)	
1.	(D) Unsafe	1
2.	(B) Rust-proof packaging OR (C) Drains should be kept clean and disinfected yearly.	1
3.	(C) 2440 calories	1
4.	(B) To give crispness and shine to the fabrics.	1
5.	(D) Early childhood, 5-6	1
6.	(A) The toys should be safe, durable, and age-appropriate.	1
7.	(D) All of the above OR (C) Spermarche	1
8.	(B) Bodybuilding food	1
9.	(A) List your tasks, prioritize them, allocate specific time slots, and review the plan regularly.	1
10.	(B) Enhances physical, social, and cognitive skills.	1
11.	(C) a-iii, b-i, c-iv, d-ii	1
12.	(B) a-iv, b-iii, c-ii, d-i	1
13.	(D) (i) and (ii)	1
14.	(C) (i) and (iv)	1
	SECTION B (CASE STUDY BASED QUESTIONS)	
15.	(C) Rubbing a cloth dipped in stain remover over the stain from the outer corner moving inwards.	1
16.	(D) (iii),(ii),(i),(iv)	1

17.	(A) Both A and R are true and R is the correct explanation of A.	1
18.	(D) A is false but R is true.	1
SECTION C (SHORT ANSWER QUESTIONS)		
19.	<p>(a) Four healthy eating practices are-</p> <ol style="list-style-type: none"> 1) Eat balanced diet. 2) Include seasonal fruits and vegetables 3) Choose whole grain instead of refined grain 4) Include small amounts of nuts and milk in daily meals 5) Choose skimmed/low fat milk/curd in place of whole fat dairy products 6) Limit the use of ghee/butter/oil <p>Any other, Any four</p> <p style="text-align: center;">OR</p> <p>(b) Two points to be considered to plan a mid-day meal for primary school– It should be –</p> <ul style="list-style-type: none"> • Nutritious • Finger foods • Colourful <p>Any other, Any two</p> <p>Two points to be avoided while planning a mid-day meal for primary school Avoid-</p> <ul style="list-style-type: none"> • Fried foods • Sweets • Strongly flavoured foods • Spicy foods <p>Any other, Any two</p>	2
20.	<p>Preparation of low-cost meals:</p> <p>Example 1) A handful of peanuts or soya beans can compensate for almonds.</p> <p>Example 2) Sesame or dill can substitute milk for calcium.</p>	2
21.	<p>(a)</p> <p>(1)Use Separate Chopping Boards and Knives: Use different chopping boards and knives for raw meats, fish, and other foods to avoid cross-contamination.</p> <p>(2)Sanitize After Use: Clean and sanitize all utensils, chopping boards, and knives after using them to remove any bacteria or food residue.</p> <p>(3)Keep Items Dry: After cleaning, ensure that all utensils, chopping boards, and knives are thoroughly dried to prevent bacterial growth.</p> <p style="text-align: center;">OR</p> <p>(b) The following precautions should be taken care in the kitchen</p> <p>(i) The drain should have cockroach traps and should be cleaned regularly. This will help prevent pests and maintain cleanliness.</p>	2

	(ii) Dustbins should be lined and fitted with a foot pedal cover and emptied daily. Sterilize the dustbin and this practice helps to kill pathogens and microorganisms that may grow in it.	
22.	(a) ICMR- Indian Council of Medical Research (b) RDA- Recommended Dietary Allowances	2
23.	(a) Animistic thinking (b) Fantasy	2
24.	When children explore and try out new ideas, it is called exploratory play . A child is curious about a new toy, an appliance, or their environment. Example1: Opening up of toys. Example2: They examine their bodies by pulling their clothes up Example3: They put their fingers in electric sockets, sometimes getting hurt in the process. When action of child is done seriously is known as serious play . A child follows rules while playing games, indicating structure and seriousness in their play. For example- In a make-believe play of doctor –patient, the doctor pretends to put an injection after rubbing the area with cotton. The patient enact the pain	2
25.	(a) Therapeutic Diet is a meal plan that controls the intake of certain food or nutrients. It is usually a modification of regular diet. (b) Advantages (1) To maintain or restore good nutrition in patients (2) Concerned with the recovery from illness (3) Used to supplement the medical treatment Any other (any two)	2
26.	(a) Possible reasons for holes in silk kurta:- (1) Storage area may damp. (2) Clothes may not be washed. (3) Clothes may not be dried properly. (4) May not properly packed. (5) Insect repellents may not be used. Any other (any three) (b) Preventive measures to avoid such issues in the future (1)Storage area should be clean and dry. (2) Clothes should be washed/dry cleaned and dry (3) Should be packed in newspaper or polythene. (4)Use naphthalene balls/neem leaves Any other (any three)	3

