

CBSE | DEPARTMENT OF SKILL EDUCATION

FOOD NUTRITION & DIETETICS (SUBJECT CODE 834)

Blue-print for Sample Question Paper for Class XII (Session 2020-2021)

Max. Time: 3 Hours

Max. Marks: 70

PART A - EMPLOYABILITY SKILLS (10 MARKS):

UNIT NO.	NAME OF THE UNIT	OBJECTIVE TYPE QUESTIONS	SHORT ANSWER TYPE QUESTIONS	TOTAL QUESTIONS
		1 MARK EACH	2 MARKS EACH	
1	Communication Skills-IV	1	1	2
2	Self-Management Skills-IV	2	1	3
3	Information and Communication Technology Skills-IV	1	1	2
4	Entrepreneurial Skills-IV	1	1	2
5	Green Skills-IV	1	1	2
TOTAL QUESTIONS		6	5	11
NO. OF QUESTIONS TO BE ANSWERED		Any 4	Any 3	
TOTAL MARKS		1 x 4 = 4	2 x 3 = 6	10 MARKS

PART B - SUBJECT SPECIFIC SKILLS (60 MARKS):

UNIT NO.	NAME OF THE UNIT	OBJECTIVE TYPE QUESTIONS	SHORT ANS. TYPE QUES.- I	SHORT ANS. TYPE QUES.- II	DESCRIPTIVE/ LONG ANS. TYPE QUESTIONS	TOTAL QUESTIONS
		1 MARK EACH	2 MARKS EACH	3 MARKS EACH	5 MARKS EACH	
1.	Clinical and Therapeutic Nutrition	7	2	-	-	9
2.	Diet in Health and Disease: I	10	2	1	1	14
3.	Diet in Health and Disease: II	8	2	1	2	13
4.	Food Safety and Quality Control	11	-	1	2	14
TOTAL QUESTIONS		36	6	3	5	50
NO. OF QUESTIONS TO BE ANSWERED		31	Any 4	Any 2	Any 3	
TOTAL MARKS		1 x 31 = 31	2 x 4 = 8	3 x 2 = 6	5 x 3 = 15	60 MARKS

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FOOD NUTRITION & DIETETICS (SUBJECT CODE 834)

Marking Scheme for Class XII (Session 2020-2021)

Max. Time: 3 Hours

Max. Marks: 70

General Instructions:

1. Please read the instructions carefully.
2. This Question Paper consists of **25 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 (6 + 19 =) 25 questions, a candidate has to answer (6 + 12 =) 18 questions in the allotted (maximum) time of 3 hours.**
5. All questions of a particular section must be attempted in the correct order.
6. **SECTION A - OBJECTIVE TYPE QUESTIONS (35 MARKS):**
 - i. This section has 06 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 (35 MARKS):**
 - i. This section contains 19 questions.
 - ii. A candidate has to do 12 questions.
 - iii. Do as per the instructions given.
 - iv. Marks allotted are mentioned against each question/part.

SECTION A: OBJECTIVE TYPE QUESTIONS

Q. 1	Answer any 4 out of the given 6 questions on Employability Skills (1 x 4 = 4 marks)	
i.	What is a paragraph? ANS: A paragraph is a series of sentences that are organized and coherent, and are all related to a single topic.	1
ii.	Write the full form of OCPD. ANS: Obsessive-compulsive personality disorder	1
iii.	Fill in the blank: Personality is relatively enduring set of_____. ANS: traits.	1
iv.	Every formula in Calc starts with which symbol? ANS: A formula in Calc always starts with an equal to (=) sign.	1
v.	A steel factory burns firewood and charcoal for heating and melting the steel? What are the possible effects on the environment? (Choose all the correct options) (a) Increase in global temperature (b) Decrease in global temperature (c) Increase in air pollution (d) Decrease in air pollution ANS: (a) & (c)	1
vi.	Write the full form of EDII. ANS: Entrepreneurship Development Institute of India (EDII)	1

Q. 2	Answer any 7 out of the given 8 questions (1 x 7 = 7 marks)	
i.	Typhoid is caused by which bacteria: (a) <i>Salmonella typhi</i> (b) <i>Vibrio cholera</i> (c) <i>Streptococcus</i> (d) <i>E.coli</i> ANS: (a)	1
ii.	Sleep apnea is one of the symptoms of: (a) Heart attack (b) Hypertension (c) Diabetes (d) eating disorder ANS: (b)	1
iii.	Diabetes is commonly known as: (a) Madhumeh (b) Honey (c) Malnutrition (d) Jaggery ANS: (a)	1
iv.	Life span of RBC is: (a) 140 days (b) 120 days (c) 240 days (d) 50 days ANS: (b)	1
v.	<i>Mycobacterium tuberculosis</i> causes : (a) Tuberculosis (b) Malaria (c) Influenza (d) Dysentery ANS: (a)	1
vi.	Define the term 'Therapeutic diet'. ANS: Therapeutic diet refers to a meal plan that controls the intake of certain foods or nutrients.	1

vii.	How is BMI calculated? ANS: Body Mass Index (or BMI) is calculated as your weight (in kilograms) divided by the square of your height (in metres) or BMI = Kg/M ² .	1
viii.	Name two important ingredients found in the Oral Rehydration Solution (ORS) as suggested by WHO. ANS: Salt (NaCl) & Sugar	1

