

MARKING SCHEME (2024-2025)**TIME-3 hours****CLASS X HOME SCIENCE****M.M-70**

S.No.	SECTION A (MULTIPLE CHOICE QUESTIONS)	MARKS
1.	(C) Misleading information	1
2.	(C) Egocentrism OR (B) Can control impulses	1 OR 1
3.	(B) Unsafe food	1
4.	(A) Colour, smell or feel	1
5.	(C) Social	1
6.	(A) Effect of chemical should be tested on a hidden corner of the fabric	1
7.	(A) Rickshaw puller OR (A) Computer operator	1 OR 1
8.	(A) Work surfaces, floors and walls should be absorbent	1
9.	(C) Not harmful to the environment	1
10.	(C) Saves energy	1
11.	(A) a-ii , b-iv, c-i, d-iii	1
12.	(C) a-iii, b-i, c-iv, d-ii	1
13.	(B) (ii) and (iii)	1
14.	(D) (ii) and (iv)	1
	SECTION B (CASE STUDY BASED QUESTIONS)	
15.	(B) Conscious effort of controlling the time spent on specific activities	1
16.	(A) (iii), (iv), (i), (ii)	1
17.	(C) A is true but R is false.	1
18.	(B) Both A and R are true but R is not the correct explanation of A.	1
	SECTION C (SHORT ANSWER QUESTION)	
19.	Four areas to be cleaned to maintain hygiene in kitchen- 1.Kitchen surface/slab 2.Gas stove 3.Kitchen sink/drain pipe 4.Kitchen wall and floor 5. Kitchen exhaust fan 6.Kitchen storage space/cupboards	$\frac{1}{2} \times 4 = 2$

	<p>Any other, Any four</p> <p style="text-align: center;">OR</p> <p>Four ways by which pests can be prevented from the kitchen-</p> <ol style="list-style-type: none"> 1.Spray pesticides periodically in the kitchen 2. Drains should have cockroach traps 3. Windows and doors of kitchen should be fitted with wire mesh 4. Dispose of garbage regularly and keep bins tightly covered 5. Seal cracks and gaps around doors, windows and pipes <p>Any other, Any four</p>	<p>OR</p> <p>$\frac{1}{2} \times 4 = 2$</p>
20.	<p>Two examples to show “Play influences social and emotional development”-</p> <p>Child learns to-</p> <ol style="list-style-type: none"> 1.share toy/s 2.play in group 3.wait for his/her turn 4.control emotions 5.cooperate with his/her friend/s <p>Any other, Any two</p>	<p>$1 \times 2 = 2$</p>
21.	<p>Four precautions to be taken while storing woolen clothes –</p> <ol style="list-style-type: none"> 1.Before storing wash / dry clean it 2.Place should be dry, airtight and clean 3.Hung woolen coat on rust proof hangers 4.Newspaper of cupboard /almirah /storage space should be changed occasionally 5.Keep naphthalene balls /camphor/dried neem leaves <p>Any other, Any four</p> <p style="text-align: center;">OR</p> <p>Four possible reasons of holes in silk clothes-</p> <ol style="list-style-type: none"> 1.Not washed / drycleaned before storing 2.Folded immediately after being worn 3.Any insect repellent was not kept 4.Storage space/ cupboard/almirah was not dry and dirty 5.It was not protected from light <p>Any other, Any four</p>	<p>$\frac{1}{2} \times 4 = 2$</p> <p>OR</p> <p>$\frac{1}{2} \times 4 = 2$</p>

22.	<p>Two characteristics of Balanced Diet-</p> <ol style="list-style-type: none"> 1.It contains all food groups. 2.It fulfils the need of various nutrients of an individual. 3.It has a provision for extra nutrients which can be reserved to withstand short periods of low dietary intake. <p>Any other, Any two</p>	1X2=2
23.	<p>Four major problems faced by consumers regarding quality of products-</p> <ol style="list-style-type: none"> 1.Adulteration of food to earn profit 2.Inferior fabric are sold as pure fabric 3.Selling expired or duplicate medicines 4.Fabric shrinks 5.Colour of fabric bleeds <p>Any other, Any four</p>	$\frac{1}{2} \times 4 = 2$
24.	<p>Role of stiffening agents in finishing of clothes-</p> <ol style="list-style-type: none"> 1.Give crispness/smoothness 2. Add shine 3. Clothes do not get dirty easily 4.Increase the life <p>Any one</p> <p>One stiffening agent suitable for cotton clothes - Starch/ Rice water/Readymade starch</p> <p>Any other, Any one stiffening agent</p>	<p>1X2=2 1</p> <p>1</p>
25.	<p>Two examples to show meal planning helps to save time and energy-</p> <ol style="list-style-type: none"> 1.By doing pre-preparations 2.Dovetailing cooking activities 3.Buying required ingredients together 4.Collecting required ingredients near the gas <p>Any other, Any two</p>	1X2=2
26.	<p>Three motor abilities of 6-year-old child-</p> <ol style="list-style-type: none"> 1.Runs with speed/Skips 2.Rides bicycle with training wheels 3. Pours liquid in containers 4.Ties lace 5.Dances / Swims <p>Any other, Any three</p>	1X3=3

27.

