MARKING SCHEME (2024-2025)

	141AMM146 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	1
	OR	OR
	(B)Can control impulses	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	1
	OR	OR
	(A) Computer operator	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-	½X4=2
	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	



	Any other, Any four	OR
	OR	½X4=2
	Four ways by which pests can be prevented from the kitchen-	
	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	
	Any other, Any four	
20.	Two examples to show "Play influences social and emotional	1X2=2
	development"-	
	Child learns to-	
	1.share toy/s	
	2.play in group	
	3.wait for his/her turn	
	4.control emotions	
	5.cooperate with his/her friend/s	
	Any other, Any two	
21.	Four precautions to be taken while storing woolen clothes –	½X4=2
	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	
	Any other, Any four	
	OR	OR
	Four possible reasons of holes in silk clothes-	½X4=2
	1.Not washed / drycleaned before storing	
	2.Folded immediately after being worn	
	3.Any insect repellant was not kept	
	4.Storage space/ cupboard/almirah was not dry and dirty	
	5.It was not protected from light	
	Any other, Any four	



22.	Two characteristics of Balanced Diet-	1X2=2
	1.It contains all food groups.	
	2.It fulfils the need of various nutrients of an individual.	
	3.It has a provision for extra nutrients which can be reserved to withstand	
	short periods of low dietary intake.	
	Any other, Any two	
23.	Four major problems faced by consumers regarding quality of products-	½X4=2
	1.Adulteration of food to earn profit	
	2.Inferior fabric are sold as pure fabric	
	3.Selling expired or duplicate medicines	
	4.Fabric shrinks	
	5.Colour of fabric bleeds	
	Any other, Any four	
24.	Role of stiffening agents in finishing of clothes-	1X2=2
	1.Give crispness/smoothness	1
	2. Add shine	
	3. Clothes do not get dirty easily	
	4.Increase the life	
	Any one	
	One stiffening agent suitable for cotton clothes -	1
	Starch/ Rice water/Readymade starch	
	Any other, Any one stiffening agent	
25.	Two examples to show meal planning helps to save time and energy-	1X2=2
	1.By doing pre-preparations	
	2.Dovetailing cooking activities	
	3.Buying required ingredients together	
	4.Collecting required ingredients near the gas	
	Any other, Any two	
26.	Three motor abilities of 6-year-old child-	1X3=3
	1.Runs with speed/Skips	
	2.Rides bicycle with training wheels	
	3. Pours liquid in containers	
	4.Ties lace	
	5.Dances / Swims	
	Any other, Any three	



