

# CBSE | DEPARTMENT OF SKILL EDUCATION

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

### MARKING SCHEME 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. No.	QUESTION	Source Material (NCERT/PSSCIVE/ CBSE Study Material)	Unit/ Chap. No.	Page no. of source material	Marks
<b>Q. 1</b>	<b>Answer any 4 out of the given 6 questions on Employability Skills (1 x 4 = 4 marks)</b>				
i.	A sentence is a group of words, which together expresses a complete idea that has meaning.	Book on Employability skills	Unit 1	Pg. 16	1
ii.	Openness	Book on Employability skills	Unit 2	Pg.33	1
iii.	Ctrl+P	Book on Employability skills	Unit 3	Pg. 48	1
iv.	A startup is a company that is in the first stage of its operations.	Book on Employability skills	Unit 4	Pg. .88	1
v.	United Nations Environment Program	Book on Employability skills	Unit 5	Pg.112	1
vi.	To select an entire worksheet, click the grey rectangle on the upper left corner of the	Book on Employability	Unit-3	Pg 46	1

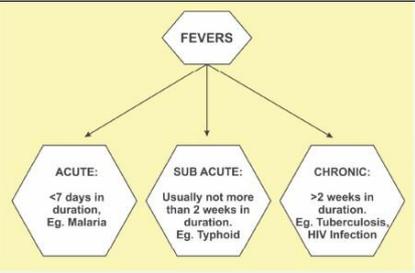
	worksheet.	skills			
<b>Q. 2</b>	<b>Answer any 5 out of the given 7 questions (1 x 5 = 5 marks)</b>				
<b>i.</b>	Clear liquid diet & full liquid diet.	CBSE Study Material	Unit 1, Ch-2	Pg 10	1
<b>ii.</b>	60/1.4*1.4=30.6 She is overweight.	CBSE Study Material	Unit 2, Ch-8	Pg 56	1
<b>iii.</b>	Sodium chloride & sugar	CBSE Study Material	Unit 2, Ch-6	Pg 46	1
<b>iv.</b>	It shows no or quite late symptoms.	CBSE Study Material	Unit 3, Ch-9	Pg 71	1
<b>v.</b>	2-2.5mg/dl	CBSE Study Material	Unit 3, Ch-11	Pg101	1
<b>vi.</b>	Washing hands with soap, Changing into clean clothes	CBSE Study Material	Unit 4, Ch-14	Pg 129	1
<b>vii.</b>	Consumption of food obtained from infected plants or animals. Food which is handled in an unhygienic way	CBSE Study Material	Unit 4, Ch-13	Pg 121	1
<b>Q. 3</b>	<b>Answer any 6 out of the given 7 questions (1 x 6 = 6 marks)</b> <b>State whether the following statements are true or false. In case a statement is false, write the corrected statement</b>				
<b>i.</b>	A bland diet is made of foods that are soft and includes less/no spices and condiments. False	CBSE Study Material	Unit 1, Ch-2	Pg 12	1
<b>ii.</b>	Children with obesity are also at a higher risk of type 2 diabetes. True	CBSE Study Material	Unit 2, Ch-8	Pg 58	1
<b>iii.</b>	Integrated Pest Management (IPM) is an ecological approach to pest suppression. False	CBSE Study Material	Unit 4, Ch-14	Pg 134	1
<b>iv.</b>	Stroke is a condition when part of the brain is deprived of oxygen. False	CBSE Study Material	Unit 3, Ch-9	Pg 73	1
<b>v.</b>	Biological hazards include microbes. False	CBSE Study Material	Unit 4, Ch-13	Pg 120	1
<b>vi.</b>	Central obesity is known to increase insulin resistance. False	CBSE Study Material	Unit 3, Ch-10	Pg 86	1
<b>vii.</b>	Food illness generally affects gastrointestinal tract. False	CBSE Study Material	Unit 4, Ch-13	Pg 121	1
<b>Q. 4</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>				
<b>i.</b>	Gluten free diet, purine rich diet.	CBSE Study Material	Unit 1, Ch-1	Pg 4	1
<b>ii.</b>	Diet therapy is a branch of dietetics concerned with the use of food for therapeutic purpose.	CBSE Study Material	Unit 1, Ch-1	Pg 4	1
<b>iii.</b>	Directly Observed Treatment Short course	CBSE Study Material	Unit 2, Ch-5	Pg 38	1
<b>iv.</b>	It is free from pathogenic bacteria It contains dissolved salts or minerals	CBSE Study Material	Unit 4, Ch-14	Pg 132	1
<b>v.</b>	Starvation caused either by food	CBSE Study	Unit 2,	Pg 51	1

