

Class: X
Home Science (064)
Marking Scheme 2018-19

Time allowed: 3 Hours

Maximum Marks: 75

Q No	SECTION A	Marks
1.	The old age needs special care because: 1. It is a period of decline 2. Risk of many health problems 3. Need for safety 4. Inactive 5. Physically weak 6. Any other (any one)	1
OR		
	Safety measures for Grandmother at home are as follows: 1. Non slippery floors 2. Protected balconies 3. Proper light arrangement 4. Support bars in bathroom, at stairs etc. 5. Any other (any two)	
2.	Two common features of childhood are – 1. learning to get along with age mates 2. learning physical skills 3. learning to follow social rules 4. developing sense of morality and pattern of values 5. Any other (any two)	1
3.	When an article is excessively blue 1. dip it in vinegar 2. Rinsing in clean water	1
OR		
	Cleaning agents are as follows: Soap, Detergent, Liquid, any other (any two)	
4.	Food hygiene is “safe handling of food in a way that will keep it safe and free from all contaminants.”	1
OR		
	Balanced Diet in a diet which contain all the nutrients in appropriate amount required by the body.	
5.	Doing two or more activities at the same time.	1

6. R D A is Recommended Dietary Allowances given by ICMR which indicates daily requirement of nutrients which should be taken by an individual in his daily diet according to his age and occupation to remain healthy. 1
7. It is important to sterilize dustbin to kill pathogens and microorganisms which may grow in it. 1
8. **Factors affecting the safety of food at home are:** 1
1. Kitchen hygiene
 2. Personal hygiene
 3. Hygienic practices while cooking and serving food
 4. Any other (any two)

SECTION B

9. **Play influence physical development of a child in following ways:-** 2
1. Increases blood circulation
 2. Improves digestion and metabolism
 3. Increases height and weight
 4. Makes a child taller and stronger
 5. Helps the child to control his body
 6. Any other (any two)

OR

Play influences mental development of a child:

1. helps in enhancing observation skills, for example: while playing business game
2. enhance thinking skills
3. increase knowledge, for example: Quiz contents
4. increase creativity, for example: Make believe play.
5. Any other (any two)

10. **Ways of reducing psychological fatigue:-** 2
1. Make the job interesting
 2. Set small targets
 3. Change in routine
 4. Motivation and incentives
 5. Any other (any four)

OR

Four ways of reducing physical fatigue are:

1. Take rest
2. Eat balance food
3. Alternate heavy and light activities
4. Use of labour saving devices
5. Divide work in smaller units
6. Any other (any two)

11. **Reasons of saving money are:-** 2
1. Raise the standard of living
 2. Achieving goals
 3. Further investment
 4. Meeting unforeseen expenses
 5. Old age security
 6. Any other (any four)
12. **We can keep kitchen free from pests by:-** 2
1. Spraying insecticides
 2. Maintaining cleanliness
 3. Proper lighting (natural Light)
 4. Covering drains
 5. Using fly catchers
 6. Using mash on windows and doors
 7. Any other (any four)
13. **Points to be considered while planning a balanced diet for a family:-** 2
1. Consider nutritional needs
 2. Include seasonal foods
 3. Include all five food groups for dining in a day
 4. Should be cost effective
 5. Attractive, colorful, variety etc.
 6. Any other (any four)
14. **FSSAI – Food Safety and Standards Authority of India** 2
- The logo of the Food Safety and Standards Authority of India (FSSAI) is displayed. It features the word 'fssai' in a stylized, lowercase font. The 'f' and 's' are blue, while the 's', 'a', and 'i' are orange. A green leaf is positioned above the 'i'. The logo is underlined with a green line.
15. **Consumer education is acquiring all necessary knowledge that will promote the standard of living besides providing a better degree of satisfaction.** 2
- a) Government agency: - COPRA
 - b) Non- Government agencies -
 1. Consumer education and research Centre – Ahmadabad
 2. Consumer guidance society of India
 3. Any other
16. **Characteristics of Adulthood are as follows:** 2
1. Financial independence
 2. Transition in family relationship
 3. Adjustment to marriage life
 4. Self-directed
 5. Any other (any four)

SECTION C

17. **To bring Variety in meals:-** 3
1. Selection of food from different food groups
 2. Variety in colour combination
 3. Variety in texture – Soft, solid, Crisp, Liquid
 4. Variety in taste and flavor
 5. Variety in method of cooking
 6. Any other (any three)

OR

Influence of occupation, occasion and climate on meal planning are:

Occupation: 1. Labourer need more calories than a person working in office.
2. Persons working in factories or an athlete need more calories than others

Occasion: 1. Variety of food served or prepared on different occasions and they are different from the regular food prepared at home. Example: a) On birthday we prepare a big cake, b) On Diwali special sweets are prepared.

