CBSE Class 10 Home Science 2026-27

Sample Paper with Solutions

Conducted by the Central Board of Secondary Education (CBSE)

Time Allowed: 3 hours **Maximum Marks: 70**

General Instructions

(i) All questions are compulsory.

(ii) There are **32 questions** in this paper.

(iii) Question paper is divided into **three sections - A, B and C**.

(iv) **Section A** has question no. **1 to 14** multiple choice questions and are of **1 mark** each.

(v) **Section B** has question no. **15 to 21** of **2 marks** each and question no. **22 to 25** of **3 marks** each.

(vi) **Section C** has question no. **26 to 30** of **4 marks** each and question no. **31 and 32** of **5 marks** each.

(vii) Internal choices are given in some questions.

(viii) Support your answers with suitable examples wherever required.

Section A (14 marks)

Multiple Choice Questions.

1. A school canteen menu includes grilled sandwich with milkshake. Which food group is missing in this meal? [1 mark]

(A) Cereals, grains and products

(B) Pulses and legumes

(C) Fruits and Vegetables

(D) Fats and Sugar

Correct Answer: (B) Pulses and legumes

Solution:

Step 1: Recall the food groups A balanced meal uses foods from five groups.
These are cereals, grains and products; pulses and legumes; milk and milk products (with flesh foods); fruits and vegetables; and fats and sugar.
To find the missing group, we list what the menu gives and tick the groups one by one.

Step 2: List what the menu supplies A grilled sandwich is made of bread, and bread is a cereal product.
The usual filling has vegetables like tomato, onion and cucumber, plus butter or cheese.
A milkshake is made of milk with sugar added, so it adds a milk product and sugar.

Step 3: Compare with the five groups Cereals: present (bread).
Milk products: present (milkshake, cheese).
Fruits and vegetables: present (sandwich filling).
Fats and sugar: present (butter, cheese, sugar in the shake).
Nothing in the menu gives dal, beans, chickpeas, rajma or sprouts. So pulses and legumes are the missing group.

Step 4: Why the other options are wrong (A) is wrong because the bread already gives cereals.
(C) is wrong because the vegetable filling gives this group.
(D) is wrong because butter, cheese and the sugar in the milkshake supply fats and sugar.

Step 5: Conclusion The menu has no pulses or legumes, so option (B) is the answer.

Quick Tip to Solve: Name the five food groups and tick off which ones the bread, filling and milkshake supply.

2. Which of the following toy is appropriate for the one-year-old child? [1 mark]

(A) Wind chimes

(B) Teether

(C) Push and pull toys

(D) Colourful mobiles

Correct Answer: (C) Push and pull toys

Solution:

Step 1: Think about a one-year-old child At about one year a child starts pulling up to stand and takes first steps with support.

The child wants to move, hold things and explore. Toys should match this stage and be safe.

Step 2: Pick the toy that suits this stage Push and pull toys, like a toy cart or a walker with wheels, give the child something to hold while walking.
They help the large muscles of the legs and the sense of balance grow. They also make the child want to walk more.

Step 3: Why the other options are wrong (A) Wind chimes are hung up and only give sound. They are for young babies who listen and look.
(B) A teether is for the early months when teeth start to come out and the baby chews to soothe the gums.
(D) Colourful mobiles hang over a cot for newborns and young infants to look at. They do not suit a child who is on the move.

Step 4: Conclusion A one-year-old who is learning to walk needs push and pull toys, so the answer is option (C).

Quick Tip to Solve: Think about the main new skill of a one-year-old, and pick the toy that helps it.

3. How can you reduce physiological fatigue? [1 mark]

(A) Use labour saving devices

(B) Change the routine

(C) Listen to motivational speech

(D) Set small targets

Correct Answer: (A) Use labour saving devices

Solution:

Concept:

- Physiological fatigue is tiredness of the body. It comes from using the muscles for long and from heavy physical effort.
- Psychological fatigue is different. It is tiredness of the mind from boredom or lack of interest.

Step 1: Find the remedy that cuts body effort Labour saving devices, such as a mixer grinder, a pressure cooker or a washing machine, do the hard work for us.
They lower the muscle effort and time needed, so the body gets less tired.

Step 2: Why the other options are wrong (B) Changing the routine removes boredom, so it helps mental or psychological fatigue.
(C) A motivational speech lifts interest and mood, which again deals with the mind.
(D) Small targets keep a person encouraged, so they also act on the mental side of tiredness.

Step 3: Conclusion Only labour saving devices cut the physical effort of work, so the answer is option (A).

Quick Tip to Solve: Physiological means of the body. Pick the choice that reduces physical effort.

4. Which of the following is a characteristic of language development in an 8-year-old child? [1 mark]

(A) Enjoy tongue twister

(B) Use slangs

(C) Aware of phonetics

(D) Use abstract words

Correct Answer: (A) Enjoy tongue twister

Solution:

Step 1: Place the child in the right stage An 8-year-old is in middle childhood (about 6 to 12 years). At this age a child has a good vocabulary and plays with words. Language is used for fun as well as for talk.

Step 2: Pick the matching feature Children of this age enjoy tongue twisters, riddles, rhymes, jokes and word games.
These games let them play with sounds and speed, and they love to show off their skill. So (A) is correct.

Step 3: Why the other options are wrong (B) Using slang is a feature of adolescence, when the peer group shapes how a young person talks.
(C) Awareness of phonetics, the study of speech sounds, is not a feature of this age. Sound learning starts in the early years and the child does not study it as a subject now.
(D) Using abstract words, such as justice or freedom, grows mainly in adolescence, when thinking becomes more abstract.

Step 4: Conclusion Enjoying tongue twisters is typical of an 8-year-old, so the answer is option (A).

Quick Tip to Solve: Think of what children of 6 to 12 years love to do with words.

