

MARKING INSTRUCTIONS & MODEL ANSWERS

CLASS 10 - HOME SCIENCE

SECTION - A

1. (C)
2. (A)
3. (C)
4. (D)
5. (C)
6. (A)
7. Cool
8. Label
9. Animal
10. Vegetable Stain
11. Jewellery
12. Vegetable, Milk, Fish, Meat (Any Two)
13. (A)
14. (A)
15. (C)

SECTION - B

16. Chess, Sudoku, Puzzles, Card games (Any Two)
17. Tolerance, self-control, honesty, cooperation, fairness (Any Two)
18. Food that has deteriorated in quality, making it unsafe or unpalatable for human consumption.
19. Extra food or specially formulated nutritional products given in addition to a regular diet.

OR

A balanced diet is one which contains carbohydrates, fat, protein, vitamins, mineral, salts, water and fiber in adequate amounts and correct proportion required for healthy growth and activity.

20. Consumer education is the process of teaching individuals how to make informed, responsible decisions when purchasing goods and services.

21. Types of stains: 1. Vegetable stains 2. Animal stains 3. Grease stains 4. Mineral attains 5. Other stains (Any two)

OR

Advantages of Dry Cleaning: 1. Prevents shrinkage 2. Extends the life span
3. Protects delicate fabrics 4. Remove stain without damage
(Any two)

SECTION – C

22. Types of laundry: 1. Dry cleaning 2. Wet cleaning

23. 1. Shop local and bulk markets 2. Smart meal planning 3. Minimizing food waste 4. Strategic grocery shopping (Any three)

24. 1. Emotional and behavioural challenges 2. Conflicts with parents and others
3. Disruptions in mood 4. Increased participation in risk-taking activities

25. 1. Reduces time for doing work 2. Reduces body movements 3. More work can be done in given time. 4. The work output is more. 5. Reduces frustration (Any four)

26. Causes of Fatigue: 1. More physical activity 2. Mental tension
3. Mootonous work 4. Improper equipments 5. Body posture

OR

Types of budget: 1. Saving budget 2. Balanced budget 3. Deficit budget

27. Principles of Meal planning: 1. Nutritional requirements 2. Likes and dislikes 3. Income 4. Time and facilities 5. Variety in meal
6. Availability of food.

OR

Factors affecting meal planning: 1. Age 2. Gender 3. Income of the family
4. Occupation 5. Size of the family 6. Weather

SECTION – D

28. Selection of play material: 1. Age group 2. Colourful 3. Gender
4. Safe material 5. Educational 6. Easy to clean

OR

Factors affecting games: 1. Physical health 2. Age 3. Gender
4. Weather 5. Environment 6. Intelligence
7. Play material 8. Peer group

29. Factors affecting time planning: 1. Interest of the worker 2. Types of work
3. Speed of doing work 4. Fatigue 5. Available time
6. Use of devices 7. Types of family members 8. Help from family members

OR

Types of fatigue: 1. Physical fatigue 2. Mental fatigue

30. Qualities and duties of consumer: 1. Careful shopping 2. Knowledge of needs
3. Learn to deal with shopkeeper 4. Pay attention to measurements and weights.
5. Obtaining a bill or receipt 6. Buying right quality product
7. Buying at right price 8. Careful buying during sales

OR

Problems of consumers: 1. faulty weights and weighings 2. Adultration
3. Price difference 4. misleading advertising 5. False or incomplete information
6. Availability of duplicate goods in the market
7. Black marketing 8. Not receiving a bill or receipt