

CBSE | DEPARTMENT OF SKILL EDUCATION

FOOD NUTRITION & DIETETICS (SUBJECT CODE - 834)

MARKING SCHEME FOR CLASS XI (SESSION 2023-2024)

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 (11+ 45 =) 56 questions, a candidate has to answer (7 + 34 =) 41 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 11 questions.
 - ii. A candidate has to do 7 questions.
 - iii. There is no negative marking.
 - iv. Do as per the instructions given.
 - v. Marks allotted are mentioned against each question/part.
7. **SECTION B – SUBJECTIVE TYPE QUESTIONS (30 MARKS):**
 - i. This section contains 45 questions.
 - ii. A candidate has to do 34 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.	'sharing' of information between two or more individuals or within the group to reach a common understanding	Employability Skills	Unit 1	Pg 1	1
ii.	The process of working together in a group is team work.	Employability Skills	Unit 2	Pg 85	1
iii.	Ctrl + n	Employability Skills	Unit 3	Pg 109	1
iv.	An entrepreneur is a person who tries to meet needs of a customer through new ideas or ways of doing business and makes profit in return.	Employability Skills	Unit 4	Pg 138	1
v.	Phonetics is the study of the sounds that we make when we speak.	Employability Skills	Unit 1	Pg 17	1
vi.	Makes policies and provides funds for implementing plans and policies.	Employability Skills	Unit 5	Pg 186	1
Q. 2	Answer any 5 out of the given 7 questions (1 x 5 = 5 marks)				
i.	TRUE	CBSE Study Material	Unit 2, CH-1	Pg 39	1
ii.	TRUE	CBSE Study Material	Unit 1, CH-4	Pg 22	1

iii.	TRUE	CBSE Study Material	Unit 1, CH-4	Pg 27	1
iv.	FALSE	CBSE Study Material	Unit 2, CH-3	Pg 52	1
v.	TRUE	CBSE Study Material	Unit 2, CH-4	Pg 57	1
vi.	FALSE	CBSE Study Material	Unit 4, CH-4	Pg 112	1
vii.	TRUE	CBSE Study Material	Unit 1, CH-1	Pg 2	1
Q. 3	Answer any 6 out of the given 7 questions (1 x 6 = 6 marks)				
i.	obesity	CBSE Study Material	Unit 2, CH-4	Pg 49	1
ii.	Vitamin C	CBSE Study Material	Unit 4, CH-2	Pg 101	1
iii.	Noon meal programme	CBSE Study Material	Unit 5, CH-1	Pg 122	1
iv.	Recommended Dietary Allowances	CBSE Study Material	Unit 1, CH-3	Pg 23	1
v.	Retinol, beta carotene	CBSE Study Material	Unit 4, CH-1	Pg 91	1
vi.	micronutrients	CBSE Study Material	Unit 4, CH-1	Pg 91	1
vii.	Fiber	CBSE Study Material	Unit 2, CH-4	Pg 56	1
Q. 4	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)				
i.	CVD-cardiovascular disease NCD-Non-communicable disease	CBSE Study Material	Unit 4, CH-4	Pg 108,110	1
ii.	The process by which the organism ingests, digests, absorb, transports and utilizes nutrients and disposes of their waste products	CBSE Study Material	Unit 1, CH-1	Pg 3	1
iii.	skinfold calipers	CBSE Study Material	Unit 3, CH-3	Pg 78	1
iv.	F-75 & F-100	CBSE Study Material	Unit 4, CH-1	Pg 87	1
v.	A balanced diet is one which provides all the nutrients in required amounts and proper proportions	CBSE Study Material	Unit 1, CH-4	Pg 31	1
vi.	Diabetes, obesity	CBSE Study Material	Unit 4, CH-4	Pg 109	1
Q. 5	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)				
i.	Release of the nutrient from the food, its absorption in the intestine and bio response.	CBSE Study Material	Unit 1, CH-3	Pg 22	1
ii.	Vitamin B, Vitamin C	CBSE Study Material	Unit 4, CH-2	Pg 98	1
iii.	Fatty acids and glycerol	CBSE Study Material	Unit 1, CH-2	Pg 10	1
iv.	Folk dance, puppet show, storytelling.	CBSE Study Material	Unit 6, CH-1	Pg 143	1
v.	June 21	CBSE Study Material	Unit 6, CH-1	Pg 138	1
vi.	The communication process	CBSE Study Material	Unit 6, CH-1	Pg 141	1
Q. 6	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)				

