

CBSE | DEPARTMENT OF SKILL EDUCATION

FOOD NUTRITION & DIETETICS (SUBJECT CODE - 834)

Blue-print for Sample Question Paper for Class XII (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 - IV	1	1	2
2	Self-Management Skills - IV	1	1	2
3	Information and Communication Technology Skills - IV	2	1	2
4	Entrepreneurial Skills - IV	1	1	2
5	Green Skills - IV	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	
1	Unit 1 : Clinical and Therapeutic Nutrition	8	1	1	1	11
2	Unit 2 : Diet in Health and Disease - I	8	2	2	1	13
3	Unit 3 : Diet in Health and Disease - II	6	2	-	2	10
4	Unit 4 : Food Safety and Quality Control	10	-	-	1	11
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 =	4 x 3 = 12	50 MARKS

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Sample Question Paper for Class XII (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 38 questions.
 - ii. A candidate has to do 30 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 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. 1	Answer any 4 out of the given 6 questions on Employability Skills (1 x 4 = 4 marks)	
i.	What is a sentence?	1
ii.	Mina, is creative, curious, active, flexible and adventurous. She is interested in learning new things, meeting new people and making friends, and likes visiting new places. Identify the type of personality trait she has?	1
iii.	What is the shortcut key to print a spreadsheet?	1
iv.	Define a startup.	1
v.	Write the full form of UNEP.	1
vi.	What will you do to select an entire worksheet in a spreadsheet?	1

Q. 2	Answer any 5 out of the given 7 questions (1 x 5 = 5 marks)	
i.	What are the two major types of liquid diet?	1
ii.	Calculate the BMI of an Indian female (30 years of age) who weighs 60kg and height is 1.4 meters.	1
iii.	Name two important ingredients found in the Oral Rehydration Solution (ORS) as suggested by WHO.	1
iv.	Why hypertension is known as a silent killer?	1
v.	What is the range of bilirubin level in a patient of jaundice?	1
vi.	List any two good personal hygiene habits.	1
vii.	Write down two reasons of food born disease.	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 spices and condiments.	1
ii.	Children with obesity are also at a higher risk of type 2 diabetes.	1
iii.	Integrated Pest Management (IPM) is an ecological approach to crop suppression.	1
iv.	Stroke is a condition when part of the brain is deprived of carbon dioxide.	1
v.	Biological hazards include sharp or hard objects.	1
vi.	Central obesity is known to decrease insulin resistance	1
vii.	Food illness generally affects respiratory tract.	

Q. 4	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Give any two examples of therapeutic diet.	1
ii.	What is meant by diet therapy?	1
iii.	Expand the abbreviation DOTS.	1
iv.	What makes water potable?	1
v.	What is a starvation syndrome?	1
vi.	Define the terms a) Polydipsia b) Polyuria	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: The soft diet provides a transition between a liquid and a normal diet R: 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.	1
ii.	A: Typhoid is caused by the <i>Salmonella typhi</i> . R: It is also called as enteric fever.	1
iii.	A: The particular cause of eating disorders is known. R: It includes multidimensional causative factors.	1
iv.	A: Multi-grain chapati has low GI. R: It is beneficial for diabetic patient.	1
v.	A: Salmonella infection affects the intestinal tract. R: It is a viral infection.	1
vi.	A: Hygiene is the most important factor in order to prevent food illness. R: it is very important for food handlers to follow the high standard of food hygiene.	1

Q. 6	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Identify the diseases in which following diets are prescribed: a) Purine restricted diet b) Sodium restricted diet	1
ii.	 Determine the cooking method shown in the picture shown above.	1
iii.	Write the full form of HBA1c.	1
iv.	What is parenteral feeding?	1
v.	Expand HACCP	1
vi.	Name the bacteria often present in raw eggs.	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 are the stages of active listening?	2
Q. 8	Differentiate between intrinsic motivation and extrinsic motivation.	2
Q. 9	How will you protect your spreadsheet with a password?	2
Q. 10	'It is important to be decisive as an entrepreneur.' Justify.	2
Q. 11	Enumerate the benefits of green jobs.	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	"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." a) Is Rani suffering from diarrhea? b) List any two symptoms of diarrhea. c) How diarrhea is different from dysentery?	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	a) Give the detrimental effects, obesity has on health. b) What would be your proposal to stop the increasing rates of obesity in school children?	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	Explain the cause and preventive measures of the following: a) Cholera b) Salmonellosis	4