

# CBSE | DEPARTMENT OF SKILL EDUCATION

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

MARKING SCHEME FOR CLASS XI (SESSION 2024-2025)

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 (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 11 questions.
  - ii. A candidate has to do 7 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 45 questions.
  - ii. A candidate has to do 34 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.          | 'sharing' of information between two or more individuals or within the group to reach a common understanding                              | Employability Skills                                  | Unit 1          | Pg 1                        | 1     |
| ii.         | The process of working together in a group is team work.  | Employability Skills                                  | Unit 2          | Pg 85                       | 1     |
| iii.        | Ctrl + n  | Employability Skills                                  | Unit 3          | Pg 109                      | 1     |
| iv.         | An entrepreneur is a person who tries to meet needs of a customer through new ideas or ways of doing business and makes profit in return. | Employability Skills                                  | Unit 4          | Pg 138                      | 1     |
| v.          | Phonetics is the study of the sounds that we make when we speak.  | Employability Skills                                  | Unit 1          | Pg 17                       | 1     |
| vi.         | Makes policies and provides funds for implementing plans and policies.  | Employability Skills                                  | Unit 5          | Pg 186                      | 1     |
| <b>Q. 2</b> | <b>Answer any 5 out of the given 7 questions (1 x 5 = 5 marks)</b>  |   |                 |                             |       |
| i.          | TRUE  | CBSE Study Material                                   | Unit 2, CH-1    | Pg 39                       | 1     |
| ii.         | TRUE  | CBSE Study Material                                   | Unit 1, CH-4    | Pg 22                       | 1     |

|             |  |                     |              |            |   |
|-------------|--|---------------------|--------------|------------|---|
| iii.        | TRUE   | CBSE Study Material | Unit 1, CH-4 | Pg 27      | 1 |
| iv.         | FALSE  | CBSE Study Material | Unit 2, CH-3 | Pg 52      | 1 |
| v.          | TRUE   | CBSE Study Material | Unit 2, CH-4 | Pg 57      | 1 |
| vi.         | FALSE  | CBSE Study Material | Unit 4, CH-4 | Pg 112     | 1 |
| vii.        | TRUE   | CBSE Study Material | Unit 1, CH-1 | Pg 2       | 1 |
| <b>Q. 3</b> | <b>Answer any 6 out of the given 7 questions (1 x 6 = 6 marks)</b>   |                     |              |            |   |
| i.          | obesity  | CBSE Study Material | Unit 2, CH-4 | Pg 49      | 1 |
| ii.         | Vitamin C  | CBSE Study Material | Unit 4, CH-2 | Pg 101     | 1 |
| iii.        | Noon meal programme  | CBSE Study Material | Unit 5, CH-1 | Pg 122     | 1 |
| iv.         | Recommended Dietary Allowances   | CBSE Study Material | Unit 1, CH-3 | Pg 23      | 1 |
| v.          | Retinol, beta carotene   | CBSE Study Material | Unit 4, CH-1 | Pg 91      | 1 |
| vi.         | micronutrients   | CBSE Study Material | Unit 4, CH-1 | Pg 91      | 1 |
| vii.        | Fiber  | CBSE Study Material | Unit 2, CH-4 | Pg 56      | 1 |
| <b>Q. 4</b> | <b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>   |                     |              |            |   |
| i.          | CVD-cardiovascular disease<br>NCD-Non-communicable disease   | CBSE Study Material | Unit 4, CH-4 | Pg 108,110 | 1 |
| ii.         | The process by which the organism ingests, digests, absorb, transports and utilizes nutrients and disposes of their waste products | CBSE Study Material | Unit 1, CH-1 | Pg 3       | 1 |
| iii.        | skinfold calipers  | CBSE Study Material | Unit 3, CH-3 | Pg 78      | 1 |
| iv.         | F-75 & F-100   | CBSE Study Material | Unit 4, CH-1 | Pg 87      | 1 |
| v.          | A balanced diet is one which provides all the nutrients in required amounts and proper proportions                                 | CBSE Study Material | Unit 1, CH-4 | Pg 31      | 1 |
| vi.         | Diabetes, obesity  | CBSE Study Material | Unit 4, CH-4 | Pg 109     | 1 |
| <b>Q. 5</b> | <b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>   |                     |              |            |   |
| i.          | Release of the nutrient from the food, its absorption in the intestine and bio response.   | CBSE Study Material | Unit 1, CH-3 | Pg 22      | 1 |
| ii.         | Vitamin B, Vitamin C   | CBSE Study Material | Unit 4, CH-2 | Pg 98      | 1 |
| iii.        | Fatty acids and glycerol   | CBSE Study Material | Unit 1, CH-2 | Pg 10      | 1 |
| iv.         | Folk dance, puppet show, storytelling.   | CBSE Study Material | Unit 6, CH-1 | Pg 143     | 1 |
| v.          | June 21  | CBSE Study Material | Unit 6, CH-1 | Pg 138     | 1 |
| vi.         | The communication process  | CBSE Study Material | Unit 6, CH-1 | Pg 141     | 1 |
| <b>Q. 6</b> | <b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>   |                     |              |            |   |