i.	The adolescents in the age groups of 10-14 years and 15-19 years	CBSE Study Material	Unit 5, CH-2	Pg 126	1
ii.	Mid-day meal	CBSE Study Material	Unit 5, CH-1	Pg 122	1
iii.	WHR =Waist/Hip	CBSE Study Material	Unit 3, CH-3	Pg 77	1
iv.	building strong bones, maintaining the heartbeat, making hormones etc.	CBSE Study Material	Unit 1, CH-2	Pg 10	1
v.	3 trimesters	CBSE Study Material	Unit 2, CH-4	Pg 53	1
vi.	Chewing difficulties- loosened teeth, Dry mouth, reduced taste	CBSE Study Material	Unit 2, CH-3	Pg 52	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	Work hard and encourage others to do the same • Cheer for your teammate's success • Celebrate success as a team	Employability Skills	Unit 2	Pg 86	2
Q. 8	Click on File and then click Save or Save As, browse to the desired folder, type the filename in the name textbox and click on Save.	Employability Skills	Unit 3	Pg 132	2
Q. 9	Manufacturing Business, Trading Business, Services Business.	Employability Skills	Unit 4	Pg 140	2
Q. 10	This mission aims to clean up Indian cities, towns, and villages. One of its main aims is to achieve an Open-Defecation Free India by October 2, 2019.	Employability Skills	Unit 5	Pg 179	2
Q. 11	<p style="text-align: center;">My daily ROUTINE is this</p> <p>Every day, I get up at 7 am. I take a bath at 7.30 am. I have my breakfast at 8.00 am. I go to school at 8.30 am. I come back home at 2.00 pm. Then I iron and fold my clothes. I have dinner with my family at 7.00 pm. Then I help wash the utensils. I watch TV at 8.00 pm. I go to sleep at 9.00 pm.</p>	Employability Skills	Unit 1	Pg 62.	2
Answer any 3 out of the given 5 questions in 20 – 30 words each (2 x 3 = 6 marks)					
Q. 12	The process by which the organism ingests, digests, absorb, transports and utilizes nutrients and disposes of their end products. Macronutrients & micronutrients	CBSE Study Material	Unit 1, CH-1	Pg 3	2
Q. 13	It breaks the fast to the sleep hours and prepares a child for problem solving, increased	CBSE Study Material	Unit 2, CH-2	Pg 43	2

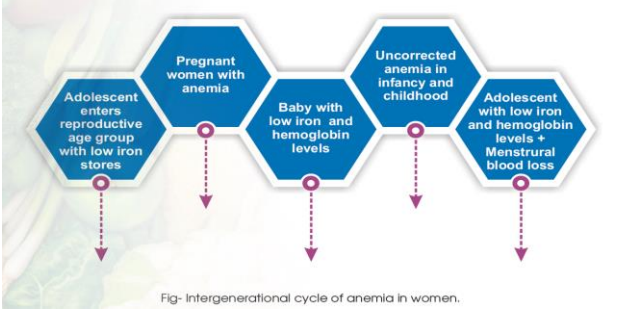
	memory spans in the learning period at school.				
Q. 14	Biochemical assessment deals with measuring the level of essential dietary constituents in the body fluids.	CBSE Study Material	Unit 3, CH-3	Pg 80	2
Q. 15	Persistent hair loss, Body image issues, Depression, anxiety, loss of confidence, Swallowing/speech problems, heart disease	CBSE Study Material	Unit 4, CH-4	Pg 115	2
Q. 16	Malnutrition is an impairment of health resulting not only from a deficiency or lack of food/nutrients but also when there is excess or imbalance of nutrients in the diet. Over nutrition: getting more nutrients than the body needs	CBSE Study Material	Unit 3, CH-2	Pg 65	2

