

Board Class 10 Home Science (Elective) Question Paper 2026

Time Allowed :3 Hours	Maximum Marks :80	Total Questions :38
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General Instructions

1. The paper is divided into Section A and Section B.
2. Section A includes objective-type, short answer, and long answer questions.
3. All questions in Section A are compulsory.
4. Section B contains elective questions based on the chosen topic.
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.

1. Which of the following substances is not used for preservation?

- (A) Salt
 - (B) Sugar
 - (C) Water
 - (D) Acid
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2. What should be the diet of a patient?

- (A) Spicy
 - (B) Piquant
 - (C) Rich
 - (D) Digestible
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3. What should be the type of home appliances ?

- (A) Heavy
 - (B) Light
 - (C) Useful
 - (D) Both B and C
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4. What is the substance secreted from oil glands called?

- (A) Sebum
- (B) Urine

- (C) Blood
 - (D) Sweat
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5. Which disease is caused by Vitamin D deficiency?

- (A) Beriberi
 - (B) Scurvy
 - (C) Rickets
 - (D) Blindness
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6. Which of following is not a function of Teeth ?

- (A) Biting
 - (B) Tasting
 - (C) Grinding
 - (D) Breaking
-

7. What is secreted from salivary glands ?

- (A) Water
 - (B) Saliva
 - (C) Bile juice
 - (D) Pancreatic Juice
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8. _____has a bean seed like shape

- (A) Kidney
 - (B) Urinary bladder
 - (C) Heart
 - (D) Lungs
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9. What type of fuel is suitable to avoid pollution?

- (A) Firewood
- (B) Coal
- (C) Gas

(D) Cow dung Cake

10. Which of the following is a mechanism of human breathing ?

- (A) Inhalation
 - (B) Exhalation
 - (C) Exchange of gases
 - (D) All of these
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11. Which of the following should not be used in kitchen garden?

- (A) Compost
 - (B) Organic manure
 - (C) Chemical fertilizer
 - (D) Kitchen waste
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12. Which of the following is not a personal use of water?

- (A) Drinking water
 - (B) Brushing teeth
 - (C) Watering plants
 - (D) Bathing
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13. Which of the following is a communicable disease?

- (A) Diabetes
 - (B) Measles
 - (C) Cancer
 - (D) Blood Pressure
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14. What is the purpose of curtain in the Room ?

- (A) Privacy
- (B) Security
- (C) Beauty
- (D) All of these

15. Which of the following is found most in soybean ?

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

16. Which of the following are true about vitamin D?

- (A) It is a fat-soluble vitamin.
- (B) It is essential for bone health.
- (C) It is necessary for muscle contraction.
- (D) All of these

17. Which of the following is not a daily work of a homemaker?

- (A) Cooking food
- (B) Cleaning of the house
- (C) Preparing budget
- (D) Taking care of children

18. In which disease a membrane is formed in a patient's throat?

- (A) Chickenpox
- (B) Whooping cough
- (C) Diphtheria
- (D) Mumps

19. What is used to dig soil in a kitchen garden ?

- (A) Spade
 - (B) Hazara
 - (C) Dakar
 - (D) Roote feeder
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20. Which disease is caused by iron deficiency?

- (A) Beriberi
 - (B) Marasmus
 - (C) Anaemia
 - (D) Tuberculosis
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21. What should be the quality of a first aider ?

- (A) Prompt and quick service provider
 - (B) Calm and controlled
 - (C) Skillful and tactful
 - (D) All of these
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22. Which of the following is an excretory organ of the human body?

- (A) Kidney
 - (B) Lungs
 - (C) Skin
 - (D) All of these
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23. Which of the following is a family budget?

- (A) Balanced Budget
 - (B) Surplus Budget
 - (C) Deficit Budget
 - (D) All of these
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24. Why is sports important for children?

- (A) Physical Development
 - (B) Mental Development
 - (C) Social Development
 - (D) All of these
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