

MARKING SCHEME (2024-2025)**TIME-3 hours****CLASS X HOME SCIENCE****M.M-70**

S.No.	SECTION A (MULTIPLE CHOICE QUESTIONS)	MARKS
1.	(C) Misleading information	1
2.	(C) Egocentrism OR (B) Can control impulses	1 OR 1
3.	(B) Unsafe food	1
4.	(A) Colour, smell or feel	1
5.	(C) Social	1
6.	(A) Effect of chemical should be tested on a hidden corner of the fabric	1
7.	(A) Rickshaw puller OR (A) Computer operator	1 OR 1
8.	(A) Work surfaces, floors and walls should be absorbent	1
9.	(C) Not harmful to the environment	1
10.	(C) Saves energy	1
11.	(A) a-ii, b-iv, c-i, d-iii	1
12.	(C) a-iii, b-i, c-iv, d-ii	1
13.	(B) (ii) and (iii)	1
14.	(D) (ii) and (iv)	1
	SECTION B (CASE STUDY BASED QUESTIONS)	
15.	(B) Conscious effort of controlling the time spent on specific activities	1
16.	(A) (iii), (iv), (i), (ii)	1
17.	(C) A is true but R is false.	1
18.	(B) Both A and R are true but R is not the correct explanation of A.	1
	SECTION C (SHORT ANSWER QUESTION)	
19.	Four areas to be cleaned to maintain hygiene in kitchen- 1. Kitchen surface/slab 2. Gas stove 3. Kitchen sink/drain pipe 4. Kitchen wall and floor 5. Kitchen exhaust fan 6. Kitchen storage space/cupboards	$\frac{1}{2} \times 4 = 2$

	<p>Any other, Any four</p> <p style="text-align: center;">OR</p> <p>Four ways by which pests can be prevented from the kitchen-</p> <ol style="list-style-type: none"> 1.Spray pesticides periodically in the kitchen 2. Drains should have cockroach traps 3. Windows and doors of kitchen should be fitted with wire mesh 4. Dispose of garbage regularly and keep bins tightly covered 5. Seal cracks and gaps around doors, windows and pipes <p>Any other, Any four</p>	<p>OR</p> <p>$\frac{1}{2} \times 4 = 2$</p>
20.	<p>Two examples to show “Play influences social and emotional development”-</p> <p>Child learns to-</p> <ol style="list-style-type: none"> 1.share toy/s 2.play in group 3.wait for his/her turn 4.control emotions 5.cooperate with his/her friend/s <p>Any other, Any two</p>	<p>1X2=2</p>
21.	<p>Four precautions to be taken while storing woolen clothes –</p> <ol style="list-style-type: none"> 1.Before storing wash / dry clean it 2.Place should be dry, airtight and clean 3.Hung woolen coat on rust proof hangers 4.Newspaper of cupboard /almirah /storage space should be changed occasionally 5.Keep naphthalene balls /camphor/dried neem leaves <p>Any other, Any four</p> <p style="text-align: center;">OR</p> <p>Four possible reasons of holes in silk clothes-</p> <ol style="list-style-type: none"> 1.Not washed / drycleaned before storing 2.Folded immediately after being worn 3.Any insect repellent was not kept 4.Storage space/ cupboard/almirah was not dry and dirty 5.It was not protected from light <p>Any other, Any four</p>	<p>$\frac{1}{2} \times 4 = 2$</p> <p>OR</p> <p>$\frac{1}{2} \times 4 = 2$</p>