	restriction/dieting as in anorexia nervosa or problems related to food absorption.	Material	Ch-7		
vi.	a) Polydipsia: Feeling of thirst b) Polyuria: excessive urinary output	CBSE Study Material	Unit 3, Ch-10	Pg 87	1
<b>Q. 5</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b> 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)	CBSE Study Material	Unit 1, Ch-2	Pg 11	1
ii.	a)	CBSE Study Material	Unit 2, Ch-5	Pg 32	1
iii.	d)	CBSE Study Material	Unit 2, Ch-7	Pg 50	1
iv.	a)	CBSE Study Material	Unit 3, Ch-10	Pg 89	1
v.	c)	CBSE Study Material	Unit 4, Ch-13	Pg 127	1
vi.	a)	CBSE Study Material	Unit 4, Ch-13	Pg 121	1
<b>Q. 6</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>				
i.	a) Purine restricted diet: gout b) Sodium restricted diet: Hypertension	CBSE Study Material	Unit 1, Ch-2	Pg 12	1
ii.	Baking	CBSE Study Material	Unit 1, Ch-4	Pg 21	1
iii.	Glycosylated hemoglobin	CBSE Study Material	Unit 3, Ch-10	Pg 83	1
iv.	Feeding fluids containing water, glucose, amino acids, minerals, vitamins given through the peripheral and central veins	CBSE Study Material	Unit 1, Ch-2	Pg 13	1
v.	Hazard Analysis Critical Control Point	CBSE Study Material	Unit 4, Ch-13	Pg 119	1
vi.	Salmonella	CBSE Study Material	Unit 4, Ch-13	Pg 127	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
<b>Answer any 3 out of the given 5 questions on Employability Skills in 20 – 30 words each (2 x 3 = 6 marks)</b>					
Q. 7	Receiving, Understanding, Remembering, Evaluating, Responding	Book on Employability skills	Unit 1	Pg. 5	$\frac{1}{2} + \frac{1}{2} + \frac{1}{2} + \frac{1}{2} = 2$
Q. 8	<b>(Any 2 differences each)</b>	Book on	Unit	Pg. 24	

	<p>intrinsic motivation-</p> <ul style="list-style-type: none"> <li>• It may come from within.</li> <li>• It includes activities for which there is no apparent reward but one derives enjoyment and satisfaction in doing them.</li> <li>• Incentives related to the motive or goal can satisfy one's needs.</li> </ul> <p>extrinsic motivation-</p> <ul style="list-style-type: none"> <li>• It is inspired by others or events.</li> <li>• It arises because of incentives or external rewards.</li> </ul> <p>Lack of motivation or incentives may lead to frustration,</p>	Employability skills	2		$\frac{1}{2}+\frac{1}{2}+\frac{1}{2}+\frac{1}{2}=2$
<b>Q. 9</b>	<ol style="list-style-type: none"> <li>1. Click on Tools and select Protect Spreadsheet</li> <li>2. A Protect Document dialog box appears.</li> <li>3. Type in a password.</li> <li>4. Type the same password in the Confirm textbox.</li> <li>5. Click on OK</li> </ol>	Book on Employability skills	Unit 3	Pg.60	2
<b>Q. 10</b>	<p>(Any two points)</p> <ul style="list-style-type: none"> <li>• Decisiveness is the most important attribute while setting up a business venture.</li> <li>• It is about identifying an opportunity and acting on it.</li> </ul> <p>An opportunity is a chance to do something, generally, the right time or moment to do something.</p>	Book on Employability skills	Unit 4	Pg.99	1+1=2
<b>Q. 11</b>	<p>(Any 4 benefits)</p> <ul style="list-style-type: none"> <li>• increase the efficiency of energy and raw material.</li> <li>• reduce greenhouse gas emissions.</li> <li>• control waste and pollution.</li> <li>• protect and restore ecosystems.</li> <li>• support adaptation to the effects of climate change.</li> </ul>	Book on Employability skills	Unit 5	Pg.114	$\frac{1}{2}+\frac{1}{2}+\frac{1}{2}+\frac{1}{2}=2$
<b>Answer any 3 out of the given 5 questions in 20 – 30 words each (2 x 3 = 6 marks)</b>					
<b>Q. 12</b>	<ol style="list-style-type: none"> <li>1. Collecting, organizing and assessing the data related to health and nutritional status of individuals.</li> <li>2. Review and analyze patients' nutritional requirements</li> <li>3. Calculate the nutritional value of</li> </ol>	CBSE Study Material	Unit 1, Ch-1	Pg 4	2

