

# CBSE | DEPARTMENT OF SKILL EDUCATION

## FOOD NUTRITION & DIETETICS (SUBJECT CODE:834)

### CLASS XII (SESSION 2021-2022) MARKING SCHEME FOR TERM – II

Max. Time Allowed: 1½ Hours (90 min)

Max. Marks: 35

#### General Instructions:

1. Please read the instructions carefully
2. This Question Paper is divided into 03 sections, viz., Section A, Section B and Section C.
3. Section A is of 05 marks and has 06 questions on Employability Skills.
  - a) Questions numbers 1 to 4 are one-mark questions. Attempt any three questions.
  - b) Questions numbers 05 and 06 are two marks questions. Attempt any one question.
4. Section B is of 30 marks and has 18 questions on Subject specific Skills.
5. Section B is of 30 marks and has 18 questions on Subject specific Skills.
  - a) Questions numbers 7 to 13 are one-mark questions. Attempt any five questions.
  - b) Questions numbers 14 to 19 are two marks questions. Attempt any four questions.
  - c) Questions numbers 20 to 24 are three marks questions. Attempt any three questions.
6. Section C is of 08 marks and has 03 competency-based questions.
  - a) Questions numbers 25 to 27 are four marks questions. Attempt any two questions.
7. Marks allotted are mentioned against each section/question.

#### SECTION A

(3 + 2 = 5 marks)

Answer any 03 questions out of the given 04 questions		1 x 3 = 3
Q.1	Name two women entrepreneurs. A- Indra Nooyi, Kiran Majumdar	1
Q.2	Who is a green collar worker? A- A green collar worker is one who is employed in the environmental sectors of the economy. Green collar workers include professionals, such as green building architects, environmental consultants, waste management.	1
Q.3	"Areca palm is commonly grown indoors". Why? A- It absorbs harmful pollutants from the air.	1
Q.4	Define a first-generation entrepreneur? A- First generation entrepreneurs are those who do not have any entrepreneurship background. They can be of different age groups and backgrounds.	1
Answer any 01 question out of the given 02 questions		2 x 1 = 2
Q.5	List any two advantages of green jobs. A-1. Toxin free homes and cities. 2. Protecting and restoring ecosystem.	2
Q.6	What do you understand by the concept of entrepreneurship? A-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

## SECTION B

(5 + 8 + 9 = 22 marks)

Answer any 05 questions out of the given 07 questions		1 x 5 = 5
Q.7	 <p>Write the full form of the logo shown in the above picture. A-Indian Standard Institute</p>	1
Q.8	<p>Name any two biological hazards.</p> <p>A-Mold and Fungi. Insects</p>	1
Q.9	<p>Identify the systolic and diastolic pressure in the reading "120/80mmHg".</p> <p>A- Systolic-120 Diastolic-80 (1/2 each)</p>	1
Q.10	<p>When does ketoacidosis occur in the body?</p> <p>A-Diabetic ketoacidosis happens when your blood sugar is very high and acidic substances called ketones build up to dangerous levels in your body</p>	1
Q.11	<p>Name the disease caused by the over consumption of kesari dal.</p> <p>A- Lathyrism</p>	1
Q.12	<p>What is malabsorption syndrome?</p> <p>A- Malabsorption syndrome is an alteration in the ability of the intestine to absorb nutrients adequately into the blood stream and it leads to severe malnutrition</p>	1
Q.13	<p>Gluten-free diet is recommended in which disease?</p> <p>A-Celiac disease</p>	1
Answer any 04 questions out of the given 06 questions		2 x 4 = 8
Q.14	<p>Define personal hygiene. Also mention its types. (Any two).</p> <p>A- Personal hygiene can be defined as an act of maintaining cleanliness and grooming of the external body. Shower hygiene Teeth hygiene (any other)</p>	2
Q.15	<p>What do you mean by diabetes awareness? State any two methods to educate diabetic people.</p> <p>A- Diabetes education means empowering people with diabetes with knowledge and provide tools crucial for making them active partners in the diabetes management team(1) Self-monitoring skills &amp; Positive attitude(1/2 each)</p>	2
Q.16	<p>Write a brief note on Glycaemic index.</p> <p>A-<b>Glycaemic index</b> (GI) describes the rise of blood glucose occurring after a meal. In a given meal there can be different foods. It is, therefore, important to know about the extent of rise in blood glucose with a given quantity of a particular food.</p>	2

