

CBSE | DEPARTMENT OF SKILL EDUCATION

FOOD, NUTRITION & DIETETICS (SUBJECT CODE-834)

CLASS XII (SESSION 2021-2022)
BLUE PRINT FOR SAMPLE QUESTION PAPER FOR TERM -1

Max. Time Allowed: 90 Minutes (1½ Hrs.)

Max. Marks: 35

PART A - EMPLOYABILITY SKILLS (05 MARKS):

UNIT NO.	NAME OF THE UNIT	NO. OF QUESTIONS (1 MARK EACH)
1	Communication Skills-IV	2
2	Self-Management Skills-IV	2
3	Information and Communication Technology Skills-IV	2
TOTAL QUESTIONS		6 Questions
NO. OF QUESTIONS TO BE ANSWERED		Any 5 Questions
TOTAL MARKS		1 x 5 = 5 marks

PART B - SUBJECT SPECIFIC SKILLS (30 MARKS):

UNIT NO.	NAME OF THE UNIT	NO. OF QUESTIONS (1 MARK EACH)
1	Clinical and Therapeutic Nutrition	18
2	Diet in Health and Disease: Cause, physiological conditions, clinical symptoms and dietary management.	19
TOTAL QUESTIONS		37 Questions
NO. OF QUESTIONS TO BE ANSWERED		30 Questions
TOTAL MARKS		1 x 30 = 30 MARKS

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Max. Time Allowed: 90 Minutes (1½ Hrs.)

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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.
4. Section B is of 25 marks and has 30 questions on Subject specific Skills.
5. Section C is of 05 marks and has 07 Competency based questions.
6. Do as per the instructions given in the respective sections.
7. Marks allotted are mentioned against each section/question.
8. All questions must be attempted in the correct order

SECTION A

Answer any 5 questions out of the given 6 questions on Employability Skills (1 x 5 = 5 marks)

1.	An effective communication is important to strengthen _____ & _____ relationship in an organization. a) Employer-Father b) Employer-Employee c) Mother-Child d) Father-Child	1
2.	Identify the subject in the sentence "Mother has packed the lunch box". a) Mother b) Lunch box c) Played d) Has	1
3.	"Jack thinks of himself to be more important than others". Which personality disorder is he suffering from? a) Antisocial b) Borderline c) Narcissistic d) Schizotypal	1

4.	Individual personality can be assessed with the help of: a) Five factor model b) Four factor model c) Six factor model d) Three factor model	1
5.	To do any calculation in a spreadsheet you need to use: a) '+' b) '=' c) '*' d) '#'	1
6.	Which is the correct step to add a new slide to the presentation? a) Ctrl+M b) Ctrl+S c) Ctrl+V d) Ctrl+I	1

SECTION B

Answer any 25 questions out of the given 30 questions

(1 x 25 = 25 marks)

7.	_____ is a branch of dietetics concerned with the use of food for therapeutic purpose. a) Cognitive therapy b) Diet therapy c) Aromatherapy d) Oil therapy	1
8.	Typhoid is also called as: a) Rheumatoid fever b) Enteric fever c) Viral fever d) Jaundice	1
9.	ORT refers to: a) Oral rehydration treatment b) Oral rehydration therapy c) Oral restoring therapy d) Oral route therapy	1
10.	Raw foods have _____ factors which are destroyed by cooking. a) Anti-nutritional b) Nutritional c) Palatable d) Provisional	1
11.	Cooking method generally used for eggs is: a) Baking b) Poaching c) Toasting d) Blenching	1

