

CBSE | DEPARTMENT OF SKILL EDUCATION

FOOD NUTRITION & DIETETICS (SUBJECT CODE: 834)

MARKING SCHEME FOR CLASS XII (SESSION 2022-2023)

Max. Time: 3 Hours

Max. Marks: 60

General Instructions:

1. Please read the instructions carefully.
2. This Question Paper consists of **24 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 + 18 =) 24 questions, a candidate has to answer (6 + 11 =) 17 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 (30 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 (30 MARKS):**
 - i. This section contains 18 questions.
 - ii. A candidate has to do 11 questions.
 - iii. Do as per the instructions given.
 - iv. Marks allotted are mentioned against each question/part.

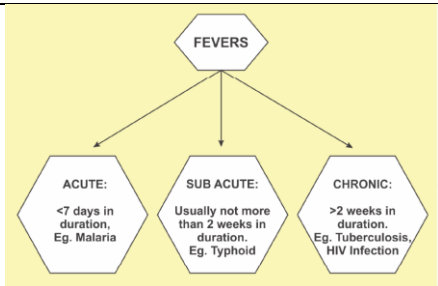
SECTION A: OBJECTIVE TYPE QUESTIONS

| Q. No. | QUESTION | Source Material (NCERT/PSSCIVE/ CBSE Study Material) | Unit/ Chap. No. | Page no. of source material | Marks |
|-------------|--|--|-----------------|-----------------------------|----------|
| Q. 1 | Answer any 4 out of the given 6 questions on Employability Skills (1 x 4 = 4 marks) | | | | |
| i. | To select an entire worksheet, click the grey rectangle on the upper left corner of the worksheet. | Book on Employability skills | Unit-3 | Pg 46 | 1 |
| ii. | Ctrl+u | Book on Employability skills | Unit-3 | Pg 55 | 1 |
| iii. | An attitude is a way of thinking or feeling about something. | Book on Employability skills | Unit 4 | Pg 96 | 1 |
| iv. | Neuroticism is a trait, wherein, individuals show tendency towards anxiety, self-doubt, depression, shyness and other similar negative feelings. | Book on Employability skills | Unit 2 | Pg 34 | 1 |
| v. | It helps in describing an individual's personality. | Book on Employability skills | Unit 2 | Pg 33 | 1 |
| vi. | First generation entrepreneurs are those who do not have any entrepreneurship background. | Book on Employability skills | Unit 4 | Pg 84 | 1 |
| Q. 2 | Answer any 5 out of the given 7 questions (1 x 5 = 5 marks) | | | | |
| i. | Clear liquid diet & full liquid diet. | CBSE Study Material | Unit 1, Ch-2 | Pg 10 | 1 |
| ii. | $60/1.4 \times 1.4 = 30.6$ She is overweight. | CBSE Study Material | Unit 2, Ch-8 | Pg 56 | 1 |
| iii. | Sodium chloride & sugar | CBSE Study Material | Unit 2, Ch-6 | Pg 46 | 1 |
| iv. | It shows no or quite late symptoms. | CBSE Study Material | Unit 3, Ch-9 | Pg 71 | 1 |
| v. | 2-2.5mg/dl | CBSE Study Material | Unit 3, Ch-11 | Pg101 | 1 |
| vi. | Washing hands with soap, Changing into clean clothes | CBSE Study Material | Unit 4, Ch-14 | Pg 129 | 1 |
| vii. | Consumption of food obtained from infected plants or animals. Food which is handled in an unhygienic way | CBSE Study Material | Unit 4, Ch-13 | Pg 121 | 1 |
| Q. 3 | Answer any 6 out of the given 7 questions (1 x 6 = 6 marks) State whether the following statements are true or false. In case a statement is false, write the corrected statement | | | | |
| i. | A bland diet is made of foods that are soft and includes less/no spices and condiments. False | CBSE Study Material | Unit 1, Ch-2 | Pg 12 | 1 |
| ii. | Children with obesity are also at a higher risk of type 2 diabetes. True | CBSE Study Material | Unit 2, Ch-8 | Pg 58 | 1 |
| iii. | Integrated Pest Management (IPM) is an ecological approach to pest suppression. False | CBSE Study Material | Unit 4, Ch-14 | Pg 134 | 1 |
| iv. | Stroke is a condition when part of the brain is deprived of oxygen. False | CBSE Study Material | Unit 3, Ch-9 | Pg 73 | 1 |