|      |  |                     |              |        |   |
|------|--|---------------------|--------------|--------|---|
| i.   | The adolescents in the age groups of 10-14 years and 15-19 years       | CBSE Study Material | Unit 5, CH-2 | Pg 126 | 1 |
| ii.  | Mid-day meal   | CBSE Study Material | Unit 5, CH-1 | Pg 122 | 1 |
| iii. | WHR =Waist/Hip   | CBSE Study Material | Unit 3, CH-3 | Pg 77  | 1 |
| iv.  | building strong bones, maintaining the heartbeat, making hormones etc. | CBSE Study Material | Unit 1, CH-2 | Pg 10  | 1 |
| v.   | 3 trimesters   | CBSE Study Material | Unit 2, CH-4 | Pg 53  | 1 |
| vi.  | Chewing difficulties- loosened teeth, Dry mouth, reduced taste         | CBSE Study Material | Unit 2, CH-3 | Pg 52  | 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   | Work hard and encourage others to do the same • Cheer for your teammate's success • Celebrate success as a team   | Employability Skills                                 | Unit 2          | Pg 86                       | 2     |
| Q. 8   | Click on File and then click Save or Save As, browse to the desired folder, type the filename in the name textbox and click on Save.  | Employability Skills                                 | Unit 3          | Pg 132                      | 2     |
| Q. 9   | Manufacturing Business, Trading Business, Services Business.  | Employability Skills                                 | Unit 4          | Pg 140                      | 2     |
| Q. 10  | This mission aims to clean up Indian cities, towns, and villages. One of its main aims is to achieve an Open-Defecation Free India by October 2, 2019.  | Employability Skills                                 | Unit 5          | Pg 179                      | 2     |
| Q. 11  | <p style="text-align: center;"><b>My daily ROUTINE is this</b></p> <p>Every day, I get up at 7 am.<br/> I take a bath at 7.30 am.<br/> I have my breakfast at 8.00 am.<br/> I go to school at 8.30 am.<br/> I come back home at 2.00 pm. Then I iron and fold my clothes.<br/> I have dinner with my family at 7.00 pm. Then I help wash the utensils.<br/> I watch TV at 8.00 pm.<br/> I go to sleep at 9.00 pm.</p> | Employability Skills                                 | Unit 1          | Pg 62.                      | 2     |
| <b>Answer any 3 out of the given 5 questions in 20 – 30 words each (2 x 3 = 6 marks)</b>                         |   |  |                 |                             |       |
| Q. 12  | The process by which the organism ingests, digests, absorb, transports and utilizes nutrients and disposes of their end products.<br>Macronutrients & micronutrients  | CBSE Study Material                                  | Unit 1, CH-1    | Pg 3                        | 2     |
| Q. 13  | It breaks the fast to the sleep hours and prepares a child for problem solving, increased   | CBSE Study Material                                  | Unit 2, CH-2    | Pg 43                       | 2     |

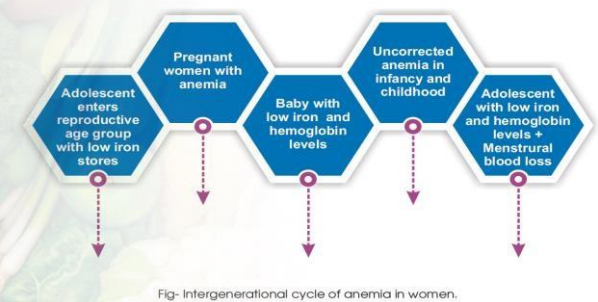
|       |   |                     |              |        |   |
|-------|---|---------------------|--------------|--------|---|
|       | memory spans in the learning period at school.  |                     |              |        |   |
| Q. 14 | Biochemical assessment deals with measuring the level of essential dietary constituents in the body fluids.   | CBSE Study Material | Unit 3, CH-3 | Pg 80  | 2 |
| Q. 15 | Persistent hair loss, Body image issues, Depression, anxiety, loss of confidence, Swallowing/speech problems, heart disease   | CBSE Study Material | Unit 4, CH-4 | Pg 115 | 2 |
| Q. 16 | <b>Malnutrition</b> is an impairment of health resulting not only from a deficiency or lack of food/nutrients but also when there is excess or imbalance of nutrients in the diet.<br><b>Over nutrition:</b> getting more nutrients than the body needs | CBSE Study Material | Unit 3, CH-2 | Pg 65  | 2 |

