



Indian School Al Wadi Al Kabir

Midterm Examination (2024-2025)

Class: X
Date: 19/09/2024

Sub: Home Science (064)
Set - I

Max. Marks: 70
Time: 3 hours

General Instructions.

1. All questions are compulsory.
2. There are total 35 questions.
3. Question paper is divided into four sections-A, B, C and D.
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 18 - case study-based questions and are of 1 mark each.
6. Section C has question no.19 to 25 of 2 marks each and question no.26 to 29 of 3 marks each.
7. Section D has question no.30 to 33 of 4 marks each and question no.34 and 35 are of 5 marks each.
8. Internal choices are given in some questions.
9. Support your answers with suitable examples wherever required.

1. Food hygiene refers to adopting all practices to safeguard the quality and safety of food. In context, what temperature would you maintain while storing hot and cold food? 1

- (a) 69°C , 5°C
- (b) 57°C , 5°C
- (c) 54°C , 3°C
- (d) 68°C , 7°C

2. School going children should consider specific dietary needs while planning the meals. 1

Choose the incorrect statement from the options given below.

- (a) Not messy /easy to eat.
- (b) Have satiety value.
- (c) Bland /lightly seasoned.
- (d) Avoid too much spices & fried foods.

3. Sarathi arranged a get-together at his home. The leftover food needs to be stored. What are the points to be considered when storing the leftover food in the refrigerator? 1

- (i) It should not be cooled and packed immediately.
- (ii) It should be reheated and consumed within one month.
- (iii) Food should be covered with tight fitted lids and stored in refrigerator.
- (iv) Raw and cooked items should be stored separately.

Choose the correct option from the following:

- (a) i & iv
- (b) iii & iv
- (c) i & ii
- (d) iii & ii

4. Food group is a collection of foods which have similar nutritive value. Water, minerals, fibre, roughage and green leafy vegetables are grouped under 1

- (a) energy giving food.
- (b) body building food.
- (c) protective food.
- (d) regulatory food.

5. Match the following terms given in the List I with their explanation given in List II 1

LIST I

- I. Flow of food
- II. Tongs and ladles
- III. 'First in first out'(FIFO)
- IV. Perishable food

LIST II

- A. Used to serve food
- B. Use the products purchased earlier
- C. Refrigerated within 2 hours
- D. From farm to folk

Choose the correct option-

- (a) I-C, II -A, III- D, IV- B
- (b) I-B, II- D, III- A, IV-C
- (c) I-D, II -A, III -B, IV- C
- (d) I-A, II- C, III- B, IV- D

6. Dietary requirements of adolescent boys in the age group of 16 to 17 years need; 1

- (a) 1020 calories.
- (b) 2010 calories.
- (c) 3020 calories.
- (d) 2030 calories.

OR

A sedentary worker needs lesser calories as compared to persons doing moderate and heavy work. A male labourer needs

- (a) 9034 calories.
- (b) 8020 calories.
- (c) 2080 calories.
- (d) 3490 calories.

7. Gayatri's younger sister is four years old. Which features of physical development will you observe in her? 1
- (i) Have milk teeth.
 - (ii) Feet become longer.
 - (iii) Body becomes slender.
 - (iv) Legs are approximately half of body length.

Choose the correct option.

- (a) i and iii
- (b) ii and iii
- (c) iii and iv
- (d) i and iv

8. Children aged 3-4 years often draw their first pictures, which typically depict a person. What is this type of picture commonly known as? 1
- (a) Scribbled picture
 - (b) Stick figure picture
 - (c) Tadpole picture
 - (d) Abstract picture

9. Mrs. Harini is working in the kitchen. Which of the following is the incorrect option, something she should not do in the kitchen? 1
- (a) Wash the hands thoroughly before handling food.
 - (b) Sanitize all utensils, chopping boards, and knives after using them.
 - (c) Use same chopping board and knife for fish and vegetables.
 - (d) Store raw meat and cooked food in the separate container.

10. Match the age of child given (in months) in List I with age appropriate toys in List II. 1

List I [AGE]

- A. 36-60 months
- B. 24-36 months
- C. 6-12 months
- D. 0-3 months

List II [APPROPRIATE TOYS]

- I. illustrated books, wooden puzzles
- II. colourful mobiles, wind chimes
- III. memory games, jigsaw puzzle
- IV. activity boards, soft blocks

Choose the correct option from the following.

- (a) A – III; B – IV; C- II; D – I
- (b) A – IV; B – III; C- II; D – I
- (c) A – III; B – I; C- IV; D – II
- (d) A –IV; B –II; C-III; D – I.

11. At what stage a child is able to use tongue twisters such as “she saw see saw on the seashore”and metaphors like, he is the black sheep of his family? 1
- (a) Early childhood
 - (b) Middle childhood
 - (c) Adolescence
 - (d) None of the above
12. Arathi is 3 years now. How many temporary teeth does she have, and at what age does the shedding of these teeth typically begin? 1
- (a) 20 and 6 years
 - (b) 20 and 9 years
 - (c) 28 and 6 years
 - (d) 28 and 9 years
13. Neil’s house has been renovated with a modular kitchen. Suggest the ways to help him to keep the countertop cleaned easily. 1
- (i) Washable
 - (ii) Adequate ventilation
 - (iii) Non absorbent
 - (iv) Fit exhaust fans

Choose the correct option.