Q.17	<p>What is paediatric metabolic syndrome? How is it related with the consumption of HFSS food?</p> <p>A-Metabolic syndrome is a cluster of the risk factors for type-2 diabetes and cardiovascular disease characterized by abdominal obesity and others such as high blood pressure and increased plasma glucose. There is a link between consumption of HFSS food and obesity.</p>	2
Q.18	<p>What are the nutritional interventions in hepatitis?</p> <p>A-A high protein, high carbohydrate and moderate fat diet is recommended. Small attractive meals at regular intervals are better tolerated. Overfeeding should be avoided</p>	2
Q.19	<p>How does hypertension cause damage to Eyes and B rain?</p> <p>A-1. Damage to Eyes: bleeding in the eyes, blurred vision and complete loss of vision. (1) Damage to Brain: <i>Dementia, stroke (1)</i></p>	2
<b>Answer any 03 questions out of the given 05 questions</b>		<b>3 x 3 = 9</b>
Q.20	<p>Write any six nutrition facts provided by a label.</p> <p>A- Serving Size, Calories, Total Fat, Saturated Fat, Cholesterol and Dietary Fibre( any 6)</p>	3
Q.21	<p>Differentiate between incidental <b>adulteration</b> and intentional <b>adulteration</b>.</p> <p>A-Intentional adulterants are sand, marble chips, stones mud, chalk powder, water, mineral oil and coal tar, dyes. These adulterants cause harmful effects on the body.</p> <p><b>Incidental adulterants:</b> Raw foods such as meat, fish, milk and vegetables grown on sewage are likely to be contaminated with harmful micro-organisms. These are generally destroyed during cooking or processing of food. Some of the micro-organisms may survive due to insufficient heat processing.</p>	3
Q.22	<p>Briefly discuss the causes, prevention and control of Jaundice.</p> <p>A-Cause: Damage to liver cells leads to increase in bilirubin resulting in jaundice(1) Prevention: Healthy diet and exercise.(1) Control: generous intake of water is necessary, Clear liquid including fruit juices, dal or rice water(1)</p>	3
Q.23	<p>Write short notes on the following :</p> <p>a) Kitchen hygiene during food preparation. A-Clean the containers, hand washing, food preparers to wear latex gloves, wearing aprons.</p> <p>b) The requisites of a good label for pre-packaged food and its importance. A-Labels help a consumer in making a wise decision. -The label offers detailed information about a food's nutrient content. -You can use the label to compare two similar foods to decide what would be the healthier choice. -The list of ingredients is very important in case a person is allergic to some ingredient.</p>	3
Q.24	<p>What are the concerns associated with the consumption of HFSS foods.</p> <p>A- -Childhood obesity - Hypertension - Diabetes -pediatric metabolic syndrome -anxiety</p>	3

**SECTION C  
(COMPETENCY BASED QUESTIONS)**

**(2 x 4 = 8 marks)**

<b>Answer any 02 questions out of the given 03 questions</b>		
<b>Q.25</b>	Plan a sample menu for a person suffering from hypertension. (Energy requirement-1700kcal diet chart) A-Refer to the chart given in study material. (1marks per meal serving)	<b>4</b>
<b>Q.26</b>	Design a food label enclosing following features: name of the product, manufacturer's name and address, date of manufacturing & date of expiry, maximum retail price and ingredients nutritive values. A- name of the product, -manufacturer's name and address, -date of manufacturing & date of expiry - maximum retail price and - Ingredients nutritive values. (1 marks each)	<b>4</b>
<b>Q.27</b>	Plan a therapeutic diet plan for a peptic ulcer patient (Energy requirement-1600kcal) A- -meal planning(1/2 marks each for early morning, breakfast ,mid- morning ,lunch, evening tea, dinner) -Amount (1)	<b>4</b>