<p>27.</p>	<p>Breakfast menu- Puri, Potato curry and Curd Three food groups and one nutrient provided by them in this menu-</p> <table border="1" data-bbox="240 247 1036 709"> <thead> <tr> <th>Food Groups</th> <th>Nutrients</th> </tr> </thead> <tbody> <tr> <td>Cereals, grains and products</td> <td>Carbohydrates, Proteins, Vitamin B1, Vitamin B2, Folic Acid, Iron, Fiber</td> </tr> <tr> <td>Milk, Egg and Meat products</td> <td>Proteins, Calcium, Vitamin A</td> </tr> <tr> <td>Fruits and Vegetables</td> <td>Vitamins and Minerals</td> </tr> <tr> <td>Fats and Sugars</td> <td>Carbohydrates, Fats, Essential fatty acids</td> </tr> </tbody> </table> <p>Any three food groups with any one nutrient for each</p> <p style="text-align: center;">OR</p> <p>Three tips to use different food groups while planning balanced meals-</p> <ol style="list-style-type: none"> 1. Select one food from each of the food groups 2. Consider the principles of meal planning 3. Seasonal fruits and vegetables should be included 4. Choose whole grains instead of refined grains 5. Include small amounts of nuts and milk daily 6. Keep individual preferences in mind <p>Any other, Any three</p>	Food Groups	Nutrients	Cereals, grains and products	Carbohydrates, Proteins, Vitamin B1, Vitamin B2, Folic Acid, Iron, Fiber	Milk, Egg and Meat products	Proteins, Calcium, Vitamin A	Fruits and Vegetables	Vitamins and Minerals	Fats and Sugars	Carbohydrates, Fats, Essential fatty acids	<p>1.5+1.5=3</p> <p>½X3=1.5 (Food groups) ½X3=1.5 (Nutrients)</p> <p style="text-align: center;">OR</p> <p>1X3=3</p>
Food Groups	Nutrients											
Cereals, grains and products	Carbohydrates, Proteins, Vitamin B1, Vitamin B2, Folic Acid, Iron, Fiber											
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Fruits and Vegetables	Vitamins and Minerals											
Fats and Sugars	Carbohydrates, Fats, Essential fatty acids											
<p>28.</p>	<p>Six factors to be considered while making time plan-</p> <ol style="list-style-type: none"> 1. Dovetailing the activities 2. Consider fixed timing and flexible activities 3. Demands (Stage) of the family 4. Reasonable estimate of time for performing each activity 5. Follow proper sequence of activities 6. Use labour saving devices 7. Check schedule of other family members <p>Any other, Any six</p>	<p>½X6=3</p>										



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29.	<p>Standard mark to ensure good product- FSSAI</p> <p>Four functions of FSSAI-</p> <ol style="list-style-type: none"> 1.Specifies standards and guidelines for food articles 2.Issues license to food service operators 3.Registers small vendors/hawkers 4.Gives guidelines to other bodies for certification 5.Specifies food labelling 6.Provides training to food operators <p>Any other, Any four</p> <p style="text-align: center;">OR</p> <p>Six ways vendor must have cheated related to faulty measures-</p> <ol style="list-style-type: none"> 1.Use of hollow bottom 2.Keeping magnet under pan 3.Pointers of weighing balance are missing 4.Using irregular weights 5.Iron rings are hung on one side of weighing machine 6.Weighing balance don't remain horizontal <p>Any other, Any six</p>	<p>1+2=3 1</p> <p>$\frac{1}{2} \times 4 = 2$</p> <p>OR $\frac{1}{2} \times 6 = 3$</p>
SECTION D (LONG ANSWER QUESTIONS)		
30.	<p>(a) Four hygienic practices to be followed during storage of food in the refrigerator –</p> <ol style="list-style-type: none"> 1.Perishable foods should be stored in refrigerator within 2 hours of purchase 2.Refrigerator should be set at right temperature (1°C to 4 °C) and its door should be closed 3.All foods should be covered with tight fitting lids to prevent cross-contamination 4.Once a food can is opened, its content should be transferred to a glass jar to prevent any reaction 5.Raw and cooked food should be stored separately 6.First in first out (FIFO) should be followed <p>Any other, Any four</p> <p>(b) Four features of kitchen dustbin-</p> <p>Dustbin should be:</p> <ol style="list-style-type: none"> 1.lined with either newspaper or biodegradable polybags 	<p>2+2=4 $\frac{1}{2} \times 4 = 2$</p> <p>$\frac{1}{2} \times 4 = 2$</p>

