

UP Board Class 10, 2026 Home Science Question Paper

Time Allowed :3 Hours	Maximum Marks :100	Total questions :34
------------------------------	---------------------------	----------------------------

General Instructions

Read the following instructions very carefully and strictly follow them:

1. The paper is divided into two sections – Section A (Compulsory) and Section B (Elective).
2. Section A is compulsory for all candidates and generally includes objective-type questions, short answer questions, and long answer questions from the prescribed syllabus.
3. In Section A, candidates are required to answer all questions. The questions will cover topics from ancient, medieval, and modern history as prescribed by the syllabus.
4. Section B consists of elective questions. Candidates are required to attempt questions from the chosen topic according to the provided options.
5. The questions in Section A will be in the form of multiple-choice, short answer, and essay-type questions.
6. Answers to all questions must be written in neat and legible handwriting. Candidates must adhere strictly to the word limit mentioned in the questions.
7. Use of unfair means or electronic devices during the examination is strictly prohibited.
8. Candidates must ensure that they write their answers in the correct format, following the instructions given for each section.

PART - A

Multiple Choice Questions Question

1. Which of the following vitamin is water soluble?

- (A) Vitamin 'A'
 - (B) Vitamin 'C'
 - (C) Vitamin 'D'
 - (D) Vitamin 'K'
-

2. How many calories does one gram of protein give?

- (A) 9 Calorie
 - (B) 8 Calorie
 - (C) 6 Calorie
 - (D) 4 Calorie
-

3. Vitamin B is called –

- (A) Thiamine
 - (B) Riboflavin
 - (C) Cobalamine
 - (D) Niacin
-

4. What does a green traffic light indicate?

- (A) Ready
 - (B) Stop
 - (C) Go
 - (D) None of these
-

5. Typhoid disease is spread by –

- (A) Salmonella typhi
- (B) Anopheles

- (C) Clostridium
 - (D) Bacillus
-

6. Which instrument is used to measure body temperature?

- (A) Lactometer
 - (B) Calorimeter
 - (C) Thermometer
 - (D) Barometer
-

7. Which organ is not involved in respiration?

- (A) Nose
 - (B) Hand
 - (C) Lungs
 - (D) Trachea
-

8. One litre is equal to —

- (A) 100 millilitre
 - (B) 1000 millilitre
 - (C) 10 millilitre
 - (D) None of these
-

9. Diabetes is caused by excess of which element?

- (A) Protein
 - (B) Fat
 - (C) Carbohydrate
 - (D) Vitamin
-

10. In Tuberculosis the Patient is given the diet -

- (A) Fat
 - (B) Protein
 - (C) Mineral
 - (D) Carbohydrate
-

11. Which gas is used to disinfect water?

- (A) Nitrogen
 - (B) Hydrogen
 - (C) Chlorine
 - (D) Carbondioxide
-

12. The disease spread by air is –

- (A) Small Pox
 - (B) Cholera
 - (C) Plague
 - (D) Rickets
-

13. How many ribs are there in the human body?

- (A) 20
 - (B) 22
 - (C) 24
 - (D) 28
-

14. Formula HO is of the chemical compound –

- (A) Air
- (B) Water

- (C) Earth
 - (D) None of these
-

15. Indigo is used on –

- (A) Silk Clothes
 - (B) Wollen Clothes
 - (C) Colourful Clothes
 - (D) White Cotton Clothes
-

16. Cost of one kilogram pulses is 90, then what will be the cost of 8 kilogram pulses?

- (A) 720
 - (B) 740
 - (C) 780
 - (D) 800
-

17. The rain water is -

- (A) Impure
 - (B) Pure
 - (C) Salted
 - (D) None of these
-

18. BCG vaccine provide safety against which disease?

- (A) Tuberculosis
 - (B) Tetanus
 - (C) Cholera
 - (D) Smallpox
-

19. It is mandatory to wear helmet -

- (A) For two wheeler
 - (B) For car drivers
 - (C) For men only
 - (D) For women only
-

20. Tetanus bacteria are found in –

- (A) Soil
 - (B) Cowdung
 - (C) Rusty iron
 - (D) All of these
-

PART - B

Very Short Answer Type Question

21. What is the advantages of tree plantation?

22. What is meant by direct and indirect income?

23. What do you understand by breakage of bone?

24. What is the traffic rule?

25. Write the symptoms of sprain.

26. What is an ideal kitchen?

PART - B

Short Answer Type Question

27. How many types of road signs are there?

28. How many types of scissors are there? What is its use?

29. What are the differences between dysentery and diarrhoea?

30. Write the advantages of saving.

31. Write four causes of environmental pollution.

PART - B

Long Answer Type Question

32. What is natural respiration? What is the difference between natural and artificial respiration?

OR,

32. What do you understand by food poisoning? What about the factors causing food poisoning?

33. What do you understand by home decoration? What things should be kept in mind decorating the house?

OR,

33. What is meant by family expenditure? Explain the factors affecting family expenditure.

34. What do you mean by fomentation? How many types of it are there? Describe any method.
