

# **CBSE – DEPARTMENT OF SKILL EDUCATION**

## **FOOD, NUTRITION & DIETETICS (SUBJECT CODE-834)**

### **Sample Question Paper**

#### **Class XII (Session 2019–2020)**

**Time: 3 Hours**

**Max. Marks: 70**

#### **General Instructions:**

1. *This Question Paper consists of two parts viz. Part A: Employability Skills and Part B: Subject Skills.*
2. **Part A: Employability Skills (10 Marks)**
  - i. *Answer any 4 questions out of the given 6 questions of 1 mark each.*
  - ii. *Answer any 3 questions out of the given 5 questions of 2 marks each.*
3. **Part B: Subject Skills (60 Marks):**
  - i. *Answer any 10 questions out of the given 12 questions of 1 mark each.*
  - ii. *Answer any 7 questions from the given 9 questions of 2 marks each.*
  - iii. *Answer any 7 questions from the given 9 questions of 3 marks each.*
  - iv. *Answer any 3 questions from the given 5 questions of 5 marks each.*
4. ***This question paper contains 46 questions out of which 34 questions are to be answered.***
5. *All questions of a particular part/section must be attempted in the correct order.*
6. *The maximum time allowed is 3 hrs.*

### **PART A: EMPLOYABILITY SKILLS (10 MARKS)**

#### **Answer any 4 questions out of the given 6 questions of 1 mark each:**

1.	Name any two softwares used for creating a presentation.	(1)
2.	Mention any two ways of running a slide show.	(1)
3.	Mention any two personality disorders.	(1)
4.	Name two entrepreneurs in the food industry.	(1)
5.	Identify the following sentence as a Simple or Complex sentence. India has a variety of natural resources including oil, natural gas, timber, iron ore, copper and lead.	(1)
6.	Identify the phrase and state its kind in the given sentence. He ran with great speed	(1)

**Answer any 3 questions out of the given 5 questions of 2 marks each:**

7.	How can you insert an audio into a slide?	(2)
8.	Why is self-motivation important?	(2)
9.	How can green jobs promote toxin-free homes?	(2)
10.	Why systematic and efficient planning is crucial for a dietitian?	(2)
11.	With the help of a word diagram, explain the format of Article writing.	(2)

### **PART B: SUBJECT SKILLS (60 MARKS)**

**Answer any 10 questions out of the given 12 questions:**

12.	Define the term 'Dietetics'.	(1)
13.	Write the name of the worm that causes intestinal parasitic infection.	(1)
14.	Which regulatory body recommends dietary guidelines to Indian Hospitals?	(1)
15.	What is rheumatoid arthritis?	(1)
16.	How is BMI calculated?	(1)
17.	Define the term 'Binge Eating Disorder'.	(1)
18.	Why insulin dependent mellitus is also called as juvenile diabetes?	(1)
19.	Name the device used to measure B.P.	(1)
20.	Gluten-free diet is recommended in which disease?	(1)
21.	Expand the following abbreviations: HACCP.	(1)
22.	What is the causative organism of cholera?	(1)

23.	Name the adulterant commonly present in chili powder.	(1)
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**Answer any 7 questions out of the given 9 questions of 2 marks each:**

24.	Differentiate between liquid diet and soft diet.	(2)
25.	Explain any two methods where dry heat is used as a medium of cooking.	(2)
26.	Why malnourished individuals have low immunity against infection?	(2)
27.	Discuss the cumulative effect of dietary deficit and infection on physical growth of the child.	(2)
28.	Why typhoid fever is placed under the category of sub-acute fever?	(2)
29.	Define glycemic index. Why multigrain chapatti is preferred over normal wheat chapatti for a diabetic patient?	(2)
30.	List any two modifiable and non-modifiable risk factors of hypertension.	(2)
31.	How occupation can be one of the causes of an eating disorder?	(2)
32.	Name any two biological hazards and the diseases caused by them.	(2)

**Answer any 7 questions out of the given 9 questions of 3 marks each:**

33.	Write the advantages and disadvantages of following methods of cooking (a) Pressure cooking ,(b) Boiling.	(3)
34.	Draw a table enclosing the ORS guidelines for replacement of dehydration.	(3)
35.	Differentiate between Anorexia Nervosa, Bulimia Nervosa.	(3)

36.	How will you classify B.P with the stages of hypertension?	(3)
37.	Explain the preventive measures to avoid the transmission of typhoid?	(3)
38.	Discuss the important practices involved in building a good hygiene.	(3)
39.	How infection affects the utilization of the nutrients?	(3)
40.	Under which parameters, therapeutic diet can be modified?	(3)
41.	Compare and contrast between the two types of diabetes.	(3)

**Answer any 3 questions out of the given 5 questions of 5 marks each:**

42.	Explain the consequences associated with hypertension.	(5)
43.	Design a food label enclosing following features: name of the product, manufacturer's name and address, date of manufacturing & date of expiry, maximum retail price and ingredients nutritive values.	(5)
44.	What are the concerns associated with the consumption of HFSS foods.	(5)
45.	Plan a therapeutic diet plan for a peptic ulcer patient (Energy requirement-1600kcal)	(5)
46.	Discuss the dietary management of Jaundice.	(5)