

CBSE | DEPARTMENT OF SKILL EDUCATION

FOOD NUTRITION & DIETETICS (SUBJECT CODE-834)

MARKING SCHEME FOR CLASS XII (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. No.	QUESTION	Source Material (NCERT/PSSCIVE/ CBSE Study Material)	Unit/ Chap. No.	Marks
Q. 1	Answer any 4 out of the given 6 questions on Employability Skills (1 x 4 = 4 marks)			
i.	Elements of communication are: 1. Sender 2. Message 3. Encoding 4. Channel/Medium 5. Receiver 6. Decoding 7. Feedback 8. Noise/Barriers	CBSE Study Material	Ut-1 Ch. 1	1
ii.	Rohit is showing signs of Passive–Aggressive Personality Disorder .	CBSE Study Material	Ut-2	1
iii.	A spreadsheet is a computer application used to organize, analyze, and store data in tabular form, often with formulas and functions (e.g., MS Excel).	CBSE Study Material	Ut-3	1
iv.	A first-generation entrepreneur is a person who starts a business for the first time and is not from a business family background.	CBSE Study Material	Ut-4	1
v.	ICT stands for Information and Communication Technology .	CBSE Study Material	Ut-3	1

vi.	Benefits of green jobs: 1. Reduce environmental impact 2. Promote sustainable development 3. Improve energy efficiency 4. Create new employment opportunities 5. Contribute to better public health 6. Support climate change mitigation	CBSE Study Material	Ut-5	1
Q. 2	Answer any 5 out of the given 7 questions (1 x 5 = 5 marks)			
i.	• Enteral feeding (via tube into the stomach or intestine, e.g., nasogastric tube). • Parenteral feeding (intravenous feeding through veins).	CBSE Study Material	Ut-1 Ch. 2	1
ii.	Formula: $BMI = \frac{Weight(kg)}{Height^2(m^2)}$ $BMI = \frac{60}{1.4 \times 1.4} = \frac{60}{1.96} \approx 30.6$ BMI = 30.6 → Obese category (≥30).	CBSE Study Material	Ut-2 Ch. 3	1
iii.	Because it usually shows no early symptoms but can cause severe complications like heart attack, stroke, kidney damage, and vision loss if left untreated.	CBSE Study Material	Ut-3 Ch. 9	1
iv.	• Wash hands and utensils before handling food. • Cook food thoroughly at safe temperatures. • Store food at safe refrigeration levels. • Avoid contaminated water and street food. • Maintain kitchen hygiene.	CBSE Study Material	Ut-4 Ch. 3	1
v.	• Diabetes mellitus • Cancer (Other examples: Hypertension, Osteoporosis, Cardiovascular disease).	CBSE Study Material	Ut-4 Ch. 11	1
vi.	• Normal bilirubin: 0.3 – 1.2 mg/dL • In jaundice: Above 2.5 mg/dL	CBSE Study Material	Ut-4 Ch. 13	1

	(can rise up to 20 mg/dL or more depending on severity).			
vii.	• Drink only boiled or purified water. • Wash hands before eating and after using the toilet. (Other: Avoid Street food, proper sanitation, vaccination).	CBSE Study Material	Ut-4 Ch. 13	1
Q. 3	Answer any 6 out of the given 7 questions (1 x 6 = 6 marks)			
i.	Dietary recommendation is given by CSIR – False (They are given by ICMR – Indian Council of Medical Research).	CBSE Study Material	Ut-4 Ch. 13	1
ii.	Biological hazard includes sharp and hard objects – False (These are physical hazards ; biological hazards include bacteria, viruses, parasites, etc.)	CBSE Study Material	Ut-2 Ch. 8	1
iii.	Children with obesity are also at higher risk of type 2 diabetes – True	CBSE Study Material	Ut-4 Ch. 13	1
iv.	salmonella bacteria lives in the intestine of people, animals, and birds – True	CBSE Study Material	Ut-3 Ch. 9	1
v.	A bland diet is made up of very spicy and fibre rich food – False (Bland diet = soft, low fiber, non-spicy, easy to digest foods).	CBSE Study Material	Ut-4 Ch. 13	1
vi.	Diastolic pressure is the peak pressure in the arteries – False (Systolic pressure is the peak; diastolic is the minimum pressure when the heart rests).	CBSE Study Material	Ut-1 Ch. 1	1
vii.	Hygiene is the most important factor in order to prevent food illness – True	CBSE Study Material	Ut-1 Ch. 4	1
Q. No.	QUESTION	Source Material (NCERT/PSSCIVE/ CBSE Study Material)	Unit/ Chap. No.	Marks
Q. 4	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)			
i.	• Diabetic diet • Low-sodium diet (Other examples: Renal diet, Gluten-free diet, Liquid diet).	CBSE Study Material	Ut-2 Ch. 1	1
ii.	Blanching is a cooking process where food (usually vegetables or fruits) is briefly boiled or steamed and then immediately cooled in ice water to stop enzyme action , preserve color, texture, and nutrients.	CBSE Study Material	Ut-1 Ch. 4	1
iii.	Starvation syndrome refers to the body's adaptive response to prolonged inadequate calorie intake , leading to slowed metabolism, fatigue, weight loss, muscle wasting, hormonal imbalance, and organ dysfunction.	CBSE Study Material	Ut-4 Ch. 11	1