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|-------------|---|---------------------|---------------|--------|---|
| v. | Biological hazards include microbes. False | CBSE Study Material | Unit 4, Ch-13 | Pg 120 | 1 |
| vi. | Central obesity is known to increase insulin resistance. False | CBSE Study Material | Unit 3, Ch-10 | Pg 86 | 1 |
| vii. | Food illness generally affects gastrointestinal tract. False | CBSE Study Material | Unit 4, Ch-13 | Pg 121 | 1 |
| Q. 4 | Answer any 5 out of the given 6 questions (1 x 5 = 5 marks) | | | | |
| i. | Gluten free diet, purine rich diet. | CBSE Study Material | Unit 1, Ch-1 | Pg 4 | 1 |
| ii. | Diet therapy is a branch of dietetics concerned with the use of food for therapeutic purpose. | CBSE Study Material | Unit 1, Ch-1 | Pg 4 | 1 |
| iii. | Directly Observed Treatment Short course | CBSE Study Material | Unit 2, Ch-5 | Pg 38 | 1 |
| iv. | It is free from pathogenic bacteria It contains dissolved salts or minerals | CBSE Study Material | Unit 4, Ch-14 | Pg 132 | 1 |
| v. | Starvation caused either by food restriction/dieting as in anorexia nervosa or problems related to food absorption. | CBSE Study Material | Unit 2, Ch-7 | Pg 51 | 1 |
| vi. | a) Polydipsia: Feeling of thirst b) Polyuria: excessive urinary output | CBSE Study Material | Unit 3, Ch-10 | Pg 87 | 1 |
| Q. 5 | Answer any 5 out of the given 6 questions (1 x 5 = 5 marks) The following questions consists of two statements- Assertion (A) and Reason(R). Answer these questions selecting appropriate option given below: a) Both A and R are true and R is correct explanation of A b) Both A and R are true and R is not correct explanation of A c) A is true but R is false d) A is false but R is true | | | | |
| i. | a) | CBSE Study Material | Unit 1, Ch-2 | Pg 11 | 1 |
| ii. | a) | CBSE Study Material | Unit 2, Ch-5 | Pg 32 | 1 |
| iii. | d) | CBSE Study Material | Unit 2, Ch-7 | Pg 50 | 1 |
| iv. | a) | CBSE Study Material | Unit 3, Ch-10 | Pg 89 | 1 |
| v. | c) | CBSE Study Material | Unit 4, Ch-13 | Pg 127 | 1 |
| vi. | a) | CBSE Study Material | Unit 4, Ch-13 | Pg 121 | 1 |
| Q. 6 | Answer any 5 out of the given 6 questions (1 x 5 = 5 marks) | | | | |
| i. | a) Purine restricted diet: gout b) Sodium restricted diet: Hypertension | CBSE Study Material | Unit 1, Ch-2 | Pg 12 | 1 |
| ii. | Baking | CBSE Study Material | Unit 1, Ch-4 | Pg 21 | 1 |
| iii. | Glycosylated hemoglobin | CBSE Study Material | Unit 3, Ch-10 | Pg 83 | 1 |
| iv. | Feeding fluids containing water, glucose, amino acids, minerals, vitamins given through the peripheral and central veins | CBSE Study Material | Unit 1, Ch-2 | Pg 13 | 1 |

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| v. | Hazard Analysis Critical Control Point | CBSE Study Material | Unit 4, Ch-13 | Pg 119 | 1 |
| vi. | Salmonella | CBSE Study Material | Unit 4, Ch-13 | Pg 127 | 1 |

SECTION B: SUBJECTIVE TYPE QUESTIONS

| Q. No. | QUESTION | Source Material (NCERT/PSSCIVE/ CBSE Study Material) | Unit/ Chap. No. | Page no. of source material | Marks |
|--|--|--|-----------------|-----------------------------|-------|
| Answer any 3 out of the given 5 questions on Employability Skills in 20 – 30 words each (2 x 3 = 6 marks) | | | | | |
| Q. 7 | Physical exercise and fresh air, Healthy diet, Adequate sleep(any2) | Book on Employability skills | Unit 2 | Pg 25 | 2 |
| Q. 8 | For a subject to be considered as science, it needs to have a stepwise progression substantiated by valid proof like chemistry or physics. some subjects are categorised as art, where no specific way to attain a result is required and the skill of using the subject matter is of prime importance | Book on Employability skills | Unit 4 | Pg 80 | 2 |
| Q. 9 | A personality disorder is a way of thinking, feeling and behaving that deviates from worldly expectations and causes distress, which lasts over time. | Book on Employability skills | Unit 2 | Pg 34 | 2 |
| Q. 10 | Any start up entrepreneur. | Book on Employability skills | Unit 4 | Pg 81 | 2 |
| Q. 11 | To add numbers, we have the Sum() function. This helps in adding the numbers in separate cells or in a cell range. Type '=Sum(' in E2 where you want the total. | Book on Employability skills | Unit 3 | Pg 52 | 2 |
| Answer any 3 out of the given 5 questions in 20 – 30 words each (2 x 3 = 6 marks) | | | | | |
| Q. 12 | 1. Collecting, organizing and assessing the data related to health and nutritional status of individuals. 2. Review and analyze patients' nutritional requirements 3. Calculate the nutritional value of food/meals planned. (any 2) | CBSE Study Material | Unit 1, Ch-1 | Pg 4 | 2 |
| Q. 13 |  | CBSE Study Material | Unit 2, Ch-5 | Pg 30 | 2 |

