

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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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?	1
ii.	Write the full form of OCPD.	1
iii.	Fill in the blank: Personality is relatively enduring set of _____.	1
iv.	Every formula in Calc starts with which symbol?	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	1
vi.	Write the full form of 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>	1
ii.	Sleep apnea is one of the symptoms of: (a) Heart attack (b) Hypertension (c) Diabetes (d) eating disorder	1
iii.	Diabetes is commonly known as: (a) Madhumeh (b) Honey (c) Malnutrition (d) Jaggery	1
iv.	Life span of RBC is: (a) 140 days (b) 120 days (c) 240 days (d) 50 days	1
v.	<i>Mycobacterium tuberculosis</i> causes : (a) Tuberculosis (b) Malaria (c) Influenza (d) Dysentery	1
vi.	Define the term 'Therapeutic diet'.	1
vii.	How is BMI calculated?	1
viii.	Name two important ingredients found in the Oral Rehydration Solution (ORS) as suggested by WHO.	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?	1
ii.	When does ketoacidosis occur in the body?	1
iii.	Expand BMR & IBW.	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.	1
v.	Name the type of jaundice common in newborns.	1
vi.	What is DOTS?	1
vii	Name any two biological hazards.	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?	1
ii.	Name any two worms causing intestinal parasitic infection.	1
iii.	How much water should an individual consumer per day?	1
iv.	What is Bland Diet?	1
v.	Identify the systolic and diastolic pressure in the reading "120/80mmHg".	1
vi.	List any two viruses that may cause food poisoning.	1
v.	Write the full form of FSSAI.	1

Q. 5	Answer any 6 out of the given 7 questions (1 x 6 = 6 marks)	
i.	Raw foods have _____actors which are destroyed by cooking.	1
ii.	The most commonly observed form of tuberculosis in India is_____.	1
iii.	A total of _____of physical activity is recommended every day for healthy Asian Indians.	1
iv.	Diabetes mellitus is a _____characterized by hyperglycaemia	1
v.	Glycemic index is a guide used to classify _____containing foods.	1
vi.	Food hazards may be biological, chemical and_____.	1
vii.	Integrated Pest Management (IPM) is an _____approach to pest suppression.	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.	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.	1
iii.	State whether the following statements are True or False: Hemolytic jaundice is also known as prehepatic jaundice.	1
iv.	State whether the following statements are True or False: Salmonella food poisoning occurs because of contaminated meat, milk and milk products.	1
v.	State whether the following statements are True or False: Dietary modifications are not required in the case of all diseases.	1
vi.	State whether the following statements are True or False: No single food supplies all of the nutrients we need.	1
vii.	State whether the following statements are True or False: Exercise keeps our body healthy.	1

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?	2
Q. 8	List any two advantages of green jobs.	2
Q. 9	What do you understand by concept of entrepreneurship?	2
Q. 10	What are the Big 5 Personality traits?(name any 4)	2
Q. 11	How many parts of speech are there? Name any 4.	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?	2
Q. 13	'Diarrhea can be life threatening'. Elucidate.	2
Q. 14	Discuss the role of dietician in 'Nutrition care'.	2
Q. 15	What do you mean by diabetes awareness? State any two methods to educate diabetic people.	2
Q. 16	How nutritional status is influenced by infection?	2
Q. 17	Plan out a health education program to prevent typhoid fever in your community.	2

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

Q. 18	Prepare a list of activities for school children and adolescents to prevent obesity.	3
Q. 19	Briefly discuss the causes, prevention and control of Jaundice.	3
Q. 20	Elaborate all the points that you will keep in mind for hygienic handling of food.	3

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	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.	5
Q. 23	Plan a sample menu for a person suffering from hypertension.(Energy requirement-1700kcal diet chart)	5
Q. 24	Name and draw any 5 certificates of quality that can be given to a food product in the Indian/International market.	5
Q. 25	List the major considerations in dietary management of diabetes.	5