

HOME SCIENCE  
SUBJECT CODE-033  
CLASS X (2026-27)  
MARKING SCHEME

Sno.	Section A	Marks
1.	b) Wash vegetables before cutting	1
2.	b) Blue	1
3.	c) Natural + exploratory play leading to creativity	1
4.	b) Fine motor control	1
5.	b) Setting goals	1
6.	b) Prevent insect attack	1
7.	b) Tiredness and reduced efficiency	1
8.	b) Proteins	1
9.	c) Fruits – Protective	1
10.	b) Work simplification	
11.	b) Likes and dislikes	1
12.	a) A–3, B–2, C–1, D–4	1
13.	(A). Both A and R are true, and R is the correct explanation of A.	1
14.	(A). Both A and R are true, and R is the correct explanation of A.	1
15a.	<ul style="list-style-type: none"> <li>• Motor development refers to the improvement in the ability to control and coordinate body movements.</li> <li>• It includes both fine and gross motor skills. Example: Writing or drawing (fine motor skill) / running and jumping (gross motor skill).</li> </ul>	1+1=2
	OR	OR
15b.	Two cognitive developments in childhood. <ul style="list-style-type: none"> <li>• Logical thinking develops</li> <li>• Ability to understand cause and effect improves</li> </ul>	1+1=2
16.	<ul style="list-style-type: none"> <li>• Work simplification can help Bharti’s mother by using modern kitchen appliances like mixer, grinder, and pressure cooker, which reduce cooking time and effort.</li> <li>• She can also plan and organize kitchen work properly so that all ingredients and tools are easily available, saving both time and energy.</li> </ul>	1+1=2
17a.	<ul style="list-style-type: none"> <li>• The possible reasons may be poor hygiene, contaminated ingredients, or improper storage of food.</li> <li>• FSSAI can inspect the canteen, check hygiene standards, and ensure compliance with food safety rules to prevent such problems</li> </ul>	1+1=2
	OR	OR
17b.	<ul style="list-style-type: none"> <li>• This is unsafe food.</li> <li>• It indicates that the food does not meet FSSAI safety standards and should not be consumed.</li> </ul>	1+1=2
18.	Two hygiene practices while using a refrigerator. <ul style="list-style-type: none"> <li>• Store food in clean, covered containers</li> <li>• Do not keep hot food directly inside; allow it to cool first</li> </ul>	1+1=2

19.	<ul style="list-style-type: none"> <li>• They should use eco-friendly detergents in limited quantity</li> <li>• It helps in reducing water pollution and environmental harm.</li> </ul>	1+1=2
20a.	<ul style="list-style-type: none"> <li>• The family may suffer from protein and vitamin deficiency, leading to weakness and poor immunity.</li> <li>• They should include all ICMR food groups like pulses, milk, fruits, and vegetables to make the diet balanced.</li> </ul>	1+1=2
20b.	<p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• A growing child needs energy, protein, vitamins, and minerals.</li> <li>• All food groups ensure proper growth, immunity, and development.</li> </ul>	OR 1+1=2
21.	<p>The holes in woollen clothes are caused by insect attack, especially moths, which feed on unclean wool fibres.</p> <p>Prevention:</p> <ul style="list-style-type: none"> <li>• Woollen clothes should be washed or dry-cleaned before storage to remove dirt and sweat.</li> <li>• They should be stored with mothballs or neem leaves in a dry, airtight container to prevent insect damage.</li> </ul>	1+1=2
22a.	<p>The mistake is ignoring occupation/activity level.</p> <p>Factors affecting meal planning:</p> <ol style="list-style-type: none"> <li>1. Occupation: Labourers need more energy than office workers</li> <li>2. Age and sex: Nutritional requirements differ</li> <li>3. Cost and availability of food items</li> <li>4. Balanced inclusion of food groups</li> </ol>	.5x4=2
22b.	<p>She is ignoring nutritional needs of family members.</p> <p>Factors to consider:</p> <ul style="list-style-type: none"> <li>• Age of children and adults</li> <li>• Sex and activity level of family members</li> <li>• Proper balance of food groups for growth and energy</li> <li>• Cost of food items should be balanced with nutrition, not alone considered</li> </ul>	OR .5x4=2
23.	<p>This is natural play.</p> <p>Importance:</p> <ul style="list-style-type: none"> <li>• It helps children connect with nature and environment.</li> <li>• It develops curiosity and sensory skills.</li> </ul>	1+2=3
24a.	<p>A time plan will help the student use her time in a proper way, complete her homework on time, and also manage time for rest and helping in household work, which will reduce stress and improve discipline.</p> <p>Factors to consider while making a time plan:</p> <ul style="list-style-type: none"> <li>• Time needed for school homework and study</li> <li>• Time for rest, meals, and sleep</li> <li>• Time for household responsibilities</li> <li>• Time for recreation (mobile/TV in limited amount)</li> <li>• Her daily routine and energy level after school</li> </ul>	1+2=3 1 .2x4=2