	<p>2.covered 3.emptied daily 4.dry 5.not overflowing 6.of different colour to segregate the waste. Any other, Any four</p>	
31.	<p>Two examples for each to show climate and occasion affect meal planning- 1.Climate- For Example- i) In warm weather light, cool refreshing meals are preferred ii) In cold weather hot, spicy and energy giving food are preferred 2.Occasion- Specific dishes are prepared on special occasions. For Example- i) Gujyas are prepared on Holi ii) Ghewar is associated with Teej Any other, Any two examples for each</p>	<p>2+2=4 1X2=2 1X2=2</p>
32.	<p>(a) Four possible reasons - 1.Working in wrong posture 2.Long duration of physical work 3.Uncomfortable working conditions 4.Monotonous and boring work 5.Lack of appreciation Any other, Any four (b) Four suggestions to overcome this problem- 1.Avoid doing unnecessary work 2.Improve the sequence of doing work 3.Dovetailing the activities 4.Improve Posture 5.Use correct height and width of work surface 6.Conducive workplace 7. Use readymade products Any other, Any four</p>	<p>2+2=4 ½X4=2 ½X4=2</p>
	OR	OR

	<table border="1"> <tr> <td>HIPS</td> <td>Rounded and curvy hips</td> <td>Lean hips</td> </tr> <tr> <td>BREAST/MUSCLES</td> <td>Development of breasts</td> <td>Development of muscles</td> </tr> <tr> <td>REPRODUCTIVE ORGANS</td> <td>Growth of female sex organs and menarche</td> <td>Growth of male sex organs and spermarche</td> </tr> </table> <p>Any other, Any two different physical features</p>	HIPS	Rounded and curvy hips	Lean hips	BREAST/MUSCLES	Development of breasts	Development of muscles	REPRODUCTIVE ORGANS	Growth of female sex organs and menarche	Growth of male sex organs and spermarche		
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REPRODUCTIVE ORGANS	Growth of female sex organs and menarche	Growth of male sex organs and spermarche										
34.	<p>(a)Four ways to incorporate variety in the meals- By using different:</p> <ol style="list-style-type: none"> 1.methods of cooking 2.spices and condiments 3.food groups 4.colour of food 5.texture of food <p>Any other, Any four</p> <p>(b)Three points to be considered while planning menu for adolescents- It should:</p> <ol style="list-style-type: none"> 1.include all food groups 2.be rich in calories, protein, iron and calcium 3.be easy to eat 4.have variety 5.give feeling of fullness(satiety) <p>Any other, Any three</p>	<p>2+3=5 ½X4=2</p> <p>1X3=3</p>										
35.	<p>(a)Adulterant- Metanil Yellow</p> <p>(b)Two health hazards of consuming metanil yellow-</p> <ol style="list-style-type: none"> 1.Cancer 2.Anemia 3.Mental Retardation 4.Abnormalities in skin, eyes, lung and bones <p>Any other, Any two</p>	<p>1+2+2=5 1</p> <p>1X2=2</p>										



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	<p>(c) Four precautions to be adopted by the consumer to safeguard themselves from buying adulterated foods-</p> <ol style="list-style-type: none"> 1. Buy products of reputed brand 2. Buy from reputed shop 3. Check for standardized mark 4. Buy only packed and sealed food 5. Read the label carefully <p>Any other, Any four</p> <p style="text-align: center;">OR</p> <p>(a) Adulterant- Argemone oil</p> <p>(b) Two health hazards of consuming this oil-</p> <ol style="list-style-type: none"> 1. Lathyrism/Paralysis 2. Dropsy 3. Pain in lower limbs 4. Stiffening of knee and ankle joints 5. Pain of knee and ankle joints 6. Oedema/Swelling <p>Any other, Any two</p> <p>(c) Four measures to be adopted while buying good quality cooking oil-</p> <ol style="list-style-type: none"> 1. Buy oil of reputed brand 2. Buy oil from reputed shop 3. Check for standardized mark on oil 4. Buy only packed and sealed bottle / packet of oil 5. Read the label carefully on the bottle / packet of oil <p>Any other, Any four</p>	<p>$\frac{1}{2} \times 4 = 2$</p> <p style="text-align: center;">OR</p> <p>$1 + 2 + 2 = 5$ 1</p> <p>$1 \times 2 = 2$</p> <p>$\frac{1}{2} \times 4 = 2$</p>	
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