

**APEEJAY COMMON PRE-BOARD EXAMINATION**

**QUESTION PAPER (2020-2021) – Class X**

**TIME-3 hours**

**HOME SCIENCE (064)**

**M.M-70 marks**

**GENERAL INSTRUCTIONS**

1. All questions are compulsory.
2. There are total 42 questions.
3. Question paper is divided into three sections-A, B and C.
4. Section A has question no.1to 14 (objective type questions) and are of 1 mark each.
5. Section B has question no. 15 to 28 (case study based multiple choice questions) and each question is of 1 mark.
6. Section C has question no.29 to35 of 2 marks each, question no.36 and 37 of 3 marks each, question no. 38 to 40 of 4 marks each and question no.41 and 42 of 5 marks each .
7. Internal choices are given in some questions.
8. Support your answers with suitable examples wherever required.

<b>Section A (OBJECTIVE TYPE QUESTIONS)</b>		
S. No	Multiple choice questions	Marks
1.	<p>Jaya's enjoy playing peek a boo with her mother. She now knows that when her mother hides something, it exist and is hidden. Jaya would be around _____ old.</p> <p>a. 1 – 4 years b. 4 – 7 years c. 7 – 9 years d. 9 – 12 years</p> <p style="text-align: center;"><b>OR</b></p> <p>Jack accidently dropped his toy car, which got a scratch. Feeling sympethic towards the pain that car must be feeling, he pats the car and asks his mother to put bandage on the scratch before it starts bleeding. Jack would be around _____ old.</p> <p>a. 6 – 12 months b. 12 – 18 months c. 18 – 24 months d. 24 – 36 months</p>	1
2.	<p>The two kinds of sweat glands in the human body – the _____ gland and Apocrine gland.</p> <p>1. Eccrine</p>	1

	<p>2. Pituitary 3. Hypothalamus 4. Adrenal</p>	
3.	<p>Prior assumptions about different beliefs are often revisited and re-examined in adolescence. (True/ False) <b>OR</b> In the female reproductive system, the ovary produces two hormones ie estrogen and progesterone. (True/ False)</p>	1
4.	<p>Long term planning helps one to eliminate the pressure of doing things at the last minute and piling of work. (True/ False)</p>	1
5.	<p>Action is the most important thing in life. Inaction and time for stillness, silence and relaxation leads to lethargy. (True/ False) <b>OR</b> Buffer time generally leads to wastage of time and effort. (True/ False)</p>	1
6.	<p>Achieving one goal after the other leads to psychological fatigue. (True/ False)</p>	1
7.	<p>Classify the work as 'light work', 'moderate work' and 'heavy work'. Preparing tea - Ironing - Carrying toddler in the lap - Making chapati -</p>	2
8.	<p>Storing dried roasted suji helps to retain its life and the flavor for longer period. (True/ False) <b>OR</b> To avoid rancidity, ghee is stored in an air tight container. (True/ False)</p>	1
9.	<p>Name one food groups rich in Carotenoids. <b>OR</b> Name two food groups rich in anti- oxidants.</p>	1
10.	<p>Light diet is also known as _____ diet.</p>	1
11.	<p>Vikram and Sonali got into a debate regarding the principles that are taken into while planning therapeutic diet. Vikram said that Case history and food habits are important. Sonali said that psychology of the patient is most important. Who do you think is correct? a. Only Vikram is correct b. Only Sonali is correct c. Both Vikram and Sonali are correct d. Neither of them are correct <b>OR</b> Seema's grandfather is eighty years old and got denture issues. Advise what kind of food is suitable for him. a. Dry Coconut b. Peach c. Grapes d. Plum</p>	1
12.	<p>The FSSAI functions under a. Ministry of Finance</p>	1

