

HOME SCIENCE (code - 064)
Class-X (SA - I)
(2010 - 2011)
Design of Sample Question paper

TIME : 3 Hrs

MM : 80

Type of Questions	Marks of Per Question	Total Number of Questions	Total Marks
MCQ	01	10	10
SA-I	02	12	24
SA-II	03	10	30
LA	04	04	16
	Total	36	80

Blue Print - Sample Question Paper
HOME SCIENCE (code - 064)
Class-X

TIME : 3 Hrs

MM : 80

S.No.	Topic/unit	MCQ (1)	SA-I (2)	SA-II (3)	LA (4)	Total
1	Principles of Growth & Development	2 (2)	3(6)	3 (9)	1(4)	9(21)
2	Play	1(1)	3(6)	1(3)	1 (4)	6 (14)
	Nutrients	2(2)	4(8)	3(9)	1(4)	10(23)
3	Meal planning	2(2)	–	2(6)	1 (4)	5(12)
4	Hygiene& Methods of Storage of Food	3(3)	2(4)	1(3)	–	6(10)
	Total	10(10)	12(24)	10(30)	4(16)	36(80)

SAMPLE PAPER
HOME SCIENCE (code - 064)
Class-X (SA - I)
(2010-11)

Time : 3 hours

Maximum Marks : 80

General Instructions:

- * All questions are compulsory
- * There are 36 questions in all. Question nos. 1 to 10 carry one mark each (MCQ) where one correct option is to be marked, question nos. 11 to 22 carry 2 marks each and have to be answered in 10-20 words, question nos. 23 to 32 carry 3 marks each and have to be answered in 20-30 words and question nos. 33 to 36 carry 4 marks each and have to be answered in 30-50 words.
- * Support your answer with suitable examples wherever required.

Following are incomplete statements. Four alternatives are given at the end of each statement Choose the correct alternative to complete the respective statement

- Q1. A child starts recognizing familiar faces and responding with a smile at the age of
- a. three months
 - b. five months
 - c. six months
 - d. seven months
- Q2. Nine month old Raghu is hungry. He will express his need by
- a. babbling and pointing towards milk bottle.
 - b. crying and hitting
 - c. crying and babbling
 - d. saying, 'want milk' and crying
- Q3. Deficiency of carbohydrates leads to
- a. beri- beri
 - b. diabetes
 - c. marasmus
 - d. rickets
- Q4. Iodine deficiency leads to:
- a. yellow nails and tenderness of limbs
 - b. growth and brain retardation

- c. tenderness of limbs and growth retardation
 - d. bow legs and growth retardation
- Q5. A family is served dahi bhalla and pea pulao. Food group which is missing from this meal is:
- a. pulses
 - b. milk
 - C. Cereals
 - D. Fruit
- Q6: A sedentary adult women requires
- a. 1875 calories
 - b. 2225 calories
 - c. 2300 calories
 - d. 1600 calories
- Q7. Play is all except
- a. an interesting activity
 - b. imaginative
 - c. non- spontaneous
 - d. experimental.
- Q8. To make your kitchen insect free you should
- a. keep windows closed
 - b. put cockroach traps on drains
 - c. spray insect repellent once in two years
 - d. keep covered dustbins.
- Q9. While storing eggs one should
- a. store with pointed tip downwards
 - b. store with pointed tip upwards
 - c. keep them in the freezer
 - d. always wash them
- Q10. Spices get infested most easily
- a. in rains
 - b. in summer
 - c. in winter
 - d. any time of the year.

- Q11. A child is sitting without support. Trace his motor development in the next three months.
- Q12. How are babbling and gestures important for normal language development of children?
- Q13. Justify with one example each how children's play is passive and exploratory.
- Q14. Suggest to your friend a suitable toy for her one year old niece and give reason for your choice.
- Q15. Suggest one cheap source each of calcium, protein, vitamin A and vitamin C.
- Q16. Name the nutrient that can help Raju to get over the problem of bleeding gums. List one more symptom of this problem and state how this nutrient helps?
- Q17. Specify four symptoms which can help you recognize that a person is suffering from vitamin B2 deficiency.
- Q18. Why is it important to include fats in your diet?
- Q19. Explain to Rinky the need for storing milk properly and give two suggestions to do the same.
- Q20. Write the ideal conditions of storing pulses and onions for long time.
- Q21. Mention four indicators to check normal social development of children from 8 months to one year.
- Q22. Suggest four activities which will help one year old Rosy to improve her hand and eye coordination.
- Q23. A child's development follows the cephalo-caudal and proximo distal principles of development. Explain these with the help of an example each.
- Q24. Two years old Chintu is stamping his foot and screaming. Identify the emotion he is expressing. Mention three reasons for this emotion and two other ways of its expression.
- Q25. What is active play? Justify that it can be both natural and serious.
- Q26. Suggest three important points for good physical development of a three year old child. Why are these important?
- Q27. Give Sudha three tips to enhance nutrients in the lunch she is cooking for the family.
- Q28. Enumerate six habits of people which lead to destruction of nutrients while cooking cereals, pulses and green leafy vegetables.
- Q29. Explain to Disha why iron is required in her child's meals. Suggest some good sources of iron and some suitable snacks rich in iron.
- Q30. Why is it important for the family to plan meals?
- Q31. In a mid day meal program children were served chicken curry with basmatirice and pineapple

raita. Bring down the cost of this meal by substituting different food items. Present at least two suggestions in each category.