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| Q. 14 | Anorexia-Profound Weight loss, Dieting, deny hunger, An intense fear of weight Gain. Binge-eating-Food seeking in the absence of hunger, Excessive eating, A sense of lack of control over eating. (any2) | CBSE Study Material | Unit 2, Ch-7 | Pg 49 | 2 |
| Q. 15 | Damage to Kidneys -high BP can damage large arteries leading to kidney and the tiny blood vessels within the kidney. As a result, kidneys are unable to filter extra fluid/waste leading to kidney failure. Damage to Heart -It affects the arteries that supply blood to the heart muscles. strain on the heart caused by high BP can cause the heart muscle to weaken and work less efficiently. This causes the ventricle to thicken and stiffen, limiting the ventricle's ability to pump blood thus, increasing the risk of heart attack, heart failure or sudden death. | CBSE Study Material | Unit 3, Ch-9 | Pg 72-73 | 2 |
| Q. 16 | Ketoacidosis is a serious complication of diabetes that occurs when the body produces high levels of blood acids called ketones. When the ketones produced are more than what the body can handle, they accumulate in the blood resulting in ketoacidosis. | CBSE Study Material | Unit 3, Ch-10 | Pg 87 | 2 |
| Answer any 2 out of the given 3 questions in 30– 50 words each (3 x 2 = 6 marks) | | | | | |
| Q. 17 | Malnutrition is an impairment of health resulting from a deficiency or lack of food/nutrients or an imbalance of nutrients in the diet. a) Lowered Immunity b) Effect on the integrity of skin and mucous membrane. | CBSE Study Material | Unit 1, Ch-3 | Pg 18 | 3 |
| Q. 18 | <ul style="list-style-type: none"> • Encourage patients to consume six smaller meals per day instead of three. • Make the meals appetizing in appearance and taste and provide enough energy and protein. • Commercially-available high energy and protein drinks (balanced in terms of micro- and macronutrients). • Household ingredients such as vegetable oil, sugar, peanut butter, eggs and non-fat dry milk powder can be used in porridge, soups, milk based-drinks and gravies. • At least 500ml to 1litre milk (or milk products like yoghurt, soft cheese) should be consumed daily to ensure suitable intakes of vitamin D and calcium. | CBSE Study Material | Unit 2, Ch-5 | Pg 38 | 3 |

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| Q. 19 | <p>a) No</p> <p>b) Watery, thin or loose stools, Abdominal cramps.</p> <p>c) Dysentery is with blood, with or without mucus, dysentery is acute diarrhea for 14 days.</p> | CBSE Study Material | Unit 2, Ch-6 | Pg 41 | 3 |
| Answer any 3 out of the given 5 questions in 50– 80 words each (4 x 3 = 12 marks) | | | | | |
| Q. 20 | <p>In this method, the heat generated by water in some form or the other is used for cooking.</p> <p>1.Boiling: Food items are cooked by placing them in boiling water at 100°C and this temperature is maintained till the desired stage of cooking has been reached. Rice, pulses, potatoes are cooked this way.</p> <p>2. Pressure Cooking</p> <p>In this method, the food is cooked under pressure and with the increase in pressure the temperature also correspondingly increases. Thus, the food is cooked relatively fast. Pressure cooking is a type of steaming only in which water is boiled under high pressure, thus, raising the temperature and reducing the cooking time.</p> | CBSE Study Material | Unit 1, Ch-4 | Pg 22-23 | 4 |
| Q. 21 | <p>a) obese, particularly abdominal obesity, Frequent and increased/excessive urinary output (Polyuria), Feeling of thirst (Polydipsia) and dry mouth, Hunger increased appetite (Polyphagia) even though the individual is eating.</p> <p>b) What would be your proposal to stop the increasing rates of obesity in school children?</p> | CBSE Study Material | Unit 2, Ch 8 | Pg 59 & 61 | 4 |
| Q. 22 | <p>Foods taken liberally: Green leafy vegetables like spinach, Vegetables like cauliflower, brinjal, lady finger, High-fiber foods, fenugreek, pepper etc.</p> <p>Foods to be avoided: maida, suji, white bread, white, rice, pasta, gelatin-based, desserts, sugars, sweets, honey, candy, jam and jellies.</p> | CBSE Study Material | Unit 3, Ch-10 | Pg 91 | 4 |