iv.	GERD = Gastro esophageal Reflux Disease.	CBSE Study Material	Ut-1 Ch. 2	1
v.	Parenteral feeding is the method of supplying nutrients directly into the bloodstream through a vein , bypassing the digestive system (used when the gut cannot be used for feeding).	CBSE Study Material	Ut-2 Ch. 7	1
vi.	- Recurrent episodes of eating unusually large amounts of food in a short time. - Feeling loss of control during eating, followed by guilt, shame, or distress.	CBSE Study Material	Ut-2 Ch. 7	1
Q. 5	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)			
i.	(C) Steaming	CBSE Study Material	Ch-4	1
ii.	(B) Eggs	CBSE Study Material	Ch-4	1
iii.	D) 13% increase in BMR with every 1°C rise in body temperature.	CBSE Study Material	Ch-5	1
iv.	(D) low sources of potassium (< 200 mg/100 g)	CBSE Study Material	Ch-9	1
v.	(A) less than 110 mg/dl	CBSE Study Material	Ch-10	1
vi.	(B) 2006	CBSE Study Material	Ch-15	1
Q. 6	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)			
i.	Assertion is False , Reason is True . (Typhoid is caused by <i>Salmonella typhi</i> , not <i>Staphylococcus</i> .)	CBSE Study Material	Ut-4 Ch. 13	1
ii.	Assertion is False , Reason is True . (The exact cause is not single; it involves biological, psychological, and social factors.)	CBSE Study Material	Ut-3 Ch. 7	1
iii.	Both Assertion and Reason are True , and Reason is the correct explanation of Assertion.	CBSE Study Material	Ut-4 Ch. 7	1
iv.	Both Assertion and Reason are True , and Reason is the correct explanation of Assertion.	CBSE Study Material	Ut-4 Ch. 2	1
v.	Assertion is False , Reason is True . (Moderate restriction allows 5–6 g salt/day , not 324 g.)	CBSE Study Material	Ut-4 Ch. 14	1
vi.	Both Assertion and Reason are True , and Reason is the correct explanation of Assertion.	CBSE Study Material	Ut-4 Ch. 8	1

SECTION B: SUBJECTIVE TYPE QUESTIONS

Q. No.	QUESTION	Source Material (NCERT/PSSCIVE/ CBSE Study Material)	Unit/ Chap. No.	Marks
Answer any 3 out of the given 5 questions on Employability Skills in 20 – 30 words each (2 x 3 = 6 marks)				
Q. 7	A worksheet is a single spreadsheet page in a workbook where data is entered, organized, calculated, and analyzed using rows and columns (e.g., in MS Excel).	CBSE Study Material	Ut-3	2
Q. 8	SMART is a framework for setting effective goals. It stands for: • S – Specific (clearly defined) • M – Measurable (progress can be tracked) • A – Achievable (realistic and attainable) • R – Relevant (aligned with objectives) • T – Time-bound (with a deadline).	CBSE Study Material	Ut-2	2
Q. 9	• Stress is the body's physical and emotional response to demanding or challenging situations. • Two ways to manage stress: a. Practice relaxation techniques (deep breathing, meditation, yoga). b. Maintain a healthy lifestyle (regular exercise, proper sleep, balanced diet).	CBSE Study Material	Ut-2	2
Q. 10	• Using renewable energy sources like solar or wind instead of fossil fuels. • Waste management and recycling to reduce pollution and conserve resources.	CBSE Study Material	Ut-5	2
Q. 11	• Innovation: Entrepreneurs introduce new ideas, products, or services to the market. • Job creation: They generate employment opportunities and contribute to economic growth.	CBSE Study Material	Ut-4	2
Answer any 3 out of the given 5 questions in 20 – 30 words each (2 x 3 = 6 marks)				
Q. 12	Celiac disease is an autoimmune disorder in which the immune system reacts to gluten (a protein found in	CBSE Study Material	Ut-3 Ch. 12	2

	wheat, barley, and rye), causing damage to the small intestine lining and leading to poor nutrient absorption.			
Q. 13	• Eyes: Hypertension damages the small blood vessels of the retina, causing hypertensive retinopathy, blurred vision, or even blindness. • Brain: Persistent high blood pressure weakens or blocks brain blood vessels, increasing risk of stroke, brain haemorrhage, and memory problems.	CBSE Study Material	Ut-3 Ch. 9	2
Q. 14	• Incidental adulteration: Occurs accidentally due to carelessness, poor storage, or contamination during processing (e.g., pesticide residues, rodent droppings, packaging material). • Intentional adulteration: Done deliberately to increase profit or quantity by adding harmful or inferior substances (e.g., adding water to milk, colouring agents in spices).	CBSE Study Material	Ut-4 Ch. 15	2
Q. 15	HbA1c = Glycated Haemoglobin (Haemoglobin A1c). (To diagnose and Monitor Diabetes)	CBSE Study Material	Ut-3 Ch. 11	2
Q. 16	Renal glycosuria is a condition in which glucose is excreted in urine despite normal or low blood glucose levels , due to a defect in the renal tubules that fail to reabsorb glucose properly.	CBSE Study Material	Ut-3 Ch. 10	2