	food/meals planned. (any 2)				
Q. 13		CBSE Study Material	Unit 2, Ch-5	Pg 30	2
Q. 14	<p>Anorexia-Profound Weight loss, Dieting, deny hunger, An intense fear of weight Gain.</p> <p>Binge-eating-Food seeking in the absence of hunger, Excessive eating, A sense of lack of control over eating. (any2)</p>	CBSE Study Material	Unit 2, Ch-7	Pg 49	2
Q. 15	<p><b>Damage to Kidneys</b>-high BP can damage large arteries leading to kidney and the tiny blood vessels within the kidney. As a result, kidneys are unable to filter extra fluid/waste leading to kidney failure.</p> <p><b>Damage to Heart</b>-It affects the arteries that supply blood to the heart muscles. strain on the heart caused by high BP can cause the heart muscle to weaken and work less efficiently. This causes the ventricle to thicken and stiffen, limiting the ventricle's ability to pump blood thus, increasing the risk of heart attack, heart failure or sudden death.</p>	CBSE Study Material	Unit 3, Ch-9	Pg 72-73	2
Q. 16	<p>Ketoacidosis is a serious complication of diabetes that occurs when the body produces high levels of blood acids called ketones. When the ketones produced are more than what the body can handle, they accumulate in the blood resulting in ketoacidosis.</p>	CBSE Study Material	Unit 3, Ch-10	Pg 87	2
<b>Answer any 2 out of the given 3 questions in 30– 50 words each (3 x 2 = 6 marks)</b>					
Q. 17	<p>Malnutrition is an impairment of health resulting from a deficiency or lack of food/nutrients or an imbalance of nutrients in the diet.</p> <p>a) Lowered Immunity b) Effect on the integrity of skin and mucous membrane.</p>	CBSE Study Material	Unit 1, Ch-3	Pg 18	3

<b>Q. 18</b>	<ul style="list-style-type: none"> <li>• Encourage patients to consume six smaller meals per day instead of three.</li> <li>• Make the meals appetizing in appearance and taste and provide enough energy and protein.</li> <li>• Commercially-available high energy and protein drinks (balanced in terms of micro- and macronutrients).</li> <li>• Household ingredients such as vegetable oil, sugar, peanut butter, eggs and non-fat dry milk powder can be used in porridge, soups, milk based-drinks and gravies.</li> <li>• At least 500ml to 1litre milk (or milk products like yoghurt, soft cheese) should be consumed daily to ensure suitable intakes of vitamin D and calcium.</li> </ul>	CBSE Study Material	Unit 2, Ch-5	Pg 38	3
<b>Q. 19</b>	a) No b) Watery, thin or loose stools, Abdominal cramps. c) Dysentery is with blood, with or without mucus, dysentery is acute diarrhea for 14 days.	CBSE Study Material	Unit 2, Ch-6	Pg 41	3
<b>Answer any 3 out of the given 5 questions in 50– 80 words each (4 x 3 = 12 marks)</b>					
<b>Q. 20</b>	<p>In this method, the heat generated by water in some form or the other is used for cooking.</p> <p>1. Boiling: Food items are cooked by placing them in boiling water at 100°C and this temperature is maintained till the desired stage of cooking has been reached. Rice, pulses, potatoes are cooked this way.</p> <p><b>2. Pressure Cooking</b> In this method, the food is cooked under pressure and with the increase in pressure the temperature also correspondingly increases. Thus, the food is cooked relatively fast. Pressure cooking is a type of steaming only in which water is boiled under high pressure, thus, raising the temperature and reducing the cooking</p>	CBSE Study Material	Unit 1, Ch-4	Pg 22-23	4

