

CBSE | DEPARTMENT OF SKILL EDUCATION

HEALTH CARE (SUBJECT CODE - 413)

Marking Scheme of Sample Question Paper for Class X

(Session 2025-2026)

Max. Time: 2 Hours

Max. Marks: 50

General Instructions:

1. Please read the instructions carefully.
2. This Question Paper consists of **21 questions** in two sections – Section A & Section B.
3. Section A has Objective type questions whereas Section B contains Subjective type questions.
4. **Out of the given (5 + 16 =) 21 questions, a candidate has to answer (5 + 10 =) 15 questions in the allotted (maximum) time of 2 hours.**
5. All questions of a particular section must be attempted in the correct order.
6. **SECTION A - OBJECTIVE TYPE QUESTIONS (24 MARKS):**
 - i. This section has 05 questions.
 - ii. There is no negative marking.
 - iii. Do as per the instructions given.
 - iv. Marks allotted are mentioned against each question/part.
7. **SECTION B – SUBJECTIVE TYPE QUESTIONS (26 MARKS):**
 - i. This section contains 16 questions.
 - ii. A candidate has to do 10 questions.
 - iii. Do as per the instructions given.
 - iv. Marks allotted are mentioned against each question/part.

SECTION A: OBJECTIVE TYPE QUESTIONS

Q. No.	Question	Source Material (NCERT/PSS CIVE/CBSE Study Material)	UNIT/Chapter No.	Marks
Q. 1	Answer any 4 out of the given 6 questions on Employability Skills (1 x 4 = 4 marks)			
i.	(a) Interpersonal Communication	CBSE Textbook	Page 7 Unit 1 Communication Skill	1
ii.	(c) Psychosomatic disorders	CBSE Study Material	Page 17 Unit 2 Self-Management Skill	1
iii.	(b) Ctrl + X	CBSE Study Material	Page 23 Unit 3 ICT Skill	1
iv.	(d) Marketing	CBSE Study Material	Page 48 Unit 4 Entrepreneurial Skill	1
v.	(b) Self-regulation	CBSE Study Material	Page 20 Unit 2 Self-Management Skill	1
vi.	(a) Solar energy	CBSE Textbook	Page 113 Unit 5 Green Skill	1
Q. 2	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)			
i.	(b) 1,2,3,4	CBSE Textbook	Page 82 Unit 4 Basic First Aid and Emergency Medical Relief	1
ii.	(b) B, D, A and C	CBSE Textbook	Page 33 Unit 2 Introduction To Care Plan and care of patients	1
iii.	(a) communication	CBSE Textbook	Page 124 Unit 6 Public Relations	1
iv.	(c) Physiotherapy	CBSE Textbook	Page 5 Unit 1 Heath Care Delivery Systems	1
v.	(d) Cytology	CBSE Textbook	Page 93 Unit 5 Human Body: Structures, Functions and Nutrition	1

vi.	(b) Parasite	CBSE Textbook	Page 55 Unit 3 Sterilization and Disinfection	1
Q. 3	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)			
i.	(c) All of the above	CBSE Textbook	Page 28 Unit 2 Introduction To Care Plan and care of patients	1
ii.	(d) microscope	CBSE Textbook	Page 50 Unit 3 Sterilization and Disinfection	1
iii.	(a) Bio-hazard	CBSE Textbook	Page 76 Unit 4 Basic First Aid and Emergency Medical Relief	1
iv.	(a) Dietary and Food Services	CBSE Textbook	Page 16 Unit 1 Heath Care Delivery Systems	1
v.	(a) Electronic medical Record (EMR)	CBSE Textbook	Page 122 Unit 6 Public Relations	1
vi.	(d) Depression	CBSE Textbook	Page 94 Unit 5 Human Body: Structures, Functions and Nutrition	1
Q. 4	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)			
i.	(c) A- iv, B- iii, C- i, D- ii	CBSE Textbook	Page 56 Unit 3 Sterilization and Disinfection	1
ii.	(b) Proteins	CBSE Textbook	Page 109 Unit 5 Human Body: Structures, Functions and Nutrition	1
iii.	(a) Teaching-cum-Research Hospital	CBSE Textbook	Page 13 Unit 1 Heath Care Delivery Systems	1
iv.	(a) pumping organ and blood / blood components	CBSE Textbook	Page 76 Unit 4 Basic First Aid and Emergency Medical Relief	1
v.	(b) anxious	CBSE Textbook	Page 122 Unit 6 Public Relations	1
vi.	(b) bland diet	CBSE Textbook	Page 30 Unit 2 Introduction To Care Plan and care of patients	1
Q. 5	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)			
i.	(a) peroxyacetic acid	CBSE Textbook	Page 68 Unit 3	1

