

CBSE | DEPARTMENT OF SKILL EDUCATION

FOOD NUTRITION & DIETETICS (SUBJECT CODE - 834)

Blue-print for Sample Question Paper for Class XI (Session 2025-2026)

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 - III	1	1	2
2	Self-Management Skills - III	2	1	3
3	ICT Skills - III	1	1	2
4	Entrepreneurial Skills - III	1	1	2
5	Green Skills- III	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	Food & Nutrition Basic Concepts	10	-	1	1	12
2	Nutrition through Life Cycle	8	2	2	1	13
3	Public Health & Nutrition Basic Concepts	4	3	-	2	9
4	Public & Nutrition Disorders	8	-	-	1	9
5	Public Health and Nutrition Programmes & Policies	2	-	-	-	2
6	Nutrition Education Communication Behaviour Change	-	-	-	-	-
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 = 6	4 x 3 = 12	50 MARKS

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Sample Question Paper 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.	Define self-Management.	1
ii.	What do you mean by stress?	1
iii.	Define teamwork.	1
iv.	What is meant by motivation?	1
v.	Write the functions of MS Excel.	1
vi.	Define green skills.	1

Q. 2	Answer any 5 out of the given 7 questions (1 x 5 = 5 marks)	
i.	What is nutrition?	1
ii.	Define balanced diet.	1
iii.	Name two fat soluble vitamins.	1
iv.	Write the full form of RDA.	1
v.	Which nutrient is the main source of energy?	1
vi.	Write the full form of ICMR.	1
vii.	Define food.	

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. true or false	1
ii.	Fats provide 9 kilo calories per gram. true or false	1
iii.	Vitamin C is a fat solid vitamin. true or false	1
iv.	Iron deficiency causes goiter. true or false	1
v.	Kwashiorkor is caused by deficiency of proteins. true or false	1
vi.	Obesity is an example of under nutrition. true or false	1
vii.	Balanced diet provides all essential nutrients in proper amounts. true or false	

Q. 4	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Name five important food groups as suggested by ICMR.	1
ii.	Define minerals.	1
iii.	What is RDA?	1
iv.	What is complementary feeding?	1
v.	What is colostrum?	1
vi.	Define HDI.	1

Q. 5	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Why are proteins called as bodybuilding foods?	1
ii.	What are the two main categories of nutrients?	1
iii.	Name the instrument used to measure the skin-fold thickness.	1
iv.	Calculate the BMI of adult women with 60 kg weight and height is 155 CM.	1
v.	Define anthropometric measurements.	1
vi.	Explain the importance of <i>swachh Bharat abhiyan</i> .	1

Q. 6	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	A-Carbohydrates are called energy giving foods. R-1 gram of carbohydrate provides 4 kilo calories of energy.	1
ii.	A-water is considered to be a nutrient. R- it regulates body temperature and help in transport of nutrients.	1
iii.	A-Malnutrition refers only to lack of food. R-Over nutrition is also considered malnutrition.	1
iv.	A-Roughage is important for digestion. R-It provides energy for daily activities.	1
v.	A: Vitamin D deficiency causes rickets. – R: <i>It helps in absorption of calcium and phosphorus.</i>	1
vi.	A-Iron deficiency leads to anaemia R-Iron is an essential component of haemoglobin	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 five main elements of communication?	2
Q. 8	Define interests.	2
Q. 9	Write down the importance of personal hygiene.	2
Q. 10	List advantages of using word processor.	2
Q. 11	Describe the meaning of entrepreneurship.	2

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

Q. 12	Differentiate wasting and stunting.	2
Q. 13	Explain meal planning.	2
Q. 14	Write down the consequences of overweight and obese.	2
Q. 15	State any two non-communicable diseases.	2
Q. 16	Explain <i>poshan abhiyan</i> .	2

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

Q. 17	Describe various food and nutrition policies of the Government of India .	3
Q. 18	Discuss the objectives and services and beneficiaries of ICDS.	3
Q. 19	Write a short note on mid-day meal scheme.	3

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

Q. 20	Plan a balanced diet for pregnant women and justify your selection of foods	4
Q. 21	How does age and occupation affects meal planning.	4
Q. 22	Explain diabetes mellitus.	4
Q. 23	List the parameter for maintaining primary health Care.	4
Q. 24	Explain factors influencing food and nutrition during adolescence.	4