	time.																		
Q. 21	<p>a) obese, particularly abdominal obesity, Frequent and increased/excessive urinary output (Polyuria), Feeling of thirst (Polydipsia) and dry mouth, Hunger increased appetite (Polyphagia) even though the individual is eating.</p> <p>b) What would be your proposal to stop the increasing rates of obesity in school children?</p>	CBSE Study Material	Unit 2, Ch 8	Pg 59 & 61	4														
Q. 22	<p>Foods taken liberally: Green leafy vegetables like spinach, Vegetables like cauliflower, brinjal, lady finger, High-fiber foods, fenugreek, pepper etc.</p> <p>Foods to be avoided: maida, suji, white bread, white, rice, pasta, gelatin-based, desserts, sugars, sweets, honey, candy, jam and jellies.</p>	CBSE Study Material	Unit 3, Ch-10	Pg 91	4														
Q. 23	<table border="1"> <thead> <tr> <th>Early Morning</th> <th>Breakfast</th> <th>Mid-Morning</th> <th>Lunch</th> <th>Tea/Evening Snack</th> <th>Dinner</th> <th>Bedtime</th> </tr> </thead> <tbody> <tr> <td>1 Cup Tea/ Coffee (prepared with skim milk &amp; 1 tsp sugar only) OR Lime Juice (in water with honey) Coconut Water + Biscuits (2)</td> <td>Toned Milk (1 glass) Poha/Upma/ Corn flakes/Dalia (1 Bowl) OR Bread (2) with Egg (1) OR Jam or White Butter (5gm) OR Ragi idli (2 piece) OR Chapati – 1 with vegetable, Fruit-1</td> <td>Soup (mix veg / tomato) OR Coconut Water/ Lime Juice. OR Fruit Chaat (1 Bowl)</td> <td>Chapati – 1, Rice – 1 Bowl, Dal – 1 Bowl OR 1 Medium Size Piece of Chicken or Fish in Gravy Veg – 1 Bowl (Dark green leafy veg &amp; Yellow-orange veg), Curd – 1 Bowl 1 Bowl Raw Veg Salad with Sprouts</td> <td>1 Cup Tea/ Coffee (prepared with skim milk &amp; 1 tsp sugar only) OR Lime Juice (1 glass). OR High fiber Biscuits (2) OR Roasted Chana/ Sprouts Salad</td> <td>Chapati – 1, Rice – 1 Bowl, Dal – 1 Bowl OR (paneer – 50 gm/ meat/ chicken gravy dish) Veg – 1 Bowl, Curd – 1 Bowl 1 Bowl raw veg Salad with sprouts</td> <td>Milk – 1 Cup (no sugar)</td> </tr> </tbody> </table>	Early Morning	Breakfast	Mid-Morning	Lunch	Tea/Evening Snack	Dinner	Bedtime	1 Cup Tea/ Coffee (prepared with skim milk & 1 tsp sugar only) OR Lime Juice (in water with honey) Coconut Water + Biscuits (2)	Toned Milk (1 glass) Poha/Upma/ Corn flakes/Dalia (1 Bowl) OR Bread (2) with Egg (1) OR Jam or White Butter (5gm) OR Ragi idli (2 piece) OR Chapati – 1 with vegetable, Fruit-1	Soup (mix veg / tomato) OR Coconut Water/ Lime Juice. OR Fruit Chaat (1 Bowl)	Chapati – 1, Rice – 1 Bowl, Dal – 1 Bowl OR 1 Medium Size Piece of Chicken or Fish in Gravy Veg – 1 Bowl (Dark green leafy veg & Yellow-orange veg), Curd – 1 Bowl 1 Bowl Raw Veg Salad with Sprouts	1 Cup Tea/ Coffee (prepared with skim milk & 1 tsp sugar only) OR Lime Juice (1 glass). OR High fiber Biscuits (2) OR Roasted Chana/ Sprouts Salad	Chapati – 1, Rice – 1 Bowl, Dal – 1 Bowl OR (paneer – 50 gm/ meat/ chicken gravy dish) Veg – 1 Bowl, Curd – 1 Bowl 1 Bowl raw veg Salad with sprouts	Milk – 1 Cup (no sugar)	CBSE Study Material	Unit 3, Ch-9	Pg 77	4
Early Morning	Breakfast	Mid-Morning	Lunch	Tea/Evening Snack	Dinner	Bedtime													
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Q. 24	<p>a) Cholera : <i>Vibrio cholerae</i> is usually found in food or water contaminated by feces from a person with the infection. Since dehydration is the most common manifestation of cholera the very first step in the management of cholera is control of dehydration. With rehydration i.e., by making up of losses, fluids and salts (electrolytes) cholera can now be effectively treated. The rehydration can be oral or intravenous. By this treatment, the death rate due to cholera can be reduced to 1 percent. World Health Organisation recommends the use of oral fluid.</p> <p>b) Salmonellosis : Salmonella infection (salmonellosis) is referred to a common bacterial disease that affects</p>	CBSE Study Material	Unit 4, Ch-13	Pg 122 & 127	4														

<p>the intestinal tract. Salmonella bacteria typically live in animal and human intestines and are shed through faeces.</p> <p>Preventive methods are important especially when preparing food or providing care for infants, older adults and people who have weakened immune systems. It is very important to cook food thoroughly and refrigerate or freeze food promptly.</p>				
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