

HP Board Class 10 2026 Home Science Question Paper

Time Allowed :3 Hours	Maximum Marks :60	Total questions :26
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General Instructions

Read the following instructions very carefully and strictly follow them:

1. The paper is divided into Section A and Section B.
2. Section A includes objective-type questions.
3. All questions in Section A are compulsory.
4. Section B includes short answer, and long answer type questions.
5. Answers must be written legibly within the word limit.
6. Use of unfair means or electronic devices is prohibited.
7. Follow the correct format and instructions for each section.

Section - A

1. Method of food preservation at home?

- (A) Drying
- (B) Freezing
- (C) By exposing to smoke
- (D) All above

2. Which amongst these glands, is responsible for physical growth?

- (A) Adrenal
- (B) Pituitary
- (C) Brain
- (D) Pancreas

3. What is Japanese flower decoration called?

- (A) Ike bang
- (B) Cascade
- (C) Corsage
- (D) Centerpiece

4. How many calories are provided by one gram of fat?

- (A) 4 Calories
- (B) 5 Calories
- (C) 9 Calories
- (D) 2 Calories

5. Which protein is best for vegetarians?

- (A) Milk
- (B) Wheat
- (C) Rice
- (D) Cheese

6. What should be there among the things of decoration?

- (A) Balance
- (B) Emphasis
- (C) Rhythm
- (D) Proportion

7. Which Protein found in mother milk?

- (A) Glutenin

- (B) Lactoferrin
 - (C) Legumin
 - (D) Mayocin
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8. Cotton Clothes are obtained from which plant?

- (A) Jute
 - (B) Hamp
 - (C) Kapok
 - (D) Cotton
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9. Human life is divided into how many stages?

- (A) five
 - (B) Six
 - (C) Seven
 - (D) Eight
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10. Which of the following is not a type of exercise?

- (A) Running
 - (B) Watching T.V.
 - (C) Yoga
 - (D) Walking
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11. How much calorie is needed for hard-working women?

- (A) 23000 calorie
 - (B) 3000 calorie
 - (C) 27000 calorie
 - (D) 36000 calorie
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12. Which Vitamin is present in fish oil?

- (A) Vitamin A
 - (B) Vitamin D
 - (C) Vitamin C
 - (D) Vitamin K
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13. Yeast are very smell.

- (A) Bacteria
 - (B) Enzymes
 - (C) Germs
 - (D) Fungus
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Section - B

14. What are the reasons why many people do not get a balanced diet?

15. Describe the ways to take care of silken clothes?

16. What is balanced diet? Give Six Examples to your mother about how she can use different food groups while planning different meal for the family.

17. What are the principles of diet planning? Mention them.

18. What is meant by Colour scheme? What is harmony of colours?

19. What are the principles of Interior Decorations? Describe principles.

20. Which type of micro-organisms spoil the food?

21. Describe the advantage and disadvantage of exercise.

22. Which factors are responsible for all-round development of a child?

23. What things should be kept in mind to teach good habits in children?

24. Mention the sleeping habits of children?

25. Describe the emotional development of the child?

26. What is meant by the colours that provide coolness and warmth?
