



DELHI PUBLIC SCHOOL NEWTOWN
SESSION 2025-2026
MONDAY TEST

CLASS: IX
SUBJECT: HOME SCIENCE

FULL MARKS: 40
DATE: 28/07/2025

Attempting all questions are compulsory.

This paper contains 4 printed pages.

The intended marks for questions or parts of questions are given in brackets [].

SECTION A (10)

Question 1 **[10x1=10]**

Choose the correct answers to the questions from the given options:

(i) _____ is an act of mixing or stirring ingredients rapidly until they blend.

- (a) Kneading
- (b) Grating
- (c) Beating
- (d) Peeling

(ii) The spice in the picture is used as _____ to spice up the dish.



- (a) garam masala
- (b) essence
- (c) thickening agent
- (d) herbs

(iii) Choose the incorrect pair.

- (a) Waiter- Restaurant
- (b) Cook-Canteen
- (c) Manager-Wage employment
- (d) Interior decorator-pre-primary school

(iv) State whether the given statement is ‘true’ or ‘false’.

‘Food has no role to play in the emotional need of the human being.’

(a) True

(b) False

(v) ASSERTION (A): Animal fats are richer in vitamin A.

REASON(R): Vitamin A is good for heart health.

Identify the correct statement:

(a) A is true but R is false.

(b) A is false but R is true

(c) Both A and R are true and R is the correct explanation of A.

(d) Both A and R are true but R is not the correct explanation of A.

(vi) Saffron is also popularly known as _____

(a) Dhaniya

(b) Kesar

(c) Ajwain

(d) Dalchini

(vii) Clove oil is used in

(a) Beauty products

(b) Sanitary products

(c) Oral care products

(d) Baby care products

(viii) A, D, E, K _____

1. are sources of protein.

2. are fat soluble vitamins.

3. are important for bone health.

4. are regulatory food.

Choose the correct answer.

(a) 1 and 3

(b) 2 and 4

(c) 1 and 4

(d) only 2

(ix) ASSERTION (A): Energy-giving foods primarily include CHO, fats and proteins.

REASON(R): CHO are the main source of quick energy, while fats and proteins provide sustained energy.

Identify the correct statement:

(a) A is true but R is false.

(b) A is false but R is true

(c) Both A and R are true and R is the correct explanation of A.

(d) Both A and R are true but R is not the correct explanation of A.

(x) Choose the correct pair.

- | | |
|------------------------|---------------------------|
| A. Body building foods | 1. Vitamins and minerals |
| B. Energy giving foods | 2. Proteins |
| C. Protective foods | 3. Water and roughage |
| D. Regulatory foods | 4. Carbohydrates and fats |
- (a) A-2, B-4, C-1, D-3
(b) A-1, B-2, C-3, D-4
(c) A-4, B-3, C-2, D-1
(d) A-3, B-1, C-4, D-2

SECTION B (10)

Short answer type questions:

- 1] Why are ‘complete proteins’ considered as having high biological value? Justify. [2]
- 2] Mention two reasons for studying ‘Textiles and Clothing’. [2]
- 3] Significance of educating girls began to be realized by our society. Give two reasons for it. [2]
- 4] ‘It is anything solid or liquid which when swallowed, digested and assimilated in the body, helps to keep the body in a state of health’. What is this statement referring to? Enumerate one important function of it. [2]
- 5] Define ‘Balanced Diet’ with appropriate examples. [2]

SECTION C (20)

Long answer type questions:

- 1] Describe five essential cookery terms commonly used in everyday cooking. [5]
- 2] ‘Imagine you are speaking with a close friend who has been feeling overwhelmed lately, struggling to balance work, personal life, and taking care of their health. They’ve noticed a decline in their energy and mood, but aren’t sure what might be contributing to these feelings’.
- How do the various dimensions of health impact your overall well-being? [5]

3] Self and wage employment represent distinct pathways in the professional landscape. Self-employment embodies autonomy, risk and entrepreneurship. In contrast, wage employment offers stability, benefits and a defined role within an organization, reflecting contrasting approaches to work and career fulfillment. [5]

In this context, answer the following questions:

- (a) Which type of income is more stable?**
- (b) Which employment offers greater flexibility?**
- (c) What characterizes self-employment? Give concrete examples.**

4] Herbs and spices, beyond flavoring, offer potent health benefits. Rich in antioxidants, they support immunity, reduce inflammation etc. In view of the above, answer the following questions: [5]

- (a) What are spices?**
- (b) Name some spices that possess medicinal properties.**
- (c) Mention two benefits of ‘basil’.**