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

|       |  |                     |              |        |   |
|-------|--|---------------------|--------------|--------|---|
| Q. 17 | Nausea, Vomiting, Heart burn, Constipation. (Any 3)  | CBSE Study Material | Unit 2, CH-4 | Pg 56  | 3 |
| Q. 18 | Convergence, Technology, Capacity Building, Community Mobilization and Behavioural Change. (Any 3) | CBSE Study Material | Unit 5, CH-2 | Pg 136 | 3 |
| Q. 19 | Interpersonal Communication methods, Mass communication media, Traditional Communication methods.  | CBSE Study Material | Unit 6, CH-1 | Pg 141 | 3 |

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

| Q. 20       | <table border="1"> <thead> <tr> <th>Meal Timing</th> <th>Food Item</th> <th>Amount</th> </tr> </thead> <tbody> <tr> <td rowspan="2">Breakfast</td> <td>Milk</td> <td>1 glass</td> </tr> <tr> <td>Porridge</td> <td>1 bowl</td> </tr> <tr> <td>Mid Morning</td> <td>Seasonal fruit</td> <td>1</td> </tr> <tr> <td rowspan="4">Lunch</td> <td>Salad, grated</td> <td>1 Plate</td> </tr> <tr> <td>Roti / Rice / khichri</td> <td>2no./2 ladle/1 big bowl</td> </tr> <tr> <td>Green leafy vegetable</td> <td>1 bowl</td> </tr> <tr> <td>Curd/ Raita</td> <td>1 bowl</td> </tr> <tr> <td rowspan="2">Evening</td> <td>Tea</td> <td>1cup</td> </tr> <tr> <td>Besan paneer chilla/upma</td> <td>1-2 no./1 bowl</td> </tr> <tr> <td rowspan="4">Dinner</td> <td>Mix Vegetable Soup</td> <td>1 bowl</td> </tr> <tr> <td>Roti / Rice / Khichri</td> <td>2no./2 ladle/1 big bowl</td> </tr> <tr> <td>Moong dal</td> <td>1 bowl</td> </tr> <tr> <td>Pumpkin</td> <td>1 bowl</td> </tr> <tr> <td>Bed Time</td> <td>Milk</td> <td>1 cup</td> </tr> </tbody> </table> | Meal Timing             | Food Item | Amount | Breakfast | Milk | 1 glass | Porridge | 1 bowl | Mid Morning | Seasonal fruit | 1 | Lunch | Salad, grated | 1 Plate | Roti / Rice / khichri | 2no./2 ladle/1 big bowl | Green leafy vegetable | 1 bowl | Curd/ Raita | 1 bowl | Evening | Tea | 1cup | Besan paneer chilla/upma | 1-2 no./1 bowl | Dinner | Mix Vegetable Soup | 1 bowl | Roti / Rice / Khichri | 2no./2 ladle/1 big bowl | Moong dal | 1 bowl | Pumpkin | 1 bowl | Bed Time | Milk | 1 cup | CBSE Study Material | Unit 2, CH-3 | Pg 53 | 4 |
|-------------|--|-------------------------|-----------|--------|-----------|------|---------|----------|--------|-------------|----------------|---|-------|---------------|---------|-----------------------|-------------------------|-----------------------|--------|-------------|--------|---------|-----|------|--------------------------|----------------|--------|--------------------|--------|-----------------------|-------------------------|-----------|--------|---------|--------|----------|------|-------|---------------------|--------------|-------|---|
| Meal Timing | Food Item  | Amount                  |           |        |           |      |         |          |        |             |                |   |       |               |         |                       |                         |                       |        |             |        |         |     |      |                          |                |        |                    |        |                       |                         |           |        |         |        |          |      |       |                     |              |       |   |
| Breakfast   | Milk   | 1 glass                 |           |        |           |      |         |          |        |             |                |   |       |               |         |                       |                         |                       |        |             |        |         |     |      |                          |                |        |                    |        |                       |                         |           |        |         |        |          |      |       |                     |              |       |   |
|             | Porridge   | 1 bowl                  |           |        |           |      |         |          |        |             |                |   |       |               |         |                       |                         |                       |        |             |        |         |     |      |                          |                |        |                    |        |                       |                         |           |        |         |        |          |      |       |                     |              |       |   |
| Mid Morning | Seasonal fruit   | 1                       |           |        |           |      |         |          |        |             |                |   |       |               |         |                       |                         |                       |        |             |        |         |     |      |                          |                |        |                    |        |                       |                         |           |        |         |        |          |      |       |                     |              |       |   |
| Lunch       | Salad, grated  | 1 Plate                 |           |        |           |      |         |          |        |             |                |   |       |               |         |                       |                         |                       |        |             |        |         |     |      |                          |                |        |                    |        |                       |                         |           |        |         |        |          |      |       |                     |              |       |   |
|             | Roti / Rice / khichri  | 2no./2 ladle/1 big bowl |           |        |           |      |         |          |        |             |                |   |       |               |         |                       |                         |                       |        |             |        |         |     |      |                          |                |        |                    |        |                       |                         |           |        |         |        |          |      |       |                     |              |       |   |
|             | Green leafy vegetable  | 1 bowl                  |           |        |           |      |         |          |        |             |                |   |       |               |         |                       |                         |                       |        |             |        |         |     |      |                          |                |        |                    |        |                       |                         |           |        |         |        |          |      |       |                     |              |       |   |
|             | Curd/ Raita  | 1 bowl                  |           |        |           |      |         |          |        |             |                |   |       |               |         |                       |                         |                       |        |             |        |         |     |      |                          |                |        |                    |        |                       |                         |           |        |         |        |          |      |       |                     |              |       |   |
| Evening     | Tea  | 1cup                    |           |        |           |      |         |          |        |             |                |   |       |               |         |                       |                         |                       |        |             |        |         |     |      |                          |                |        |                    |        |                       |                         |           |        |         |        |          |      |       |                     |              |       |   |
|             | Besan paneer chilla/upma   | 1-2 no./1 bowl          |           |        |           |      |         |          |        |             |                |   |       |               |         |                       |                         |                       |        |             |        |         |     |      |                          |                |        |                    |        |                       |                         |           |        |         |        |          |      |       |                     |              |       |   |
| Dinner      | Mix Vegetable Soup   | 1 bowl                  |           |        |           |      |         |          |        |             |                |   |       |               |         |                       |                         |                       |        |             |        |         |     |      |                          |                |        |                    |        |                       |                         |           |        |         |        |          |      |       |                     |              |       |   |
|             | Roti / Rice / Khichri  | 2no./2 ladle/1 big bowl |           |        |           |      |         |          |        |             |                |   |       |               |         |                       |                         |                       |        |             |        |         |     |      |                          |                |        |                    |        |                       |                         |           |        |         |        |          |      |       |                     |              |       |   |
|             | Moong dal  | 1 bowl                  |           |        |           |      |         |          |        |             |                |   |       |               |         |                       |                         |                       |        |             |        |         |     |      |                          |                |        |                    |        |                       |                         |           |        |         |        |          |      |       |                     |              |       |   |
|             | Pumpkin  | 1 bowl                  |           |        |           |      |         |          |        |             |                |   |       |               |         |                       |                         |                       |        |             |        |         |     |      |                          |                |        |                    |        |                       |                         |           |        |         |        |          |      |       |                     |              |       |   |
| Bed Time    | Milk   | 1 cup                   |           |        |           |      |         |          |        |             |                |   |       |               |         |                       |                         |                       |        |             |        |         |     |      |                          |                |        |                    |        |                       |                         |           |        |         |        |          |      |       |                     |              |       |   |

