

HOME SCIENCE (2026-27)

SUBJECT CODE-033

CLASS X

Time: 3 Hours

Max.Marks:70

GENERAL INSTRUCTIONS

1. All questions are compulsory.
2. There are 32 questions in this paper.
3. Question paper is divided into three sections - A, B and C.
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 21 of 2 marks each and question no. 22 to 25 of 3 marks each.
6. Section C has question no. 26 to 30 of 4 marks each and question nos. 31 and 32 of 5 marks each.
7. Internal choices are given in some questions.

Support your answers with suitable examples wherever required.

S. No.	SECTION A (MULTIPLE CHOICE QUESTIONS)	MARKS
1.	Priya washed vegetables after cutting them. What is the better practice? a) Wash vegetables after cutting b) Wash vegetables before cutting c) Do not wash vegetables d) Dry vegetables in sunlight only	1
2.	A white school uniform has become dull after repeated washing. Which finishing agent can help restore brightness? a) Starch b) Blue c) Vinegar d) Talcum powder	1
3.	A child uses leaves, stones and twigs to build a pretend house. This is an example of: a) Passive and natural play b) Serious play only c) Natural + exploratory play leading to creativity d) Non-educational play	1
4.	A child who reads well but writes poorly is likely struggling with: a) Emotional development b) Fine motor control c) Language development d) Cognitive delay	1
5.	The first step in Time planning is— a) Delegation b) Setting goals c) Taking rest d) Watching TV	1

6.	<p>Woollen clothes are stored with neem leaves or mothballs mainly to:</p> <p>a) Increase softness b) Prevent insect attack c) Improve colour d) Reduce weight</p>	1										
7.	<p>Fatigue is a condition of:</p> <p>a) Freshness and excitement b) Tiredness and reduced efficiency c) Happiness d) Increased strength</p>	1										
8.	<p>Which food group is called body-building food?</p> <p>a) Fats b) Proteins c) Vitamins d) Water</p>	1										
9.	<p>Which pairing is correct?</p> <p>a) Cereals – Body building b) Pulses – Energy giving c) Fruits – Protective d) Sugar – Growth</p>	1										
10.	<p>Using a mixer grinder instead of manual grinding is an example of:</p> <p>a) Fatigue increase b) Work simplification c) Waste of energy d) Poor planning</p>	1										
11.	<p>Food preferences of family members are called:</p> <p>a) Nutritional needs b) Likes and dislikes c) Climate factors d) Economic factors</p>	1										
12.	<p>Match List I with List II:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">List I (Adulterants)</td> <td style="width: 50%;">List II (Effects)</td> </tr> <tr> <td>A. Metanil Yellow</td> <td>1. Paralysis of legs</td> </tr> <tr> <td>B. Argemone Oil</td> <td>2. Swelling in body</td> </tr> <tr> <td>C. Kesari Dal</td> <td>3. Stomach problems</td> </tr> <tr> <td>D. Food adulteration</td> <td>4. Addition of harmful substances to food</td> </tr> </table> <p>Choose the correct option from the following-</p> <p>a) A–3, B–2, C–1, D–4 b) A–1, B–2, C–3, D–4 c) A–2, B–3, C–1, D–4 d) A–3, B–1, C–2, D–4</p>	List I (Adulterants)	List II (Effects)	A. Metanil Yellow	1. Paralysis of legs	B. Argemone Oil	2. Swelling in body	C. Kesari Dal	3. Stomach problems	D. Food adulteration	4. Addition of harmful substances to food	1
List I (Adulterants)	List II (Effects)											
A. Metanil Yellow	1. Paralysis of legs											
B. Argemone Oil	2. Swelling in body											
C. Kesari Dal	3. Stomach problems											
D. Food adulteration	4. Addition of harmful substances to food											
13.	<p>Given below are two statements labeled as Assertion (A) and Reason (R)</p> <p>Assertion (A): Children in early and middle childhood show steady growth in height and weight.</p> <p>Reason (R): Growth during this stage is slower compared to infancy.</p> <p>Select the most appropriate answer from the options given below:</p>	1										

