

**BUDHA DAL PUBLIC SCHOOL, PATIALA**  
**First Term Examination (15 September 2023)**

Class XI (Humanities)  
Subject - Home Science

M.M. 70

Time: 3hrs.

Note: All questions are compulsory.

Section - A

- Q1. Use of ergonomics in any workplace is not important for which of the following: (1)  
a) optimum work capacity      b) increase in errors  
c) increase in productivity      d) Comfortable work conditions
- Q2. The objective of the equal remuneration act is (1)  
a) equal wages for the same work      b) different working hours  
c) equality amongst men and women in every field      d) special facilities for women
- Q3. Saloni ate hot dog which seemed to be fresh but next day she complained of having severe stomachache, diarrhea and fever. This could be due to (1)  
a) Food contamination      b) Food adulteration      c) Food infection      d) Food poisoning
- Q4. The objective of the equal remuneration act is (1)  
a) Equal wages for same work  
b) Different working hours  
c) Equality among men and women in every field  
d) Special facilities for women
- Q5. How can illness influence the nutritional status of an individual? By (1)  
i) Providing alternate therapy  
ii) Impairment in person's ability to eat and swallow  
iii) Promoting holistic recovery  
iv) Problem with digestion, absorption  
v) Interference with proper metabolism options are  
a) i, ii, iii      b) ii, i, iv      c) ii, iv, v      d) iii, iv, v
- Q6. Which of the following is not an objective of diet therapy? (1)  
a) formulation of the diet to meet the needs of the patient  
b) modification of the existing diets to ameliorate (rectify) the disease condition  
c) prevention of short term and long term complications in case of chronic diseases.  
d) Educating and preserving medicines to the patients
- Q7. Use of ergonomics in any workplace is not important for which of the following: (1)  
a) Optimum work capacity  
b) Increase in errors  
c) Increases in productivity  
d) Comfortable work conditions
- Q8. Which of the following is correct about salmonella bacteria (1)  
a) Salmonella lives in the intestines of people and animals  
b) Eating contaminated food or drinking contaminated water  
c) Children are most likely to get infected by it  
d) All of the above
- Q9. A large proportion of people suffer from \_\_\_\_\_ deficiencies mainly iron, zinc, Vit A, iodine, folic acid, B<sub>12</sub> in varying degrees of severity. (1)  
a) Macronutrients      b) Micronutrients      c) Nutrients      d) All of the above

10. Which knowledge / skills are needed specifically in the area of Food Product Development (1)
- Knowledge of ingredients, their weighing and measuring
  - Cooking skills
  - Labeling and packaging of marketable products
  - Assessment of quality of raw products
- Q11. Codex Alimentarius Commission comes under the ministry of (1)
- Ministry of health
  - Ministry of Family Welfare
  - Ministry of health and family welfare
  - Ministry of food laws
- Q12. Double burden of Malnutrition mean (1)
- Malnutrition
  - Over Nutrition
  - Both a and b
  - None
- Q13. Pickles, Jams, Papads, squashes are examples of which kind of food? (1)
- Formulated food
  - Functional food
  - Manufactured food
  - Processed food
- Q14. While buying a packet of processed snacks, which mark should be ensured? (1)
- FSSAI
  - ISO
  - Agmark
  - ISI

#### Case Based Questions

Read the passage carefully and answer questions 15 to 18.

Nutrition is the science of food, nutrients and other substances as well as their digestion, absorption and utilization by the body. Optimum Nutrition is important for providing immunity and protection from infection and to promote recovery from a variety of illness as well as managing chronic diseases. Nutrition and health are intimately interlinked. Health problems/ diseases and their treatment can affect nutritional status in variety of ways such as

- by impairing a person's ability to eat and swallow
- by interfering with digestion, absorption and metabolism

The specialized area of nutrition which deals with nutritional management during illness is clinical nutrition, more recently called medical nutrition therapy. The professional who delivers this service is referred to as dietitian/ medical nutrition therapist/ clinical nutritionist

- Q15. \_\_\_\_\_ are non-nutrient constituents present in foods that have physiological or biological activity and influence health. (1)
- Nutraceuticals
  - Medical foods
  - Phytochemicals
  - Functional foods
- Q16. Which of the following are features of optimum nutrition? (1)
- Providing protection from disease
  - Ensuring abundance of food
  - Promoting socio economic health
  - Managing chronic disease
- a) i, ii, iii      b) i, iii, v      c) ii, iii, iv      d) iii, iv v
- Q17. Which of the following parameters are not considered while taking anthropometric measurements? (1)
- Waist circumference
  - Height
  - Haemoglobin level
  - Weight
- Q18. Mid day program is (1)
- Food fortification program
  - Nutrition deficiency control program
  - Food supplementation program
  - Creche programme

- Q. Your mother is admitted in the hospital for a surgery. Her gastro intestinal tract is functioning properly but she is not able to take food by mouth which feeding route should be adopted in this situation? Write any one advantage of the method.
- Q20. What do you understand by the term food based strategy? Enlist any two food based strategies you may adopt to tackle public nutrition problems.
- Q21. What do you understand by the term Hidden Hunger? Name any two conditions classified under Hidden Hunger.
- Q22. Your younger brother is in a dilemma regarding which career to choose. Mention 4 factors he should consider while taking career related decision.
- Q23. Renu has recently joined new company but she is finding it difficult to adjust with her colleagues. Suggest her any four essential soft skills she must adopt at her work place.
- Q24. During Covid, Seema has done online diploma on Food Product Development. If she wants to start food processing unit, what four skills she may require to do so?
- Q25. \_\_\_\_\_ and \_\_\_\_\_ publish International standards and every nation has to follow these standards.
- Q26. a) Differentiate between Food Infection and Food Toxication.  
b) Write any two ways by which salmonella bacteria spreads.

#### Section - C

- Q27. Define  
a) Manufactured foods    b) Formulated foods    c) Functional foods
- Q28. 'A healthy environment is a positive work environment'. Write any three ways by which a teacher can create healthy environment in her class.
- Q29. Differentiate between Marasmus and Kwashiorkor.

#### Section - D

- Q30. Mr. Singh has started his own food processing unit for exporting the products. His friend has suggested him to implement HACCP.  
a) What is HACCP?  
b) Highlight any three important points of HACCP to convince him to adopt it.
- Q31. Mrs. Gupta has started her own bread manufacturing unit. She wants to get her manufacturing unit certified by Government of India.  
a) Name the new Food Safety Act implemented  
b) Which year it was implemented?  
c) Enlist any four functions of the new Food Safety Act.
- Q32. Match the following
- |                |                             |
|----------------|-----------------------------|
| a) Stunting    | i) Low weight for height    |
| b) Wasting     | ii) Low weight for age      |
| c) Obesity     | iii) Low height for age     |
| d) Underweight | iv) More weight than height |

Match the following

- a) Minimally processed food
- b) High risk food
- c) Functional foods
- d) Food derivatives

- i) cut fruits and vegetables
- ii) hydrogenation
- iii) meat and eggs
- iv) probiotic & lycopene

Section - E

Q34. Describe three basic cause and two underlying causes at household level contributing to under nutrition in our country.

Q35. Explain five ways of diet modification to meet the needs of an individual. Give an example of each.