

Haryana Board Class 10, 2026 Home Science Question Paper with Solutions

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

Correct Answer: (D) All of the above

Solution:

Step 1: Understanding the role of play in child development.

Play is an essential part of a child's growth and learning process. Through playing, children engage in different activities that help them develop physically, socially, and morally.

Step 2: Physical development.

Physical play such as running, jumping, and outdoor games strengthens muscles, improves coordination, and enhances overall physical health.

Step 3: Social and moral development.

Group play teaches children cooperation, teamwork, communication, and respect for rules. These activities also help them learn values such as honesty, fairness, and responsibility.

Step 4: Conclusion.

Since play contributes to physical, social, and moral development simultaneously, the correct answer is **All of the above**.

Final Answer: All of the above.

Quick Tip

Play is considered one of the most effective ways of holistic child development because it improves physical health, social interaction, and moral values simultaneously.

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

Correct Answer: (D) All of the above

Solution:

Step 1: Understanding the purpose of a to-do list.

A to-do list is a simple but effective tool used for organizing tasks and managing time efficiently. It helps individuals keep track of tasks that need to be completed.

Step 2: Remembering tasks.

Writing tasks in a to-do list helps ensure that important activities are not forgotten and can be completed systematically.

Step 3: Task organization and schedule flexibility.

A to-do list helps divide large tasks into smaller manageable parts and allows easy modification of plans whenever schedules change.

Step 4: Conclusion.

Since a to-do list helps remember tasks, organize work, and adjust schedules when needed, the correct answer is **All of the above**.

Final Answer: All of the above.

Quick Tip

Maintaining a to-do list improves productivity and time management by helping prioritize tasks and track progress efficiently.

3. What kind of stain is ink?

- (A) Grease
- (B) Mineral
- (C) Vegetable
- (D) Chemical

Correct Answer: (D) Chemical

Solution:

Step 1: Understanding types of stains.

Stains on fabrics or surfaces are generally classified based on their origin such as grease stains, mineral stains, vegetable stains, and chemical stains. Each type requires different cleaning methods.

Step 2: Nature of ink stains.

Ink is produced using dyes or pigments mixed with various chemical solvents. Because of these synthetic chemical components, ink stains are categorized as chemical stains rather than natural stains.

Step 3: Evaluating the options.

- **(A) Grease:** Incorrect. Grease stains come from oils or fats such as butter or cooking oil.
- **(B) Mineral:** Incorrect. Mineral stains are usually caused by substances like rust or metal deposits.
- **(C) Vegetable:** Incorrect. Vegetable stains come from plant-based substances such as fruits, tea, or coffee.
- **(D) Chemical:** Correct. Ink contains chemical dyes and solvents, so it is classified as a chemical stain.

Step 4: Conclusion.

Therefore, ink is classified as a chemical stain.

Final Answer: Chemical.

Quick Tip

Ink stains are chemical stains because they contain artificial dyes and pigments mixed with chemical solvents.

4. The daily allowance of nutrients for an individual is recommended by:

- (A) Doctors
- (B) ICMR
- (C) RDA
- (D) ISI

Correct Answer: (B) ICMR

Solution:

Step 1: Understanding recommended nutrient intake.

The daily nutritional requirement of a person is determined through scientific studies on human health, metabolism, and dietary needs.

Step 2: Role of ICMR.

In India, the **Indian Council of Medical Research (ICMR)** is responsible for recommending dietary guidelines and nutrient requirements for different age groups and population categories.

Step 3: Evaluating the options.

- **(A) Doctors:** Incorrect. Doctors may provide dietary advice but they do not officially set national nutritional standards.
- **(B) ICMR:** Correct. ICMR publishes recommended dietary allowances (RDA) for Indians.
- **(C) RDA:** Incorrect. RDA stands for Recommended Dietary Allowance, which is a guideline, not the authority that recommends it.
- **(D) ISI:** Incorrect. ISI deals with industrial standards, not nutritional guidelines.

Step 4: Conclusion.

Thus, the recommended daily allowance of nutrients for individuals in India is provided by the **ICMR**.

Final Answer: ICMR.

Quick Tip

ICMR provides the official Recommended Dietary Allowances (RDA) that guide nutritional intake for different age groups in India.

5. Active play is

- (A) Drawing a picture
- (B) Riding a cycle
- (C) Digging sand
- (D) Arranging building blocks

Correct Answer: (B) Riding a cycle

Solution:

Step 1: Understanding active play.

Active play refers to physical activities that involve body movement, energy, and exercise. It helps children develop physical strength, coordination, and motor skills.

Step 2: Evaluating the options.

