

CBSE | DEPARTMENT OF SKILL EDUCATION

FOOD NUTRITION & DIETETICS (SUBJECT CODE - 834)

Marking Scheme for Class XI (Session 2025-2026)

Max. Time: 3 Hours

Max. Marks: 60

General Instructions:

1. Please read the instructions carefully.
2. This Question Paper consists of **24 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 (6 + 18 =) 24 questions, a candidate has to answer (6 + 11 =) 17 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 06 questions.
 - ii. There is no negative marking.
 - iii. Do as per the instructions given.
 - iv. 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.	Self-management means a person's ability to take responsibility for their own behavior, emotions, and well-being in order to reach goals effectively.	1
ii.	Stress is the body's physical and mental response to any demand, pressure, or challenge. It can be caused by work, studies, personal issues, or environmental factors. While small amounts can motivate, excessive stress can harm health and performance.	1
iii.	Teamwork is the collaborative effort of a group of people working together to achieve a common goal or complete a task effectively and efficiently.	1
iv.	Motivation is the internal drive or external encouragement that inspires a person to act, work hard, and achieve their goals.	1
v.	MS Excel is a spreadsheet software used for: • Storing, organizing, and analyzing data • Performing calculations with formulas and functions • Creating charts and graphs • Preparing reports and tables • Managing financial records and data analysis	1
vi.	Green skills are the knowledge, abilities, values, and attitudes needed to live in, develop, and support a sustainable and resource-efficient society. They help in protecting the environment and promoting eco-friendly practices. Do you want me to also make these in very short one-line answers (like for exam writing)?	1
Q. 2	Answer any 5 out of the given 7 questions (1 x 5 = 5 marks)	
i.	Nutrition is the process of obtaining and utilizing food for growth, energy, and health.	1
ii.	A balanced diet provides all nutrients in proper amounts for maintaining health.	1
iii.	Vitamin A and Vitamin D.	1
iv.	Recommended Dietary Allowance.	1
v.	Carbohydrates.	1
vi.	Indian Council of Medical Research.	1
vii.	Food is any substance consumed to provide nutrients and energy for growth and health.	

Q. 3	Answer any 6 out of the given 7 questions (1 x 6 = 6 marks)	
i.	Proteins are the main source of energy in our diet – False	1
ii.	Fats provides 9 kilocalorie per gram – True	1
iii.	Vitamin C is fat-soluble vitamin – False	1
iv.	Iron deficiency causes goitre – False	1
v.	Kwashiorkor is caused by deficiency of protein – True	1
vi.	Obesity is an example of under nutrition – False	1
vii.	Balanced diet provides all essential nutrients in proper amount – True	1

Q. 4	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	☐ Cereals & millets ☐ Pulses & legumes ☐ Milk & animal foods ☐ Fruits & vegetables ☐ Fats & oils	1
ii.	Minerals are inorganic nutrients required by the body in small amounts for growth, development, and body functions.	1
iii.	RDA (Recommended Dietary Allowance) is the average daily nutrient intake level required to meet the needs of most healthy individuals.	1
iv.	Complementary feeding is the introduction of solid or semi-solid foods to an infant's diet along with breast milk, usually after 6 months of age.	1
v.	Colostrum is the first yellowish thick milk secreted by the mother after childbirth, rich in antibodies and nutrients.	1
vi.	HDI (Human Development Index) is a measure of a country's development based on life expectancy, education, and standard of living.	1

Q. 5	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Proteins are called bodybuilding foods because they help in growth, repair, and maintenance of body tissues and muscles.	1
ii.	☐ Macronutrients: Needed in large amounts (carbohydrates,	1

	proteins, fats, water).	
	☐ Micronutrients: Needed in small amounts (vitamins and minerals).	
iii.	Skinfold caliper	1
iv.	Height = 155 cm = 1.55 m BMI = Weight ÷ Height ² = 60 ÷ (1.55 × 1.55) = 60 ÷ 2.4025 ≈ 24.98 ☞ Her BMI is about 25 (normal to overweight range) .	1
v.	Anthropometric measurements are physical measurements of the human body like height, weight, mid-arm circumference, and skinfold thickness, used to assess growth and nutritional status. Do you want me to also make a BMI category chart (underweight, normal, overweight, obese) for quick reference in exams?	1
vi.	It helps in the promotion of public health and hygiene. It helps to eliminate open defecation, improve waste management and develops a sense of community responsibility for cleanliness.	1

Q. 6	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Both A and R are true, and R is the correct explanation of A.	1
ii.	Both A and R are true, and R is the correct explanation of A.	1
iii.	A is false, but R is true.	1
iv.	A is true, but R is false.	1
v.	Both A and R are true, and R correctly explains A.	1
vi.	Both A and R are true, and R is the correct explanation of A.	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	The main elements are sender, message, medium, receiver, and feedback.	2
Q. 8	Interests are activities, subjects, or topics that a person likes and enjoys doing or learning about.	2
Q. 9	Personal hygiene prevents diseases, promotes good health, builds confidence, and improves social acceptance.	2
Q. 10	☐ Easy editing and formatting ☐ Spell and grammar check	2

