

HOME SCIENCE (064)
MARKING SCHEME (2023-2024)
CLASS X

TIME-3 hours

M.M-70

S.No.	SECTION A (MULTIPLE CHOICE QUESTIONS)	MARKS
1.	a. Using same chopping boards for both vegetarian and non-vegetarian food	1
2.	a. Improve posture	1
3.	b. Conscious effort of controlling the time spent on specific activities	1
4.	d. Rust: Grease absorbent	1
5.	a. crouch and bend knees and keep the back straight	1
6.	c. Peanut and Soyabean OR a. Dovetailing	1
7.	b. ii,i,iv,iii	1
8.	c. A – II; B – III; C- IV; D –I	1
9.	b. A – IV; B – III; C- II; D – I	1
10.	b. ii and iii	1
11.	a. i and ii	1
12.	d. A is false but R is true	
13.	b. Both A and R are true but R is not the correct explanation of A.	
CASE STUDY BASED QUESTIONS		
14.	c. Aware of phonetics	1
15.	a. A – III; B – IV; C- II; D – I	1
16.	c. Enjoy group activities: Middle Childhood	1
17.	c.10 years OR c.9 years	1
18.	a.20 and 6 years	1
SECTION B (Short answer questions)		
19.	Four steps of preparing time plan – 1.Listing all the activities 2.Grouping flexible and inflexible(fixed)activities 3.Estimating the time required for performing each activity 4.Allot time to each activity	½X4=2

	<p>5. Arrange the activities in proper sequence</p> <p>6. Evaluate the time plan, it should be practical, flexible and realistic</p> <p>Any other, Any four</p>	
20.	<p>Four points to be considered while storing milk-</p> <p>Milk should be-</p> <ol style="list-style-type: none"> 1. boiled and cooled 2. should be stored in refrigerator. 3. kept in clean and covered container. 4. stored away from strong smelling food. <p>Any other, Any four</p> <p style="text-align: center;">OR</p> <p>Four ideal characteristics of hygienic kitchen-</p> <ol style="list-style-type: none"> 1. Work surfaces, floors and walls of Kitchen should be non-absorbent, washable and without cracks. 2. It should be pest free. 3. Dustbins should be emptied regularly and should not overflow. 4. Windows and doors of kitchen should be fitted with wire mesh. 5. Kitchen should be well lighted and well ventilated. <p>Any other, Any four</p>	<p>$\frac{1}{2} \times 4 = 2$</p> <p style="text-align: center;">OR</p> <p>$\frac{1}{2} \times 4 = 2$</p>
21.	<p>Four possible ways cloth merchant must have cheated-</p> <p>By using-</p> <ol style="list-style-type: none"> 1. dented measuring rods 2. scale which is not starting from zero 3. hands for measurement 4. Broken measuring scale/tape <p>Any other, Any four</p>	$\frac{1}{2} \times 4 = 2$
22.	<p>Two reasons of preferring soaps over detergents are-</p> <p>Soaps are-</p> <ol style="list-style-type: none"> 1. Cheap 2. Environment friendly (biodegradable) <p>Any other, Any two</p>	$1 + 1 = 2$
23.	<p>Two labour-saving devices for each-</p> <p>a. making vegetable curry</p> <ol style="list-style-type: none"> 1. Mixer Grinder 2. Electric chopper 3. Blender 4. Microwave <p>Any other, Any two</p> <p>b. cleaning the house</p> <ol style="list-style-type: none"> 1. Vacuum cleaner 	<p>$1 + 1 = 2$</p> <p>$\frac{1}{2} \times 2 = 1$</p> <p>$\frac{1}{2} \times 2 = 1$</p>