Breakfast menu- Puri, Potato curry and Curd

Three food groups and one nutrient provided by them in this menu-

Food Groups	Nutrients
Cereals, grains and products	Carbohydrates, Proteins, Vitamin B1, Vitamin B2, Folic Acid, Iron, Fiber
Milk, Egg and Meat products	Proteins, Calcium, Vitamin A
Fruits and Vegetables	Vitamins and Minerals
Fats and Sugars	Carbohydrates, Fats, Essential fatty acids

Any three food groups with any one nutrient for each**OR****Three tips to use different food groups while planning balanced meals-**

1. Select one food from each of the food groups
2. Consider the principles of meal planning
3. Seasonal fruits and vegetables should be included
4. Choose whole grains instead of refined grains
5. Include small amounts of nuts and milk daily
6. Keep individual preferences in mind

Any other, Any three

1.5+1.5=3

 $\frac{1}{2} \times 3 = 1.5$
 (Food groups)
 $\frac{1}{2} \times 3 = 1.5$
 (Nutrients)
OR
1X3=3

28.

Six factors to be considered while making time plan-

1. Dovetailing the activities
2. Consider fixed timing and flexible activities
3. Demands (Stage) of the family
4. Reasonable estimate of time for performing each activity
5. Follow proper sequence of activities
6. Use labour saving devices
7. Check schedule of other family members

Any other, Any six $\frac{1}{2} \times 6 = 3$

29.	<p>Standard mark to ensure good product- FSSAI</p> <p>Four functions of FSSAI-</p> <ol style="list-style-type: none"> 1.Specifies standards and guidelines for food articles 2.Issues license to food service operators 3.Registers small vendors/hawkers 4.Gives guidelines to other bodies for certification 5.Specifies food labelling 6.Provides training to food operators <p>Any other, Any four</p> <p style="text-align: center;">OR</p> <p>Six ways vendor must have cheated related to faulty measures-</p> <ol style="list-style-type: none"> 1.Use of hollow bottom 2.Keeping magnet under pan 3.Pointers of weighing balance are missing 4.Using irregular weights 5.Iron rings are hung on one side of weighing machine 6.Weighing balance don't remain horizontal <p>Any other, Any six</p>	<p>1+2=3 1</p> <p>$\frac{1}{2} \times 4 = 2$</p> <p>OR $\frac{1}{2} \times 6 = 3$</p>
SECTION D (LONG ANSWER QUESTIONS)		
30.	<p>(a) Four hygienic practices to be followed during storage of food in the refrigerator –</p> <ol style="list-style-type: none"> 1.Perishable foods should be stored in refrigerator within 2 hours of purchase 2.Refrigerator should be set at right temperature (1°C to 4 °C) and its door should be closed 3.All foods should be covered with tight fitting lids to prevent cross-contamination 4.Once a food can is opened, its content should be transferred to a glass jar to prevent any reaction 5.Raw and cooked food should be stored separately 6.First in first out (FIFO) should be followed <p>Any other, Any four</p> <p>(b) Four features of kitchen dustbin-</p> <p>Dustbin should be:</p> <ol style="list-style-type: none"> 1.lined with either newspaper or biodegradable polybags 	<p>2+2=4 $\frac{1}{2} \times 4 = 2$</p> <p>$\frac{1}{2} \times 4 = 2$</p>

	<p>2.covered 3.emptied daily 4.dry 5.not overflowing 6.of different colour to segregate the waste. Any other, Any four</p>	
31.	<p>Two examples for each to show climate and occasion affect meal planning- 1.Climate- For Example- i) In warm weather light, cool refreshing meals are preferred ii) In cold weather hot, spicy and energy giving food are preferred 2.Occasion- Specific dishes are prepared on special occasions. For Example- i) Gujyas are prepared on Holi ii) Ghewar is associated with Teej Any other, Any two examples for each</p>	<p>2+2=4 1X2=2 1X2=2</p>
32.	<p>(a) Four possible reasons - 1.Working in wrong posture 2.Long duration of physical work 3.Uncomfortable working conditions 4.Monotonous and boring work 5.Lack of appreciation Any other, Any four (b) Four suggestions to overcome this problem- 1.Avoid doing unnecessary work 2.Improve the sequence of doing work 3.Dovetailing the activities 4.Improve Posture 5.Use correct height and width of work surface 6.Conducive workplace 7. Use readymade products Any other, Any four</p>	<p>2+2=4 $\frac{1}{2} \times 4 = 2$ $\frac{1}{2} \times 4 = 2$</p>
	OR	OR

