

# **CBSE – DEPARTMENT OF SKILL EDUCATION**

## **FOOD, NUTRITION & DIETETICS (SUBJECT CODE-834)**

### **Marking scheme**

#### **Class XII (Session 2019–2020)**

Time: 3 Hours

Max. Marks: 70

#### **General Instructions:**

1. *This Question Paper consists of two parts viz. Part A: Employability Skills and Part B: Subject Skills.*
2. **Part A: Employability Skills (10 Marks)**
  - i. *Answer any 4 questions out of the given 6 questions of 1 mark each.*
  - ii. *Answer any 3 questions out of the given 5 questions of 2 marks each.*
3. **Part B: Subject Skills (60 Marks):**
  - i. *Answer any 10 questions out of the given 12 questions of 1 mark each.*
  - ii. *Answer any 7 questions from the given 9 questions of 2 marks each.*
  - iii. *Answer any 7 questions from the given 9 questions of 3 marks each.*
  - iv. *Answer any 3 questions from the given 5 questions of 5 marks each.*
4. ***This question paper contains 46 questions out of which 34 questions are to be answered.***
5. *All questions of a particular part/section must be attempted in the correct order.*
6. *The maximum time allowed is 3 hrs.*

### **PART A: EMPLOYABILITY SKILLS (10 MARKS)**

**Answer any 4 questions out of the given 6 questions of 1 mark each:**

1.	MS Powerpoint, OpenOffice impress	(1)
2.	F5 Key & F1	(1)
3.	Paranoid,Dependent,Obsessive(any 2)	(1)
4.	Alyona Kapoor, Indra Nooyi	(1)
5.	Complex sentence	(1)
6.	He ran <u>with great speed</u> -Adverbial phrase	(1)

**Answer any 3 questions out of the given 5 questions of 2 marks each:**

7.	1)Select the slide2)select sound option from the insert menu 3)insert sound 4) select the sound and click open(1/2 for each step)	(2)
8.	1) Increases individuals energy2) directs an individual towards specific goals.	(1+1)
9.	Plant a tree, reuse/recycle/reduce, use the off buttons, use less reconditioning.(any 2)	(1+1)
10.	1)To obtain adequate and relevant information in order to identify nutrition-related problems. 2)To make decisions about the nature and cause of nutrition related health issues.	(1+1)
11.	Title Name Content(4-5paragraph) Conclusion(1/2 for each step)	(2)

**PART B: SUBJECT SKILLS (60 MARKS)**

**Answer any 10 questions out of the given 12 questions:**

12.	The branch of medicine concerned with how food and nutrition affects human health comprising the rules to be followed for preventing, relieving or curing disease by diet is called Dietetics	(1)
13.	Round worm	(1)
14.	ICMR (Indian Council of Medical Research)	(1)(2) (1)(2)
15.	Inflammation of the lining of the joints	(1)
16.	[BMI = Weight (kg)/Height (m) 2]	(1)
17.	Binge eating disorder is characterized by recurrent binge episode during which a person feels a loss of control and marked distress over his or her eating.	(1)
18.	Insulin dependent mellitus/type-I diabetes usually develops in children and adolescents, hence was referred to as juvenile diabetes.	(1)
19.	Sphygmomanometer	(1)
20.	Celiac Disease	(1)
21.	Hazard analysis and critical control points	(1)
22.	<i>Vibrio cholerae</i>	(1)

23.	Brick powder	(1)
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**Answer any 7 questions out of the given 9 questions of 2 marks each:**

24.	<table border="1"> <thead> <tr> <th></th> <th>Liquid Diet</th> <th>Soft Diet</th> </tr> </thead> <tbody> <tr> <td>1.</td> <td>-consists of foods that can be served in liquid or strained form</td> <td>-foods included in this type of diet are soft in consistency, easy to chew and made of easily digestible foods.</td> </tr> <tr> <td>2.</td> <td>- Examples of clear liquid diet: Water, strained fruit juices, coconut water, lime juice (nimbu pani)</td> <td>- Examples of soft diet:like khichri, dalia.</td> </tr> </tbody> </table>		Liquid Diet	Soft Diet	1.	-consists of foods that can be served in liquid or strained form	-foods included in this type of diet are soft in consistency, easy to chew and made of easily digestible foods.	2.	- Examples of clear liquid diet: Water, strained fruit juices, coconut water, lime juice (nimbu pani)	- Examples of soft diet:like khichri, dalia.	(1+1)
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25.	<p>1) Toasting- Generally applied for bread slices which are browned from both sides by keeping them between two grilles.</p> <p>2) Baking- A dry method of cooking, it combines steam which is generated while food is cooked</p>	(1+1)									
26.	-reduction in antibody production(1) -therefore the disease fighting capacity is lowered(1)	(2)									
27.	- short stature or low height(1) - retardation of physical growth(1)	(2)									
28.	-lasts for not more than 2 weeks in duration. -persons recovers completely after the fever.	(2)									
29.	-the rise of blood glucose occurring after a meal(1) -multi-grain Roti has low GI of 27 (1)	(2)									
30.	Modifiable-Cigarette smoking, Overweight/obesity (1) Non-modifiable-Increased age, coronary artery disease(1)	(2)									
31.	-Athletes are at-risk, especially those competing in sports (wrestling, rowing, horseracing etc.) and aesthetic sports (bodybuilding, gymnastics, swimming etc.).(1) -dancers have a prevalence of being anorexic (1)	(2)									
32.	-Salmonella causes salmonellosis(1) -E.coli causes dysentery/diarrhea(1)	(2)									