	<p>2. Long handled mop 3. Wiper Any other, Any two</p>	
24.	<p>Two points to be considered to plan a meal for pre-schooler – It should be –</p> <ol style="list-style-type: none"> 1. Nutritious 2. Finger foods 3. Colourful <p>Any other, Any two</p> <p>Two points to be avoided while planning a meal for pre-schooler- Avoid-</p> <ol style="list-style-type: none"> 1. Fried foods 2. Sweets 3. Strongly flavoured foods <p>Any other, Any two</p>	<p>1+1=2 ½X2=1</p> <p>½X2=1</p>
25.	<p>Four examples showing lack of information about commodities and services-</p> <ol style="list-style-type: none"> 1. Leaflets are blurred and not written in local language 2. Shopkeepers refuse to give leaflets 3. Packing substandard products in similar packets as of reputed brand 4. While advertising giving exaggerated picture of products 5. Free attractive gifts and discounts with low quality products <p>Any other, Any four</p> <p style="text-align: center;">OR</p> <p>Full form of FSSAI- Food Safety and Standard Authority of India</p> <p>Two roles of FSSAI are-</p> <ol style="list-style-type: none"> 1.Specifies standards and guidelines for food articles. 2.Issues licenses to food service operators and registers small vendors. 3.Give guidelines to other bodies for certification. 4.Specifies food labeling standards. <p>Any other, Any two</p>	<p>½X4=2</p> <p>OR 1+1=2 1</p> <p>½X2=1</p>
26.	<p>Six healthy eating practices are-</p> <ol style="list-style-type: none"> 1.Eat balanced diet. 2.Include seasonal fruits and vegetables 3.Choose whole grain instead of refined grain 4.Include small amounts of nuts and milk in daily meals 	½ X6=3

	<p>5. Choose skimmed/low fat milk/curd in place of whole fat dairy products</p> <p>6. Limit the use of ghee/butter/oil</p> <p>Any other, Any six</p>	
27.	<p>a. Two drawbacks of not engaging in play with others are-</p> <p>Child will not-</p> <ol style="list-style-type: none"> 1. become stronger 2. learn to share toy 3. learn how to play in group 4. wait for their turn 5. learn to control emotion <p>Any other, any two</p> <p>b. Two appropriate toys -</p> <ol style="list-style-type: none"> 1. Illustrated books 2. Construction toys 3. Wooden puzzles 4. Memory games <p>Any other, any two</p> <p style="text-align: center;">OR</p> <p>Exploratory play- When children explore and try out new ideas. For example-Opening up of toys. Serious play- When action of child is done seriously. For example-In a make-believe play of doctor –patient the doctor pretends to put an injection after rubbing the area with cotton.</p>	<p>2+1=3 ½ X4=2</p> <p>½X2=1</p> <p>OR 1.5+1.5=3</p>
28.	<p>Six rules of personal hygiene to be followed by cook –</p> <ol style="list-style-type: none"> 1. Food handler should bathe daily 2. Wear clean washable and light-colored apron 3. Nails should be kept unpainted and trimmed. 4. Wear covered shoes 5. Rings and watches should not be worn 6. Hair should be free from dandruff/lice and tied and covered with an absorbent cap. 7. Ensure that food handler is not suffering from any kind of diseases such as common cold, boils, skin diseases, etc. 8. Wash hands before beginning the kitchen work and after using washroom, handling raw meat, vegetables, etc. 9. Avoid scratching hair and nose pricking. <p>Any other, Any six</p> <p style="text-align: center;">OR</p> <p>Three points to be considered while serving-</p> <ol style="list-style-type: none"> 1. Hold the glass from its bottom. 	<p>½X6=3</p> <p>OR 1.5+1.5=3 ½X3=1.5</p>