24b.	<p>Any 4</p> <p style="text-align: center;">OR</p> <p>She is making the mistake of not following discipline and flexibility in time use.</p> <p>Time planning helps by:</p> <ol style="list-style-type: none"> <li>1. Creating a structured daily routine</li> <li>2. Improving discipline and productivity</li> <li>3. Ensuring balance between study, rest, and recreation</li> </ol> <p>Any other</p>	<p>3</p> <p>1x3=3</p>
25.	<p>Grease stain is a oil-based stain. It can be removed using detergent or absorbent powder like talcum or chalk before washing.</p> <p>Precautions:</p> <ul style="list-style-type: none"> <li>• Apply absorbent immediately</li> <li>• Wash in warm soapy water after treatment</li> <li>• Avoid using hot water directly on fresh stain</li> </ul>	<p>1+2=3</p> <p>1</p> <p>.2x4=2</p>
<b>SECTION C (LONG ANSWER QUESTIONS)</b>		
26.	<p>Consumer mistakes:</p> <ul style="list-style-type: none"> <li>• Buying products based only on attractive offers</li> <li>• Ignoring label information and expiry date</li> <li>• Consuming potentially unsafe or substandard food</li> </ul> <p>Future precautions:</p> <ul style="list-style-type: none"> <li>• Always check expiry date, ingredients, and labeling</li> <li>• Do not be influenced only by discounts or offers</li> <li>• Buy only properly packed and certified products</li> <li>• Report unsafe products to authorities like FSSAI</li> </ul>	<p>2+2=4</p>
27a.	<p>Ansh confides more in his peers because during adolescence there is rapid social and emotional development. At this stage, teenagers feel more comfortable with friends of the same age as they share similar experiences. They also seek independence, acceptance, and belongingness, which makes peer group more influential than family.</p> <p>1.Positive effects of this stage:</p> <ul style="list-style-type: none"> <li>• Develops strong friendships and better social skills</li> <li>• Promotes independence and cooperation</li> </ul> <p>2.Negative effects of this stage:</p> <ul style="list-style-type: none"> <li>• May lead to peer pressure and risky behaviour</li> <li>• Can cause misunderstanding or distance from family members</li> </ul>	<p>2+2=4</p>
27b.	<p style="text-align: center;">OR</p> <p>This behaviour indicates that during adolescence</p> <ol style="list-style-type: none"> <li>a. language development becomes advanced and flexible</li> <li>b. the individual adjusts speech according to different social situations.</li> </ol> <p>Features of language development in adolescence:</p> <ul style="list-style-type: none"> <li>• Adolescents develop fluency in language and improved vocabulary, enabling clear expression of thoughts.</li> <li>• They learn context-based communication, using formal language</li> </ul>	<p style="text-align: center;">OR</p> <p>2+2=4</p>