Q. 3	Answer any 6 out of the given 7 questions (1 x 6 = 6 marks)	
i.	What do you understand by the term Nutritional status? ANS: It refers to the condition of health of an individual as influenced by the utilization of the nutrients.	1
ii.	When does ketoacidosis occur in the body? ANS: Diabetic ketoacidosis happens when your blood sugar is very high and acidic substances called ketones build up to dangerous levels in your body.	1
iii.	Expand BMR & IBW. ANS: BMR means Basal Metabolic Rate. IBW-ideal body weight	1
iv.	A boy is suffering from prolonged fever and doctor has advised him to have soft diet. Name two dishes that you would recommend him. ANS: Vegetable khichdi and upma.	1
v.	Name the type of jaundice common in newborns. ANS: Neonatal jaundice	1
vi.	What is DOTS? ANS: Directly observed treatment, short-course	1
vii.	Name any two biological hazards. ANS: Mold and Fungi. Insects	1

Q. 4	Answer any 6 out of the given 7 questions (1 x 6 = 6 marks)	
i.	List the two main characters of binge eating disorder? ANS: i) the amount of food eaten is larger than most persons. ii) the excessive eating occurs in a discreet period. (1/2 each)	1
ii.	Name any two worms causing intestinal parasitic infection. ANS: Hookworm, round worm (1/2 each)	1
iii.	How much water should an individual consumer per day? ANS: 2-3 litres/day.	1
iv.	What is Bland Diet? ANS: A bland diet is made of foods that are soft, not very spicy and low in fiber.	1
v.	Identify the systolic and diastolic pressure in the reading "120/80mmHg". ANS: Systolic-120 Diastolic-80 (1/2 each)	1

vi.	List any two viruses that may cause food poisoning. ANS: Norovirus or Rotavirus(1/2 each)	1
v.	Write the full form of FSSAI. ANS: Food safety and standard authority of India.	1

Q. 5	Answer any 6 out of the given 7 questions (1 x 6 = 6 marks)	
i.	Raw foods have _____ factors which are destroyed by cooking. ANS: anti-nutritional	1
ii.	The most commonly observed form of tuberculosis in India is _____. ANS: pulmonary tuberculosis.	1
iii.	A total of _____ of physical activity is recommended every day for healthy Asian Indians. ANS: 60 min	1
iv.	Diabetes mellitus is a _____ characterized by hyperglycaemia ANS: metabolic syndrome	1
v.	Glycemic index is a guide used to classify _____ containing foods. ANS: carbohydrate	1
vi.	Food hazards may be biological, chemical and _____. ANS: physical.	1
vii.	Integrated Pest Management (IPM) is an _____ approach to pest suppression. ANS: ecological	1

Q. 6	Answer any 6 out of the given 7 questions (1 x 6 = 6 marks)	
i.	State whether the following statements are True or False: Good hygiene helps to prevent being diseased. TRUE	1
ii.	State whether the following statements are True or False: Stroke is a condition when part of the brain is deprived of carbon dioxide. FALSE	1
iii.	State whether the following statements are True or False: Hemolytic jaundice is also known as prehepatic jaundice. TRUE	1
iv.	State whether the following statements are True or False: Salmonella food poisoning occurs because of contaminated meat, milk and milk products. TRUE	1
v.	State whether the following statements are True or False: Dietary modifications are not required in the case of all diseases. TRUE	1
vi.	State whether the following statements are True or False: No single food supplies all of the nutrients we need. TRUE	1

vii.	State whether the following statements are True or False: Exercise keeps our body healthy. TRUE	1
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SECTION B: SUBJECTIVE TYPE QUESTIONS

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. 7	Which key will you press if you want to select multiple ranges of cells? ANS: 1.Select the first range of cells. 2. Hold the CTRL key and select another range of cells.	2
Q. 8	List any two advantages of green jobs. ANS: 1. Toxin free homes and cities. 2. Protecting and restoring ecosystem.	2
Q. 9	What do you understand by concept of entrepreneurship? ANS: 1. entrepreneurship as the process of designing, launching and running a new business, which is often initially a small business 2. Entrepreneurs follow a basic process of entrepreneurship to kick start their ventures.	2
Q. 10	What are the Big 5 Personality traits?(name any 4) ANS: Extraversion: Agreeableness Conscientiousness Emotional stability Openness to experience(any 4)	2
Q. 11	How many parts of speech are there? Name any 4. ANS: noun, pronoun, adjective, , verb, adverb, preposition, conjunction, and interjection.	2

Answer any 4 out of the given 6 questions in 20 – 30 words each (2 x 4 = 8 marks)