27.	<p>(a)To ensure not being cheated by milk vendor, we must observe following points:</p> <ol style="list-style-type: none"> 1. He should not use narrow bottle with thick glass as it do not contain specified amount 2. Measure milk unto brim 3. Should empty the entire content while measuring milk 4. Milk should not be of diseased animal 5. No foul odour and ensure milk is not adulterated. 6. Should not be adulterated with water or any other adulterant 7. Should not be fat free 8. Should not charge more than market price 9. Bottom of the bottle should not be raised or should not contain false bottom <p style="text-align: center;">OR</p> <p>(b) Three possible ways cloth merchant must have cheated By using-</p> <ol style="list-style-type: none"> 1. dented measuring rods 2. scale which is not staring from zero 3. hands for measurement 4. Broken measuring scale/tape <p>Any other, Any three</p>	3
28.	<p>Impact of occasion , climate and likes and dislikes of family members on meal planning are:</p> <p>(a)Occasion: Variety of food severd or prepared on different occasions and they are different from the regular food prepared at home. Example: a) On birthday we prepare a big cake, b) On Diwali special sweets are prepared.</p> <p>(b)Climate: Food varies according to climate. In warmer weather, light cool and refreshing meals are planned. For example, more liquid food such as juices are preferred. In cold</p> <p>(c) Like &dislikes: Food should be planned keeping the likes and dislikes of individual family members so that the food is not omitted from the diet. Example 1: If a person dislikes spinach, it can be served in the form of pakoras, koftas, puris, or mixed soup. Example 2: milk can be given in the form of curd, cheese, custard, buttermilk, etc.</p>	3
29.	<p>(a) Personal and academic problems faced by the classmates:</p> <p>1. Desire for Freedom and Privacy &adjustment problems with parents</p> <ul style="list-style-type: none"> • Adolescents want independence and privacy. 	3

- They resist interference in their personal lives and prefer making decisions on their own.
- They often rebel against parental restrictions and authority.

2. Low Self-Esteem:

- Adolescents are self-conscious about their physical appearance (e.g., acne, body shape, height).
- They may struggle with a poor body image and lack confidence.

3. Antisocial Behaviour:

- Some adolescents engage in harmful activities like substance abuse, drug and alcohol consumption, and theft.
- These behaviours can be dangerous and affect their social and emotional well-being.

4. Sex-Related Issues:

- Adolescents may engage in unsafe and unprotected sex, leading to risks such as STDs, teenage pregnancies, and other related health issues.

5. Stress:

- Stress in adolescents can stem from academic pressures, low self-esteem, failure, high expectations, and conflicting values.
- Stress may manifest through mood swings, lack of concentration, physical symptoms like sweaty palms, nail-biting, and increased blood pressure.

6. Peer pressure

- Adolescents may influence by peer pressure while bunking classes, watching movies, choosing clothes, speaking etc.
- Peers also bully and harass each other through text messages, phone calls etc.
- Peer pressure can lead to stress and anxiety.

7. Depression:

- Adolescents go through many hormonal changes which lead to mood swings and depression.
- Symptoms of depression are lethargy, negative attitude, insomnia, suicidal tendencies, isolation etc.