- Q32. What are six common unhygienic practices adopted by food vendors?
- Q33. Rita is 10 months old. Suggest four ways each through which her social and emotional needs are met.
- Q34. Which eight points would you keep in mind while selecting toys for a two years old child?
- Q35. Ramu, who is vegetarian, does not like to include milk products and pulses in his meals. Name two nutrients which may be deficient in his diet? State the importance of these nutrients.
- Q36. Mr. Sharma works in a coal mine. He lives in a hilly area with his wife who is expecting their second child. Elaborate any eight factors, which would influence the meal planning of this family.

MARKING SCHEME
HOME SCIENCE (code - 064)
Class X (SA - I)
(2010-2011)

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M.M.: 80

Q1. (a)

Q2. (a)

Q3. (c)

Q4. (b)

Q5. (d)

Q6. (a)

Q7. (c)

Q8. (b)

Q9. (a)

Q10. (a)

- Q11
- i. Stands with support
 - ii. Crawls on hands
 - iii. Holds two objects together
 - iv. Grasps things using finger and thumb.

[$\frac{1}{2}$ x4=2]

Q12. Babbling

- i. Helps to develop muscular coordination speech system
- ii. Helps to develop better pronunciation

Gestures:

- i. Can be used as an alternative to speech
- ii. Add to the clarity of speech

[$\frac{1}{2}$ x4=2]

- Q13. i. Play is passive when one child sits quietly and plays with his toy or any other object and amuses himself/herself.
 ii. Play is exploratory when child is fiddling with lock and key to see how and why it work / or when he/she opens his/her toy. [1x2=2]
- Q14. i. A toy with wheels because this is an age when the child learns to walk and he/ she love to pull it with her/ him.
 ii. Any other suggestion with reason. [1x2=2]
- Q15. i. Calcium- til (sesame),
 ii. milk, protein- soyabean or peanuts
 iii. vitamin A -pumpkin or any green leafy vegetable or drumsticks, etc.
 iv. vitamin C- amla/guava. [$\frac{1}{2}$ x4=2]
- Q16. i. Vitamin C deficiency [$\frac{1}{2}$]
 ii. Hemorrhages under the skin
 iii. Susceptibility to infections (Any one) $\frac{1}{2}$
- Importance:
 iv. Helps in formation of collagen,
 v. Provides immunity
 vi. Helps in iron absorption
 vii. Prevents cholesterol deposition (Any two) [$\frac{1}{2}$ x 2]
- Q17. i. Rough and scaly skin,
 ii. Inflamed lips,
 iii. Itchy watery eyes
 iv. Eyes sensitive to light
 v. Loss of appetite.
 vi. Any other (Any Four) [$\frac{1}{2}$ x4=2]
- Q18. i. Fats provide energy,
 ii. Lubricates intestinal tract,
 iii. Help in absorption of fat soluble vitamins,
 iv. Maintains body temperature,
 v. Cushions vital organs.
 vi. Any other (Any four) [$\frac{1}{2}$ x4=2]

Q19. i. Milk gets spoilt very easily because of the growth of bacteria which grows at room temperature or in warm place. 1

ii. Always boil milk to kill harmful bacteria

iii. Keep milk in refrigerator or in cool place.

iv. Any other [any two from ii-iv]

[$\frac{1}{2} \times 2 = 1$] [$\frac{1}{2} + \frac{1}{2}$]

Q20. Storage of pulses for long time

i. Store in air tight containers,

ii. Put dried neem leaves/Ayurvedic tablets.

Storage of onions for long time

iii. Store in net baskets or airy place

iv. Store away from moisture

[$\frac{1}{2} \times 4 = 2$]

Q21. i. Stranger anxiety

ii. Imitates simple gestures.

iii. Refrains from doing things when told no

iv. Takes interest in adult activities.

[$\frac{1}{2} \times 4 = 2$]

Q22. i. Let the child feed himself/herself

ii. Let him/her play with blocks

iii. Involve him/her in buttoning shirt

iv. Let him scribble on paper

v. Any other (Any four)

[$\frac{1}{2} \times 4 = 2$]

Q23. • Principle of Cephalocaudal Development: Development takes place from head to to example. This means, first the child learns to control head, chin, neck (head area), turns over, sit with support (the trunk/body), stand and run (the legs).