12.	Protein loss in diseases like diarrhea and dysentery is _____ protein/kg body weight /day. a) 1.2g b) 0.9g c) 1.8g d) 0.3g	1
13.	Leaching is a method of cooking vegetables for people with chronic: a) Kidney disease b) Heart disease c) Liver disease d) Skin disease	1
14.	DOTS is an abbreviation for: a) Directly Observed Typhoid Short course b) Directly Oral Treatment Short course c) Directly Observed Treatment Short course d) Digital Observed Treatment Short course	1
15.	Diarrhoea can be caused by viruses like a) Norovirus & Rotavirus b) Norovirus & Corona virus c) Rhino virus & Rotavirus d) Norovirus & HIV virus	1
16.	IBW(Ideal Body Weight) can be calculated by the formula: a) (Height in cm -100) x0.9 b) (Weight in cm -100) x0.9 c) (Height in cm -100) x1.8 d) (Height in cm -50) x0.9	1
17.	Individuals with bulimia have a perceived lack of control over their eating behaviour, and often report which of the following? a) High levels of self-disgust b) Low self-esteem c) High levels of depression d) All of the above	1
18.	The imbalance between energy intake and energy expenditure causes: a) Overweight and obesity b) Diarrhoea c) Fever d) Brain stroke	1
19.	A method of cooking in which most of the heat transfer is in the form of steam: a) Deep fat frying b) Shallow frying c) Grilling d) Steaming	1
20.	Indirect measures of body fatness(other than BMI) are: a) Skinfold thickness , height, Waist hip ratio b) Skin aging, Waist circumference, Waist hip ratio c) Skinfold thickness , Waist circumference, Weight d) Skinfold thickness, Waist circumference, Waist hip ratio	1

21.	Introduction of additional foods other than breastmilk ,after 6 months of age is called as: a) Inclusive feeding b) Exclusive feeding c) Complementary feeding d) External feeding	1
22.	How an anorexic controls his/her weight? a) Voluntary starvation b) Excessive exercise c) Purging d) Binge-eating	1
23.	Tuberculosis is an example of chronic fever caused by: a) Escherichia coli b) Mycobacterium tuberculosis c) Salmonella typhi d) Vibrio cholerae	1
24.	In bland diets there is elimination of: a) Spices and condiments b) Vegetable c) Salt d) Oil	1
25.	Obesity is a BMI greater than or equal to : a) 25 b) 30 c) 45 d) 15	1
26.	When the food is directly given in the veins, it is called _____ nutrition. a) Parenteral b) Enteral c) External d) Saline	1
27.	Typhoid fever is commonly acquired by: a) Consuming food or water contaminated by fecal material. b) Eating Salmonella cysts in the muscle of infected animals. c) Direct sexual contact. d) Drinking unpasteurized milk.	1
28.	Diarrhoea with visible blood in stools is called as _____ a) Diphtheria b) Dysentery c) Cholera d) Indigestion	1

29.	 <p>Which kind of cooking method is represented by the diagram shown above:</p> <p>a) Boiling b) Steaming c) Pressure cooking d) Poaching</p>	1														
30.	<p>A person who has had a renal(Kidney) transplant should regulate the intake of _____</p> <p>a) Carbohydrates b) Proteins c) Fats d) Vitamins</p>	1														
31.	<p>GERD is</p> <p>a) Gastro efflux reflex disease b) Gut efflux reflex disease c) Gastro-oesophageal reflex disease d) Gut efflux reflex disorder</p>	1														
32.	<p>Caliper is a special instrument used to measure:</p> <p>a) Abdominal obesity b) Skin fold thickness c) Waist hip ratio d) Biceps</p>	1														
33.	<table border="1" data-bbox="256 1276 981 1641"> <thead> <tr> <th>Early morning</th> <th>Breakfast</th> <th>Mid-morning</th> <th>Lunch</th> <th>Mid-afternoon (Snack)</th> <th>Evening Tea (Snack)</th> <th>Dinner</th> </tr> </thead> <tbody> <tr> <td>Milk shake (1 glass) OR Milk with any supplement like Ensure Nuts (8-10 pieces)</td> <td>Paushtik Methi roti (2) OR Veg. yogurt sandwich (2) + Milk (1 cup)</td> <td>Veg. Soup with cream and croutons (1 bowl)</td> <td>Chapati (2) + Fried Rice (1 katori) + Soya chunks curry (1 katori) + Vegetable (1 katori) + Raita(1 Katori)</td> <td>Veggie pasta or Vegetable Upma (1 bowl)</td> <td>Fruity Muffin OR Cup Cake (1) Milk(1 Cup)</td> <td>Chapati (4) Dal (1 katori) Aloo Gobhi Sabji (1 katori) Mint chutney Custard or Sewiya (1bowl)</td> </tr> </tbody> </table> <p>Identify the disease for which this sample menu is prepared.</p> <p>a) Diabetes b) Hypertension c) Anorexia d) Obesity</p>	Early morning	Breakfast	Mid-morning	Lunch	Mid-afternoon (Snack)	Evening Tea (Snack)	Dinner	Milk shake (1 glass) OR Milk with any supplement like Ensure Nuts (8-10 pieces)	Paushtik Methi roti (2) OR Veg. yogurt sandwich (2) + Milk (1 cup)	Veg. Soup with cream and croutons (1 bowl)	Chapati (2) + Fried Rice (1 katori) + Soya chunks curry (1 katori) + Vegetable (1 katori) + Raita(1 Katori)	Veggie pasta or Vegetable Upma (1 bowl)	Fruity Muffin OR Cup Cake (1) Milk(1 Cup)	Chapati (4) Dal (1 katori) Aloo Gobhi Sabji (1 katori) Mint chutney Custard or Sewiya (1bowl)	1
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34.	<p>In children with acute diarrhoea and respiratory infections only 30 -70 per cent of ingested _____ is absorbed.</p> <p>a) Vitamin D b) Vitamin A c) Vitamin C d) Vitamin K</p>	1														