8.Substance abuse:


- Excessive use of banned drugs and alcohol, tobacco or abuse of prescribed drugs lead into addiction.

Any other (any three)

OR

	<p>(b) The cognitive characteristics experience by the</p> <p>(i)Imaginary Audience: Adolescents are self-conscious and egocentric. They believe that, they are on the stage and everyone is watching them. Even if no one is there to watch them, they assume that they viewed by an imaginary audience. So they refuse to wear defective dress .Eg. They refuse to wear a T-shirt with tiny hole ,thinking that everyone is looking at that hole.</p> <p>ii)Hypothetical deductive reasoning: They are able to take decisions and develop problem solving skills. They become mature, systematic and think as scientists. They can solve the problem by check all the possible alternatives.</p> <p>iii)Personal fable : Adolescents are reckless and they drive fast, they jump red lights thinking they cannot meet with an accident. This is because of the personal fable as a result of egocentric thinking and they believe that they are unique and nothing will happen to them.</p>	
	SECTION D (LONG ANSWER QUESTIONS)	
30.	<p>(a)</p> <p>(i)Adulterant in Turmeric powder- Metanil yellow Any other, Any one</p> <p>(ii)Adulterant in Mustard oil- Argemone oil Any other, Any one</p> <p>(b) Two ill effects of each of the adulterants- Metanil yellow-</p> <ol style="list-style-type: none"> 1. Cancer 2. Anaemia 3. Mental Retardation 4. Abnormalities in skin, eyes, lung and bones 5. Degenerate reproductive organs. <p>Any other, Any two</p> <p>Argemone oil-</p> <ol style="list-style-type: none"> 1. Oedema or Dropsy(Swelling or fluid retention) 2. Kidney failure 3. Enlarged liver 4. Glaucoma or Blindness <p>Any other, Any two</p>	2+2=4
31.	<p>Give one reason for each of the following:</p> <p>(a) Cotton dresses should be de-starched before being stored: it can be attacked by silverfish.</p> <p>(b) Newspapers in the storage box should be changed occasionally: ink of newspaper repels grubs, moths &insects.</p> <p>(c) Rayon & cotton clothes should be stored away from dampness: they may be affected by mildew.</p> <p>(d) Silk dress should be stitched with an underlining: it prevents from perspiration</p>	4
32.	(a) Four possible reasons for physiological fatigue are-	