	(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.	
14.	Given below are two statements labeled as Assertion (A) and Reason (R)- Assertion (A): FSSAI promotes awareness about safe and hygienic food practices. Reason (R): Awareness helps people make informed food choices. 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.	1
	SECTION B	
15a.	Define motor development and write one example.	2
	OR	OR
15b.	State two cognitive developments in childhood.	2
16.	In Bharti's household cooking takes too much time because traditional methods are used. Suggest how work simplification can help her mother save time and energy.	2
17a.	A school canteen serves tasty food but many students frequently complain of stomach ache. What could be the possible reasons and what role can FSSAI play in solving this problem?	2
	OR	OR
17b.	Aarav buys packaged juice that has the expiry date blurred. Later, he starts vomiting after drinking it. What type of food issue is this and what does it indicate?	2
18.	Mention two hygiene practices while using a refrigerator.	2
19.	A family wants to reduce environmental pollution caused by washing clothes. What should they consider while choosing cleaning agents?	2
20a.	A family mostly eats only cereals like rice and wheat in their daily meals. What health problems may arise and how can food groups help improve their diet?	2
	OR	OR
20b.	Why is it important to include all ICMR food groups while planning meals for a growing child?	2
21.	A student finds holes in her woollen clothes after storing them for a few months. Explain the possible reason for this damage and suggest two preventive measures	2
22a.	A male labourer and a sedentary office worker are given the same meal at a workplace canteen. Both feel the meal is unsuitable. Why? Suggest relevant factors affecting meal planning.	3
	OR	OR
22b.	A working mother plans meals only based on low-cost food items, ignoring family needs. Her children feel weak and inactive. What factors should she consider in meal planning?	3

23.	A toddler plays in the garden, touches soil, water, and leaves to understand them. Identify the type of play and explain its importance	3
24a.	After coming back from school, your friend spends most of her time on mobile and TV and then struggles to finish homework and help at home. How can making a time plan help her? What things should she keep in mind while preparing her time plan?	3
	OR	Or
24b.	A student prepares a time table but fails to follow it regularly. What mistakes is she making, and how can proper time planning help her?	3
25.	A mother finds grease stains on her cooking apron. Suggest suitable method of stain removal and classification of stain.	3
SECTION C (LONG ANSWER QUESTIONS)		
26.	A student saw a “Buy 1 Get 1 Free” offer on packaged juice. The juice packets had unclear labels and no clear expiry date. He still bought them because of the offer. What consumer mistakes were made and what should he do in such cases in future?	4
27a.	Ansh is a 13-year-old who spends most of his time with friends and often avoids listening to family advice. Why does he confide in peers? Also mention two positive and two negative effects of this stage.	4
	OR	OR
27b.	A 14-year-old adolescent is fluent in speaking. He uses formal language while talking to teachers but uses slang and informal words with friends. What does this behaviour indicate about language development during adolescence? Explain two features of language development at this stage.	4
28.	Define energy management in household work. Also explain how it helps in completing daily household tasks efficiently.	4
29.	During a school fair, food items were left uncovered and later students fell sick. What type of food issue is this? Explain its causes and prevention.	4
30.	‘White cotton shirt looks dull even after washing’. Suggest suitable cleaning and finishing agents that can be used and explain their functions.	4
31a.	Name the basic food groups given by ICMR along with their functions and examples.	5
	OR	OR
31b.	A balanced diet including all ICMR food groups will improve the student’s energy, immunity and concentration and help in proper growth and development. Justify the statement.	5
32.	A street food vendor handles money and food at the same time without washing hands. Do you think this practice is safe? Explain the possible health risks involved and suggest suitable measures to improve hygiene in such situations.	5