	<ol style="list-style-type: none"> 2. Hold utensils from their handles. 3. Tongs and ladles should be used to serve food. 4. Use disposable gloves to serve the food. 5. Fingers should not be dipped in food or water while serving <p>Any other, Any three</p> <p>Three points to be considered while holding the cooked food-</p> <ol style="list-style-type: none"> 1. Cooked hot food should be kept above 63 degree C 2. Cold foods should be held below 5-degree C. 3. Keep the cooked food covered 4. Keep the food in clean container <p>Any other, Any three</p>	$\frac{1}{2} \times 3 = 1.5$
29.	<p>Six food safety standards laid down by FSSAI-</p> <ol style="list-style-type: none"> 1. Food should not contain excess of any food preservatives, contaminants, heavy metals, residue of pesticides. 2. No one should manufacture, distributor sell any modified food 3. No person shall import into India any unsafe or substandard food 4. No one should sell any packaged food products which are not labeled 5. No one should make a false or misleading presentation 6. The labels shall not contain any false or misleading claims <p>Any other, Any six</p>	$\frac{1}{2} \times 6 = 3$
SECTION C (Long answer questions)		
30.	<p>Eight steps of stain removal –</p> <ol style="list-style-type: none"> 1. Remove stain when fresh 2. Soak the stain in plain cold water 3. Then soak it in warm soapy water. 4. Bleach the stain in sunlight. 5. Treat the stain with diluted alkaline solution. 6. Treat the stain with diluted acid. 7. Apply oxidizing bleach and reducing bleach. 8. If the stain persists repeat the cycle from step 4 to step 7. 9. Rinse all chemicals. <p>Any other, Any eight</p>	$\frac{1}{2} \times 8 = 4$
31.	<p>a. Adulterant present in ice ball- Metanil Yellow</p> <p>b. Two ill effects are –</p> <ol style="list-style-type: none"> 1. Cancer 	$1 + 1 + 2 = 4$ 1 $\frac{1}{2} \times 2 = 1$

	<p>2. Anemia</p> <p>3. Mental Retardation</p> <p>Any other, Any two</p> <p>c. Four precautions to safeguard against malpractice of adulteration-</p> <ol style="list-style-type: none"> 1. Read the labels carefully 2. Check the standardized marks 3. Buy reputed brands from reputed shop 4. Purchase only packed and sealed foods 5. Prefer to buy whole spices/grains and grind them at home <p>Any other, Any four</p>	<p>$\frac{1}{2} \times 4 = 2$</p>
<p>32.</p>	<p>a. Four physical changes observed in adolescence-</p> <ol style="list-style-type: none"> 1. Increase in height and weight 2. Hands and feet attain adult size 3. Appearance of pimple(acne) 4. Voice of adolescent girls become shrill whereas voice cracks and become harsh of adolescent boys. 5. Adolescent girls have rounded and curvy hips whereas adolescent boys have lean hips. <p>Any other, Any four</p> <p>b. Four features of emotional changes during adolescence-</p> <ol style="list-style-type: none"> 1. Mood swings 2. Feel intense emotions 3. Self-conscious 4. Rebellious and casual attitude <p>Any other, Any four</p> <p style="text-align: center;">OR</p> <p>Four cognitive changes of adolescent with suitable example for each-</p> <p>1.ABSTRACT THINKING-They can imagine anything even if they have never seen it. For Example- if told elephants are flying, they can picture a grey or pink elephant with wings, flying up in clouds.</p> <p>2.PROPOSITIONAL THOUGHT/LOGICAL THINKING-They can understand and evaluate the logic of verbal statements. For Example-A is grandson of B, B is father of C, how A is related to C. Adolescents can solve these types of questions.</p>	<p>$2+2=4$ $\frac{1}{2} \times 4 = 2$</p> <p>$\frac{1}{2} \times 4 = 2$</p> <p style="text-align: center;">OR</p> <p>$1 \times 4 = 4$</p>

