

CBSE | DEPARTMENT OF SKILL EDUCATION

FOOD NUTRITION & DIETETICS (SUBJECT CODE: 834)

Blue-print for Sample Question Paper for Class XI (Session 2023-2024)

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

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	
Unit I	Food and Nutrition: Basic Concepts	7	1	-	1	9
Unit II	Nutrition through the life cycle	5	1	1	1	8
Unit III	Public Health and Nutrition:	5	1	-	1	7

	Basic Concept					
Unit IV	Public Health and Nutrition Disorders	5	1	-	1	7
Unit V	Public Health and Nutrition: Programmes and Policies	5	1	1	1	8
Unit VI	Nutrition Education, Communication and Behaviour Change	5	-	1	-	6
TOTAL QUESTIONS		32	5	3	5	45
NO. OF QUESTIONS TO BE ANSWERED		26	Any 3	Any 2	Any 3	34
TOTAL MARKS		1 x 26 = 26	2 x 3 = 6	3 x 2 = 6	4 x 3 = 12	50 MARKS

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Sample Question Paper 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 **56 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

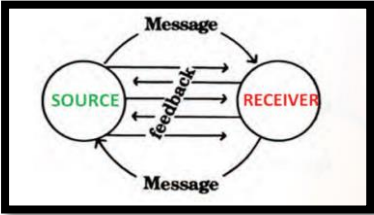
Q. 1	Answer any 4 out of the given 6 questions on Employability Skills (1 x 4 = 4 marks)	
i.	What is the purpose of communication?	1
ii.	What is teamwork?	1
iii.	Which shortcut key is used to create a new document?	1
iv.	Who is an entrepreneur?	1
v.	Define Phonetics.	1
vi.	What is the main role of the government in a green economy?	1

Q. 2	Answer any 5 out of the given 7 questions (1 x 5 = 5 marks)	
i.	A nutritionally adequate and balanced diet is essential for optimal growth and development. (TRUE/FALSE)	1
ii.	A safety factors added over and above the nutrient requirement for each group to arrive at the Recommended Dietary Allowances. (TRUE/FALSE)	1
iii.	Cereals are good sources of carbohydrates. (TRUE/FALSE)	1
iv.	Fiber rich food leads to diabetes. (TRUE/FALSE)	1
v.	Breast milk is the natural first food for babies. (TRUE/FALSE)	1
vi.	Drinking fruit juice is as good for you as eating fruit. (TRUE/FALSE)	1
vii.	Nutrients are also referred to as the "body fuels". (TRUE/FALSE)	

Q. 3	Answer any 6 out of the given 7 questions (1 x 6 = 6 marks)	
i.	Binge eating and over eating leads to _____.	1
ii.	Scurvy is caused by the deficiency of _____.	1
iii.	MDM is also known as '_____ Programme'.	1
iv.	The RDA for _____ stands for _____.	1
v.	Vitamin A occurs in two forms, as _____ in animal-based food and as _____ in plant-based food.	1
vi.	Food fortification refers to the addition of _____ to processed foods.	1
vii.	Eating _____ rich foods can prevent morning sickness during pregnancy.	

Q. 4	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Write the full form of CVD & NCD.	1
ii.	Define 'Nutrition'.	1
iii.	Name the instrument used to measure the skin fold thickness.	1
iv.	What are the two types of nutritional formulas for SAM.	1
v.	Define a balance diet.	1
vi.	Give two examples of lifestyle disorders.	1

Q. 5	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Define the term 'Bioavailability'.	1
ii.	Name any two fat soluble vitamin.	1
iii.	What are the components of a fat molecule?	1
iv.	List any two traditional methods of communication.	1

v.	On which date international yoga day celebrated?	1
vi.	 <p>Identify the above given process.</p>	1

Q. 6	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Who all are the beneficiaries of RKSK scheme?	1
ii.	Write the full form of MDM.	1
iii.	How will you calculate Waist hip ratio of an individual?	1
iv.	Enlist any two functions of Minerals.	1
v.	How many trimesters is a pregnancy divided into?	1
vi.	List any two physiological changes that take place during old age.	1

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	What qualities should a good leader possess?	2
Q. 8	Give the steps to save a new word document.	2
Q. 9	What are the three types of business activities?	2
Q. 10	Explain the importance of the Swachh Bharat Abhiyan.	2
Q. 11	Write down your daily routine.	2

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

Q. 12	Define Nutrients. In how many categories it can be divided and why?	2
Q. 13	“Breakfast is important particularly for a school child”. Comment on this statement.	2
Q. 14	What do you mean by biochemical assessment?	2
Q. 15	List the consequences of cancer	2
Q. 16	Differentiate between malnutrition & over nutrition.	2

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

Q. 17	List few special considerations to be taken into account during pregnancy.	3
Q. 18	Name and explain the components of Poshan Abhiyan.	3

Q. 19	Describe behaviour change communication methods.	3
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Answer any 3 out of the given 5 questions in 50– 80 words each (4 x 3 = 12 marks)

Q. 20	Plan a healthy diet for those aged 70 yrs. and older.	4
Q. 21	Draw the intergenerational cycle of anemia in women.	4
Q. 22	What are the objectives of SABLA?	4
Q. 23	List any four factors that affect the meal planning of an individual.	4
Q. 24	What are the consequences of zinc deficiency?	4