5. Which of the following actions will help to simplify the work? [1 mark]

(A) Shell peas after roasting brinjals

(B) Do all tasks at the last minute

(C) Split heavy luggage into smaller bags

(D) Use decorative storage boxes for keeping things

Correct Answer: (C) Split heavy luggage into smaller bags

Solution:

Step 1: Know what work simplification means Work simplification means doing a job with less effort, less time and less tiredness, without lowering the quality of the work.

Step 2: Apply it to option (C) Heavy luggage is hard to lift and carry. When it is split into smaller bags, each bag is light.
The person uses less effort and risks less strain on the back and arms. So the work becomes simpler.

Step 3: Why the other options are wrong (A) Doing the shelling only after the roasting is over does not save any time or effort. The two jobs are not planned to fit together.
(B) Leaving all tasks for the last minute causes rush, tension and tiredness, which is the opposite of simplifying.
(D) Decorative boxes make a room look good but they do not lessen the effort of the work.

Step 4: Conclusion Splitting heavy luggage into smaller bags lowers effort, so the answer is option

(C).

Quick Tip to Solve: Work simplification means less effort and less time. Which choice does that?

6. What is the best way to store opened canned fruits in a refrigerator? [1 mark]

(A) Keep in open can

(B) Transfer to glass jar

(C) Cover the can with foil

(D) Store in a sealed plastic container

Correct Answer: (B) Transfer to glass jar

Solution:

Step 1: Think about what happens after a can is opened A sealed can keeps fruit safe. Once opened, air, germs and the metal of the can start to affect the fruit.
Canned fruit is acidic, and acid can react with the metal of an opened can. This gives a metallic taste and spoils the fruit faster.

Step 2: Choose the best container Glass does not react with acid, does not soak up smell or colour, and is easy to wash. A glass jar with a lid keeps air out.
So the fruit should be moved to a glass jar and kept in the refrigerator.

Step 3: Why the other options are wrong (A) An open can lets in air and germs, and the metal can react with the fruit.
(C) Foil over the can does not seal it well, and the can itself still touches the fruit.
(D) A plastic container can take up the colour and smell of the fruit, so glass is the better choice.

Step 4: Conclusion The best way is to move the fruit to a glass jar, which is option (B).

Quick Tip to Solve: Acid in fruit reacts with metal. Which container does not react and can be closed tightly?

7. Which of the following statement is correct? [1 mark]

(A) Prefer consuming full-cream milk and curd

(B) Take a large amount of fats and sugar

(C) Choose whole grains instead of refined grains

(D) Include a large amount of nuts in daily meals

Correct Answer: (C) Choose whole grains instead of refined grains

Solution:

Step 1: Recall the rules of healthy eating A healthy diet is balanced and moderate. It has enough fibre, vitamins and minerals, and only small amounts of fat and sugar.

Step 2: Check statement (C) Whole grains keep the bran and germ of the grain. They give more fibre, B vitamins and minerals than refined grains such as maida.
Fibre helps digestion and keeps us full for longer. So (C) is CORRECT.

Step 3: Check statement (A) Full-cream milk and curd have a lot of fat. Toned or skimmed milk is usually preferred in a daily diet. So (A) is FALSE.

Step 4: Check statements (B) and (D) (B) A large amount of fats and sugar adds extra calories and can lead to obesity and diabetes. So (B) is FALSE.
(D) Nuts are healthy but rich in fat and energy. They are taken in small amounts, not in large amounts. So (D) is FALSE.

Step 5: Conclusion Choosing whole grains over refined grains is the correct statement, which is option (C).

Quick Tip to Solve: Healthy eating means moderation and more fibre. Which statement fits?

8. Which stiffening agent will you apply on silk garments? [1 mark]

(A) Gum

(B) Starch

(C) Blue

(D) Resin

Correct Answer: (A) Gum

Solution:

Step 1: Know why stiffening agents are used A stiffening agent is applied after washing to give a fabric body, a crisp feel and some soil resistance.
The agent must suit the fibre. A heavy agent can harm a delicate fabric like silk.

Step 2: Pick the agent for silk Gum, such as gum arabic, is dissolved in water and gives silk a light stiffness. It does not leave white flakes or spoil the soft shine of silk.
So gum is the right stiffening agent for silk.

Step 3: Why the other options are wrong (B) Starch is meant for cotton and linen. It is heavy for silk and can leave flakes and spots.
(C) Blue is a whitening agent. It makes white clothes look brighter and does not stiffen a fabric.
(D) Resin is a synthetic finish that is usually applied in the factory. It is not used at home on silk.

Step 4: Conclusion Gum is the suitable stiffening agent for silk, which is option (A).

Quick Tip to Solve: Silk is delicate. Which stiffening agent is mild enough for it?

9. Which of the following reagent you would use to remove a tea stain from your shirt? [1 mark]

(A) Baking soda

(B) Methylated spirit

(C) Vinegar

(D) Kerosene oil

Correct Answer: (A) Baking soda

Solution:

Step 1: Identify the kind of stain Tea comes from a plant, so a tea stain is a vegetable stain. It is acidic in nature and holds tannin, which sticks to the fibre.
A good rule is to use an alkaline reagent on an acidic stain.

Step 2: Choose the reagent Baking soda is a mild alkali. Its paste or solution loosens the tea stain

without harming the shirt fibre.
So baking soda is the right reagent.

Step 3: Why the other options are wrong (B) Methylated spirit is a solvent used for stains like ink and paint. It is not the usual choice for tea.
(C) Vinegar is an acid, so it suits alkaline stains. It does not suit an acidic tea stain.
(D) Kerosene oil is used for grease and oil stains, not for vegetable stains.

Step 4: Conclusion Baking soda is used for a tea stain, which is option (A).