- **(A) Drawing a picture:** Incorrect. Drawing is a creative or passive activity that mainly involves fine motor skills but not vigorous body movement.
- **(B) Riding a cycle:** Correct. Cycling involves continuous body movement and physical effort, which makes it an example of active play.
- **(C) Digging sand:** Partly active but generally considered exploratory play rather than a typical example of active physical play.
- **(D) Arranging building blocks:** Incorrect. This activity mainly involves cognitive and fine motor skills rather than active physical movement.

Step 3: Conclusion.

Among the given options, riding a cycle clearly involves physical movement and exercise, making it the best example of active play.

Final Answer: Riding a cycle.

Quick Tip

Active play includes activities like running, cycling, jumping, and sports that involve significant body movement and physical effort.

6. Children start using one word to communicate at the age of

- (A) 12 months
- (B) 5 months
- (C) 8 months
- (D) 10 months

Correct Answer: (A) 12 months

Solution:

Step 1: Understanding language development in children.

Language development in infants follows a gradual process. Initially, babies communicate through crying and babbling before they begin to use recognizable words.

Step 2: Developmental milestones.

Most children begin to say their first meaningful word such as "mama" or "dada" around the age of one year. This stage is commonly referred to as the single-word stage in language development.

Step 3: Evaluating the options.

- **(A) 12 months:** Correct. Around one year of age, children usually start using single words to communicate.
- **(B) 5 months:** Incorrect. At this stage babies mainly babble but do not form meaningful words.
- **(C) 8 months:** Incorrect. Babies may produce sounds but meaningful single-word communication is uncommon.
- **(D) 10 months:** Incorrect. Some vocal imitation may occur but clear one-word communication generally appears closer to 12 months.

Step 4: Conclusion.

Therefore, children typically begin to use one meaningful word to communicate at about 12 months of age.

Final Answer: 12 months.

Quick Tip

The one-word stage of language development usually begins around 12 months, when babies start using single meaningful words to communicate.

7. Examples of perishable foods are

(A) Lemon and citrus fruits

- (B) Milk and eggs
- (C) Cereals and dals
- (D) Sugar and jaggery

Correct Answer: (B) Milk and eggs

Solution:

Step 1: Understanding perishable foods.

Perishable foods are food items that spoil quickly due to microbial activity, moisture, and temperature conditions. These foods require proper storage such as refrigeration to prevent spoilage.

Step 2: Evaluating the options.

- **(A) Lemon and citrus fruits:** These fruits last longer compared to highly perishable foods and are considered semi-perishable.
- **(B) Milk and eggs:** Correct. These foods spoil very quickly if not refrigerated and are classified as perishable foods.
- **(C) Cereals and dals:** Incorrect. These are non-perishable foods and can be stored for long periods.
- **(D) Sugar and jaggery:** Incorrect. These items have a long shelf life and do not spoil quickly.

Step 3: Conclusion.

Therefore, milk and eggs are examples of perishable foods.

Final Answer: Milk and eggs.

Quick Tip

Perishable foods such as milk, eggs, meat, and fresh fish spoil quickly and usually require refrigeration for safe storage.

8. Which nutrient is not found in mother's milk ...

- (A) Calcium
- (B) Vitamin A
- (C) Iron
- (D) Potassium

Correct Answer: (C) Iron

Solution:

Step 1: Understanding the composition of mother's milk.

Mother's milk is considered the ideal food for infants because it provides essential nutrients required for growth and development.

Step 2: Nutrients present in breast milk.

Breast milk contains proteins, fats, carbohydrates, vitamins such as vitamin A, and minerals such as calcium and potassium which support the baby's development.

Step 3: Identifying the missing nutrient.

Iron is present in only a very small quantity in breast milk and is considered insufficient compared to other nutrients. Therefore, infants later require iron-rich complementary foods.

Step 4: Conclusion.

Thus, among the given options, iron is considered the nutrient that is not adequately found in mother's milk.

Final Answer: Iron.

Quick Tip

Breast milk contains most essential nutrients but has low iron content, so infants may require iron-rich foods after about six months of age.

9. Which of the following element is a natural bleach?

- (A) Sodium Perborate
- (B) Grass
- (C) Sunlight

(D) Vinegar

Correct Answer: (C) Sunlight

Solution:

Step 1: Understanding bleaching.

Bleaching is the process of removing color or stains from fabrics or other materials. This can be done using chemical substances or natural agents that break down colored compounds.

Step 2: Role of natural bleaching agents.

A natural bleach works without synthetic chemicals. Sunlight acts as a natural bleaching agent because ultraviolet (UV) rays present in sunlight help break down colored pigments and stains on fabrics.

Step 3: Evaluating the options.

