

CBSE | DEPARTMENT OF SKILL EDUCATION

FOOD NUTRITION & DIETETICS (SUBJECT CODE - 834)

Blue-print for Sample Question Paper for Class XII (Session 2024-2025)

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 2024-2025)

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 | <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 |