Quick Tip to Solve: Tea is a vegetable stain and is acidic. Use an alkali.

10. What hygiene practice should be followed while serving hot soup in bowl? [1 mark]

(A) Hold bowl from the top rim

(B) Hold bowl from the bottom

(C) Hold bowl by the edge

(D) Hold bowl by the side

Correct Answer: (C) Hold bowl by the edge

Solution:

Step 1: Know the hygiene rule for serving While serving food, hands must not touch the part of the dish where food sits or where the mouth will touch.
A hot bowl must also be held in a way that is safe and gives a firm grip.

Step 2: Pick the safe way Holding the bowl by its outer edge keeps the fingers away from the food and from the rim. It also gives a good hold on a hot bowl.
So (C) is correct.

Step 3: Why the other options are wrong (A) The top rim is the place where the lips touch. Fingers there spread germs.
(B) Holding from the bottom gives a weak grip on a hot, wet bowl, so soup can spill.
(D) Holding by the side is less steady and the fingers can slip towards the soup.

Step 4: Conclusion A hot soup bowl is held by the edge, which is option (C).

Quick Tip to Solve: Keep your fingers away from the part of the bowl that touches the mouth or the soup.

11. Which adulterant is commonly found in jaggery? [1 mark]

(A) Argemone paste

(B) Metanil yellow

(C) Kesari dal

(D) Papaya seeds

Correct Answer: (B) Metanil yellow

Solution:

Step 1: Know what adulteration is Adulteration means adding a cheap or harmful substance to a food, or taking out a good part of it. It lowers quality and can harm health.

Step 2: Find the adulterant of jaggery Jaggery should have a natural golden brown colour. To make it look bright yellow and attractive, sellers add a harmful dye called metanil yellow.
So the common adulterant in jaggery is metanil yellow.

Step 3: Why the other options are wrong (A) Argemone paste (seeds) is mixed in mustard oil.
(C) Kesari dal is mixed with other pulses, and with besan.
(D) Papaya seeds are mixed with black pepper.

Step 4: Conclusion Metanil yellow is the usual adulterant in jaggery, which is option (B).

Quick Tip to Solve: Think of which item gives a false bright yellow colour to jaggery.

12. Match the List I with List II.

LIST I (Stain)	LIST II (Category of stains)
1. Milk	I. Vegetable
2. Rust	II. Grease
3. Ghee	III. Animal
4. Tea	IV. Mineral

Choose the correct option from the following- [1 mark]

(A) 1-II, 2-I, 3-IV, 4-III

(B) 1-I, 2-II, 3-III, 4-IV

(C) 1-IV, 2-III, 3-I, 4-II

(D) 1-III, 2-IV, 3-II, 4-I

Correct Answer: (D) 1-III, 2-IV, 3-II, 4-I

Solution:

Step 1: Recall the categories of stains Stains are grouped by where they come from. Animal stains come from animal products. Vegetable stains come from plants. Mineral stains come from metals and rust. Grease stains come from oil and fat.

Step 2: Match each stain 1. Milk comes from an animal, so it is an animal stain (III).
2. Rust is made from iron, a metal, so it is a mineral stain (IV).
3. Ghee is a fat, so it is a grease stain (II).
4. Tea comes from a plant, so it is a vegetable stain (I).

Step 3: Write the pairs together The pairs are 1-III, 2-IV, 3-II, 4-I. This is the same as option (D).

Step 4: Why the other options are wrong (A) pairs Milk with Grease and Tea with Animal, which is wrong.
(B) pairs Milk with Vegetable and Rust with Grease, which is wrong.
(C) pairs Milk with Mineral and Rust with Animal, which is wrong.

Step 5: Conclusion The correct match is 1-III, 2-IV, 3-II, 4-I, which is option (D).

Quick Tip to Solve: Rust is a mineral stain. Match that first, then fit the rest.

13. Given below are two statements labeled as Assertion (A) and Reason (R)-
Assertion (A): Adolescents like to spend more time with friends than with their families.
Reason (R): They share a love hate relationship with friends.
Select the most appropriate answer from the options given below: [1 mark]

(A) Both A and R are true, and R is the correct explanation of A.

(B) Both A and R are true, but R is not the correct explanation of A.

(C) A is true, but R is false.

(D) A is false, but R is true.

Correct Answer: (C) A is true, but R is false.

Solution:

Step 1: Check the Assertion (A) In adolescence, young people want to be independent. The peer group becomes very important to them.
They enjoy being with friends who understand them, so they spend more time with friends than with family. So A is TRUE.

Step 2: Check the Reason (R) The love hate relationship belongs to the bond of adolescents with their parents and family. They want freedom and yet still need the support of the family.
With friends the bond is of closeness, acceptance and trust, not of love and hate. So R is FALSE.

Step 3: Choose the option A is true and R is false. This matches option (C).

Step 4: Why the other options are wrong (A) and (B) need R to be true, but R is false. (D) says A is false, but A is true.

Step 5: Conclusion A is true but R is false, so the answer is option (C).

Quick Tip to Solve: Check A and R separately. Who do adolescents have a love hate relationship with?

14. Given below are two statements labeled as Assertion (A) and Reason (R)-
Assertion (A): The demands of family members are an important factor that affects time management.
Reason (R): It depends on the composition and the stage of the family.
Select the most appropriate answer from the options given below: [1 mark]

(A) Both A and R are true, and R is the correct explanation of A.

(B) Both A and R are true, but R is not the correct explanation of A.

(C) A is true, but R is false.

(D) A is false, but R is true.

Correct Answer: (A) Both A and R are true, and R is the correct explanation of A.

Solution:

Step 1: Check the Assertion (A) Time management means planning the use of time for different tasks. Family members need meals, care, help with studies and more.
These demands take up the time of the homemaker, so they affect how time is planned. A is TRUE.