- **(A) Sodium Perborate:** Incorrect. It is a chemical bleaching agent used in detergents.
- **(B) Grass:** Incorrect. Grass does not function as a bleaching agent.
- **(C) Sunlight:** Correct. Sunlight naturally bleaches fabrics due to the action of ultraviolet rays.
- **(D) Vinegar:** Incorrect. Vinegar is mainly used for cleaning and removing odors, not as a bleaching agent.

Step 4: Conclusion.

Therefore, sunlight is considered a natural bleaching agent.

Final Answer: Sunlight.

Quick Tip

Sunlight acts as a natural bleaching agent because ultraviolet rays break down colored pigments, helping whiten fabrics naturally.

10. Metanil Yellow is used as an adulterant in:

(A) Red chilli powder

- (B) Pulses
- (C) Turmeric powder
- (D) Honey

Correct Answer: (C) Turmeric powder

Solution:

Step 1: Understanding food adulteration.

Food adulteration refers to the addition of harmful or inferior substances to food items in order to increase quantity or enhance color and appearance. Many artificial dyes are used illegally to make food look more attractive.

Step 2: About Metanil Yellow.

Metanil Yellow is a non-permitted synthetic dye that is sometimes added to food products to enhance their yellow color. It is harmful to human health and is banned for use in food items.

Step 3: Analysis of options.

- **(A) Red chilli powder:** Usually adulterated with brick powder or artificial red dyes, not commonly with Metanil Yellow.
- **(B) Pulses:** Pulses may be colored artificially, but Metanil Yellow is mainly used for yellow-colored spices.
- **(C) Turmeric powder:** Correct. Metanil Yellow is commonly used to enhance the yellow color of turmeric powder.
- **(D) Honey:** Honey adulteration usually involves sugar syrup, not synthetic dyes like Metanil Yellow.

Step 4: Conclusion.

Metanil Yellow is mainly used to artificially enhance the yellow color of turmeric powder, making option (C) the correct answer.

Final Answer: Turmeric powder.

Quick Tip

Metanil Yellow is a harmful artificial dye commonly used to adulterate turmeric and other yellow-colored food items to make them appear brighter.

Section - B

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

Solution:

Step 1: Understanding the classification of stains.

In forensic science and cleaning chemistry, stains are classified based on their origin and chemical nature such as organic stains, inorganic stains, and oily or greasy stains. This classification helps in determining the proper method of removal and chemical treatment.

Step 2: Ink stains.

Ink stains generally contain dyes and pigments dissolved in organic solvents. Therefore, ink stains are considered **organic stains** because they originate from organic chemical compounds.

Step 3: Medicine stains.

Many medicines contain colored organic compounds, chemical dyes, and organic substances. Because of this composition, medicine stains are also categorized as **organic stains**.

Step 4: Rust stains.

Rust stains are formed due to iron oxide produced when iron reacts with oxygen and moisture. Since iron oxide is a mineral compound, rust stains are classified as **inorganic stains**.

Step 5: Bitumen stains.

Bitumen is a petroleum-based sticky substance composed of hydrocarbons. It produces greasy and tar-like stains, therefore it is categorized as an **oily or greasy stain**.

Quick Tip

Ink and medicine stains are organic stains, rust stains are inorganic, and bitumen produces oily or greasy stains.

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

Solution:

Step 1: Identify the chemical compound.

Sodium hypochlorite is a chemical compound with the formula $NaOCl$. It is widely used as a disinfectant, bleaching agent, and cleaning chemical in industries and households.

Step 2: Common name of sodium hypochlorite.

Sodium hypochlorite is commonly known as **bleaching powder solution or liquid bleach**. It is widely used for bleaching fabrics and disinfecting water.

Step 3: Uses of sodium hypochlorite.

It is used in water purification, stain removal, laundry bleaching, and sterilization. Due to its strong oxidizing nature, it acts as an effective disinfectant.

Step 4: Final identification.

Thus, sodium hypochlorite is popularly known as **bleach or liquid bleach**.

Quick Tip

Sodium hypochlorite $NaOCl$ is commonly known as liquid bleach and is widely used as a disinfectant and bleaching agent.

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

Solution:

Step 1: Define Family Budget.

A family budget is a financial plan that shows the estimated income and expenditure of a family for a specific period of time, usually for a month or a year. It helps a family manage

its income efficiently and ensures that necessary expenses such as food, housing, education, and healthcare are properly arranged.

Step 2: Purpose of a Family Budget.

The main objective of a family budget is to maintain a balance between income and expenditure. It helps in controlling unnecessary expenses, encourages savings, and ensures financial stability for the household.

Step 3: Types of Family Budget.

The main types of family budget are:

(1) Surplus Budget:

When the income of the family is greater than its expenditure, it is called a surplus budget. In this case the family can save or invest the remaining money.

