

Class 12 Food Nutrition & Dietetics 2022 Solved Paper

Time allowed: 12 hours

Maximum Marks: 35

Section A

Answer any 3 questions out of given 4 questions. $1 \times 3 = 3$

1. What is the full form of EDII?

Ans: The full form of EDII is Entrepreneurship Development Institute of India.

2. From which word entrepreneur is derived?

Ans: The word 'entrepreneur' is derived from the French word *entreprendre*, which means 'to undertake'.

3. List two ways to control the rising pollution levels in our surroundings.

Ans: Use cloth bags instead of plastic bags, buy eco-friendly products, and reduce the usage of paper.

4. Suggest two plants which absorb harmful pollutants from the air.

Ans: Areca palm and rubber absorb harmful pollutants from the air.

Answer any 1 question out of the given 2 questions. $2 \times 1 = 2$

5. Give four types of entrepreneurs.

Ans: Service entrepreneurs, Business entrepreneurs, Industrial entrepreneurs, and Agricultural entrepreneurs

6. Define Green jobs.

Ans: A green job is defined as one that helps bring about and maintain a transition to environmentally sustainable forms of production and consumption.

Section - B

Answer any 5 questions out of given 7 questions. $1 \times 5 = 5$

7. Name the bacteria causing peptic ulcer.

Ans: The bacteria *Helicobacter pylori*.

8. Write the full form of IDDM.

Ans: 'Insulin-Dependent Diabetes Mellitus'

9. How Hepatitis A virus is transmitted in human beings?

Ans: It is most often transmitted through the consumption of contaminated water or food.

10. Write common symptoms of foodborne illness.

Ans: Foodborne illness usually results from one of the following reasons:

- Consuming food obtained from an infected plant or animal.
- Food contaminated by insects, flies, rodents, etc.
- Food that comes in contact with sewage water or sewage-polluted water.
- Food is handled in an unhygienic way.

11. What are the common adulterants of turmeric powder?

Ans: Yellow aniline dyes and Non-permitted colourants like metanil yellow.

12. Which mark is given to ice cream and chewing gum?

Ans: Ice cream: ISI marks

Chewing gum: ISI mark.

13. Write the important notice to be displayed on milk substitutes or infant food.

Ans: It is mandatory to display ‘MOTHER’S MILK IS BEST FOR BABIES’ in capitals.

Answer any 4 questions out of the given 6 questions. 2x4=8

14. Explain systolic blood pressure.

Ans: Systolic pressure is the pressure when the heart contracts. The systolic measurement is the peak pressure in the arteries. The optimal level is 120 mmHg.

15. What is diabetes mellitus?

Ans: Diabetes Mellitus (DM) is a condition where the blood glucose, or so-called “blood sugar,” is too high. Diabetes is a disease that affects the body’s ability to produce or respond to insulin.

16. Give four common symptoms of Jaundice.

Ans: Common symptoms of jaundice include:

- a yellow pigmentation of the skin and the whites of the eyes, normally starting at the head and spreading down the body;
- pale stools;
- dark yellow or brown colour of urine;
- itchiness;
- fatigue;
- abdominal pain;
- weight loss;
- vomiting;
- fever;
- pale stools.

17. Write four examples of physical food hazards.

Ans: Stone, glass, metal, plastic, wood, bone, etc.

18. Mention four good personal hygiene habits.

Ans: Good personal hygiene habits include,

- Wash your hands with soap or water. Dry them properly with a towel or a hand dryer.
- Keep your nails short and clean.
- If you have cuts or wounds on your hands or fingers, cover them with a proper dressing before handling food.
- Do not touch hair, nose, or any other potentially hazardous area or thing while preparing food.
- Cover your mouth and nose while coughing and sneezing

19. Explain the term food adulteration.

Ans: Food adulteration can be explained as the intentional addition or substitution, or abstraction of substances that adversely affect the nature of the substance and quality of food products. It can be at the time of harvesting, storage, processing, transportation, or distribution.

Answer any 3 questions out of the given 5 questions. 3 x 3 = 9

20. Write six high-sodium content foods.

Ans: Pizza, instant soups, burgers, buns, rolls, sandwiches, biscuits, cookies.

21. What is lactose intolerance? Give three symptoms.

Ans: Lactose Intolerance is the inability to digest lactose, a component of milk and some other dairy products. The basis for lactose intolerance is the lack of an enzyme called lactase in the small intestine. The most common symptoms of lactose intolerance are diarrhea, bloating, and gas.

