

# Haryana Board Class 10, 2026 Home Science Question Paper

Time Allowed :3 Hours

Maximum Marks :80

Total questions :38

## 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. Playing helps children develop which areas:**

- (A) Physical
- (B) Social
- (C) Moral
- (D) All of the above

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**2. Keeping a to-do list:**

- (A) Helps us remember all the things that we need to do
- (B) Splits all necessary tasks
- (C) Comes in handy when one needs to make changes into schedules
- (D) All of the above

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**3. What kind of stain is ink?**

- (A) Grease
  - (B) Mineral
  - (C) Vegetable
  - (D) Chemical
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**4. The daily allowance of nutrients for an individual is recommended by:**

- (A) Doctors
  - (B) ICMR
  - (C) RDA
  - (D) ISI
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**5. Active play is ....**

- (A) Drawing a picture
  - (B) Riding a cycle
  - (C) Digging sand
  - (D) Arranging building blocks
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**6. Children start using one word to communicate at the age of .....**

- (A) 12 months
  - (B) 5 months
  - (C) 8 months
  - (D) 10 months
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**7. Examples of perishable foods are ....**

- (A) Lemon and citrus fruits

- (B) Milk and eggs
  - (C) Cereals and dals
  - (D) Sugar and jaggery
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**8. Which nutrient is not found in mother's milk ...**

- (A) Calcium
  - (B) Vitamin A
  - (C) Iron
  - (D) Potassium
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**9. Which of the following element is a natural bleach?**

- (A) Sodium Perborate
  - (B) Grass
  - (C) Sunlight
  - (D) Vinegar
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**10. Metanil Yellow is used as an adulterant in:**

- (A) Red chilli powder
  - (B) Pulses
  - (C) Turmeric powder
  - (D) Honey
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**Section - B**

**11. What stains are ink, medicine, rust and bitumen?**

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**12. By what other name is sodium hypo chloride known as?**

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**13. What is meant by family budget? What are its types?**

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**14. What are the major factors affecting social development?**

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**15. What are the common reasons of conflict between parents and teenagers?**

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**16. Suggest three changes in work arrangement in a kitchen that will help in work simplification.**

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**17. Write the sources to increase family income.**

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**18. What is the importance of label for a consumer?**

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