

Model Question Paper

Home Science
Max Marks = 60

Class: 10th
Time: 2.5 hours

Section A

Q1. Reading Comprehension

6 Marks

Read the passage and answer the questions that follow.

Healthy food helps us to grow. It provides us energy to work, play and study. It keeps us fit and provides immunity against diseases. School going children need to eat foods from all five healthy food groups –vegetables and fruits, grain foods, dairy, meat, fishes and oils. Healthy foods have nutrients that are important for growth, development and learning.

1. How many food groups are there?
 - A. Five
 - B. Four
 - C. Two
 - D. Six
2. Nutrients are important for:-
 - A. Growth
 - B. Development
 - C. Learning
 - D. All of the above
3. Children should eat healthy food
 - A. always
 - B. Never
 - C. Sometimes
 - D. Occasionally
3. Grain foods are
 - A. Rice
 - B. Wheat
 - C. Corn
 - D. All of the above
4. Select a suitable title for the passage
 - A. Food groups
 - B. Nutrition of school going children
 - C. Growth
 - D. Development



5. Should we include all food groups
 - A. Always
 - B. Sometimes
 - C. Never
 - D. Not important
6. Immunity is
 - A. Ability of body to fight against diseases
 - B. Low blood cell count
 - C. High blood cell count
 - D. High iron content in blood

Section B

Q2. Objective Type Question

1 x 15 = 15

1. Which nutrient is a source of energy?
 - A. Carbohydrate
 - B. Vitamin C
 - C. Iron
 - D. Vitamin D
2. Which nutrient is used for muscle building?
 - A. Protein
 - B. Potassium
 - C. Calcium
 - D. Fat
3. Water soluble vitamins are
 - A. Vit C
 - B. Thiamine
 - C. Riboflavin
 - D. All of the above
4. Night blindness is caused by
 - A. Vit A
 - B. Vit D
 - C. Vit K
 - D. Vit E
5. Which food is a good source of protein
 - A. Meat
 - B. Potato
 - C. Tomato
 - D. Cauliflower



6. Growth is increase in
- A. Height
 - B. Weight
 - C. Head Circumference
 - D. Arm Circumference
7. Which is a natural fibre
- A. Silk
 - B. Rayon
 - C. Nylon
 - D. Polyester
8. Adolescence is a period of
- A. Strain & stress
 - B. Without any stress
 - C. Enjoyment for children
 - D. Logical skills
9. Which is an artificial fibre
- A. Cotton
 - B. Linen
 - C. Wool
 - D. Polyester
10. Primary colours are
- A. Red
 - B. Green
 - C. Brown
 - D. Purple
11. Common adulterant present in milk
- A. Water
 - B. Sugar
 - C. Salt
 - D. Oil
12. Scurvy is caused by
- A. Vit C
 - B. Vit D
 - C. Vit E
 - D. Vit K
13. First form of speech of a new born is
- A. Crying
 - B. Coming
 - C. Babbling
 - D. All of the above

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14. Passive play includes
A. Watching T.V
B. Playing cricket
C. Playing hockey
D. Running
15. PEM is the deficiency of
A. Cereals
B. Pulses
C. fruits
D. Vegetable

Q3. Match the following from group A With group B.

- | A | B |
|-------------------------|-----------------------|
| a) Types of play | a) Needle |
| b) Sewing machine | b) Active and Passive |
| c) Animal fiber | c) Vit A,D,E &K |
| d) Fat soluble vitamins | d) silk |

$\frac{1}{2} \times 4 = 2$ Marks

Q4. Fill in the blanks.

- a) 1 gm of carbohydrate gives _____ K.cal
b) High energy giving nutrient is _____
c) Polyester is a _____ fiber
d) ISI stands for _____
e) Bobbin is part of a _____ machine
f) Sozni is an embroidery of _____ state

$\frac{1}{2} \times 6 = 3$ Marks

Section C

Q5. Very Short Answer Type Questions (Answer any Six)

2 x 6 = 12 Marks

- a) Define malnutrition
b) Name three B-Complex vitamins.
c) List functions of fats.
d) Give important sources of carbohydrates.
e) Define Growth.
f) What are the five food groups?
g) What is play?

Section D

Q6. Short Answer Type Questions (Answer any Four) 4 x 4 = 16 Marks

- a) What is puberty?
- b) What do you mean by development?
- c) Draw a colour wheel.
- d) List different types of fibers.
- e) Write a note on nutrients.

Section E

Q7. Long Answer Type Questions (Answer any One) 6 Marks

Give functions of Carbohydrates, Proteins and Fats

Describe functions and sources of vitamins.

Describe why adolescence is a period of stress and strain Give examples.