	Breakfast menu- Puri, Pota	•	1.5+1.5=3
	Three food groups and on	e nutrient provided by them in this menu-	
			½X3=1.5
	Food Groups	Nutrients	(Food groups)
	Cereals, grains and	Carbohydrates,	½X3=1.5
	products	Proteins, Vitamin B1,	(Nutrients
		Vitamin B2, Folic Acid,	
		Iron, Fiber	
	Milk, Egg and Meat	Proteins, Calcium,	
	products	Vitamin A	
	Fruits and Vegetables	Vitamins and Minerals	
	Fats and Sugars	Carbohydrates, Fats,	
		Essential fatty acids	
A	Any three food groups wit	th any one nutrient for each	
		OR	OR
Т Т	Three tips to use different	t food groups while planning balanced meals-	1X3=3
1	L.Select one food from eac	ch of the food groups	
	L.Select one food from eac 2.Consider the principles o		
2	2.Consider the principles o		
3	2.Consider the principles o	of meal planning tables should be included	
3	2.Consider the principles of 3.Seasonal fruits and veget	of meal planning tables should be included tead of refined grains	
2 3 4 5	2.Consider the principles of 3.Seasonal fruits and veget 4.Choose whole grains inst	of meal planning tables should be included tead of refined grains f nuts and milk daily	
2 3 4 5	2.Consider the principles of 3.Seasonal fruits and veget 4.Choose whole grains inst 5.Include small amounts of 5.Keep individual preferen	of meal planning tables should be included tead of refined grains f nuts and milk daily	
2 3 4 5 6	2.Consider the principles of 3.Seasonal fruits and veget 4.Choose whole grains instance of 5.Include small amounts of 5.Keep individual preferent any other, Any three	of meal planning tables should be included tead of refined grains f nuts and milk daily ices in mind	%X6=3
2 3 4 5 6 4 28. S	2.Consider the principles of 3.Seasonal fruits and veget 4.Choose whole grains instantial 5.Include small amounts of 5.Keep individual preferentary other, Any three bix factors to be considered	of meal planning tables should be included tead of refined grains f nuts and milk daily aces in mind	½X6=3
23 4 5 6 4 28. S	2.Consider the principles of B.Seasonal fruits and veget B.Choose whole grains instantiated amounts of B.Keep individual preferent Six factors to be considered. Dovetailing the activities	of meal planning tables should be included tead of refined grains f nuts and milk daily aces in mind	½X6=3
23 34 5 6 4 28. S	2.Consider the principles of S.Seasonal fruits and veget A.Choose whole grains instantion of S.Include small amounts of S.Keep individual preferent of S.Ke	of meal planning tables should be included tead of refined grains f nuts and milk daily aces in mind ed while making time plan- d flexible activities	½X6=3
23 34 55 66 A 28. S	2.Consider the principles of 3.Seasonal fruits and veget 4.Choose whole grains instantial amounts of 5.Include small amounts of 5.Keep individual preferent factors to be considered activities 2.Consider fixed timing and 3.Demands (Stage) of the factors to be considered activities because of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing times the factors to be considered timing times the factors to be considered timing times the factors to be considered times the considered times the factors to be considered times the considered times times the considered times times the considered times times the considered times	of meal planning tables should be included tead of refined grains f nuts and milk daily nees in mind ed while making time plan- d flexible activities family	½X6=3
23 4 5 6 A 28. S	2.Consider the principles of 3.Seasonal fruits and veget 4.Choose whole grains instantial amounts of 5.Include small amounts of 5.Keep individual preferent factors to be considered activities 2.Consider fixed timing and 3.Demands (Stage) of the factors to be considered activities because of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing and 3.Demands (Stage) of the factors to be considered timing times the factors to be considered timing times the factors to be considered timing times the factors to be considered times the considered times the factors to be considered times the considered times times the considered times times the considered times times the considered times	of meal planning tables should be included tead of refined grains f nuts and milk daily aces in mind ed while making time plan- of d flexible activities family time for performing each activity	½X6=3
28. S 28. S	2.Consider the principles of 3.Seasonal fruits and veget 4.Choose whole grains instantion of 5.Include small amounts of 5.Keep individual preferent factors to be considered and 5.Dovetailing the activities 2.Consider fixed timing and 3.Demands (Stage) of the factors to be considered for 5.Follow proper sequence 5.Use labour saving devices	of meal planning tables should be included tead of refined grains f nuts and milk daily aces in mind ed while making time plan- d flexible activities family time for performing each activity of activities	½X6=3
28. S 28. S	2.Consider the principles of 3.Seasonal fruits and veget 4.Choose whole grains instantion of 5.Include small amounts of 5.Keep individual preference of the factors to be considered and the factors of t	of meal planning tables should be included tead of refined grains f nuts and milk daily aces in mind ed while making time plan- d flexible activities family time for performing each activity of activities	½X6=3
28. S 6 7	2.Consider the principles of 3.Seasonal fruits and veget 4.Choose whole grains instantion of 5.Include small amounts of 5.Keep individual preferent factors to be considered and 5.Dovetailing the activities 2.Consider fixed timing and 3.Demands (Stage) of the factors to be considered for 5.Follow proper sequence 5.Use labour saving devices	of meal planning tables should be included tead of refined grains f nuts and milk daily aces in mind ed while making time plan- d flexible activities family time for performing each activity of activities	½X6=3
28. S 6 7	2.Consider the principles of 3.Seasonal fruits and veget 4.Choose whole grains instantion of 5.Include small amounts of 5.Keep individual preference of the factors to be considered and the factors to be considered and factors to be considered factors to be considered and factors to be considered factors to be considered and factors to be considered factors to be considered factors to be considered factors and factors to be considered factors to be conside	of meal planning tables should be included tead of refined grains f nuts and milk daily aces in mind ed while making time plan- d flexible activities family time for performing each activity of activities	½X6=3
28. S 6 7	2.Consider the principles of 3.Seasonal fruits and veget 4.Choose whole grains instantion of 5.Include small amounts of 5.Keep individual preference of the factors to be considered and the factors to be considered and factors to be considered factors to be considered and factors to be considered factors to be considered and factors to be considered factors to be considered factors to be considered factors and factors to be considered factors to be conside	of meal planning tables should be included tead of refined grains f nuts and milk daily aces in mind ed while making time plan- d flexible activities family time for performing each activity of activities	½X6=3





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29.	Standard mark to ensure good product-	1+2=3
	FSSAI	1
	Four functions of FSSAI-	½X4=2
	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	
	Any other, Any four	
	OR	OR
	Six ways vendor must have cheated related to faulty measures-	½X6=3
	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	
	Any other, Any six	
	SECTION D (LONG ANSWER QUESTIONS)	
30.	(a) Four hygienic practices to be followed during storage of food in the	2+2=4
	refrigerator –	½X4=2
	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	
	Any other, Any four	
	(b) Four features of kitchen dustbin-	½X4=2
	Dustbin should be:	
	1.lined with either newspaper or biodegradable polybags	