18. **Climate:** Food vary according to climate. for example: In warmer weather, light cool and refreshing meals are planned. For example more liquid food such as juices are preferred. In cold climate, hot, fired & spicy food are prepared such as pakoras, parathas, hot soups etc. 3

Possible reasons for holes in silk saree:-

1. Storage area was damp
2. Clothes were not washed
3. Clothes were not dried properly
4. Not properly packed
5. Insect repellents were not used
6. Any other (any three)

To avoid this problem-

1. Storage area should be clean and dry
2. Clothes should be washed/dry cleaned and dry
3. Should be packed in newspaper or polythene.
4. Use naphthalene balls/neem leaves
5. Any other (any three)

19. **Heavy work:** are the activities which require more energy. examples: running, jogging and mopping etc. 3
Moderate work: activities which require average energy, such as ironing, sweeping and cooking etc.

Light work: activities which require minimum energy such as watching T.V, listening music, etc.

20. Advantages of meal planning are:-

3

1. Fulfills the nutritional needs of all family members
2. Attractive meals can be served
3. Saves time, energy and fuel
4. Leftover food can be used
5. Keep individual likes and dislikes in mind
6. Can be planned within family budget
7. Any other, any four

SECTION D

21. Points to ensure quality in a pant:-

4

1. Design should be latest and suits the wearer
2. Seams should be strong and flat
3. Finished by interlocking
4. Pleats should be carefully stitched and neatly finished
5. Fasteners should meet exactly and should be invisible
6. Lining in pocket should be light weight, strongly attached, smooth and comfortable
7. Any other (any four)

OR

Four points of workmanship in a school blazer are as follow:

1. Lining used in material should be of good quality.
2. Material of the blazer should be durable.
3. Matching thread, even stitching with strong thread.
4. Good quality fasteners.
5. Alignments of sleeves & collar.
6. Any other (any four)

22. Common adulterants in vegetable oils:-

4

1. Mineral oil
2. Argemone oil
3. Anyone

Health Hazards

1. Gastro intestinal disturbance
2. Interfere with absorption of fat soluble vitamin
3. Affects vital organs
4. (Any one)

Two rules to be followed:-

1. Buy from reputed shops
2. Read the label carefully
3. Buy only packed and properly sealed food
4. Check standard marks
5. Any other (any two, 2 marks)

23. Rules of hygiene to be followed while serving food are:- 4

1. Wash your hand
2. Cover the food
3. Use clean utensils to serve
4. Serve with clean hands using gloves
5. Used plates should be washed immediately

(Any four)

OR

Personal hygiene:

1. Wash your hand before handling food.
2. Take bath regularly.
3. Change undergarments regularly.
4. Brush your teeth.
5. Comb your hairs and wear head cover while working in kitchen.
6. Nails should be cut and jewelry should be avoided while working in kitchen.
7. Any other (any four)

24. Precautions while storing milk and milk products : 4

1. Should be properly boiled and cooled before storing in refrigerator
2. Do not mix old milk with fresh milk
3. It should be covered
4. Milk products such as curd, cream and paneer should be stored in cool place
5. Butter should be stored preferably in refrigerator
6. Any other

25. Safety of toys for two years old child:- 4

1. No sharp edges
2. Paint used on toys should be colour fast and nontoxic
3. Should not be of cheap material
4. Should be of good quality
5. Should not be too small
6. Any other

26. Work simplification methods - 4

- (1) Minimizing unnecessary movement e.g. (a) use minimum utensils during cooking.
(b) use tray or trolley to carry utensils.
- (2) Doing work in systematic order e.g. (a) Cleaning and dusting before cooking
(b) Dovetailing
- (3) Developing skills in work e.g. Learn baking skills before trying baking at home.
- (4) Working in proper body, posture e.g. using table and chair while writing and studying.
- (5) Storing equipment and supplies near the work place e.g. placement of table and chair near the book shelf. any other. (any four)