Step 2: Check the Reason (R) The size of the family (nuclear or joint) and its stage decide how big the demands are.
A young family with a baby needs more care time. A family with school children needs time for studies and school routine. So R is TRUE.

Step 3: Does R explain A? Yes. R tells us why the demands of the family differ from one family to another, and that is why they affect time management. So R is the correct explanation of A.

Step 4: Why the other options are wrong (B) says R does not explain A, which is wrong. (C) says R is false, and (D) says A is false. Both are wrong.

Step 5: Conclusion Both A and R are true and R explains A, so the answer is option (A).

Quick Tip to Solve: Think how a home with a baby and a home with teenagers use time differently.

Section B (26 marks)

Very Short and Short Answer Questions.

15. What is gross motor development? Give an example. [2 marks]

Solution:

Step 1: Define gross motor development Motor development means growth of the control of body movements. When the child gains control of the big or large muscles, it is called gross motor development.
Large muscles are the muscles of the arms, legs, back and trunk.

Step 2: State what these muscles help the child do They help the child do big movements like rolling over, sitting, crawling, standing, walking and running.
This development goes from the head downwards and from the centre of the body outwards.

Step 3: Give an example Walking is a clear example. The child uses the large muscles of the legs and keeps balance of the whole body. Running and swimming are other examples.

Step 4: Conclusion Gross motor development is the development of the large muscles, for example walking.

Quick Tip to Solve: Gross means big. Say which muscles are meant and name one big movement.

16(A). "A correct sequence of activities helps in accomplishing work efficiently". Validate the statement with the help of two examples. [2 marks]

Solution:

Concept:

- A sequence is the order in which steps of a task are done. A correct order avoids repeating steps and wasting time and effort.
- So the work is finished faster and with less tiredness. We show this with two examples.

Step 1: Example 1: washing clothes The correct order is sorting, then soaking, then washing. Sorting first keeps white and coloured clothes apart.
Soaking loosens the dirt, so washing needs less scrubbing. If the order is changed, the clothes need more effort and may be spoiled.

Step 2: Example 2: cleaning the table after a meal Collect plates of the same size, put the smaller ones on the bigger ones, keep them on a tray, put the spoons on the sides, and take them to the kitchen.

Then wipe the table. This way the table is cleaned in one go and no extra trips are needed.

Step 3: Another example you may use While preparing vegetables: wash, peel, cut and then cook. Cutting before washing would leave nutrients in the water.

Step 4: Conclusion A correct sequence of activities saves time and effort, so the statement is valid.

Quick Tip to Solve: Choose two everyday jobs, give the correct order of steps and say what time or effort is saved.

OR

16(B). "Maintaining proper posture helps in carrying out activities efficiently". Justify the statement by giving two suitable examples. [2 marks]

Solution:

Concept:

- Posture means the way we hold the body while working. A good posture keeps the back straight and the body balanced.
- A wrong posture puts strain on the back, neck and muscles, causes tiredness and slows down work. So a good posture helps us do the task well.

Step 1: Example 1: sweeping or mopping If we use a long handled broom or mop, we can stand straight. We do not need to bend, so the back does not ache and the work is done quickly.

Step 2: Example 2: lifting a heavy object While lifting, bend at the knees, keep the back straight and hold the object close to the body.
This uses the strong leg muscles and protects the back from injury.

Step 3: Another example you may use While drying clothes, put the bucket of washed clothes on a high stool. Then we do not need to bend again and again.

Step 4: Conclusion Proper posture lowers strain and fatigue, so work is done efficiently.

Quick Tip to Solve: Give two jobs where a small change in how you stand or bend saves effort.

17. How do family traditions influence meal planning? Give two examples to support your answer. [2 marks]

Solution:

Step 1: State the link Family traditions are beliefs and customs followed in a family for years. They decide what is cooked, what is avoided and how it is served.
So a meal planner has to keep them in mind to plan meals that the family accepts.

Step 2: Example 1: festivals and fasts During Navratri many families do not use onion and garlic. The meal plan has to change for those days.

Step 3: Example 2: days of the week Some families do not eat non-vegetarian food on Tuesday, Thursday and Saturday. So these days only vegetarian dishes are planned.

Step 4: Another example you may use Some families cook food in mustard oil because it is the traditional cooking medium in their region.

Step 5: Conclusion Family traditions shape what is planned on the menu, as the examples show.

Quick Tip to Solve: Think of festival or day based food customs in your family.

18(A). **"Labels at times are misleading for consumers". Comment on this statement, giving two reasons in support of your answer.** [2 marks]

Solution:

Concept:

- A label on a packed product gives details such as ingredients, weight, price, date and use. It helps a consumer choose wisely.
- If the label does not do this properly, it can mislead the buyer.

Step 1: Reason 1: the label is not complete Some labels leave out details like the ingredients, the date of expiry or the way to use the product. The consumer cannot judge the product.

Step 2: Reason 2: the label is blurred or in a language the buyer cannot read A blurred print cannot be read. A label that is not in the local language cannot be understood by many buyers. The buyer may then pick a wrong product.

Step 3: Conclusion The statement is true, because labels may be incomplete, blurred or not in the local language.

Quick Tip to Solve: What can go wrong with the information printed on a pack? Give two reasons.

OR

18(B). **At times, shopkeepers charge more than the Maximum Retail Price (MRP). Give two reasons for this malpractice.** [2 marks]

Solution:

Concept:

- MRP is the highest price that can be charged for a packed product.
- A shopkeeper should not charge more than this.

Step 1: Reason 1: loose items When a shopkeeper sells loose items, there is no MRP printed on a pack. So the shopkeeper charges any price he likes.

Step 2: Reason 2: extra services or remote location Some shopkeepers give extra services such as home delivery and add a charge to the price.
Shops in remote areas also charge more, because goods are costly to bring there and the buyer has few choices.

