

APEEJAY SCHOOL, PANCHSHEEL PARK  
HOME SCIENCE – 064  
COMMON APEEJAY PRE-BOARD EXAMINATION  
CLASS: X

TIME: 3 Hours

M.M. 70 Marks

**GENERAL INSTRUCTIONS:**

1. All questions are compulsory.
2. There are a total of 35 questions.
3. Question paper is divided into four sections- A, B & C.
4. Section A has question nos. 1 to 18 (multiple choice questions) & are of 1 marks each.
5. Section B has question nos. 19 to 25 of 2 marks each & question nos. 26 to 29 of 3 marks each.
6. Section C has question nos. 30 to 33 of 4 marks each & question nos. 34 & 35 are of 5 marks each
7. Internal choices are given in some questions.
8. Support your answers with suitable examples wherever required.

**SECTION A**

- 1 \_\_\_\_\_ is the person who directly comes in contact with packaged or unpackaged food, equipment, utensils and is expected to adopt all hygienic requirements. 1
  - a. Food shopkeeper
  - b. Food officer
  - c. Food handler
  - d. Food supplier
- 2 What is peak load period? 1
  - a. When multiple activities are done at the same time
  - b. Period of rest
  - c. Time gap in between two activities
  - d. Period of emergency
- 3 What temperature is considered as danger zone in which bacteria can grow quickly? 1
  - a. 5°C -60°C
  - b. Above 60°C
  - c. Below 5°C
  - d. 10°C-65°C
- 4 Which of the following food you would consider while feeding preschoolers? 1
  - a. Sweet and fried foods
  - b. As per the preference of the child
  - c. Finger foods, easy to handle
  - d. Restrict salt and sugar intake to the minimum
- 5 Pest are an agent for transferring the diseases. How can you keep your kitchen free from pest? 1
  - a. Covering wounds
  - b. Wire mesh on windows
  - c. Wash vegetables
  - d. Switch off the appliances
- 6 “Child starts sympathizing with others and displays loyalty and enjoys group activities.” Identify the stage of childhood and which domain of development this feature specifically relates to? 1
  - a. Early childhood, Social

- b. Middle childhood, Social
- c. Early childhood, Emotional
- d. Middle childhood, Emotional

- 7 The foods which give energy to our body are : 1
- a. apples and oranges
  - b. green leafy vegetables
  - c. milk and milk products
  - d. sugar and nuts

- 8 Which of the following helps to save nutrients while preparing food? 1
- a. Peeling vegetables thinly
  - b. Garnishing with contrasting colour
  - c. Washing hands before serving food
  - d. Wash vegetables after cutting them

- 9 Match List I with List II 1

|   | List I (Types of play) |     | List II( Examples)     |
|---|------------------------|-----|------------------------|
| A | Quiet                  | I   | Play of Doctor-patient |
| B | Manipulative           | II  | Basketball             |
| C | Social                 | III | Arranging Puzzles      |
| D | Fantasy                | IV  | Opening of car toy     |

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 – II; B – III; C- IV; D –I
- d. A – I; B – II; C- III; D – IV

- 10 Match List I with List II 1

|   | List – I (Nutrients) |     | List II (Food Sources)  |
|---|----------------------|-----|-------------------------|
| A | Protein              | I   | Carrot and pumpkin      |
| B | Iron                 | II  | Milk and cottage cheese |
| C | Calcium              | III | Soyabean and peanuts    |
| D | Vitamin              | IV  | Spinach and amaranth    |

Choose the correct option from the following

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

- 11 Which of the following helps to simplify the work? 1
- i. Use ready made products
  - ii. Conducive workplace
  - iii. Rest
  - iv. Appreciation

Choose the correct option.

- a. ii and iv
- b. i and iii
- c. i and ii
- d. iii and iv

- 12 Which toys will you purchase for four-month-old child? 1
- i. Teethers
  - ii. Finger paints

- iii. Mobile Hangings
- iv. Bath toys

Choose the correct option.