35.	How is TB treated? a) Antiviral medicines b) Antibiotics c) Chemotherapy d) Both (b) & (c)	1
36.	Diets lasting for one or few days given to patients in connection with certain tests is called as: a) Bland diet b) Test diet c) Balanced diet d) Gluten-free diet	1

SECTION C
COMPETENCY BASED QUESTIONS

Answer any 5 questions out of the given 6 questions

(1 x 5 = 5 marks)

37.	“Lata is a 15 year old girl who was admitted to hospital because of prolonged weight loss and refusal to eat. She weighed 35kg. Her skin had become dry & flaky and her hairs was falling out in clumps”. Identify the disorder. a) Intermittent fasting b) Anorexia Nervosa c) Bulimia Nervosa d) Binge eating disorder	1
38.	“A 4.5-month-old baby girl is presented to hospital with a 2-day history of watery diarrhea. The infant was reported to have had 10 watery stools over the previous 24 hours. The number and volume of stools continued to diminish substantially during the second day of treatment.” Which type of diarrhea is the child suffering from? a) Acute watery diarrhea b) Persistent diarrhea c) Dysentery d) Jaundice	1
39.	Calculate the BMI of the following students and place them in the order of Underweight: Normal weight : Overweight: Obese A: Weight = 58kg, Height = 1.72 B: Weight = 48kg, Height = 1.82 C: Weight = 78kg, Height = 1.65 D: Weight = 65kg, Height = 1.65 a) B:A:D:C b) C:A:D:B c) A:D:B:C d) D:A:C:B	1

40.	Ravi has undergone a major heart surgery. He is in the post-operative, early phase of recovery. As a dietitian what modified diet would you recommend for him? a) Bland diet b) Soft diet c) Liquid diet d) Spicy diet	1
41.	Maitri is born in a poor rural/slum household with low birth weight. This triggers growth faltering and the child suffers from malnutrition. She will grow up to be an adult with: a) High capacity to do physical work & less economically productive b) Reduced capacity to do physical work & less economically productive c) High capacity to do physical work & economically productive d) Reduced capacity to do physical work & economically productive	1
42.	Raman is having pulmonary infection. He is a healthy individual and his immunity system helps in fighting off the infection. The bacteria in the body are in an inactive state and Raman shows no symptoms. Identify the disease. a) Latent Tuberculosis b) Active Tuberculosis c) COVID-19 d) Common cold	1
43.	Diabetic diet, renal diet, gluten free diet, low fat diet, high fibre diet are examples of : a) Clinical Diet b) Therapeutic Diet c) Balanced Diet d) Nutritional Diet	1