Step 3: Conclusion Shopkeepers overcharge by selling loose items, giving added services or being in remote areas.

Quick Tip to Solve: Think of items sold without a printed price and shops that give extra services.

19. A food handler forgets to wash hands after handling raw fruits and vegetables freshly plucked from the farm. State two potential consequences of this action. [2 marks]

Solution:

Concept:

- Fruits and vegetables fresh from the farm carry soil, germs and sometimes sprays on their surface.
- If the food handler does not wash his hands after touching them, these are carried on the hands to other things.

Step 1: Consequence 1: contamination of food The germs from the hands pass on to the food that the person touches next. This food becomes contaminated and may spoil faster.

Step 2: Consequence 2: health risks A person who eats the contaminated food may fall ill with diarrhoea, vomiting or food poisoning.

Step 3: Another consequence you may use Cross-contamination: germs move from raw foods to cooked foods and to the surfaces, knives and utensils.

Step 4: Conclusion Not washing the hands can contaminate food and make the consumers ill.

Quick Tip to Solve: Follow the germs from the farm produce to the plate and then to the person who eats.

20(A). Indicate any two measures you would adopt to save nutrients while cooking a meal. [2 marks]

Solution:

Step 1: Why nutrients are lost Nutrients such as vitamin C and the B vitamins dissolve in water and break down with heat and air. Careless cooking can destroy them.

Step 2: Measure 1: wash vegetables before cutting If we cut first and then wash, the water-soluble vitamins and minerals run out of the cut surfaces. So we wash the vegetables whole and then cut them.

Step 3: Measure 2: cover the food while cooking A lid keeps the steam inside, so the food cooks faster. Less heat and time means less loss of nutrients.

Step 4: Another measure you may use Peel vegetables thinly, because many nutrients lie just under the skin.

Step 5: Conclusion Washing before cutting and covering while cooking save nutrients.

Quick Tip to Solve: Think about washing, peeling and lids.

OR

20(B). Propose any two practices you would adopt to create attractive and appealing meals. [2 marks]

Solution:

Step 1: Why appearance matters People eat first with their eyes. A meal that looks good makes them want to eat and enjoy it.

Step 2: Practice 1: use foods of contrasting colours Put foods of different colours on the plate, like green leafy vegetables, red tomatoes and yellow dal. The meal then looks bright and inviting.

Step 3: Practice 2: cut vegetables in different shapes Cut vegetables in cubes, slices, strips or rounds. Different shapes add variety and make the dish look pleasing.

Step 4: Another practice you may use Use different methods of cooking such as steaming, roasting and frying, so that the meal has different textures and tastes.

Step 5: Conclusion Contrasting colours and varied shapes make meals attractive.

Quick Tip to Solve: Think about colour, shape and the way the food is cooked.

21. While washing a white cotton shirt, Aruna notices that the fabric looks slightly dull and decides to apply blue to restore its brightness. List any two precautions she should take to ensure the blue is applied correctly. [2 marks]

Solution:

Concept:

- Blue is a whitening agent. A very small amount of blue makes the yellowish tint of a white fabric look white again.
- But if blue is used wrongly, it can leave dark blue patches on the shirt.

Step 1: Precaution 1: wet the shirt first The shirt should be wet before it goes into the blue solution. A dry shirt would soak the colour up unevenly and show patches.

Step 2: Precaution 2: do not pour blue directly on the shirt Dissolve a little blue in a tub of water and dip the shirt in this solution. Pouring blue on the cloth leaves spots.

Step 3: Another precaution you may use If the shirt becomes too blue, dip it in plain water with a few drops of vinegar or lime juice to take out the extra colour.

Step 4: Conclusion Wet the shirt first and dissolve the blue in water instead of pouring it on the cloth.

Quick Tip to Solve: Blue is strong. Think about how to apply it evenly and what to do if it is too much.

22. What is energy management? Mention two of its important benefits. [3 marks]

Solution:

Concept:

- The question has two parts. First we define energy management. Then we give two benefits of it.
- The marking scheme gives 1 mark for the meaning and 1 mark for each benefit.

Step 1: Meaning of energy management Every person has only a limited amount of energy in a day. Cooking, cleaning, studying and walking all use it up.
Energy management means using this energy wisely. We try to do the maximum work by spending the minimum energy.
The worker should also not become fatigued or tired while doing it.

Step 2: Benefit 1: more work in less time When we plan the work, use the right posture and keep the tools within reach, we waste fewer movements.
So more productive work gets done in less time.

Step 3: Benefit 2: no last minute confusion and tension A person who manages energy well does the jobs in an order and at a steady speed.
So there is no rush at the end and no tension. This saves one from last minute confusion.

Step 4: Other benefits you may mention Better quality of work is done because the worker is not tired. Only two benefits are asked, so two are enough.

Step 5: Conclusion Energy management is doing maximum work with minimum energy without becoming tired. Two benefits are more productive work in less time and freedom from last minute confusion and tension.

Quick Tip to Solve: Define it as maximum work with minimum energy and no fatigue. Then think of what a person gains when work is done in a planned, relaxed way.

23(A). How is serious play different from curious play? Provide three points of difference. [3 marks]

Solution:

Concept:

- We have to compare two kinds of play, serious play and curious play, and give three points of difference.

Step 1: Meaning of the two kinds of play In serious play the child takes the action seriously, as if it is real work. In curious play the child explores and tries out new ideas.

Step 2: Write the differences in a table

S.No.	Serious Play	Curious Play
1	The action of the child is done seriously	The child explores and tries out new ideas
2	It has rules and structure	It has few or no rules
3	It focuses on correct results	It focuses on asking questions
4	Example: in a make-believe play of doctor and patient, the doctor pretends to put an injection after rubbing the area with cotton	Example: opening up toys to see what is inside

Step 3: Pick three points Any three rows of the table are enough for full marks. The example row can also be counted as a point.