	<p>(a) Type of fatigue- Psychological / Boredom / Frustration fatigue</p> <p>One reason for this type of fatigue- 1.Monotonous and boring work 2.Lack of goal and motivation 3.Uncomfortable working place 4.Lack of appreciation</p> <p>Any other, Any one reason</p> <p>(b)Four ways of reducing this fatigue- 1.Make the work more interesting 2.Have proper work place 3.Use proper equipment 4.Use labour saving devices 5.Work in proper posture/sequence</p> <p>Any other, Any four</p>	<p>2+2=4 1 1</p> <p>$\frac{1}{2} \times 4 = 2$</p>										
33.	<p>(a) Two cognitive features observed in adolescents- 1.Abstract thinking 2.Propositional thought/Logical thinking 3.Hypothetical deductive reasoning 4.Systematic thinking</p> <p>Any other, Any two</p> <p>(b) Comparison of two different physical features observed in adolescent boy and girl-</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 33%;">PHYSICAL FEATURES</th> <th style="width: 33%;">GIRLS</th> <th style="width: 33%;">BOYS</th> </tr> </thead> <tbody> <tr> <td>HAIR GROWTH</td> <td>Growth of hair on underarms and pubic area</td> <td>Growth of hair on face underarms, body/chest and pubic area</td> </tr> <tr> <td>VOICE</td> <td>Voice become shrill</td> <td>Voice cracks and becomes harsh</td> </tr> </tbody> </table>	PHYSICAL FEATURES	GIRLS	BOYS	HAIR GROWTH	Growth of hair on underarms and pubic area	Growth of hair on face underarms, body/chest and pubic area	VOICE	Voice become shrill	Voice cracks and becomes harsh	<p>2+2=4 1X2=2</p> <p>1X2=2</p>	
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34.	<p>(a)Four ways to incorporate variety in the meals- By using different:</p> <ol style="list-style-type: none"> 1.methods of cooking 2.spices and condiments 3.food groups 4.colour of food 5.texture of food <p>Any other, Any four</p> <p>(b)Three points to be considered while planning menu for adolescents- It should:</p> <ol style="list-style-type: none"> 1.include all food groups 2.be rich in calories, protein, iron and calcium 3.be easy to eat 4.have variety 5.give feeling of fullness(satiety) <p>Any other, Any three</p>	<p>2+3=5 ½X4=2</p> <p>1X3=3</p>										
35.	<p>(a)Adulterant- Metanil Yellow</p> <p>(b)Two health hazards of consuming metanil yellow-</p> <ol style="list-style-type: none"> 1.Cancer 2.Anemia 3.Mental Retardation 4.Abnormalities in skin, eyes, lung and bones <p>Any other, Any two</p>	<p>1+2+2=5 1</p> <p>1X2=2</p>										

	<p>(c) Four precautions to be adopted by the consumer to safeguard themselves from buying adulterated foods-</p> <ol style="list-style-type: none"> 1. Buy products of reputed brand 2. Buy from reputed shop 3. Check for standardized mark 4. Buy only packed and sealed food 5. Read the label carefully <p>Any other, Any four</p> <p style="text-align: center;">OR</p> <p>(a) Adulterant- Argemone oil</p> <p>(b) Two health hazards of consuming this oil-</p> <ol style="list-style-type: none"> 1. Lathyrism/Paralysis 2. Dropsy 3. Pain in lower limbs 4. Stiffening of knee and ankle joints 5. Pain of knee and ankle joints 6. Oedema/Swelling <p>Any other, Any two</p> <p>(c) Four measures to be adopted while buying good quality cooking oil-</p> <ol style="list-style-type: none"> 1. Buy oil of reputed brand 2. Buy oil from reputed shop 3. Check for standardized mark on oil 4. Buy only packed and sealed bottle / packet of oil 5. Read the label carefully on the bottle / packet of oil <p>Any other, Any four</p>	<p>$\frac{1}{2} \times 4 = 2$</p> <p>OR</p> <p>$1 + 2 + 2 = 5$ 1</p> <p>$1 \times 2 = 2$</p> <p>$\frac{1}{2} \times 4 = 2$</p>	
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