	<p>in formal settings (like with teachers) and informal/slang language with peers.</p> <p>Any other</p>	
28.	<p>Energy management in household work means planning and organizing daily activities in a systematic way so that minimum time, effort, and energy are used to complete tasks effectively.</p> <p>It helps in completing household tasks efficiently by:</p> <ul style="list-style-type: none"> <li>• Reducing unnecessary movement and effort</li> <li>• Saving time and energy</li> <li>• Reducing fatigue and stress</li> <li>• Improving overall efficiency in work</li> </ul> <p>Any other</p>	1x4=4
29.	<p>This is a case of food contamination and food adulteration risk.</p> <p>Causes:</p> <ul style="list-style-type: none"> <li>• Food exposed to dust, flies, and bacteria</li> <li>• Poor hygiene and storage practices</li> </ul> <p>Prevention:</p> <ul style="list-style-type: none"> <li>• Always cover and store food properly</li> <li>• Maintain hygienic food handling practices</li> <li>• Follow food safety guidelines issued by FSSAI</li> </ul> <p>Any other</p>	2+2=4
30.	<p>The student can use detergent and bleach for cleaning, and blue and starch for finishing.</p> <p>Functions:</p> <ul style="list-style-type: none"> <li>• Soaps/Detergents: Remove dirt and grease from clothes</li> <li>• Bleach: Removes stains and restores whiteness of white clothes</li> <li>• Blue: Improves brightness of white fabrics and removes yellow tint</li> <li>• Starch (stiffening agent): Gives a crisp and neat finish to cotton clothes</li> </ul>	1x4=4
31a.	<ol style="list-style-type: none"> <li>1. Cereals, grains and their products <ul style="list-style-type: none"> <li>○ Function: Provide energy to the body</li> <li>○ Examples: Rice, Wheat, bread</li> </ul> </li> <li>2. Pulses and legumes <ul style="list-style-type: none"> <li>○ Function: Help in body building and growth (protein source)</li> <li>○ Examples: Lentils (dal), gram, beans</li> </ul> </li> <li>3. Milk, egg and meat products <ul style="list-style-type: none"> <li>○ Function: Body building, growth and repair of tissues</li> <li>○ Examples: Milk, Eggs, chicken, fish</li> </ul> </li> <li>4. Vegetables and fruits <ul style="list-style-type: none"> <li>○ Function: Protective foods; provide vitamins and minerals</li> <li>○ Examples: Spinach, Carrot, apple, banana</li> </ul> </li> <li>5. Fats and sugar <ul style="list-style-type: none"> <li>○ Function: Provide concentrated energy</li> <li>○ Examples: Oil, ghee, butter, sugar</li> </ul> </li> </ol>	1x5=5

31b.	<p style="text-align: center;">OR</p> <p>The statement is correct because a balanced diet provides all essential nutrients required by the body in proper proportion.</p> <ol style="list-style-type: none"> <li>1. Cereals, grains and products provide energy needed for daily activities and improve stamina.</li> <li>2. Pulses and legumes supply proteins that help in growth and repair of body tissues.</li> <li>3. Milk, egg and meat products strengthen the body and improve immunity and overall development.</li> <li>4. Vegetables and fruits provide vitamins and minerals that protect the body from diseases and improve concentration and health.</li> <li>5. Fats and sugar provide concentrated energy required for active functioning of the body.</li> </ol>	OR 1x5=5
32.	<p>No, this practice is not safe as it leads to poor personal hygiene and food contamination.</p> <p>Health risks involved:</p> <ul style="list-style-type: none"> <li>• Transfer of harmful microorganisms from money to food</li> <li>• Increased risk of food poisoning and foodborne diseases</li> <li>• Spread of infections among consumers</li> <li>• Reduced overall food safety and quality</li> </ul> <p>Preventive measures:</p> <ul style="list-style-type: none"> <li>• Food handlers should not handle money and food simultaneously</li> <li>• Hands should be washed properly with soap and water before handling food</li> <li>• Use of separate person for money collection or use gloves/tongs</li> <li>• Maintain hygiene standards as recommended by FSSAI</li> <li>• Keep food covered and prepared in clean surrounding</li> </ul> <p>Any 4</p>	<p>1+2+2=5 1</p> <p>.5x4=2</p> <p>.5x4=2</p>