Step 4: Conclusion Serious play is rule based and result focused, while curious play is free, exploring

and question focused.

Quick Tip to Solve: Compare them on rules, on what the child focuses on, and on how the child acts. A doctor-patient game and opening up toys are good examples.

OR

23(B). Give three ways how play is important in socio - emotional development. [3 marks]

Solution:

Concept:

- Socio-emotional development means growth in how a child gets along with others (social) and how the child handles feelings (emotional).
- We need to give three ways in which play helps this growth.

Step 1: Way 1: learns to share When there are few toys, children must share them. This teaches giving and taking.

Step 2: Way 2: learns to play in a group In group play the child meets other children, makes friends and learns to cooperate.

Step 3: Way 3: learns to wait for a turn In games like ludo or swings each child must wait for his or her turn. This teaches patience and fairness.

Step 4: Another way you may use Play also helps the child to control emotions such as anger and disappointment when a game is lost. Any three ways are enough.

Step 5: Conclusion Play teaches sharing, group play, waiting for a turn and control of emotions.

Quick Tip to Solve: Think of what children learn when they play with others: sharing, taking turns and handling feelings.

24. Your friend has recently been appointed at an Early Childhood Centre. Using your knowledge of meal planning for preschoolers, advise him/her about any three important points that should be considered while planning meals. [3 marks]

Solution:

Concept:

- Preschoolers are children of about 3 to 5 years. They are growing fast, but they are fussy eaters and have small stomachs.
- We must advise the friend about any three points to keep in mind while planning meals for them.

Step 1: Point 1: plan balanced and nutritious food The meal should include cereals, pulses, milk, vegetables and fruits so that the child gets all nutrients for growth.

Step 2: Point 2: use finger, attractive and colourful food Small children like to eat on their own with their fingers. Bite size pieces and bright colours such as carrot sticks make them interested in food.

Step 3: Point 3: avoid fried and spicy food Fried and spicy foods are hard to digest and can upset a small child's stomach. Boiled, steamed or lightly cooked food is better.

Step 4: One more point you may use Sweets should be avoided because they spoil the appetite and the teeth. Any three points are enough.

Step 5: Conclusion Plan balanced food, give finger and colourful food, and avoid fried and spicy food.

Quick Tip to Solve: Think of what suits a small child: nutrition for growth, food that attracts, and food that is easy to digest.

25(A)(I). **(A) Rahul washed his cotton shirt and kept it in a cupboard.**
OR
(B) Rohit finds that his clothes do not get washed properly when he uses soap.
What will happen if cotton garments are stored in a damp cupboard? [1 mark]

Solution:

Concept:

- Cotton is a plant fibre that absorbs moisture easily.
- We need to say what happens when cotton clothes are kept in a damp cupboard.

Step 1: Damp place and moulds Moulds and fungi grow where there is moisture and little air. A damp cupboard gives them the perfect place to grow on the cotton cloth.
This is called mildew growth. It shows as small black or green spots and gives a bad smell.

Step 2: Second effect Dampness also makes the colour of the cotton garment fade. The marking scheme accepts either point, so one is enough for the mark.

Step 3: Conclusion Cotton clothes kept in a damp cupboard get mildew growth, and their colour may fade.

Quick Tip to Solve: Cotton absorbs moisture. What grows on moist cloth in a closed place?

25(A)(II). **Recommend any two other precautions he should take while storing his cotton shirt.** [2 marks]

Solution:

Concept:

- Rahul wants to keep a cotton shirt safe for a long time.
- We have to suggest two precautions for storing it.

Step 1: Precaution 1: de-starch before storing Starch is food for insects and moulds. If the shirt is kept starched, insects such as silverfish attack it. So the starch should be removed before storing.

Step 2: Precaution 2: wash and dry properly Any dirt or sweat left on the shirt attracts insects, and any moisture causes mildew. So the shirt should be washed and dried fully before it goes into the cupboard.

Step 3: Precaution 3: use a safe repellent Naphthalene balls or flakes, camphor or dried neem leaves keep insects away from stored clothes. Any two precautions are enough for full marks.

Step 4: Conclusion Store the shirt de-starched, washed and dried properly, and with naphthalene balls, camphor or neem leaves.

Quick Tip to Solve: Remove what attracts insects and moisture, then add something that keeps insects away.

OR

25(B)(I). What are the main components of soap? [1 mark]

Solution:

Concept:

- Soap is the cleaning agent that Rohit is using.
- We need to name what soap is made of.

Step 1: Main components of soap Soap is made by boiling oil or fat with an alkali such as caustic soda. This process is called saponification.
So the two main components are alkali and oil or fat.

Step 2: Check The marking scheme asks for any one component, so naming alkali or oil/fat earns the mark. Both are written here.

Step 3: Conclusion The main components of soap are an alkali and oil or fat.

Quick Tip to Solve: Soap is made when an alkali reacts with something from plants or animals that is oily.

OR

25(B)(II). Give him two reasons why switching to a detergent would solve his problem. [2 marks]

Solution:

Concept:

- Rohit's clothes are not getting clean with soap.
- A detergent is a synthetic cleaning agent.
- We have to give two reasons why it would solve his problem.

Step 1: Reason 1: works in hot and cold water A detergent dissolves in both hot and cold water, so it cleans well in any season.

Step 2: Reason 2: works in hard water Soap reacts with the salts in hard water and forms scum, so it does not lather and does not clean well. A detergent dissolves even in hard water and lathers well.

Step 3: Another reason A detergent does not clog the drains. Any two reasons are enough.

Step 4: Conclusion A detergent works in hot and cold water and also in hard water.