Q. 12	How does hypertension cause damage to Eyes and Brain? ANS: Damage to Eyes: bleeding in the eyes, blurred vision and complete loss of vision.(1) Damage to Brain: <i>Dementia</i> , stroke (1)	2
Q. 13	'Diarrhea can be life threatening'. Elucidate. ANS: During diarrhoea, the stools have high water content – an indicator that water is being lost in higher than normal amounts.(1) The stools also contain a high amount of electrolytes (sodium, potassium). This results in the deficiency of water and electrolytes in the body which is referred to as dehydration.(1)	2

<p>Q. 14</p>	<p>Discuss the role of dietitian in 'Nutrition care'.</p> <p>ANS:</p> <ol style="list-style-type: none"> 1. Collecting, organizing and assessing data relating to health and nutritional status of individuals, groups and communities, 2. Review and analyze patients' nutritional needs and goals to make appropriate dietary recommendations, 3. Develop and implement nutrition care plans and monitor, follow up and evaluate these plans and take corrective measures wherever required, 4. Calculate nutritional value of food/meals planned (any 2) 	<p>2</p>
<p>Q. 15</p>	<p>What do you mean by diabetes awareness? State any two methods to educate diabetic people.</p> <p>ANS: Diabetes education means empowering people with diabetes with knowledge and provide tools crucial for making them active partners in the diabetes management team(1)</p> <p>Self-monitoring skills & Positive attitude (½ each)</p>	<p>2</p>
<p>Q. 16</p>	<p>How nutritional status is influenced by infection?</p> <p>ANS:</p> <ol style="list-style-type: none"> 1. Loss of Appetite 2. Unfavorable cultural practices 3. Decreased intestinal absorption 4. Worm/parasite infection(any 2) 	<p>2</p>
<p>Q. 17</p>	<p>Plan out a health education program to prevent typhoid fever in your community.</p> <p>ANS:</p> <p>Awareness about vaccination against typhoid fever.(1)</p> <p>Control of sanitation (1)</p>	<p>2</p>

Answer any 2 out of the given 3 questions in 30– 50 words each (3 x 2 = 6 marks)

<p>Q. 18</p>	<p>Prepare a list of activities for school children and adolescents to prevent obesity.</p> <p>ANS:</p> <ul style="list-style-type: none"> • Purchasing healthy foods, • Practicing regular meal times, • Encouraging the children to eat only when hungry and to eat slowly. • Allocating individual portions of food for children, • Keep the refrigerator stocked with fat-free or low-fat milk and fresh fruit (any 2) 	<p>3</p>
<p>Q. 19</p>	<p>Briefly discuss the causes, prevention and control of Jaundice.</p> <p>ANS:</p> <p>Cause: Damage to liver cells leads to increase in bilirubin resulting in jaundice(1)</p> <p>Prevention: Healthy diet and exercise.(1)</p> <p>Control: generous intake of water is necessary, Clear liquid including fruit juices, dal or rice water(1)</p>	<p>3</p>

Q. 20	Elaborate all the points that you will keep in mind for hygienic handling of food. ANS: Wash and dry your hands thoroughly before handling food, and wash and dry them again frequently during work, dry your hands with a clean towel, disposable paper towel or under an air dryer. (Any 3)	3
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Answer any 3 out of the given 5 questions in 60– 90 words each (5 x 3 = 12 marks)

Q. 21	Explain the cause, concept and preventive measures of the following: a)Cholera b)Salmonellosis ANS: A- Cholera: cause- <i>Vibrio cholera</i> (½) Concept: dehydration is the most common manifestation of cholera (1) Prevention : Sanitation measure and vaccination (1) B- Salmonellosis: cause- <i>Salmonella typhi</i> (½) Concept: mainly it affects the intestine and liberates toxins into blood circulation. (1) Prevention : Sanitation measure and vaccination(1)	5
Q. 22	Represent in the tabular form, the foods that can be liberally used and the foods that should be avoided for a person suffering from typhoid. ANS: Foods to include: 1. Plenty of fluids like juices, soups, 1. High fibre foods like whole grain coconut water, electrolyte, barley cereals and their products e.g. whole water, soups. wheat flour, whole wheat bread, oats 2. Milk and milk based beverages. and cracked wheat, whole pulses and 3. Bland, well cooked, well mashed, pulses with husk. sieved, soft, semisolid foods (any 2) Foods to avoid: 1. High fibre foods like whole grain coconut water, electrolyte, barley cereals and their products e.g. whole water, soups. wheat flour, whole wheat bread, oats 2. Milk and milk based beverages. and cracked wheat, whole pulses and 3. Bland, well cooked, well mashed, pulses with husk. sieved, soft, semisolid foods like 4. Low fibre foods such as refined (any 3)	5
Q. 23	Plan a sample menu for a person suffering from hypertension.(Energy requirement- 1700kcal diet chart) ANS: Refer to the chart given in study material. (1M per meal serving)	5
Q. 24	Name and draw any 5 certificates of quality that can be given to a food product in the Indian/International market. ANS: HACCP, FASSAI, AGMARK, FPO, ISI (any 5)	5
Q. 25	List the major considerations in dietary management of diabetes. ANS: Refer to the chart given in study material. (1M per meal serving)	5