

BUDHA DAL PUBLIC SCHOOL, PATIALA

First Term Examination (22 August 2025)

Class XI (Humanities)

Subject -Home Science (064)

Time: 3hrs.

M.M.70

Note: All questions are compulsory.

Section - A

Q1. _____ is used in workplace to increase productivity. (1)
a) Ergonomics b) Technical incompetence c) Challenges d) Crises

Q2. Which is the most common cause of childhood blindness? (1)
a) IDD b) VAD c) PEM d) IDA

Q3. In what way job effectiveness in any workplace can be improved? (1)
a) Increasing errors b) Increasing productivity c) Reducing errors d) Both (b) and (c)

Q4. Identify the new constituent present in food which was found by researchers that have physiological or biological activity and influence health (1)
a) Nutraceuticals b) Medical foods c) Antioxidants d) Phyto chemical

Q5. Mr. Verma avoids consuming spinach because of presence of which non nutrient constituent in it (1)
a) Flavonoids b) Phenols c) Lactose d) Oxalates

Q6. In _____ scheme of the Government of India, girls are enrolled for a bridge course preparing them for entry into school education (1)
a) Beti Bachao Beti Padao b) Kasturba Gandhi Balika Vidyalaya
c) Ladli scheme d) Sukanya Samridhi Yojna

Q7. India is often referred as the Diabetes Capital of the world. Identify two possible causes of chronic diseases such as diabetes. (1)
a) Taking diet prescribed by medical nutrition therapist
b) Less physical activity
c) Increase in sugar and fat consumption
d) Increase in fibre consumption

Q8. With advancement in food and pharmaceutical industry which nutritional supplements are being used for nourishing patients? (1)
a) Nutraceuticals b) Polychlorinated biphenyls c) Phytochemical d) Food preservatives

Q9. Which of the following is not a characteristic of successful entrepreneurs ? (1)
a) Flexibility b) Willingness to learn c) Not taking risk d) Good communication skills

Q10. In India, health care is provided at three levels which of the following is not correctly matched. (1)
a) Primary level PHC b) Secondary level CHC c) Tertiary level CHC d) Tertiary level AIIMS

Q11. After surgery of stomach your grandfather is unconscious, which mode of feeding would be preferred for him and why? (1)
a) Oral feeding and easy to chew
b) Tube feeding and easy to digest
c) Intravenous feeding and to get nourishment
d) Nasogastric feeding and nutrition

Q12. What type of diets should be prescribed by the dietician to your grandfather who is suffering from kidney and chewing problem respectively? (1)
a) Low protein diet and mechanical soft diet
b) High protein diet and mechanical soft diet
c) Low fibre diet and liquid diet
d) High fibre diet and regular diet

Case Based Questions

Read the passage carefully and answer questions 15 to 18.

In any society, nutritional problems are not just linked to food but to a variety of interacting/interrelated factors at various levels. While poverty is often the underlying cause, the situation becomes worse when a substantial proportion of families do not have access to basic amenities. Rural households have less access to toilets. Poor sanitation results in loss of work days and further economic loss. Further, considerable proportion of the population does not have safe drinking water.

The causes of malnutrition identify several levels of causes : immediate, underlying and basic.

Q13. Which of the following is not one of the underlying causes? (1)

- Insufficient rainfall for agriculture
- Inadequate access to food
- Inadequate care for mothers and children
- Insufficient health services and unhealthy environment

Q14. Following are the nutritional programmes and their examples operating in India. Select the incorrect option: (1)

- Food Supplementary programme - Midday meal
- Food Security Programme - Public Distribution Programme
- ICDS - Annapurna Scheme
- Nutrient Deficiency Control Programme - National Prophylaxis Programme

Q15. What is the mission of Public Health Nutrition? (1)

- To prevent over nutrition and to maintain optimal nutritional status of individual and family
- To prevent under nutrition and to maintain optimal nutritional status of individuals
- To prevent under nutrition and over nutrition problem of society
- To prevent both over nutrition and under nutrition and to maintain optimal nutritional status of the population.

Q16. Since post 15 days Seema who is 30 years old is feeling lethargic, breathlessness and fatigue on slight exertion. Identify the deficiency disease she might be suffering from (1)

- IDA
- IDD
- VAD
- Osteroporosis

Q17. To tackle with nutritional problems Poshan Abhiyaan was started. Following interventions were initiated (1)

- Food fortification
- Ensuring food security
- Poverty alleviation
- Production of low cost nutritious food

Which of these are direct short term interventions to tackle nutritional problems?

- (i) and (ii)
- (ii) and (iii)
- (i) and (iv)
- (ii) and (iv)

Q18. **Read the following statements - Assertion (A) and Reason (R)** (1)

Assertion (A) : Deficiency of iodine results in sufficient amount of thyroid hormone which is synthesized by the thyroid gland.

Reason (R) : IDD is an ecological phenomenon largely due to deficiency of iodine in the soil.

Select the most appropriate answer

- Both A and R are true, and R is the correct explanation
- Both A and R are true, but R is not the correct explanation
- A is true R is false
- A is false but R is true

Section - B

Q19. Your mother is admitted in the hospital for a surgery. Her gastrointestinal tract is functioning properly but she is not able to take food by mouth. Which feeding route should be adopted in this situation? Write anyone advantage of the method. (2)

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. (2)

What do you understand by the term Hidden Hunger? Name any two conditions classified under Hidden Hunger? (2)

Q22. Your younger brother is confused regarding which career to choose. Mention four factors he should consider while taking career related decision. (2)

Q23. Renu has recently joined a new company but she is finding it difficult to adjust with her colleagues. Suggest any four essential soft skills she must adopt at her workplace. (2)

Q24. Despite the rich heritage of traditional occupations, in the modern context these work of art gradually losing out to mass produced goods. (2)

Suggest any four areas where interventions are required for the revival of these occupations.

Q25. Give four objectives of Diet Therapy. (2)

Section - C

Q26. a) What do you mean by functional foods? Give an example.
b) Roma wants to develop a new recipe of pickle. What four skills she must possess. (3)

Q27. a) Your sister is pregnant. Explain to her two adverse effects due to iodine deficiency on the foetus.
b) Mention two other health care levels available in India.

Q28. a) Sugna is a farmer. His eight years old mother is unwell. Where will he take her for getting health care facilities in his village?
b) Mention two other health care levels available in India.

Q29. Nutritional problems are not just linked to food but to a variety of interrelated factors at various levels. Justify the statement by giving any six factors related to undernutrition at individual or family. (3)

Section - D

Q30. Your friend Rohan is medical nutrition therapist in a city hospital.
a) Indicate any four methods he will use to obtain the information on the patients nutritional status and needs.
b) Which is the best mode of feeding he will suggest for your grandfather who has undergone intestinal surgery and why?
c) What type of diet he will recommend for your grandfather once he recovers and why? (4)

Q31. The field of Public Health Nutrition is multidisciplinary in nature and is built on the foundations of biological and social sciences. (4)

Q32. a) What do you understand by modified diets?
b) Based on changes in consistency, what are the three types of diet? Give one example of each. (4)

Q33. Compare two points of differences between tube feeding and intravenous feeding. Also give roles of clinical nutritionalist. (4)

Section - E

Q34. a) Outline three each short term and long term strategies implemented to solve nutritional problems in India.
b) Describe any two nutrition programmes operating in our country. (5)

Q35. a) Compare three each benefits and drawbacks of Food or Diet based strategies used to combat public nutrition problems in India.
b) What are the two functions of Iodine in human body? Tell two ill effects if pregnant woman is not taking recommended amount of iodine in her diet. (5)