Quick Tip to Solve: Think about the type of water in which soap fails to lather.

Section C (30 marks)

Long Answer Questions.

26. Meena is a Class X student who has to prepare for her exams, complete her project work and help her mother with household chores. To manage all these tasks without stress, she decides to make a time plan.
Outline four steps she should follow while making her time plan. [4 marks]

Solution:

Concept:

- Meena has exams, project work and chores to do.
- We have to outline four steps for making a time plan.

Step 1: Step A: list all the activities She should first write down everything she needs to do: study for each subject, project work and chores.

Step 2: Step B: group flexible and fixed activities Some activities, like school time or meals, are fixed. Others, like chores, can be moved. Grouping tells her how much free time is available.

Step 3: Step C: estimate the time for each activity She should decide how much time each activity needs. A hard subject may need more time than an easy one.

Step 4: Step D: balance the plan She should fit work, rest and play in a good balance so she does not get stressed. Evaluating the plan after some days is a fifth step.

Step 5: Conclusion List the activities, group them as fixed or flexible, estimate the time for each, and balance the plan.

Quick Tip to Solve: A time plan starts with a list and ends with a check. Think of what comes in between.

27. Elucidate four ways in which a vegetable vendor may cheat consumers. [4 marks]

Solution:

Concept:

- A consumer is cheated when he or she gets less quantity or poor quality for the money paid.
- We have to give four ways in which a vegetable vendor can do this.

Step 1: Way 1: selling rotten or stale vegetables The vendor may mix rotten or stale vegetables with fresh ones so the buyer does not notice.

Step 2: Way 2: using harmful colours Some vendors coat vegetables with harmful dyes, colours or chemicals to make them look fresh and green.

Step 3: Way 3: false weights Hollow bottom weights or weights without a standard mark give less than the right quantity.

Step 4: Way 4: tampering with the weighing scale The pointer of the scale may be missing or not set at zero, so the buyer pays for extra weight.

Step 5: Other ways Using irregular weights like bricks, or keeping the balance on a tilted surface, is also cheating. Any four ways are enough.

Step 6: Conclusion A vendor may sell stale vegetables, use harmful dyes, use false weights, or use a faulty scale.

Quick Tip to Solve: A vendor can cheat in what he sells and in how he weighs it.

28(A). Adolescents are often seen discussing current events, questioning social rules and reflecting on their personal experiences and decision. Based on this, explain four features of cognitive development during adolescence. [4 marks]

Solution:

Concept:

- Cognitive development means growth of thinking.
- The question describes adolescents who discuss events, question rules and reflect on their experience.
- We must explain four features of it.

Step 1: Feature 1: abstract thinking Adolescents can think about ideas that they cannot see or touch, such as freedom, justice and honesty.

Step 2: Feature 2: logical or propositional thinking They can judge whether a statement is logical, without needing a real object to see it.

Step 3: Feature 3: hypothetical deductive reasoning They can make a guess, such as what would happen if a rule were changed, and think of the result step by step.

Step 4: Feature 4: systematic thinking They plan and solve problems in an organised way, trying one possibility after another.

Step 5: Other features Idealism (dreaming of a perfect world) and the personal fable (feeling that no one else has gone through what I am going through) are also features. Any four are accepted.

Step 6: Conclusion Adolescents show abstract thinking, logical thinking, hypothetical deductive reasoning and systematic thinking.

Quick Tip to Solve: Cognitive means thinking. What new thinking skills appear in the teen years?

OR

28(B). Riya is 5-years-old and is able to run, jump and perform many tasks independently. Based on this information, describe four features of physical development in a 5-year-old child that support these abilities. [4 marks]

Solution:

Concept:

- Riya is 5 years old and can run, jump and do many tasks on her own.
- We have to describe four features of physical development at this age that support these abilities.

Step 1: Feature 1: steady growth in height A child at this age grows about 2 to 3 inches in height per year.

Step 2: Feature 2: steady gain in weight The child gains about 2 to 3 kg per year. Strong muscles and bones help running and jumping.

Step 3: Feature 3: milk teeth By now the child has all 20 milk teeth, so she can chew food and eat on her own.

Step 4: Feature 4: body proportions The body becomes more proportionate to the head. The arms

and the trunk become longer and the shoulders become squarish. This helps balance and movement.

Step 5: Conclusion A 5 year old grows 2 to 3 inches and gains 2 to 3 kg yearly, has 20 milk teeth, and has a more proportionate body.

Quick Tip to Solve: Think of height, weight, teeth and body shape at about 5 years.

29(I). Answer the following two parts.

Present two methods you may adopt to enhance the nutrient content of your meals. [2 marks]

Solution:

Concept:

- Some nutrients are lost in cooking and some foods have nutrients that the body cannot use fully.
- We need two methods that raise the nutrient content of meals.

Step 1: Method 1: sprouting Soaking whole pulses or grains and letting them sprout increases vitamin C and B vitamins, and makes minerals easier to absorb.

Step 2: Method 2: combination of foods Eating cereals and pulses together, such as dal with rice, gives protein of better quality than eating either one alone.

Step 3: Other methods Fermentation (for example idli and dhokla batter) and parboiling of rice also improve nutrient content. Any two are enough.

Step 4: Conclusion Sprouting and combining foods are two methods to raise the nutrient content of meals.

Quick Tip to Solve: Think of simple kitchen methods such as sprouting that improve a food's nutrition.

29(II). How does season influence meal planning? Give two examples. [2 marks]

Solution:

Concept:

- The weather changes the needs of our body and the foods that are available.
- We have to explain how the season influences meal planning, with two examples.

Step 1: Example 1: warm weather In warm weather the body loses water and heat. So light, cool and refreshing meals are preferred, such as salads, curd, lassi and watermelon.