• Proximal distal development. Development takes place from centre towards outside. It means, first catches ball with both arms and body (the central portion of the body), then uses arms and hands, then both hands, then one hand then only fingers.

[$1 \frac{1}{2} + 1 \frac{1}{2} = 3$]

Q24. i. Emotion is anger

[$\frac{1}{2}$ mark]

Reasons:

ii. wishes not fulfilled,

iii. unable to do some activity,

iv. not been allowed to do what he wants,

v. any other. (any three)

[$\frac{1}{2} \times 3$]

Other Reactions:

- vi. rolls on ground,
- vii. hits other children,
- viii any other (any two) [½ x 2]

- Q25. i. Active play is when the child is physically involved and actively participating.
- ii. It is natural when the child burst into activity naturally e.g., when he finds something interesting he claps and jumps.
- iii. It is serious when the child consciously demonstrates to teach or play hide and seek with other children. [1x3=3]

26. i. Eat good food. Balanced diet is good for his normal development and provides all the necessary nutrients for this growth.
- ii. Exercise inside the house. Three year old child remains in the house most of the time and he should not be sitting in front of the TV. His body needs physical exercise. Some games can be played indoors for exercise.
- iii. Exercise outside the house. Fresh air is very important for normal growth of the child and he gets it best when he is in the park. Here he also learns to play and interact with other children.
- iv. Rest and sleep because these give the child's body time to recover and grow.
- v. Any other. (Any three) [1x3=3]

- Q27. i. **Fermentation:** pulses are soaked, grinded and left for sometime until bubbles arise. – rich in vitamin B & C
- ii. **germination-** pulses soaked overnight in water and kept in wet cloth till sprouts shoot up— rich in vitamin B & C
- iii. **Combination-** pulses (rich in lysine) combined with cereals (rich in methionine)- results in higher quality protein. [1x3=3]

- Q28. i. Rice soaked in lot of water which is thrown before cooking
- ii. Drain away water after rice are cooked
- iii. Throw bran of flour.
- iv. Use cooking soda while cooking
- v. Over cooking
- vi. Throwing away of small leafs and stems of spinach
- vii. Cook uncovered
- viii. Any other (any six) [½ x6=3]

- Q29. i. Iron is required for making blood in the body. It is needed in the body to carry oxygen to every part of the body.
- ii. Leafy vegetables, dates, besan, jaggery, pressed rice, etc.

- iii. Besan laddoo, peanut/ channa dal chiki, poha, spinach pakora/
pancake, etc. [1x3=3]
- Q30. i. Helps to plan nutritious meals
ii. Helps in introducing flexibility
iii. Can re-use left over food
iv. Saves time and energy
v. Gives satiety value to meals
vi. Make food attractive [½x6=3]
- Q 31. Replace the following
i. Chicken - Soyabean nuggets, mixed pulses, peas, (any other)
ii. Basmati - Parmel rici, any other cheaper cereal (any other)
iii. Pineapple - Cucumber, spinach, gourd, mint (any other) [1x3=3]
- Q32. i. Do not wash hands.
ii. Wear dirty clothes.
iii. Do not cut nails/paint nails
iv. Sneeze on food.
v. Handle food even if suffering from cold/boils/skin disease.
vi. Use dirty utensils
vii. Do not cover food
viii. Do not keep surroundings clean - from flies, cockroaches
ix. Any other [½x6=3]
- Q33. Social needs :
i. Provide company to the child
ii. Take him out to function s or social gatherings
iii. Encourage interaction with other children
iv. Make her share toys
v. Any other (any four) [½x4=2]
- Emotional needs :
vi. Hug and cuddle the child
vii. Avoid any punishment, scold or hit
viii. Provide quality attention he/she needs
ix. Try to meet all his/her needs because this will give him/her the needed satisfaction.
x. Any other (Any four) [½x4=2]

- Q34. i. Not too small that he puts it in his mouth
 ii. No sharp edges
 iii. Paint should not be cheap and poisonous.
 iv. ISI marked toys
 v. Attractive
 vi. Appropriate to age
 vii. Strong and durable
 viii. Inexpensive
 ix. Any other (any eight) [½x8=4]
- Q35. Calcium [½ mark]
 Functions
 i. Builds bones and teeth
 ii. Helps in normal contraction of muscles.
 iii. Helps in blood clotting (½x3)
 iv. Conduction of nerves (any three)
 Protein (½)
 v. Helps in body building
 vi. Provides immunity
 vii. Repair of cells and tissues
 viii. Provides energy when needed (any three) (½x3)
- Q36. i. Activity (of husband, wife, and child)
 ii. age - (adults and child),
 iii. status (wife's pregnancy),
 iv. religion hence cultural practices,
 v. region (hills in this case),
 vi. climate/ weather,
 vii. skills in cooking,
 viii. time and energy,
 ix. money available to family,
 x. seasonal availability of raw material
 xi. any other (Any eight) [½ x 8=4]