	<ul style="list-style-type: none"> <li>b. Ministry of agriculture and Farmer Welfare</li> <li>c. Ministry of Food processing Industry</li> <li>d. Ministry of Health and Family Welfare</li> </ul>	
13.	Adulterants are only artificial products and substances. (True/ False)	1
<b>SECTION B (CASE STUDY BASED QUESTIONS)</b>		
<b>CASE STUDY 1</b>		
Jane works in a laundry shop and is often seen working with soaps, chemicals, bleachers, etc. She is really good at her job and hardly ever has unsatisfied customers. She is well verse with the chemicals and stains and the produce of stain removals. She is also verse with the knowledge of soap production and produces her own soap for her laundry room. However, while dry-cleaning she purchases the chemicals		
14.	Place the chemical to the correct box. Sodium Hypochlorite is an example of _____ (Oxidizing bleach/ Reducing bleach) while Sodium Hydro-sulphite is an example of _____ (Oxidizing bleach/ Reducing bleach).	1
15.	Substance which are capable of removing dirt and grime from clothes are called emulsifying agents. (True/False)	1
16.	A good laundry soap has _____ of water in it. <ul style="list-style-type: none"> <li>1. 10%</li> <li>2. 20%</li> <li>3. 30%</li> <li>4. 40%</li> </ul>	1
17.	Soapless detergents are _____. <ul style="list-style-type: none"> <li>1. Near to neutral</li> <li>2. Slightly acidic</li> <li>3. Slightly alkaline</li> <li>4. Very alkaline</li> </ul>	1
18.	Precipitation stains need a _____. <ul style="list-style-type: none"> <li>a. Grease solvent</li> <li>b. Alkaline reagent</li> <li>c. Acidic reagent</li> <li>d. Grease absorbent</li> </ul> <p style="text-align: center;"><b>OR</b></p> Coffee stains need a _____. <ul style="list-style-type: none"> <li>a. Grease solvent</li> <li>b. Alkaline reagent</li> <li>c. Acidic reagent</li> <li>d. Grease absorbent</li> </ul>	1
<b>CASE STUDY 2</b>		
Maya is the mother of twins Jack and Jill. Maya loves to cook and bakes. Not only does she prepare everything for the household on her own, she runs a part time business. Looking at their mother, Jack and Jill have also starting understanding the basics about food and planning carried out by their mother. Sometime they help their mother out as well.		
19.	Breakfast is considered to be an important aspect of meal planning and	1

	<p>should make at least _____ of the guideline daily allowance.</p> <ol style="list-style-type: none"> <li>25 - 40%</li> <li>10 - 15%</li> <li>30 - 50%</li> <li>20 - 35%</li> </ol>	
20.	<p>Jack and Jill got in a debate on the factors that affect the meal planning. Jack says it is dependent on age, sex and occupation. Jane said likes, dislike, family traditions and availability impact the meal planning.</p> <p>Who do you think is correct?</p> <ol style="list-style-type: none"> <li>Only Jack is correct</li> <li>Only Jill is correct</li> <li>Both Jack and Jill are correct</li> <li>Neither Jack and Jill are correct</li> </ol>	1
21.	<p>Maya prefers to cook meals at home as it is cheaper, healthy and better than that buying from market. Is Maya correct?</p> <ol style="list-style-type: none"> <li>Maya is completely correct</li> <li>Maya is completely incorrect</li> <li>Maya is partially correct</li> <li>Information is insufficient.</li> </ol> <p style="text-align: center;"><b>OR</b></p> <p>Jack doesn't like to milk and milk products and doesn't consume. Maya is doesn't even force Jack to consume it and completely omits it from his meal. Is Maya correct?</p> <ol style="list-style-type: none"> <li>Maya is correct not to give him. (Answer)</li> <li>Maya is incorrect and should force him.</li> <li>Maya should encourage Jack to consume it.</li> <li>It can't be decided.</li> </ol>	1
22.	<p>Methods like sprouting, fermentation and combination of food helps to save money, time and energy. (True/False)</p>	1
	<p><b>CASE STUDY 3</b></p> <p>Keera has recently learnt about food adulteration in her home science class. She found this really helpful and became alert in her purchases. When she realized her mustard oil was adulterated, she switched to a better product. She even protected herself from being cheated by a seller. However, she didn't stop there and started educating the people around her, namely, her family members and relatives, friends and family friends.</p>	
23.	<p>The most common adulterant in mustard oil is _____ .</p>	1
24.	<p>Choose the correct option</p> <ol style="list-style-type: none"> <li>Food Safety and Standards Authority of India, 2006</li> <li>Food Standards and Safety Authority of India, 2006</li> <li>Food Safety and Standards Authority of India, 2009</li> <li>Food Standards and Safety Authority of India, 2009</li> </ol>	1
25.	<p>Package food can also be adulterant. (True / false)</p>	1
26.	<p>Kesari Dal leads to:</p> <ol style="list-style-type: none"> <li>Gaucoma</li> </ol>	1