- a. i and iv
- b. i and iii
- c. ii and iv
- d. iii and iv

- 13 What could be harmful effect of consuming adulterated mustard oil? 1
- a. Cancer
  - b. Anemia
  - c. Dropsy
  - d. Mental Retardation

### CASE STUDY

One summer evening, Mr. Verma wore a starched cotton kurta for a party . He accidentally dropped tea on his kurta. After returning home, he immediately folded and kept in the cupboard. After few months he was shocked to notice foul smell, patches and holes in this kurta.

- 14 Which chemical should be used to remove tea stain from a white cotton shirt? 1
- a. Oxalic acid
  - b. Acetone
  - c. Borax
  - d. Talcum powder
- 15 While selecting a method for laundry, we look in the following factors, except: 1
- a. Nature of the fabric
  - b. Age of the fabric
  - c. Nature of stain
  - d. Age of Stain
- 16 In \_\_\_\_\_ method of stain removal, the reagent is taken on a piece of paper, 1  
then lightly pressed over the stains in a circular motion from outside to inside, till the stain becomes light.
- a. Pouring method
  - b. Dry cleaning method
  - c. Dip method
  - d. Sponge method
- 17 Which of the following is NOT an animal stain? 1
- a. Blood
  - b. Egg
  - c. Ghee
  - d. Mustard Oil
- 18 Which of the following are acidic reagents used for stain removal? 1
- i. Vinegar
  - ii. Hydrogen peroxide
  - iii. Lemon
  - iv. Hydrogen oxide
  - v. Tomato
- Choose the correct option
- a. i, iv, v

- b. ii, iii, iv
- c. iii, iv, v
- d. i, iii, v

## SECTION B

- 19 Why is time management important? 2
- OR**
- What do you mean by dovetailing? Give an example.
- 20 In which age group (early and middle childhood) are the following cognitive developments first observed. Also explain their meaning. (Any 2) 2
- a. Ego Centrism
  - b. Ability to conserve
  - c. Seriation
- 21 Give two methods by which the nutritive value of the food can be enhanced. Give relevant examples of each of the methods. 2
- OR**
- Classify the following occupation as Sedentary, Moderate and Heavy worker.
- 22 Give reasons (Any two options): 2
- a. Garment are never put away in damp conditioned places.
  - b. Woolens should be stored in newspaper bags.
  - c. Slightly dark cupboards are chosen to store the garments
- 23 Your sister is going to the market for purchasing grocery. What four points she should keep in mind while selecting the grocery items? 2
- 24 Jane delivered a beautify baby daughter. She is unsure of the dietary habits. Help her by guiding her to the diet that she must give her to her a daughter for the next one year. 2
- 25 Your friend is a sedentary worker. She finds her work very boring and monotonous and does not like her job. What kind of fatigue she may be suffering from? Suggest her three ways to reduce her fatigue. 2
- 26 3
- a. What is the full form of FSSAI?
  - b. What do you understand by adulteration in food items ? Name two food items which are adulterated by metanil yellow.
- 27 Your mother has hired a house help to wash clothes. She had excessively blued your white shirt. 3
- a. What she should do in such situation? b. Explain her the correct method of applying blue.
- 28 Name the hygienic practices to be followed during food storage. 3
- 29 Jane wanted to select a toy for her niece and nephew. While selecting a toy appropriate for them , 3
- which characteristics of a toy must she look into.

## SECTION C

- 30 Geeta gets very tired while doing household chores. What could be the four possible reasons for this problem ? Give her four suggestions to save her energy. 4
- 31 The period of adolescence is characterized by sexual development. Compare any four secondary sexual changes specific to teenage boys and girls. 4
- 32 How can we ensure proper and safe purchase and safe serve of a food item? 4

- 33 Write any four malpractices adopted by shopkeepers to cheat their customers. Suggest four ways consumers can safeguard themselves from such malpractices. 4
- 34 Sunil Jain is a bus driver. He lives with his parents in a hilly area. Explain any five factors which would influence the meal planning of his family. 5
- 35 You found holes in your silk clothes when you took them out of storage. What could be four possible reasons for this? 5