	<p>3.HYPOTHETICAL DEDUCTIVE REASONING-They have an ability to analyze the problem hypothesize solution and systematically figure out any evidence need to prove. For Example-if neighbor was murdered, they can think of different possible ways who could have murdered.</p> <p>4.SYSTEMATIC THINKING-They have an ability to think systematically. For Example-a child is asked to form words from the alphabets A, T, E and M. Adolescents will do this exercise systematically forming two letters, three letters and four letters' words. Any other, Any four with the help of an example for each</p>	
33.	<p>a. Two possible reasons are-</p> <ol style="list-style-type: none"> 1.Working in wrong posture 2.Long duration of physical work 3.Heavy physical work 4.Working in same posture for a long duration 5.Uncomfortable working conditions 6.Too much of over load <p>Any other, Any two</p> <p>b. Six ways to simplify work are-</p> <ol style="list-style-type: none"> 1.Avoid doing unnecessary work 2.Develop Skills 3.Improve the sequence of doing work 4.Dovetailing 5.Improve Posture 6.Correct height and width of work surface- 7.Within reach 8.Conducive workplace 9.Systematic storage 10.Labour saving device 11. Use readymade <p>Any other, Any six</p>	<p>1+3=4</p> <p>½X2=1</p> <p>½X6=3</p>
34.	<p>a. Four important factors of menu planning-</p> <ol style="list-style-type: none"> 1. Age-Nutritional requirement of different age group is different. Example-Children and adolescent need more calories, protein, iron and calcium as compared to old man. 2.Sex (Gender)-Males dietary requirements is more as compared to females 3.Climate-In warm weather light, cool refreshing meals are preferred whereas in cold weather Hot, spicy and energy giving food are preferred. 	<p>4+1=5</p> <p>1X4=4</p>

	<p>4.Number of members- Food is planned according to the number of members. Example-For parties more time is needed to prepare food in larger quantities.</p> <p>5.Availability of food- Seasonal vegetables should be selected as they are cheap but are also nutritious.</p> <p>Any other, Any four</p> <p>b. Two advantages of meal planning- It helps to -</p> <ol style="list-style-type: none"> 1. retain, enhance nutrients and minimize nutrient loss 2. introduce flexibility 3. make food attractive and appetizing 4. save time, energy and fuel 5. plan low-cost nutritious meals within the resources 6. ensure no left-over food or any leftover can be incorporated in the next meal <p>Any other, Any two</p>	<p>$\frac{1}{2} \times 2 = 1$</p>
35.	<p>a. Two finishing agents for cotton sarees along with reasons-</p> <p>1.Stiffening agent- Reason-</p> <ol style="list-style-type: none"> 1. Give crispness and shine to the fabric 2. Starched clothes do not get dirty easily <p>2.Chemical bleaches- Reason-</p> <ol style="list-style-type: none"> 1. To brighten the fabric <p>Any other, Any two finishing agents with one reason for each</p> <p>b. Four tips to store cotton sarees-</p> <ol style="list-style-type: none"> 1. Remove the stain before storing the saree. 2. Place of storage should be dry. 3. De starched the saree before storing. 4. Pins/buckles, etc. should be removed. <p>Any other, Any four</p> <p>c. Two natural insect repellent used to prevent the attack of insects on sarees-</p> <ol style="list-style-type: none"> 1. Camphor 2. Neem leaves 3. Sandalwood powder <p>Any other, Any two</p>	<p>$2+2+1=5$ $1+1=2$</p> <p>$\frac{1}{2} \times 4 = 2$</p> <p>$\frac{1}{2} \times 2 = 1$</p>

	<p style="text-align: center;">OR</p> <p>a. Insect which must have caused damage- Carpet beetles</p> <p>b. Four possible reasons for the damage-</p> <ol style="list-style-type: none"> 1. Place of storage must not be dry. 2. Saree was not drycleaned before storage. 3. Saree was stored with stain. 4. No insect repellent was used while storing the saree. 5. Place of storage was not air tight. <p>Any other, Any two</p> <p>c. Four precautions to prevent the damage-</p> <ol style="list-style-type: none"> 1. Place of storage should be dry and air tight. 2. Saree should be washed/ drycleaned before storage. 3. Saree should be properly dried. 4. Insect repellent must be used while storing the saree. 5. If any stain, it should be removed before storing. <p>Any other, Any two</p>	<p style="text-align: center;">OR</p> <p>1+2+2=5 1</p> <p>$\frac{1}{2} \times 4 = 2$</p> <p>$\frac{1}{2} \times 4 = 2$</p>
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