**Answer any 7 questions out of the given 9 questions of 3 marks each:**

33.	<p>Pressure Cooking: food is cooked under pressure(1/2)  Advantage: Reduces cooking time.(1/2)  Disadvantage: Long hours of pressure cooking make food soggy and too soft. (1/2)  Boiling: Foods are cooked by placing them in boiling water at 100°C(1/2).  Advantage: Boiling of food brings about uniform cooking of food. (1/2)  Disadvantage: Boiling of food brings about its discoloration (1/2)</p>	(3)
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34.	<b>Age</b>	<b>After each liquid stool, offer</b>		1+1+1
	< 6 months	Quarter glass or cup * (50 ml)		
	7 months to less than 2 years	Quarter to half glass or cup * (50-100 ml)		
	2 up to 10 years	Half to one glass or cup* (100-200 ml)		
35.	Anorexia Nervosa	Bulimia Nervosa		1+1+1
	- Profound Weight loss	-Frequent fluctuations in weight		
	-Dieting, deny hunger	-Eating large amount of food in a short time		
	- Delayed puberty	-Irregular periods in women		
36.	<b>Blood Pressure Category</b>	<b>Systolic blood pressure</b>	<b>Diastolic blood pressure</b>	1+1+1
	Hypertension			
	Stage 1	130–139 mm Hg	80–89 mm Hg	
	Stage 2	≥140 mm Hg	≥90 mm Hg	
	Hypertensive Crisis	≥180 mm Hg	≥120 mm Hg	
37.	-Control of reservoir(isolation of carriers) -Control of sanitation(sanitary disposal) -Immunization(vaccination)			1+1+1
38.	-Toilet hygiene -Shower hygiene -Nail hygiene -Teeth hygiene -Sickness hygiene(any 3)			(3)
39.	-Loss of Appetite -Unfavorable cultural practices -Decreased intestinal absorption -Worm/parasite infection -Protein loss(any 3)			(3)
40.	-Modification in Quantity -Modification in Nutrient(Proteins, Fat, Carbohydrate) -Changes in Meal Frequency -Changes in Method of Cooking -Modification in the Method of Feeding(any 3)			(3)
41.	<b>Type 1</b>	<b>Type 2</b>		(3)
	Type 1 diabetes results from the pancreas's failure to produce insulin	Type 2 diabetes begins with insulin resistance		
	usually develops in children and adolescents	diagnosed mainly in adults		
	Type 1 diabetes is an autoimmune disease	Referred to as non -insulin dependent diabetes'		

**Answer any 3 questions out of the given 5 questions of 5 marks each:**

42.	<ul style="list-style-type: none"> <li>- Damage to arteries and blood vessels</li> <li>- Damage to heart</li> <li>- Damage to Brain:</li> <li>- Damage to Kidneys</li> <li>- Damage to Eyes</li> <li>- Sleep Disorder</li> </ul> (any 5)	(5)
43.	<ul style="list-style-type: none"> <li>-name of the product,</li> <li>-manufacturer's name and address,</li> <li>-date of manufacturing &amp; date of expiry</li> <li>- maximum retail price and</li> <li>- Ingredients nutritive values.</li> </ul> (1 marks each)	(5)
44.	<ul style="list-style-type: none"> <li>- Childhood obesity</li> <li>- Hypertension</li> <li>- Diabetes</li> <li>-pediatric metabolic syndrome</li> <li>-anxiety</li> </ul>	(5)
45.	<ul style="list-style-type: none"> <li>-presentation(1)</li> <li>-meal planning(1/2 marks each for early morning, breakfast ,mid- morning ,lunch, evening tea, diner)</li> <li>-Amount (1)</li> </ul>	(5)
46.	Foods that can be used liberally and best avoided in the diet of an individual suffering from Jaundice(1marks for each point)	(5)