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

Q. 17	Nausea, Vomiting, Heart burn, Constipation. (Any 3)	CBSE Study Material	Unit 2, CH-4	Pg 56	3
Q. 18	Convergence, Technology, Capacity Building, Community Mobilization and Behavioural Change. (Any 3)	CBSE Study Material	Unit 5, CH-2	Pg 136	3
Q. 19	Interpersonal Communication methods, Mass communication media, Traditional Communication methods.	CBSE Study Material	Unit 6, CH-1	Pg 141	3

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

Q. 20	<table border="1"> <thead> <tr> <th>Meal Timing</th> <th>Food Item</th> <th>Amount</th> </tr> </thead> <tbody> <tr> <td rowspan="2">Breakfast</td> <td>Milk</td> <td>1 glass</td> </tr> <tr> <td>Porridge</td> <td>1 bowl</td> </tr> <tr> <td>Mid Morning</td> <td>Seasonal fruit</td> <td>1</td> </tr> <tr> <td rowspan="4">Lunch</td> <td>Salad, grated</td> <td>1 Plate</td> </tr> <tr> <td>Roti / Rice / khichri</td> <td>2no./2 ladle/1 big bowl</td> </tr> <tr> <td>Green leafy vegetable</td> <td>1 bowl</td> </tr> <tr> <td>Curd/ Raita</td> <td>1 bowl</td> </tr> <tr> <td rowspan="2">Evening</td> <td>Tea</td> <td>1cup</td> </tr> <tr> <td>Besan paneer chilla/upma</td> <td>1-2 no./1 bowl</td> </tr> <tr> <td rowspan="4">Dinner</td> <td>Mix Vegetable Soup</td> <td>1 bowl</td> </tr> <tr> <td>Roti / Rice / Khichri</td> <td>2no./2 ladle/1 big bowl</td> </tr> <tr> <td>Moong dal</td> <td>1 bowl</td> </tr> <tr> <td>Pumpkin</td> <td>1 bowl</td> </tr> <tr> <td>Bed Time</td> <td>Milk</td> <td>1 cup</td> </tr> </tbody> </table>	Meal Timing	Food Item	Amount	Breakfast	Milk	1 glass	Porridge	1 bowl	Mid Morning	Seasonal fruit	1	Lunch	Salad, grated	1 Plate	Roti / Rice / khichri	2no./2 ladle/1 big bowl	Green leafy vegetable	1 bowl	Curd/ Raita	1 bowl	Evening	Tea	1cup	Besan paneer chilla/upma	1-2 no./1 bowl	Dinner	Mix Vegetable Soup	1 bowl	Roti / Rice / Khichri	2no./2 ladle/1 big bowl	Moong dal	1 bowl	Pumpkin	1 bowl	Bed Time	Milk	1 cup	CBSE Study Material	Unit 2, CH-3	Pg 53	4
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Q. 21	 <p>Fig- Intergenerational cycle of anemia in women.</p>	CBSE Study Material	Unit 4, CH-2	Pg 88	4
Q. 22	<ol style="list-style-type: none"> 1. To enable the AGs for self-development and empowerment 2.To improve their nutrition and health status. 3.Promote awareness about health, hygiene, nutrition, Adolescent, reproductive and Sexual Health (ARSH) and family and child care. 4.Upgrade their home-based skills, life skills and tie up with National Skill Development Program (NSDP) for vocational skills 5.Mainstream out of school AGs into formal/non formal education 6.Provide information/guidance about existing public services such as PHC, CHC, Post Office, Bank, Police Station, etc. (any 4) 	CBSE Study Material	Unit 5, CH-2	Pg 129	4
Q. 23	Nutritional Needs, Economic factors, Size and composition of the family, Season, Food availability, Food acceptance, Occasion (Any 4)	CBSE Study Material	Unit 1, CH-5	Pg 30	4
Q. 24	Immune dysfunction and infection, Skin lesions, decreased wound healing, Sickle cell anemia, Neurological diseases, Infertility, Liver disease (Any 4)	CBSE Study Material	Unit 4, CH-1	Pg 96	4