

# CBSE | DEPARTMENT OF SKILL EDUCATION

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

Blue-print for Sample Question Paper for Class XII (Session 2022-2023)

Max. Time: 3 Hours

Max. Marks: 60

### 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	-	-	-
2	Self-Management Skills- IV	2	2	4
3	Information and Communication Technology Skills- IV	2	1	3
4	Entrepreneurial Skills- IV	2	2	4
5	Green Skills- IV	-	-	-
<b>TOTAL QUESTIONS</b>		<b>6</b>	<b>5</b>	<b>11</b>
<b>NO. OF QUESTIONS TO BE ANSWERED</b>		<b>Any 4</b>	<b>Any 3</b>	<b>07</b>
<b>TOTAL MARKS</b>		<b>1 x 4 = 4</b>	<b>2 x 3 = 6</b>	<b>10 MARKS</b>

### PART B - SUBJECT SPECIFIC SKILLS (50 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	4 MARKS EACH	
1	Clinical and Therapeutic Nutrition	8	1	1	1	11
2	Diet in Health and Disease-I	8	2	2	1	13
3	Diet in Health and Disease - II	6	2	-	2	10
4	Food Safety and Quality Control	10	-	-	1	11
<b>TOTAL QUESTIONS</b>		<b>32</b>	<b>5</b>	<b>3</b>	<b>5</b>	<b>45</b>
<b>NO. OF QUESTIONS TO BE ANSWERED</b>		<b>26</b>	<b>Any 3</b>	<b>Any 2</b>	<b>Any 3</b>	<b>34</b>
<b>TOTAL MARKS</b>		<b>1 x 26 = 26</b>	<b>2 x 3 = 6</b>	<b>3 x 2 = 6</b>	<b>4 x 3 = 12</b>	<b>50 MARKS</b>

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### Sample Question Paper 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

<b>Q. 1</b>	<b>Answer any 4 out of the given 6 questions on Employability Skills (1 x 4 = 4 marks)</b>	
i.	What will you do to select an entire worksheet in a spreadsheet?	<b>1</b>
ii.	What is the shortcut key to underline text in a spreadsheet?	<b>1</b>
iii.	What do you understand by attitude?	<b>1</b>
iv.	Define neuroticism.	<b>1</b>
v.	Why is the Big 5-factor model of personality important?	<b>1</b>
vi.	Who is a first-generation entrepreneur?	<b>1</b>


<b>Q. 2</b>	<b>Answer any 5 out of the given 7 questions (1 x 5 = 5 marks)</b>	
i.	What are the two major types of liquid diet?	<b>1</b>
ii.	Calculate the BMI of an Indian female (30 years of age) who weighs 60kg and height is 1.4 meters.	<b>1</b>
iii.	Name two important ingredients found in the Oral Rehydration Solution (ORS) as suggested by WHO.	<b>1</b>
iv.	Why hypertension is known as a silent killer?	<b>1</b>
v.	What is the range of bilirubin level in a patient of jaundice?	<b>1</b>
vi.	List any two good personal hygiene habits.	<b>1</b>
vii.	Write down two reasons of food born disease.	<b>1</b>

<b>Q. 3</b>	<b>Answer any 6 out of the given 7 questions (1 x 6 = 6 marks)</b> 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 spices and condiments.	<b>1</b>
ii.	Children with obesity are also at a higher risk of type 2 diabetes.	<b>1</b>
iii.	Integrated Pest Management (IPM) is an ecological approach to crop suppression.	<b>1</b>
iv.	Stroke is a condition when part of the brain is deprived of carbon dioxide.	<b>1</b>
v.	Biological hazards include sharp or hard objects.	<b>1</b>
vi.	Central obesity is known to decrease insulin resistance	<b>1</b>
vii.	Food illness generally affects respiratory tract.	

<b>Q. 4</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	
i.	Give any two examples of therapeutic diet.	<b>1</b>
ii.	What is meant by diet therapy?	<b>1</b>
iii.	Expand the abbreviation DOTS.	<b>1</b>
iv.	What makes water potable?	<b>1</b>
v.	What is a starvation syndrome?	<b>1</b>
vi.	Define the terms a) Polydipsia b) Polyuria	<b>1</b>

<b>Q. 5</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	
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	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.	<b>A:</b> The soft diet provides a transition between a liquid and a normal diet <b>R:</b> It is given to a patient when he has to give up a full liquid diet but is yet not able to digest a normal diet.	<b>1</b>
ii.	<b>A:</b> Typhoid is caused by the <i>Salmonella typhi</i> . <b>R:</b> It is also called as enteric fever.	<b>1</b>
iii.	<b>A:</b> The particular cause of eating disorders is known. <b>R:</b> It includes multidimensional causative factors.	<b>1</b>
iv.	<b>A:</b> Multi-grain chapati has low GI. <b>R:</b> It is beneficial for diabetic patient.	<b>1</b>
v.	<b>A:</b> Salmonella infection affects the intestinal tract. <b>R:</b> It is a viral infection.	<b>1</b>
vi.	<b>A:</b> Hygiene is the most important factor in order to prevent food illness. <b>R:</b> it is very important for food handlers to follow the high standard of food hygiene.	<b>1</b>

<b>Q. 6</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	
i.	Identify the diseases in which following diets are prescribed: a) Purine restricted diet b) Sodium restricted diet	<b>1</b>
ii.	 Determine the cooking method shown in the picture shown above.	<b>1</b>
iii.	Write the full form of HBA1c.	<b>1</b>
iv.	What is parenteral feeding?	<b>1</b>
v.	Expand HACCP	<b>1</b>
vi.	Name the bacteria often present in raw eggs.	<b>1</b>

## **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	Describe the ways you can make positive thinking a habit in life.	2
Q. 8	Entrepreneurship is considered to be both an art and a science. Comment.	2
Q. 9	How will you describe a personality disorder?	2
Q. 10	Name an entrepreneur you admire and what do you admire about the person.	2
Q. 11	How will you add values using Sum () function?	2

**Answer any 3 out of the given 5 questions in 20 – 30 words each (2 x 3 = 6 marks)**

Q. 12	Discuss the role of dietician in 'Nutrition care'.	2
Q. 13	Draw a flowchart to show the classification of fevers.	2
Q. 14	Differentiate between anorexia nervosa and binge eating. (Any 2 points)	2
Q. 15	How does hypertension cause damage to kidney and heart?	2
Q. 16	Write a brief note on diabetic ketoacidosis.	2

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

Q. 17	Define malnutrition. List its effect on infection.	3
Q. 18	What are the dietary management of tuberculosis? (Any 6)	3
Q. 19	<p>"Rani is a 2-year-old girl. She has a history of frequent passing of stools but they are well-formed. Her mother is worried."</p> <p>a) Is Rani suffering from diarrhea?</p> <p>b) List any two symptoms of diarrhea.</p> <p>c) How diarrhea is different from dysentery?</p>	3

**Answer any 3 out of the given 5 questions in 50– 80 words each (4 x 3 = 12 marks)**

Q. 20	What are the moist heat methods of cooking? Explain any two methods.	4
Q. 21	<p>a) Give the detrimental effects, obesity has on health.</p> <p>b) What would be your proposal to stop the increasing rates of obesity in school children?</p>	4
Q. 22	Mention the foods to be avoided and to be taken liberally for a diabetic patient. (Any 4 each)	4
Q. 23	Plan a sample menu for a person suffering from hypertension. (Energy requirement-1700kcal diet chart)	4
Q. 24	<p>Explain the cause and preventive measures of the following:</p> <p>a) Cholera</p> <p>b) Salmonellosis</p>	4