

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 - IV	1	1	2
2	Self-Management Skills - IV	2	1	3
3	ICT Skills - IV	1	1	2
4	Entrepreneurial Skills IV	1	1	2
5	Green Skills- IV	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	Clinical and Therapeutic nutrition	8	-	1	2	11
2	Diet in health and Disease-I	6	-	1	2	9
3	Diet in health and Diseases-II	8	4	1	-	13
4	Food safety and quality control	10	1	-	1	12
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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FOOD NUTRITION & DIETETICS (SUBJECT CODE-834)

Sample Question Paper 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.	Name any two elements of communication.	CBSE Study Material	Ut-1 Ch. 1	1
ii.	Rohit does not hurt anyone but holds grudges against them. Identify the personality disorder he is suffering from?	CBSE Study Material	Ut-2	1
iii.	What is a spreadsheet?	CBSE Study Material	Ut-3	1
iv.	Define a 'first-generation entrepreneur'.	CBSE Study Material	Ut-4	1
v.	Write the expanded form of ICT.	CBSE Study Material	Ut-3	1
vi.	Enlist the benefits of green jobs (Any two).	CBSE Study Material	Ut-5	1
Q. 2	Answer any 5 out of the given 7 questions (1 x 5 = 5 marks)			
i.	What are the two-feeding methods that can be used when oral feeding is not possible?	CBSE Study Material	Ut-1 Ch. 2	1
ii.	Calculate BMI of a 30 years old Indian female, whose weight is 60 kg and height is 1.4 m.	CBSE Study Material	Ut-2 Ch. 3	1
iii.	Why is hypertension known as a silent - killer?	CBSE Study Material	Ut-3 Ch. 9	1

iv.	How can food borne diseases be prevented?	CBSE Study Material	Ut-4 Ch. 3	1
v.	List any two non-communicable diseases.	CBSE Study Material	Ut-4 Ch. 11	1
vi.	What is the range of bilirubin level in jaundice patients?	CBSE Study Material	Ut-4 Ch. 13	1
vii.	Write two precautions that should be taken to prevent typhoid.	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 recommendations are given by CSIR.	CBSE Study Material	Ut-4 Ch. 13	1
ii.	Biological hazards include sharp and hard objects.	CBSE Study Material	Ut-2 Ch. 8	1
iii.	Children with obesity are at a higher risk of Type II diabetes.	CBSE Study Material	Ut-4 Ch. 13	1
iv.	<i>Salmonella bacteria</i> lives in the intestine of people, animals and birds.	CBSE Study Material	Ut-3 Ch. 9	1
v.	A bland diet is made up of very spicy and fiber rich foods.	CBSE Study Material	Ut-4 Ch. 13	1
vi.	Diastolic pressure is the peak pressure in the arteries.	CBSE Study Material	Ut-1 Ch. 1	1
vii.	Hygiene is the most important factor in order to prevent food illnesses.	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.	Give two examples of a therapeutic diet.	CBSE Study Material	Ut-2 Ch. 1	1
ii.	Define the term blanching.	CBSE Study Material	Ut-1 Ch. 4	1
iii.	What is starvation syndrome?	CBSE Study Material	Ut-4 Ch. 11	1
iv.	What is the full form of acronym GERD?	CBSE Study Material	Ut-1 Ch. 2	1
v.	Define the term 'parenteral feeding'.	CBSE Study Material	Ut-2 Ch. 7	1
vi.	List two characteristics of a person suffering from binge eating.	CBSE Study Material	Ut-2 Ch. 7	1
Q. 5	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks) Multiple Choice Questions (MCQ's):			
i.	Name the cooking method shown in the following picture.  (A) Poaching (B) Frying	CBSE Study Material	Ch-4	1