	☐ Storage and sharing of documents ☐ Insertion of images, tables, and charts ☐ Time-saving and neat presentation	
Q. 11	Entrepreneurship is the process of starting and managing a business by taking risks to earn profit and provide goods or services.	2

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

Q. 12	☐ Wasting: Low weight for height, caused by acute malnutrition. ☐ Stunting: Low height for age, caused by chronic malnutrition.	2
Q. 13	Meal planning is the process of deciding in advance what to eat, ensuring meals are nutritious, balanced, economical, and suitable for the family's needs.	2
Q. 14	☐ Increased risk of diabetes, hypertension, and heart disease ☐ Joint problems and reduced physical fitness ☐ Low self-esteem and psychological stress	2
Q. 15	☐ Diabetes – A condition in which blood glucose levels are high as our body doesn't produce enough insulin or properly use it. ☐ Hypertension (High blood pressure)	2
Q. 16	Poshan Abhiyan (National Nutrition Mission) is a Government of India program launched in 2018 to improve nutritional outcomes for children, pregnant women, and lactating mothers through better nutrition, awareness, and monitoring.	2

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

Q. 17	Some major food and nutrition-related policies are: • National Food Security Act (NFSA), 2013: Provides subsidized food grains to poor households through the Public Distribution System (PDS). • Integrated Child Development Services (ICDS), 1975: Provides supplementary nutrition, health checkups, and preschool education for children under 6 years and mothers. • Mid-Day Meal Scheme (MDMS), 1995: Provides free cooked meals to school children to improve nutrition and encourage school attendance. • National Nutrition Policy, 1993: Focuses on reducing	3
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	malnutrition through direct (feeding programs, supplementation) and indirect (food security, women's empowerment) interventions. • Poshan Abhiyan, 2018: Aims to reduce stunting, undernutrition, anemia, and low birth weight through coordinated efforts.	
Q. 18	❑ Objectives: • Improve nutritional and health status of children under 6 years. • Lay the foundation for proper psychological, physical, and social development. • Reduce infant and child mortality, morbidity, malnutrition, and school dropout. ❑ Services under ICDS: • Supplementary nutrition • Health checkups and referral services • Immunization • Health and nutrition education • Non-formal preschool education ❑ Beneficiaries: • Children below 6 years • Pregnant women • Lactating mothers	3
Q. 19	The Mid-Day Meal Scheme was launched in 1995 to provide cooked meals to children studying in government, government-aided, and local body schools. Its objectives are to improve nutritional status, encourage school attendance, reduce dropout rates, and promote social equality by ensuring children eat together. Meals usually include rice/wheat, pulses, vegetables, and sometimes eggs or milk.	3

Answer any 3 out of the given 5 questions in 50– 80 words each (4 x 3 = 12 marks)

Q. 20	Cereals & Millets (Rice, Wheat, Oats): Provide energy. Pulses, Milk, Eggs, Fish, Meat: Supply protein for growth of fetus and tissue repair.	4
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	Green Leafy Vegetables & Fruits: Rich in vitamins (A, C, folic acid) and minerals (iron, calcium) to prevent anemia and support bone development. Milk & Milk Products: Provide calcium and protein. Fats & Oils (Ghee, Vegetable oils, Nuts): Supply essential fatty acids and extra energy. Plenty of Water: Maintains hydration and prevents constipation. Justification: A pregnant woman needs extra calories (+300 kcal/day), protein, iron, calcium, and folic acid to support the health of both mother and fetus.	
Q. 21	❓ Age: • Children need nutrient-dense foods for growth. • Adolescents require extra protein, calcium, and iron. • Adults need balanced meals with moderate calories. • Elderly need easily digestible, low-fat, high-fiber diets. ❓ Occupation: • Heavy workers (farmers, laborers) need more calories and carbohydrates. • Sedentary workers (clerks, teachers) require fewer calories but more protective foods. • Professionals need foods rich in vitamins and minerals.	4
Q. 22	Diabetes mellitus is a metabolic disorder characterized by high blood sugar (hyperglycemia) due to insufficient insulin production or ineffective insulin action. • Types: Type 1 (insulin dependent), Type 2 (insulin resistant). • Symptoms: Excessive thirst, frequent urination, fatigue, delayed wound healing. • Management: Balanced diet (low sugar, high fiber), exercise, medication/insulin therapy.	4
Q. 23	❓ Immunization ❓ Safe drinking water	4

	☐ Sanitation and hygiene ☐ Maternal and child health care ☐ Health education ☐ Control of endemic diseases ☐ Adequate nutrition supply ☐ Basic medical services and essential drugs	
Q. 24	☐ Rapid Growth: Increased need for calories, protein, vitamins, and minerals. ☐ Hormonal Changes: Require iron (especially girls) and calcium for bone development. ☐ Peer Pressure & Food Habits: Adolescents often prefer fast food, which affects nutrition. ☐ Body Image & Dieting: May cause eating disorders like anorexia or obesity. ☐ Physical Activity: Active adolescents need more energy and fluids.	4