			Sterilization and Disinfection	
ii.	(c) A- iii, B- i, C- iv, D- ii	CBSE Textbook	Page 6 Unit 1 Health Care Delivery Systems	1
iii.	(a) severity	CBSE Textbook	Page 83 Unit 4 Basic First Aid and Emergency Medical Relief	1
iv.	(d) Nutrition	CBSE Textbook	Page 28 Unit 2 Introduction To Care Plan and care of patients	1
v.	(c) Hypernatremia	CBSE Textbook	Page 110 Unit 5 Human Body: Structures, Functions and Nutrition	1
vi.	(a) Receptionist	CBSE Textbook	Page 117 Unit 6 Public Relations	1

SECTION B: SUBJECTIVE TYPE QUESTIONS

Q. No.	Question	Source Material (NCERT/PS SCIVE/CBS E Study Material)	UNIT/Chapter No.	Marks
	Answer any 3 out of the given 5 questions on Employability Skills (2 x 3 = 6 marks) Answer each question in 20 – 30 words.			
Q. 6	Ans: Face-to-face informal communication: There is nothing better than face-to-face communication. It helps the message to be understood clearly and quickly. Also, since body language can be seen in this case; it adds to the effectiveness of the communication. E-mail: e-mail can be used to communicate quickly with one or many individuals in various locations. It offers flexibility, convenience and low-cost. 2	CBSE Textbook	Page 4 Unit 1 Communication Skill	2
Q. 7	Ans: Factors that affect self-confidence are:- a) When we think we cannot do a particular work. b) When we keep thinking of our past mistakes and feel bad about it, instead of learning from them. c) When we expect to be successful at the first attempt itself and do not try again.	CBSE Study Material	Page 18 Unit 2 Self-Management Skills	2

	d) When we are surrounded by people who have a negative attitude, which is reflected in their speech. $\frac{1}{2} \times 4 = 2$			
Q. 8	Ans: A file/ folder can be copied using keyboard by following the given steps: a. Select the file or the folder. b. Press Ctrl + C to copy the file or the folder. c. Open the destination folder. d. Press Ctrl + V to paste the copied file. ($\frac{1}{2}$ mark for each step). 2	CBSE Study Material	Page 30 Unit 3 Information and Communication Technology Skills	2
Q. 9	Ans: a. Women Entrepreneurship entrepreneurial activity (1 mark) b. : An entrepreneur builds the • organization by taking various steps such as hiring employees, • organizing the factors of production, • Sourcing finance etc. (any 1 or any other valid point & one mark for each point) $\frac{1}{2} \times 4 = 2$	CBSE Study Material	Page 46 Unit 4 Entrepreneurial Skills	2
Q. 10	Ans: Education is the most important factors for sustainable development. Children who have gone to school will be able to do jobs so that they can take care of themselves and their families. Education helps us become aware of our role as a responsible citizen. We should 1. Use the facilities present in our areas. 2. Take our friends to school. 3. Help friends study. 4. Stop friends from dropping out of school. 2	CBSE Textbook	Page 110 Unit 5 Green Skill	2
	Answer any 4 out of the given 6 questions in 20 – 30 words each (2 x 4 = 8 marks)			
Q. 11	Ans: Principles of First Aid: The basic principles of first aid are as follows:	CBSE Textbook	Page 74 Unit 4 Basic First Aid and Emergency Medical Relief	2

	Preserve life: This includes the life of the casualty and rescuer. Protect the casualty from further harm: Ensure the scene is safe and the casualty is not affected by the presence of people. Provide pain relief: This could include the use of ice packs or simply applying a sling. Prevent the injury or illness from becoming worse: Ensure the treatment you provide as part of the First Aid does not make the condition of the casualty worse or delay the transfer of patient to hospital. 4 x ½ = 2			
Q. 12	Ans: Radiology: The department supports in diagnosing the disease and providing treatment using advanced equipment, including Computed tomography (CT) scan, digital X-ray, angiography (imaging of blood vessels) and ultrasound scanning equipment. Administrative and Finance Department: It performs all works related to administrative (such as hiring and posting of hospital staff) and financial activities (such as purchase of medicines and equipment, providing salaries to staff etc.) required for proper functioning of the hospital. 2 x 1 = 2	CBSE Textbook	Page 5 Unit 1 Health Care Delivery Systems	2
Q. 13	Ans: Receptionists are the first point of contact for the patients, visitors' doctors, and staff members. Doctors, nurses, and other medical and administrative staff members depend on the receptionist to create a friendly, welcoming and well-organized front office for patients and to facilitate their flow through the facility. Receptionist should be well versed with the policies, systems and facilities of the hospital. Receptionists should be polite and well behaved. They are also responsible for arranging appointments and patient transport. 2 x 1 = 2	CBSE Textbook	Page 117 Unit 6 Public Relations	2
Q. 14	Ans: Fungi are like plants made up of many cells. They are not called plants because they cannot produce their own food from soil and water. Fungi are eukaryotic, so they possess a true nucleus. Bacteria are prokaryotic, meaning they do not possess a true nucleus. Viruses cannot reproduce on their own, so	CBSE Textbook	Page 51 Unit 3 Sterilization and Disinfection	2