	<ol style="list-style-type: none"> 1. Working in wrong posture 2. Long duration of physical work 3. Heavy physical work 4. Working in same posture for a long duration 5. Uncomfortable working conditions 6. Too much of over load <p>Any other (Any four)</p> <p>(b) Four ways of reducing physiological fatigue are:</p> <ol style="list-style-type: none"> 1. Take rest 2. Eat balance food 3. Alternate heavy and light activities 4. Use of labour saving devices 5. Divide work in smaller units <p>Any other (any four)</p> <p style="text-align: center;">OR</p> <p>(a) Reasons for Psychological Fatigue :</p> <ol style="list-style-type: none"> 1.Repetitive, boring, and monotonous work - Performing the same tasks repeatedly without variety can lead to mental exhaustion. 2.Personal dislike for particular activity or working against will - Being forced to do tasks you dislike or are not passionate about can drain mental energy. 3.Lack of appreciation or recognition - Feeling unacknowledged for efforts reduces morale and increases fatigue. 4.Low motivation, incentives, or salaries - Insufficient rewards or financial support can demotivate individuals. 5.Unfamiliar work or inability to do the work - Struggling with tasks beyond one's skillset can cause mental strain. 6.Inability to attain goals - Failing to achieve desired objectives can lead to frustration and fatigue. 7.Unclear instructions or lack of planning and guidance - Ambiguity in tasks creates confusion and mental stress. 8.Failure to satisfy the demands of others - Pressure to meet unrealistic expectations can cause emotional exhaustion. 9.Too much interference - Constant interruptions or micromanagement disrupt focus and increase fatigue. <p>Any other (any four)</p> <p>(b) Four ways to reduce the psychological fatigue:</p> <ol style="list-style-type: none"> 1. Setting small targets as they are easy to achieve. 2. Change in routine to break the monotony. 3. Motivation and incentives makes people feel good. 4. Professional attitude at work 5. Proper planning of work to have realistic schedule. 	<p>2+2=4</p> <p>OR</p> <p>2+2=4</p>
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	6. Taking guidance wherever required 7. Developing skills at work provides satisfaction. Any other (any four)	
33.	<p>(a) Requisites of a good label are:</p> <ol style="list-style-type: none"> 1. Name of the product 2. Trade mark 3. Brand name 4. Manufacturer's name and address 5. Name of country in which product made 6. Standardization mark 7. Contents/ingredients 8. Manufacturing and expiry date 9. Batch number 10. License number 11. Net weight/ volume/length 12. Direction of use/ storage 13. Details of colour and preservatives used 14. MRP 15. Warning, if any <p>(b) FSSAI</p> 	2+2=4
34.	<p>(a) Heavy work: are the activities which require more energy. examples: running, jogging and mopping etc.</p> <p>Moderate work: activities which require average energy, such as ironing, sweeping and cooking etc.</p> <p>Light work: activities which require minimum energy such as watching T.V, listening music, etc.</p> <p>(b) Two suggestions to maintain a good posture are:</p> <ol style="list-style-type: none"> 1. For pushing heavy objects, we can crouch and bend knees, keeping our back straight. 2. For drying clothes, basket of washed clothes can be kept on high surface or stool. 3. One should alternate between standing and sitting posture. 4. Long handled broom or mop can be used for cleaning. 5. Bucket of water can be placed on high stool for bathing. <p>Any other (any two)</p>	3+2=5
35.	<p>(a) When storing food in the fridge, she should follow the FIFO (First In, First Out) rule. FIFO (First In, First Out) is a rule that ensures the products purchased earlier are used before the freshly purchased ones. This means that older food items should be placed at the front and used before the newly purchased ones. This method helps in</p>	1+2+2=5

minimizing waste, maintaining freshness, and prevents spoilage.

(b) The points to be taken care while storing milk and milk products :

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.

Any four points/ Any other

(c) Four points to be kept in mind while storing leftover food ,meat and poultry products.

1. It should be cooled and packed immediately.
2. It should be reheated and consumed as soon as possible.
3. Food should be covered with tight fitted lids and stored in refrigerator.
4. Raw and cooked items should be stored separately.
5. Foods which absorb flavors stored away from those that give strong flavors.
6. Meat should be wrapped in small, ready-to-use packets.
7. Perishable foods like meat, poultry, seafood, etc., should be refrigerated within 2 hours of purchase.
8. The refrigerator should be set at a temperature between 1°C and 4°C

Any other (any four)

OR

OR

(a) Important rules of hygiene to be followed while serving food are:-

1. Wash the hands before serving the food
2. Cover the food
3. Use clean utensils to serve
4. Serve with clean hands using disposable gloves
5. Hold utensils from their handles.
6. Tongs and ladles should be used to serve food
7. Fingers should not be dipped in food or water while serving

(Any two)

1+2+2=5

(b) Four principles of personal hygiene to be maintained:

1. Bathe daily
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.
3. Wear clean washable and light coloured apron
4. Nails should be kept unpainted and trimmed.
5. Wear covered shoes

	6. Rings and watches should not be worn as particles of food may accumulate under them.	
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(Any four)

(c) Steps to Wash Hands Effectively:

1. Wet your hands with clean water.
2. Apply liquid soap.
3. Lather and scrub your hands.
4. Rinse your hands thoroughly with water for about 10 seconds.
5. Dry your hands using a clean towel.
6. Turn off the tap using the towel to avoid recontamination.
7. Ensure to wash between your fingers, under your nails, and the tops of your hands properly.