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

Q. 17	There are mainly three types of diabetes: 1. Type 1 Diabetes: An autoimmune condition where the pancreas produces little or no insulin. Usually occurs in childhood or adolescence. Requires lifelong insulin therapy. 2. Type 2 Diabetes: The most common type; occurs when the body becomes resistant to insulin or the pancreas does not make enough. Strongly linked with obesity and lifestyle	CBSE Study Material	Ut-3 Ch. 10	3
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	factors. 3. Gestational Diabetes: Develops during pregnancy due to hormonal changes that make the body resistant to insulin. Usually disappears after delivery but increases risk of developing type 2 diabetes later.			
Q. 18	• Assess patient's nutritional needs through history, lab reports, and medical condition. • Plan and prescribe therapeutic diets according to disease (e.g., diabetes, renal failure, hypertension). • Educate patients and families about healthy eating habits. • Monitor progress and modify diet plans as required. • Work with doctors and healthcare teams to improve patient recovery and prevent complications.	CBSE Study Material	Ut-1 Ch. 2	3

Q. 19	• Is Ravi suffering from diarrhoea? Ans: Yes, frequent loose or watery stools indicate diarrhoea. • List any two symptoms of diarrhoea. Ans: 1. Frequent watery stools 2. Dehydration (thirst, sunken eyes, dry mouth) (Other symptoms: abdominal cramps, fever, weakness). • How is diarrhoea different from dysentery? Ans: • Diarrhoea: Passage of frequent, watery stools, mainly due to infection, contaminated food, or water. • Dysentery: Severe form of diarrhoea where blood and mucus are present in the stools, usually caused by <i>Shigella</i> bacteria or <i>Endamoeba histolytic</i>	CBSE Study Material	Ut-2 Ch. 6	3
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Answer any 3 out of the given 5 questions in 50– 80 words each (4 x 3 = 12 marks)

Q. 20	• Boiling a. <i>Advantages:</i> Simple, easy to digest, preserves nutrients in water for soups. b. <i>Disadvantages:</i> Loss of heat-sensitive vitamins (Vit. C, B-complex) in water. • Steaming c. <i>Advantages:</i> Retains nutrients, natural flavour, and colour; no fat required. d. <i>Disadvantages:</i> Takes more time, requires special equipment. • Frying e. <i>Advantages:</i> Enhances	CBSE Study Material	Ut-1 Ch. 4	4
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	taste, texture, and energy value. f. <i>Disadvantages:</i> Increases fat content, may cause indigestion, risk of oxidation of oil. • Baking g. <i>Advantages:</i> Gives variety (cakes, breads), less oil needed, attractive texture. h. <i>Disadvantages:</i> Time consuming, loss of heat-sensitive vitamins, requires oven. (Other methods: roasting, grilling, pressure cooking, microwaving).			
Q. 21	(High calorie, high protein, easily digestible foods): • Breakfast: Banana shake with honey + stuffed paratha with curd (approx. 800 kcal) • Mid-morning: Fruit juice + boiled eggs (approx. 400 kcal) • Lunch: Rice, dal, paneer curry, chapatti with ghee, salad, kheer (approx. 900 kcal) • Evening snack: Milk with biscuits, dry fruits (approx. 400 kcal) • Dinner: Chapatti, chicken/fish curry (or paneer for vegetarian), vegetables, custard (approx. 500 kcal) Total ≈ 3000 kcal	CBSE Study Material	Ut-2 Ch. 7	4
Q. 22	Fever → Continuous fever (temperature remains above normal without fluctuation, e.g., Typhoid) → Remittent fever (temperature falls daily but not to normal, e.g., Infective endocarditis) → Intermittent fever (temperature rises and falls with normal periods, e.g., Malaria) → Relapsing fever (fever subsides	CBSE Study Material	Ut-2 Ch. 5	4

	but reappears after few days, e.g., Borrelia infection) <i>(Flowchart format can be drawn with arrows in exam.)</i>			
Q. 23	• Definition: Malnutrition is a condition caused by deficiency, excess, or imbalance of nutrients in the diet. • Effects on infection: 1. Weakens immune system → increased susceptibility to infections. 2. Delays recovery and wound healing. 3. Increases risk of complications and mortality. 4. Severe malnutrition may cause frequent diarrhoea, pneumonia, or TB.	CBSE Study Material	Ut-1 Ch. 3	4
Q. 24	FSSAI (Food Safety and Standards Authority of India) sets regulations for: 1. Food safety and hygiene standards (hygienic practices, permissible limits of contaminants). 2. Labelling requirements (nutritional information, expiry date, allergen declaration). 3. Fortification standards (e.g., iodized salt, fortified oil, fortified milk). 4. Maximum residue limits of pesticides and antibiotics. 5. Additives standards (approved colours, preservatives, emulsifiers). 6. Packaging standards (food-grade material, non-toxic).	CBSE Study Material	Ut-4 Ch. 15	4