	they are sometimes just classified as infectious biological agents. $4 \times \frac{1}{2} = 2$			
Q. 15	Ans: Preparations for taking oral temperature a) Place the tip of the thermometer below the tongue posteriorly. Maintain the thermometer in the mouth for at least 3-5 minutes. b) Remove and wipe the thermometer with tissue from the stem towards the bulb in order to read the calibrations accurately. c) Patient should not have any ingested any hot or cold just before recording the temperature. d) Read the temperature at eye level and rotate slowly until chemical level is visualized then read to the nearest tenth of a degree or the digital display on an electronic thermometer. Record the reading along with date and time of measurement. $4 \times \frac{1}{2} = 2$	CBSE Textbook	Page 33 Unit 2 Introduction To Care Plan and care of patients	2
Q. 16	Ans: Anterior: Towards the front surface of the body, also called Ventral. Posterior: Towards the back surface of the body, also called Dorsal. Proximal: Position that is closer from the trunk of the body. Distal : Position that is further from the trunk of the body $2 \times 1 = 2$	CBSE Textbook	Page 93 Unit 5 Human Body: Structures, Functions and Nutrition	2
Answer any 3 out of the given 5 questions in 50– 80 words each ($4 \times 3 = 12$ marks)				
Q. 17	Ans: Functions of the cell : • Respiration - all cells require oxygen to metabolize food. • Ingestion and assimilation - cells are able to select chemicals from the surrounding fluid for their structure. • Growth and repair - cells can synthesize new cytoplasm so that growth can occur and repair worn out parts.	CBSE Textbook	Page 93 Unit 5 Human Body: Structures, Functions and Nutrition	4

	• Excretion - waste products are eliminated into surrounding tissue to be transported by the blood for elimination via organs. • Irritability and activity - cells are able to respond to stimuli. For example, a stimulus causes a muscle to contract or relax. • Metabolism - cells are able to break down and use substances from food as fuel. (Any 4) 4 x 1=4			
Q. 18	Ans: Promotive Functions: According to WHO, Health promotion is the process of enabling people in order to increase in awareness about diseases and taking preventive measures to improve health. It is not directed against any particular disease or focusing on treatment/cure, but is intended to strengthen the patient through a variety of approaches such as health education, environmental modification, nutritional support, lifestyle and behavioural changes. The GDA has to educate the patient on various aspects of health and nutrition. The GDA provides information about health, treatment or therapy and lifestyle changes. Preventive Functions: It includes supervision pregnancies and childbirth, supervision of growth and development of children, control of communicable diseases, and provision of health education services, occupational health services and preventive health checkup. The GDA helps in these aspects by creating awareness and sensitization about good health practices. 2 x 2=4	CBSE Textbook	Page 16 Unit 1 Health Care Delivery Systems	4
Q. 19	Ans: Important rules for First Aid are as follows: • Scene safety: Ensure that the site where the event happens is safe for the casualty and rescuer as well. • Assess: Find out what has happened, and then what is wrong with the person. Reassure the victim and continue with initial first aid management. • Call: Call for help to the emergency medical services / ambulance and inform the status of the patient along with all details of the site and existent facility. • Manage and reassess: Help the victim, preferably without moving him or her. Manage the manageable injuries or medical conditions under the purview of the	CBSE Textbook	Page 75 Unit 4 Basic First Aid and Emergency Medical Relief	4

	rescuer. Reassess the patient frequently and manage accordingly. 4 x 1=4			
Q. 20	Ans: Now let us imagine that a person has met with road accident. The services of priority that should be followed by the first aider in an emergency are as follows: • Check for bleeding: Stop bleeding by applying direct pressure on the wound site. • Check for head, neck and spinal injury: If any of these are suspected, do not move the victim unless it is absolutely necessary to prevent further injury. Moving a victim will often make injuries worse, especially in the case of spinal cord injuries. • Determine responsiveness: If a person is unconscious, try to arouse by gently shaking and speaking. Do not give fluid, the victim cannot swallow and could suffocate. Look for the victim's chest to rise and fall and listen for sounds of breathing (place your ear near the nose and mouth and feel for breath on your cheek). 1+1+2	CBSE Textbook	Page 82 Unit 3 Sterilization and Disinfection	4
Q. 21	Ans: A Care Plan has the following characteristics: 1. It is holistic and is based on the clinical judgment of the nurse using assessment data. 2. It is based upon identifiable nursing diagnoses (actual, risk or health promotion), which include clinical judgments about individual, family or community's experiences/ responses to actual or potential health problems. 3. It focuses on patient-specific nursing outcomes that are realistic for the care recipient. 4. It includes nursing interventions which are focused on the risk factors. It relates to the future course of action. 4 x 1 =4	CBSE Textbook	Page 24 Unit 2 Introduction To Care Plan and care of patients	4