(2) Balanced Budget:

When the income and expenditure of the family are equal, it is known as a balanced budget. In this type of budget there are no savings or deficits.

(3) Deficit Budget:

When the expenditure of the family is more than its income, it is called a deficit budget. In such cases the family may need to borrow money or reduce expenses.

Quick Tip

A good family budget always aims for a surplus or balanced condition so that families can avoid financial problems and build savings.

14. What are the major factors affecting social development?

Solution:

Step 1: Define Social Development.

Social development refers to the improvement in the quality of life of individuals and communities through better education, health, equality, economic opportunities, and social welfare. It helps people live healthier, safer, and more productive lives.

Step 2: Identify the major factors affecting social development.

Several factors influence social development in a society. The most important factors include:

(1) Education:

Education improves knowledge, skills, and awareness among people. It helps individuals get better employment opportunities and promotes social progress.

(2) Economic Conditions:

Economic growth and employment opportunities increase income levels and improve living standards, which positively influence social development.

(3) Health and Medical Facilities:

Better healthcare services and sanitation improve the physical well-being of people and increase life expectancy, contributing to social progress.

(4) Social Equality and Justice:

Equal rights and opportunities for all groups in society, including women and marginalized communities, promote inclusive and balanced development.

Quick Tip

Social development improves when education, healthcare, economic growth, and equality work together to enhance people's quality of life.

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

Solution:

Step 1: Generation gap.

One of the most common reasons for conflict between parents and teenagers is the generation gap. Parents and teenagers often have different views, beliefs, and expectations due to differences in age, experience, and social environment.

Step 2: Desire for independence.

Teenagers usually seek more freedom and independence as they grow older. However, parents may try to control or guide their decisions, which sometimes leads to disagreements and conflicts.

Step 3: Differences in lifestyle and choices.

Conflicts may arise because of differences in clothing style, use of mobile phones, choice of friends, hobbies, and daily routines. Teenagers prefer modern trends while parents may prefer traditional values.

Step 4: Communication problems.

Lack of proper communication and misunderstanding between parents and teenagers can also lead to conflicts. When both sides fail to understand each other's feelings and viewpoints, disputes may occur.

Quick Tip

Conflicts between parents and teenagers usually occur due to generation gap, desire for independence, lifestyle differences, and lack of communication.

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

Solution:

Step 1: Proper arrangement of kitchen equipment.

Frequently used utensils, tools, and ingredients should be placed within easy reach near the cooking area. This reduces unnecessary movement and saves time while working in the kitchen.

Step 2: Maintain an efficient work triangle.

The sink, stove, and refrigerator should be arranged in a triangular pattern known as the kitchen work triangle. This arrangement minimizes walking distance and makes cooking tasks more efficient.

Step 3: Use proper storage and organization.

Using shelves, racks, and containers to organize food items and utensils helps in easy access and reduces the time spent searching for items during cooking.

Quick Tip

Work simplification in the kitchen can be achieved by proper arrangement of tools, maintaining the work triangle, and organizing storage efficiently.

17. Write the sources to increase family income.

Solution:

Step 1: Employment or service.

Regular employment or salaried jobs of family members are one of the main sources of family income. Both government and private sector jobs contribute to the financial stability of the family.

Step 2: Small business or self-employment.

Family members may start small businesses such as tailoring, handicrafts, food preparation, or retail shops, which can help increase family earnings.

Step 3: Agriculture and livestock activities.

Farming, dairy production, poultry farming, and other agricultural activities can serve as additional sources of family income, especially in rural areas.

Step 4: Investment and savings.

Income can also increase through interest from savings accounts, fixed deposits, rent from property, or returns from investments.

Quick Tip

Family income can increase through employment, small businesses, agriculture, and income from investments or property.

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

Solution:

Step 1: Define Product Label.

A label is a piece of information attached to a product package that provides important details about the product. It usually contains information such as the name of the product, manufacturer, ingredients, price, manufacturing date, expiry date, and instructions for use.

Step 2: Helps Consumers Identify the Product.

Labels help consumers easily identify the product and the brand. By reading the label, consumers can know what the product is and who manufactured it.

Step 3: Provides Important Product Information.

Labels give essential details such as ingredients, quantity, manufacturing date, expiry date, price, and instructions for storage or use. This information helps consumers make informed decisions while purchasing the product.

Step 4: Ensures Consumer Safety and Awareness.

Labels also contain warning messages, quality marks, and certification symbols such as ISI or FSSAI. These help consumers ensure that the product meets safety and quality standards.

Quick Tip

Always read product labels before purchasing because they provide important information about quality, safety, and usage of the product.