	(C) Steaming (D) Roasting			
ii.	Poaching method is generally used for cooking _____. (A) Fruits and vegetables (B) Eggs (C) Bread slices (D) Milk	CBSE Study Material	Ch-4	1
iii.	In case of fever, there is- (A) a decrease in BMR to about 2%. (B) 5% increase in BMR with every 1°C rise in body temperature. (C) no change in BMR. (D) 13% increase in BMR with every 1°C rise in body temperature.	CBSE Study Material	Ch -5	1
iv.	Fruits like mango, papaya and orange are- (A) light sources of potassium (< 10 mg/100 g) (B) medium sources of potassium (200-300 mg/100 g) (C) high sources of potassium (>300 mg/100 g) (D) low sources of potassium (< 200 mg/100 g)	CBSE Study Material	Ch-9	1
v.	Fasting glucose level for a non-diabetic person should be _____. (A) less than 110 mg/dl (B) less than 140 mg/dl (C) less than 80 mg/dl (D) less than 180 mg/dl	CBSE Study Material	Ch-10	1
vi.	FSSAI Act was established in the year (A) 2005 (B) 2006 (C) 2009 (D) 2016	CBSE Study Material	Ch-15	1
Q. 6	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks) The following questions consist 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 the 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.	Assertion-Typhoid is caused by <i>staphylococcus bacteria</i>. Reason -The mode of spread of the infection is through the fecal oral route.	CBSE Study Material	Ut-4 Ch. 13	1
ii.	Assertion-the particular cause of eating disorder is not known. Reason - It includes multidimensional causative factors.	CBSE Study Material	Ut-3 Ch. 7	1
iii.	Assertion-Hygiene is the most important factor in order to prevent food illnesses. Reason- It is very important for food handlers to follow high standards of food hygiene.	CBSE Study Material	Ut-4 Ch. 7	1
iv.	Assertion-Eating unhealthy and junk food with low physical activity results in weight gain. Reason- When food is abundant and the physical activity level decreases, it results in fat deposition.	CBSE Study Material	Ut-4 Ch. 2	1
v.	Assertion- As per the salt restriction prescribed for a hypertension patient, the moderate sodium restricted diet should contain 324 grams of salt. Reason- To control hypertension, success lies in lowering salt intake and eating whole foods.	CBSE Study Material	Ut-4 Ch. 14	1
vi.	Assertion- Multigrain chapatis have low GI. Reason- Low GI is beneficial for diabetic patients.	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	What is a worksheet?	CBSE Study Material	Ut-3	2
Q. 8	Explain the acronym SMART.	CBSE Study Material	Ut-2	2

Q. 9	What is stress? Suggest two ways to manage it.	CBSE Study Material	Ut-2	2
Q. 10	Explain two green collar practices.	CBSE Study Material	Ut-5	2
Q. 11	Describe two roles of entrepreneurs.	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	Define celiac diseases.	CBSE Study Material	Ut-3 Ch. 12	2
Q. 13	How does hypertension cause damage to eyes and brain?	CBSE Study Material	Ut-3 Ch. 9	2
Q. 14	Differentiate between incidental adulteration and intentional adulteration.	CBSE Study Material	Ut-4 Ch. 15	2
Q. 15	Write the full form of HBa1c.	CBSE Study Material	Ut-3 Ch. 11	2
Q. 16	Explain the term 'Renal Glycosuria'.	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	What are different types of diabetes.	CBSE Study Material	Ut-3 Ch. 10	3
Q. 18	Discuss the role of a dietitian in nutritional care.	CBSE Study Material	Ut-1 Ch. 2	3
Q. 19	Ravi is a 2 years old boy. He has a history of frequent passing of stools. Is Ravi suffering from diarrhea? List any one symptom of diarrhea. How is diarrhea different from dysentery?	CBSE Study Material	Ut-2 Ch. 6	3
Answer any 3 out of the given 5 questions in 50– 80 words each (4 x 3 = 12 marks)				
Q. 20	Explain any four methods of cooking. Write their advantages and disadvantages.	CBSE Study Material	Ut-1 Ch. 4	4
Q. 21	Plan a sample menu for a patient who requires 3000 kilo calories.	CBSE Study Material	Ut-2 Ch. 7	4
Q. 22	Draw a flowchart to show the classification of fever. Give examples.	CBSE Study Material	Ut-2 Ch. 5	4
Q. 23	What is malnutrition? How does it cause infection in our body? (Write three ways)	CBSE Study Material	Ut-1 Ch. 3	4
Q. 24	Enlist the various standards as set by FSSAI for food products.	CBSE Study Material	Ut-4 Ch. 15	4