| <p>Q. 23</p> | <table border="1"> <thead> <tr> <th>Early Morning</th> <th>Breakfast</th> <th>Mid-Morning</th> <th>Lunch</th> <th>Tea/Evening Snack</th> <th>Dinner</th> <th>Bedtime</th> </tr> </thead> <tbody> <tr> <td>1 Cup Tea/ Coffee (prepared with skim milk & 1 tsp sugar only) OR Lime Juice (in water with honey)/ Coconut Water + Biscuits (2)</td> <td>Toned Milk (1 glass) Poha/Ujma/ Corn flakes/Dalia/ (1 Bowl) OR Bread (2) with Egg (1) Jam or White Butter (5gm) OR Ragi idli (2 piece) OR Chapati – 1 with vegetable, Fruit-1</td> <td>Soup (mix veg / tomato) OR Coconut Water/ Lime Juice, OR Fruit Chaat (1 Bowl)</td> <td>Chapati – 1, Rice – 1 Bowl, Dal – 1 Bowl OR 1 Medium Size Piece of Chicken or Fish in Gravy Veg – 1 Bowl (Dark green leafy veg & Yellow-orange veg), Curd – 1 Bowl 1 Bowl Raw Veg Salad with Sprouts</td> <td>1 Cup Tea/ Coffee (prepared with skim milk & 1 tsp sugar only) OR Lime Juice (1 glass), High fiber Biscuits (2) OR Roasted Chana/ Sprouts Salad</td> <td>Chapati – 1, Rice – 1 Bowl, Dal – 1 Bowl OR (Paneer – 50 gms/ meat/ chicken gravy dish) Veg – 1 Bowl, Curd – 1 Bowl 1 Bowl raw veg Salad with sprouts</td> <td>Milk – 1 Cup (no sugar)</td> </tr> </tbody> </table> | Early Morning | Breakfast | Mid-Morning | Lunch | Tea/Evening Snack | Dinner | Bedtime | 1 Cup Tea/ Coffee (prepared with skim milk & 1 tsp sugar only) OR Lime Juice (in water with honey)/ Coconut Water + Biscuits (2) | Toned Milk (1 glass) Poha/Ujma/ Corn flakes/Dalia/ (1 Bowl) OR Bread (2) with Egg (1) Jam or White Butter (5gm) OR Ragi idli (2 piece) OR Chapati – 1 with vegetable, Fruit-1 | Soup (mix veg / tomato) OR Coconut Water/ Lime Juice, OR Fruit Chaat (1 Bowl) | Chapati – 1, Rice – 1 Bowl, Dal – 1 Bowl OR 1 Medium Size Piece of Chicken or Fish in Gravy Veg – 1 Bowl (Dark green leafy veg & Yellow-orange veg), Curd – 1 Bowl 1 Bowl Raw Veg Salad with Sprouts | 1 Cup Tea/ Coffee (prepared with skim milk & 1 tsp sugar only) OR Lime Juice (1 glass), High fiber Biscuits (2) OR Roasted Chana/ Sprouts Salad | Chapati – 1, Rice – 1 Bowl, Dal – 1 Bowl OR (Paneer – 50 gms/ meat/ chicken gravy dish) Veg – 1 Bowl, Curd – 1 Bowl 1 Bowl raw veg Salad with sprouts | Milk – 1 Cup (no sugar) | <p>CBSE Study Material</p> | <p>Unit 3, Ch-9</p> | <p>Pg 77</p> | <p>4</p> |
|---|--|---|--|--|--|-------------------------|--------|---------|---|---|---|--|--|--|-------------------------|----------------------------|---------------------|--------------|-----------------|
| Early Morning | Breakfast | Mid-Morning | Lunch | Tea/Evening Snack | Dinner | Bedtime | | | | | | | | | | | | | |
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| <p>Q. 24</p> | <p>a) Cholera : <i>Vibrio cholerae</i> is usually found in food or water contaminated by faeces from a person with the infection. Since dehydration is the most common manifestation of cholera the very first step in the management of cholera is control of dehydration. With rehydration i.e., by making up of losses, fluids and salts (electrolytes) cholera can now be effectively treated. The rehydration can be oral or intravenous. By this treatment, the death rate due to cholera can be reduced to 1 percent. World Health Organisation recommends the use of oral fluid.</p> <p>b) Salmonellosis : Salmonella infection (salmonellosis) is referred to a common bacterial disease that affects the intestinal tract. Salmonella bacteria typically live in animal and human intestines and are shed through faeces. Preventive methods are important especially when preparing food or providing care for infants, older adults and people who have weakened immune systems. It is very important to cook food thoroughly and refrigerate or freeze food promptly.</p> | <p>CBSE Study Material</p> | <p>Unit 4, Ch-13</p> | <p>Pg122 &127</p> | <p>4</p> | | | | | | | | | | | | | | |