- (a) ii and iii
 - (b) iii and iv
 - (c) i and iii
 - (d) ii and iv
14. Rahul has entered the adolescence stage. Identify the first sign of puberty in him. 1
- (a) Development of Muscles.
 - (b) Voice cracks and becomes harsh.
 - (c) Nocturnal emission.
 - (d) Growth of hair on face and underarms.

SECTION B (CASE STUDY BASED QUESTIONS)

Read the following passage and answer questions **15 to 18**.

Adolescence is a time of rapid change, and with it comes various challenges. One common issue is identity confusion, as teenagers struggle to define who they are and where they fit in socially. Peer pressure can also be intense, leading some adolescents to engage in risky behaviors like substance use or unhealthy relationships. Emotional fluctuations are frequent, often resulting in mood swings, anxiety, or depression. Additionally, academic pressure, body image concerns, and the desire for independence can create conflicts with family and authority figures. Navigating these problems requires support, understanding, and guidance from trusted adults.

15. Young people have an obsessive fear of gaining weight, hence starve and skip their meals. They exercise to lose weight. This condition is known as; 1

(a) Bulimia nervosa.
(b) Anorexia nervosa.
(c) Obesity.
(d) None of the above.

16. Rita is an adolescent girl and was excited to go out but often felt isolated and sad. What characteristic feature depicts here? 1

(a) Self esteem
(b) Intense emotion
(c) Crushes
(d) Mood swings

17. **Given below are two statements labelled as Assertion (A) and Reason (R).** 1

Assertion (A) : In the case of language development in adolescents, use of slangs for words is not observed in them.

Reason(R) : Adolescents often use abbreviations in their conversations, such as TGIF.

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 but R is true.

18. **Given below are two statements labelled as Assertion (A) and Reason (R)** 1

Assertion (A) : Peer pressure of adolescents can be seen while choosing streams, bunking classes, hangout etc which can lead to stress and anxiety.

Reason(R) : During adolescence, increased curiosity and a tendency to experiment can lead to risky behaviours, which may result in acquiring of sexually transmitted diseases (STDs).

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 but R is true.

SECTION C (SHORT ANSWER QUESTIONS)

19. In a scenario where children are divided into two groups; one engaging in serious play and the other in exploratory play. How would you describe each type of play, and provide one example of an activity that represent each? 2

20. While washing stained clothes and ironing, your mother faced a few difficulties. How can you help her to solve the problem? 2

- (a) Which reagent can be added to the starch solution to prevent garments from sticking to the surface of iron?
- (b) Give two examples of reducing bleaches which remove oxygen from the stain and make the garment colourless.

21. **Expand the following:** 2

- (a) ICMR
- (b) RDA

OR

Pregnant women should follow a highly nutritious diet. Name four dietary tips that should generally be avoided during pregnancy.

22. (a) Cognitive development states that childhood consists of two stages; the preoperational stage and concrete operational stage. Who developed this theory? 2

(b) Specify the ratio of head and body proportion during middle childhood.

23. Shiva is a 2-year-old boy, and his mother wants to buy a toy for his birthday. What points should she keep in her mind while selecting the toy? 2
24. Explain the term “Animistic thinking “with examples in early and middle childhood. 2

OR

Rahul is asked to arrange a set of sticks in order from shortest to longest. Which cognitive ability is he using, and how does it relate to early childhood and middle childhood?

25. **Give one reason for each of the following:** 2
- (a) An underlining is used while stitching silk dresses.
- (b) Cotton & rayon should be de-starched before storing.
26. Your friend lives in a joint family. What key factors should she consider when planning meals for the family? List any 3 factors and explain these factors affecting meal planning to ensure that the meals meet everyone's needs and preferences. 3
27. Amit has entered adolescence. List any three cognitive characteristics which he may experience during this stage. 3

OR

Harish has experienced positive and negative peer pressure. How will it affect him in the adolescence? Mention about positive and negative peer pressure.

28. Meal planning helps to save, time, energy and fuel. Justify this statement with reference to the importance of meal planning with 3 examples. 3

OR

You are responsible for packing both your tiffin & your sibling's tiffin, who is in grade 6. How would you ensure the meal you pack is nutritious and balanced, considering the dietary tips for school going children to support their energy needs throughout the school day?

29. You have gone to the supermarket to buy the grocery. What are the points you will consider while buying the products from the shop? 3

SECTION D (LONG ANSWER QUESTIONS)

30. "Toys are tools of learning for children." Justify this statement by explaining four ways in which play contributes to the growth and development of children with example. 4
31. (a) Define cleansers or emulsifying agents. 4
- (b) Sarah uses syndets for washing the garments, which are synthetic detergents produced from chemicals. Mention three advantages and three disadvantages of using syndets.
32. Correct storage of food plays an important role in preventing food contamination. As soon as food is bought, it should be segregated and stored at appropriate temperature. Suggest any four ways in which milk can be stored in the refrigerator. 4
33. During early and middle childhood, children exhibits various emotional characteristics. Compare and differentiate any four emotional characteristics between these two stages. 4

OR

Jeena is a 3-year-old child, and Amal is 7-year old child. Compare the cognitive abilities of both children.

34. You are dressed up nicely for a wedding function, but unfortunately, a stain appears on your dress. You are unsure of the type of stain. What general rules would you follow to remove an unknown stain? 5

OR

- (a) Different fabrics require different care as they are susceptible to different microorganisms. Which type of microorganisms damage woollen clothes?
- (b) Woollen clothes are used during winter. How should we store woollen clothes after the season?
35. Adolescence is a period of transition from childhood to adulthood. The physical characteristics can be classified as primary and secondary. Compare any five characteristics of adolescent boys and girls. 5