27. **Procedure of removing old tea stain from white cotton shirt:** 4
1. use salt water
 2. soak in glycerin
 3. soak in lime juice
 4. pour boiling water over borax

Precautions to be followed while removing stains:

1. try to remove the stain when it is fresh
2. try chemicals on the corner of the fabric
3. use dilute and mild reagents first
4. rinse the garment several times to remove the effect of chemicals

SECTION E

28. **Problems faced by adolescents –** 5
1. Identify crises
 2. Depression
 3. Substance abuse
 4. Eating disorder
 5. Any other (any three)

Coping up:-

1. Share the problems with parents and peers.
2. Take adequate sleep.
3. Take proper nutrition
4. Do exercise
5. Positive thinking
6. Should not feel to societal peer pressure.
7. Channelizing of their energy
8. any other (any two)

29. • **Family Income:-**It is that stream of money, goods services and satisfaction that comes under the control of family, to be used by them to satisfy needs, desires and to discharge obligations. 5
- **Money Income:-** Income that family acquires in the form of money over a fixed period of time. E.g. wages, bonuses, pay, rent etc.
- **Real Income:-**It is the flow of commodities and services available for the satisfaction of human wants over a given period of time. E.g. Direct Income and Indirect Incomes

OR

Elements of family income are as follows:

1. **Money Income:** is the inflow of money in the form of cash, gifts, vouchers etc. available to the family.
2. **Real Income:** is the inflow of goods & survives available to a family with or without the use of money. example- car, community park, services of dinner etc.
3. **Psychic Income:** it is the satisfaction which is derived after utilizing money income and Real Income by the family.

Ways to increase family income:

1. Part time jobs
2. Growing vegetables in kitchen garden
3. Taking tuitions
4. Investments in small saving schemes
5. Using community facilities
6. Any other (any two)

30. **Therapeutic Diet** is a meal plan that controls the intake of certain food or nutrients. 5
It is usually a modification of regular diet.

Types of therapeutic diet based on consistency

(1) **Liquid diet** includes food in Liquid state e.g. fruit juices, soup, butter milk, used in diarrhea, indigestion, fever etc.

(2) **Semi solid diet** Include foods that are in Semi solid form e.g. custard, khichri etc., used for the patients with gastrointestinal problem.

(3) **Soft diet** includes the foods which are easy to chew and made of simple digestible foods with no spices and fibers, used for patients with gastrointestinal disturbances.

Advantages

- (1) To maintain or restore good nutrition in patients
- (2) Concerned with the recovery from illness
- (3) Used to supplement the medical treatment Any other (any two)

31. **One day Time Plan** 5

Time

5:00 – 5:30a.m.
5:30 – 7:00 a.m.
7:00 – 7:45 a.m.
7:43 – 8:00 a.m.
8:00 – 2:30 p.m.
2:30 – 2:45 p.m.
2:45 – 3:00 p.m.
3:00 – 3:15 p.m.
3:15 – 4:30p.m.
4:30 – 5:30 p.m.
5:30 – 6:30 p.m.
6:30 – 7:00 p.m.
7:00 – 8:30 p.m.
8:30 – 9:00 p.m.
9:00 – 10:00 p.m.
10:00p.m. – 5:00 a.m.

Activities

Freshen up and milk/tea
Study time
Packing of school bag, Dressing etc.
Cycle to school
School hours
Reach back home
Freshen up
Lunch
Rest
Study
Leisure time activity
Help in house hold work
Study
Dinner
Study
To bed

Advantages:

- (1) Key to success
 - (2) Saves time and energy
 - (3) Helps in planning ahead
 - (4) Finish all jobs in time
 - (5) Relieving tension
- Any two

32.

Sample menu for a day

5

Sample menu for a day			
Breakfast	Lunch/dinner	Tea	Food groups
Vegetable poha	Rice/chapati	Vegetable corn cutlet	Cereals
Ground nut in poha	Chole	Chana dal	Pulses
Peas, carrot. Tomato, onion in poha	Cabbage & potato vegetable	Potato, spinach, onion, carrot in cutlet, served with amla chutney	Vegetables
Milk shake	Kheer	Tea	Milk
Banana in milk shake	Dry fruits in kheer	Amla in chutney	Fruits
Sugar in milk shake	Sugar in kheer	In tea	Sugar
Nutrients in food groups: Cereals - carbohydrates Pulses - protein Vegetables and fruits- vitamins and minerals Milk - protein, calcium			