22. Mention social factors which contribute to the infection of typhoid fever.

Ans: The social factors that contribute to the infection of typhoid fever include:

- The prevailing wrong defecation practices, because of which faecal pollution of soil occurs, leading to the spread of infection through water, food, and flies
- Low standard of personal hygiene
- Unhygienic health practices
- Low standards of food hygiene
- Illiteracy and health ignorance

23. How will you prevent cross-contamination in Kitchen?

Ans: To prevent cross-contamination:

- Store raw meat, poultry, and seafood away from other foods in your refrigerator.
- If possible, have two cutting boards in your kitchen – one for raw meat and the other for fruits and vegetables.
- Never place cooked food on an unwashed plate that previously held raw meat.

24. Give three limitations of a food label.

Ans: Limitations of a Food Label

- Labels may not give complete information.
- The print may be blurred, small, or overlapping.
- Labels of popular brands may be initiated in case of sub-standard products.

Section C

(COMPETENCY BASED QUESTIONS)

Answer any 2 questions out of given 3 questions. (4 × 2 = 8 marks)

25. Write the foods that can be used liberally and best avoided in the diet of an individual suffering from diabetes.

Ans: Foods that can be used liberally are

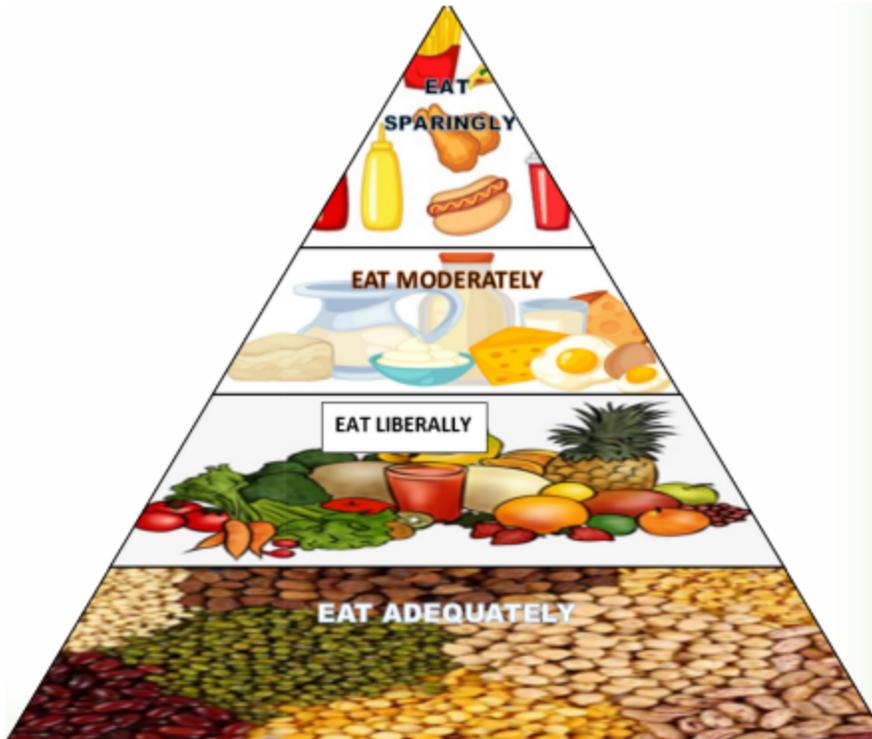
- Green leafy vegetables like spinach, drumsticks, fenugreek, mustard, amaranth, cabbage, etc.
- Vegetables like cauliflower, brinjal, lady finger (bhindi), bottle gourd (ghia), bitter gourd (karela) etc.,
- High-fiber foods (raw fruits with hard skin or seeds, green leafy vegetables, other vegetables, etc.).
- Condiments and Spices (fenugreek seeds, pepper dry, cumin, cloves, cinnamon, turmeric, poppy seeds, etc.).

Foods to be avoided

- Refined cereals and their products (e.g., maida, suji, white bread, white rice, pasta, etc.).
- Plain gelatin-based desserts, sugars, sweets, honey, candy, jam and jellies.
- Sweet concentrated foods using excessive whole milk and dairy fat, including halwas, ladoos, etc.
- Cakes and pastries.
- Sweetened juices and soft drinks.
- Processed foods with high fructose corn syrup.
- Red meat and organ meat (liver, brain, etc.).
- Roots and tubers like potato, yam, sweet potato, beetroot, tapioca, and colocasia (arbi).
- Fried fatty foods such as samosas, pakoras, puri, paratha, cooked in Vanaspati.

26. Draw and label the food pyramid.

Ans:



27. Write the benefits of a balanced diet in children.

Ans: A balanced diet contains a diverse range of macronutrients and micronutrients in their most natural form. It is necessary to improve the dietary habits of school children by providing an appropriate mixing of foods that enhances the wholesomeness and nutrition, and also encourages them to avoid consumption of an unhealthy diet. The nutrients help develop their natural immunity and keep them healthier.

BioSmartNotes