Step 2: Example 2: cold weather In cold weather the body needs more heat. So hot, spicy and energy giving food is preferred, such as soup, ghee, nuts and gajar halwa.

Step 3: Another example In the monsoon, easily digestible foods are chosen. Any two examples are enough.

Step 4: Conclusion In warm weather we choose light, cool meals, and in cold weather we choose hot, energy giving meals.

Quick Tip to Solve: Compare what you eat in summer with what you eat in winter.

30. Ramesh is designing a new kitchen at home. As a kitchen consultant, suggest four important characteristics that the kitchen work surface should have. [4 marks]

Solution:

Concept:

- The work surface is the counter or platform where the food is cut, mixed and prepared.
- We have to suggest four characteristics it should have.

Step 1: Characteristic 1: non-absorbent It should not soak up water or oil, so stains and germs do not settle in it.

Step 2: Characteristic 2: washable It should be easy to clean after each use, so the kitchen stays hygienic.

Step 3: Characteristic 3: without cracks Cracks and joints collect dirt and insects, so the surface should be smooth and free from cracks.

Step 4: Characteristic 4: heat and stain resistant Hot vessels are placed on it and food stains fall on it all the time. So it must not get damaged by heat or stains.

Step 5: Other characteristics It should also be durable and attractive. Any four are accepted.

Step 6: Conclusion A work surface should be non-absorbent, washable, free from cracks, and heat and stain resistant.

Quick Tip to Solve: Think about cleanliness and daily wear: spills, hot pots and dirt.

31(A). Elaborate five precautions you will follow when using a chemical / reagent to remove a stain from your garment. [5 marks]

Solution:

Concept:

- Stain removing chemicals (reagents) can harm the fabric if used wrongly.
- We have to explain five precautions to follow.

Step 1: Precaution 1: test on a hidden corner Try the chemical on a hidden corner of the garment first to see its effect on the colour and the fabric.

Step 2: Precaution 2: choose the right chemical The chemical should suit the fabric. A reagent that is safe for cotton may spoil silk or wool.

Step 3: Precaution 3: apply from the back Apply the reagent from the back of the stained garment, so the stain is pushed out and not further in.

Step 4: Precaution 4: several mild applications Several mild applications are better than one strong application. A strong application may weaken the fibres.

Step 5: Precaution 5: rinse immediately Traces of the chemical must be rinsed immediately, otherwise it keeps working and makes a hole.

Step 6: Other precautions Apply in a circular movement from the outer edge to the centre, and neutralise the chemical. Any five precautions are accepted.

Step 7: Conclusion Test first, choose the right reagent, apply from the back, use several mild applications and rinse immediately.

Quick Tip to Solve: Before, during and after using the reagent, think of how to protect the fabric.

OR

31(B). Discuss any five methods used for removing stain from fabrics. [5 marks]

Solution:

Concept:

- There are many ways of using a reagent or tool to remove a stain.
- We have to discuss five such methods, with one or two lines each.

Step 1: Method 1: scraping It lifts off excess staining material and loosens caked-on stains. It is done with a blunt knife.

Step 2: Method 2: dipping The stained area is dipped into the reagent and gently scrubbed. It suits a fabric with many stains or one large stain.

Step 3: Method 3: sponging The stained area is placed on a flat surface and the reagent is applied with a sponge. A blotting paper laid underneath absorbs it. The reagent is worked in a circular movement from the outer edge to the centre.

Step 4: Method 4: dropping The stained cloth is stretched over a bowl. The reagent is put on the wrong (reverse) side gradually with a dropper, followed by the other steps of laundry.

Step 5: Method 5: steaming The stained area is exposed to steam from boiling water.

Step 6: Conclusion Five methods are scraping, dipping, sponging, dropping and steaming.

Quick Tip to Solve: Think of the ways a stain can be treated: with a knife, in a reagent, with a sponge, with a dropper or with steam.

32(I). During a school project on Food Safety, a group of students visited a local food market and observed that most packaged food items displayed the FSSAI logo.
State any two functions of FSSAI that help in ensuring food safety for consumers. [2 marks]

Solution:

Concept:

- FSSAI is the Food Safety and Standards Authority of India.
- It looks after the safety of the food we buy.
- We have to state two of its functions.

Step 1: Function 1: lays down standards and guidelines It lays down standards and guidelines for food products, so that all food sold meets a minimum level of safety.

Step 2: Function 2: licenses and registration It issues licenses to food service operators and registers small vendors, so that only approved persons sell food.

Step 3: Other functions It assures safe, reliable and quality food, gives guidelines to bodies like BIS and Agmark for certification, and specifies food labelling standards. Any two functions are enough.

Step 4: Conclusion FSSAI lays down standards and guidelines for food products, and issues licenses and registers small vendors.

Quick Tip to Solve: FSSAI sets rules, gives permission to sellers and checks labels.

32(II). Analyze any three circumstances under which FSSAI may prohibit or ban a food product from being sold in the market. [3 marks]

Solution:

Concept:

- FSSAI can stop the sale of a food product if it is unsafe or if the seller breaks the rules.
- We have to analyse three such circumstances.

Step 1: Circumstance 1: harmful substances in excess If the food has excess of preservatives, contaminants, heavy metals or pesticide residue, it can harm health. So it can be banned.

Step 2: Circumstance 2: no label Packaged food that is not labelled does not tell the consumer what is in it. No one should sell such products.

Step 3: Circumstance 3: false or misleading claims If the label carries false or misleading claims, the buyer is deceived, so the product can be banned.

Step 4: Other circumstance No one should manufacture, distribute or sell modified food that is not allowed. Any three circumstances are enough.

Step 5: Conclusion FSSAI may ban a food with excess harmful substances, with no label, or with false claims on the label.

Quick Tip to Solve: A food can be banned if it is unsafe or if the seller is not honest about what is in it.