	b. Anemia c. Lathyrism d. Oedama													
27.	Food is _____ if it does not meet the specified standards but it does not make the food unsafe.	1												
	<b>SECTION C</b>													
28.	Classify the toys to the appropriate <b>age group</b> : Tricycle - Monopoly - Teethers and rattles - Walkers -	2												
29.	With the help of examples, explain how play helps in moral development. <b>OR</b> Explain using examples of any one games from your daily life that lead to holistic (all – round) development.	2												
30.	Each adolescence undergo maturation, however some mature earlier than the normal range and some later than. Jane was barely 10 years old when she started showing signs of maturation. How do you think it would have impacted her life?	2												
31.	Dina sent her daughter for the first time to purchase food items independently. Help her daughter by giving her a few pointers to consider while buying safe and hygienic food. <b>OR</b> Dina bought some perishable and non-perishable food items. Give her four pointers to keep in mind while storing non- perishable items.	2												
32.	a. What is diet therapy. b. Write any two objectives of diet therapy.	2												
33.	How is ironing different from pressing?	2												
34.	Give reasons (Any two options): 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.	2												
35.	Briefly explain the social milestones seen in children from birth till two years of age. <b>OR</b> Complete the table below in reference to the Piaget Theory of conative development: <table border="1" data-bbox="316 1570 1304 1764" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Stage</th> <th>Age</th> <th>Major Accomplishment</th> </tr> </thead> <tbody> <tr> <td></td> <td>0 – 2 years</td> <td></td> </tr> <tr> <td></td> <td>2 – 6 or 7 years</td> <td></td> </tr> <tr> <td>Concrete Operational Stage</td> <td></td> <td></td> </tr> </tbody> </table>	Stage	Age	Major Accomplishment		0 – 2 years			2 – 6 or 7 years		Concrete Operational Stage			3
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36.	What is work simplification and why is it needed?	3												
37.	The efficiency of time plan depends on certain factors. Briefly explain these	4												

	factors.	
38.	<p>Name a few considerations taken into account while planning meal for an elderly person. Also mention the RDA requirement of an elderly person. (Energy, Protein and Calcium)</p> <p style="text-align: center;"><b>OR</b></p> <p>Explain briefly 'Sugars, Sweets and Sugary Drinks' as a basic food group.</p>	4
39.	<p>Jay was asked to name different methods to remove stains, when he replied using soap and water in a washing machine is the only method. Do you agree with his answer? Justify</p> <p style="text-align: center;"><b>OR</b></p> <p>Jane about and expensive dress from her first salary and wants to take extra care of her dress. Give her a few pointers of some precautions taken for expensive garments.</p>	4
40	<p>Name and explain any two problems faced by consumers with relevant examples.</p> <p style="text-align: center;"><b>OR</b></p> <p>Explain the concept of 'adulteration' with the help of relevant example and its ill effects?</p>	5
41.	<p>Hygiene in food is extremely important in every step of food handling. Name five tips each in 'personal hygiene' and 'hygiene in serving' in respect to food handling practices.</p>	5