|              |   |                     |              |        |   |
|--------------|---|---------------------|--------------|--------|---|
| <b>Q. 21</b> |  <p>Fig- Intergenerational cycle of anemia in women.</p>   | CBSE Study Material | Unit 4, CH-2 | Pg 88  | 4 |
| <b>Q. 22</b> | <ol style="list-style-type: none"> <li>1. To enable the AGs for self-development and empowerment</li> <li>2. To improve their nutrition and health status.</li> <li>3. Promote awareness about health, hygiene, nutrition, Adolescent, reproductive and Sexual Health (ARSH) and family and child care.</li> <li>4. Upgrade their home-based skills, life skills and tie up with National Skill Development Program (NSDP) for vocational skills</li> <li>5. Mainstream out of school AGs into formal/non formal education</li> <li>6. Provide information/guidance about existing public services such as PHC, CHC, Post Office, Bank, Police Station, etc. (any 4)</li> </ol> | CBSE Study Material | Unit 5, CH-2 | Pg 129 | 4 |
| <b>Q. 23</b> | Nutritional Needs, Economic factors, Size and composition of the family, Season, Food availability, Food acceptance, Occasion (Any 4)   | CBSE Study Material | Unit 1, CH-5 | Pg 30  | 4 |
| <b>Q. 24</b> | Immune dysfunction and infection, Skin lesions, decreased wound healing, Sickle cell anemia, Neurological diseases, Infertility, Liver disease (Any 4)  | CBSE Study Material | Unit 4, CH-1 | Pg 96  | 4 |