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



	1				1	
		(a) Type of fatigue-				2+2=4
		Psychological / Boredom / Fr	rustration fatigu	e		1
		One reason for this type of t	fatique.			1
		1. Monotonous and boring w	_			_
		2.Lack of goal and motivation				
		3. Uncomfortable working plants				
		4.Lack of appreciation	acc			
		made of appreciation				
		Any other, Any one reason				
		(b)Four ways of reducing thi	is fatigue-			1/3/4 2
		1. Make the work more inter	esting			½X4=2
		2.Have proper work place				
		3.Use proper equipment				
		4.Use labour saving devices				
		5. Work in proper posture/se	quence			
		Any other, Any four				
	33.	(a) Two cognitive features o	bserved in adol	escents-		2+2=4
		1.Abstract thinking				1X2=2
		2.Propositional thought/Logi	ical thinking			
		3. Hypothetical deductive rea	soning			
		4.Systematic thinking				
		A continue A continue				
		Any other, Any two	rant physical fa	aturas absarvas	l in	1X2=2
		(b) Comparison of two diffe adolescent boy and girl-	rent physical lea	atures observed) III	1/2-2
		PHYSICAL FEATURES	GIRLS	BOYS		
		HAIR GROWTH	Growth of	Growth of		
			hair on	hair on face		
			underarms	underarms,		
			and pubic	body/chest		
			area	and pubic		
				area		
		VOICE	Voice	Voice cracks		
			become shrill			
				harsh		



BREAST/MUSCLES	curvy hips			
BREAST/MUSCLES	 			
DIVEASITIVIOSCEES	Development	Development		
	of breasts	of muscles		
REPRODUCTIVE ORGANS	Growth of	Growth of		
	female sex	male sex		
	organs and	organs and		
	menarche	spermarche		
Any other, Any two different	t physical featu	res		
(a)Four ways to incorporate	variety in the m	neals-		2+3=5
By using different:				½X4=2
1.methods of cooking				
2.spices and condiments				
3.food groups				
4.colour of food				
5.texture of food				
Any other, Any four				
3.be easy to eat 4.have variety		n		
Any other, Any three				
(a)Adulterant- Metanil Yellow				1+2+2=5
Wictain Fellow				_
(b)Two health hazards of cor	nsuming metan	il yellow-		1X2=2
1.Cancer				
2.Anemia				
3.Mental Retardation				
4.Abnormalities in skin, eyes,	lung and bones	S		
	Any other, Any two different (a)Four ways to incorporate and using different: 1.methods of cooking 2.spices and condiments 3.food groups 4.colour of food 5.texture of food Any other, Any four (b)Three points to be considered and the second and the secon	REPRODUCTIVE ORGANS Growth of female sex organs and menarche Any other, Any two different physical featu (a) Four ways to incorporate variety in the management of the manage	REPRODUCTIVE ORGANS Growth of female sex organs and organs and spermarche Any other, Any two different physical features (a)Four ways to incorporate variety in the meals-By using different: 1.methods of cooking 2.spices and condiments 3.food groups 4.colour of food 5.texture of food Any other, Any four (b)Three points to be considered while planning menu for all should: 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) Any other, Any three (a)Adulterant-Metanil Yellow (b)Two health hazards of consuming metanil yellow- 1.Cancer 2.Anemia	REPRODUCTIVE ORGANS Growth of female sex organs and menarche spermarche Any other, Any two different physical features (a)Four ways to incorporate variety in the meals- By using different: 1.methods of cooking 2.spices and condiments 3.food groups 4.colour of food 5.texture of food Any other, Any four (b)Three points to be considered while planning menu for adolescents- It should: 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) Any other, Any three (a)Adulterant- Metanil Yellow (b)Two health hazards of consuming metanil yellow- 1.Cancer 2.Anemia 3.Mental Retardation





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(c) Four precautions to be adopted by the consumer to safeguard themselves from buying adulterated foods-	½X4
1.Buy products of reputed brand	/2A4
2.Buy from reputed shop	
3.Check for standardized mark	
4.Buy only packed and sealed food	
5.Read the label carefully	
Any other, Any four	
OR	
(a) Adulterant-	O
Argemone oil	1+2+
	1
(b)Two health hazards of consuming this oil-	
1.Lathyrism/Paralysis	1X2
2.Dropsy	
3.Pain in lower limbs	
4.Stiffening of knee and ankle joints	
5. Pain of knee and ankle joints	
6.Oedema/Swelling	
Any other, Any two	
(c) Four measures to be adopted while buying good quality cooking	oil-
1.Buy oil of reputed brand	½X4
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	
Any other, Any four	

