

BUDHA DAL PUBLIC SCHOOL, PATIALA

Final Examination (17 February 2025)

Class - XI
HOME SCIENCE (064)

Time: 3hrs

M.M. 70

All questions are compulsory.

1. Which is not amongst the four pillars of Ergonomics? (1)
a) Biometrics b) Anthropometry c) Physiology d) Industrial Psychology
2. Rahul ate a sandwich which appeared good and smelled pleasant. Within few hours he complained a severe stomach. This could be attributed to (1)
a) Food adulteration b) Food Intoxication
c) Food Infestation d) Food Contamination
3. Nitya owns a garment company and took risky decisions in her work every day. Nitya is a/ an (1)
a) Entrepreneur b) Wage employed person c) Labourer d) Unskilled worker
4. 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) Tertial level -AIIMS
5. Bacteria multiply quickly in the food temperature danger zone. What is the temperature range of this? (1)
a) 2°C - 30°C b) 5°C - 60°C c) 4°C - 50°C d) 6°C - 70°C
6. The Factories Act 1948 makes sure that there is facility of _____ on the work premises. (1)
a) canteen b) shade c) creche d) first aid
7. Which is the following is not the function of HACCP? (1)
a) Preventive approach to ensure food safety.
b) Enables only producers to utilize resource efficiently.
c) Assures consistently good quality products.
d) Detect hazards at any stage of processing or manufacturing of food.
8. 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

9. Sun drying is the oldest method of food preservation. Which principle of food preservation is involved in it? (1)
- a) Lowering of temperature
 - b) Reducing of pH
 - c) Removal of water
 - d) Controlling the availability of oxygen
10. Read the following statement Assertion (A) and Reason (R) (1)
- Assertion (A) :** Food quality refer to the texture of meal.
- Reason (R) :** The WTO agreements covers goods, services and intellectual property.
- Select the most appropriate answer**
- a) Both A and R are true, and R is the correct explanation of A.
 - b) Both A and R are true, but R is not the correct explanation of A.
 - c) A is true and R is false.
 - d) A is false but R is true
11. Read the following statement Assertion (A) and Reason (R) (1)
- Assertion (A) :** Milk and curd spoil quickly.
- Reason (R) :** They are perishable foods.
- Select the most appropriate answer**
- a) Both A and R are true, and R is the correct explanation of A.
 - b) Both A and R are true, but R is not the correct explanation of A.
 - c) A is true and R is false.
 - d) A is false but R is true
12. Read the following statement Assertion (A) and Reason (R) (1)
- Assertion (A) :** Meaningful work is useful to society or to other, is done responsibly and is enjoyable to the worker.
- Reason (R) :** It is important to choose something to sustain the individuals enthusiasm to carry on his/her work.
- Select the most appropriate answer**
- a) Both A and R are true, and R is the correct explanation of A.
 - b) Both A and R are true, but R is not the correct explanation of A.
 - c) A is true and R is false.
 - d) A is false but R is true

Case Study Based Questions:

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 the underlying cause, the situation becomes worse when a substantial proportion of families donot have access to basic amenities. Rural households have less access to toilets. Poor sanitation results in loss of work days and further considerable proportion of the population does not have safe drink water.

13. The causes of malnutrition of identify several levels of causes: immediate, under lying and basic. Which of the following is not one of the underlying causes? (1)
- a) Insufficient rainfall for agriculture
 - b) Inadequate access to food

- c) Inadequate care for mothers and children
 - d) Insufficient health services and unhealthy environment
14. Following are the nutrition programmes and their examples operating in India. Select the option (1)
- a) Food Supplementation Programme – Midday meal
 - b) Food Security Programme – Public distribution system
 - c) ICDS – Annapurna Scheme
 - d) Nutrient Deficiency control programme – National prophylaxis programme
15. What is the mission of Public Health Nutrition? (1)
- a) To prevent over nutrition and to maintain optimal nutritional status of individual and family.
 - b) To prevent under nutrition and to maintain optimal nutritional status of individuals.
 - c) To prevent under nutrition and over nutrition problem of society.
 - d) To prevent both under nutrition and over nutrition and to maintain optimal nutritional status of population.
16. Since past 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)
- a) IDA b) IDD c) VAD d) Osteoporosis
17. To tackle with nutritional problems Poshan Abhiyaan was started. Following interventions were initiated (1)
- a) Food fortification b) Ensuring food security
 - c) Poverty alleviation d) Production of low cost nutritious food
18. Read the following statement Assertion (A) and Reason (R) (1)
- Assertion (A) :** Deficiency of iodine results in insufficient 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**
- a) Both A and R are true, and R is the correct explanation of A.
 - b) Both A and R are true, but R is not the correct explanation of A.
 - c) A is true and R is false.
 - d) A is false but R is true
19. 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 any one advantage of the method. (1)
20. 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)
21. What do you understand by the term Hidden Hunger? Name any two conditions classified under Hidden Hunger. (2)
22. Your younger brother is confused regarding which career to choose. Mention four factors he should consider while taking career related decision. (2)

23. 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 workplace. (2)
24. 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? (2)
25. Suggest any four areas where interventions are required for the revival of traditional occupations.
26. a) What do you mean by functional food? Give an example.
b) Roma wants to develop new recipe of pickle. What four skills she must possess?
27. a) Differentiate between Food Infection and Food intoxication.
b) Write any two ways by which salmonella bacteria spreads.
28. a) State two factors that are responsible for the gradual erosion of traditional art.
b) Why do you think there is an urgent need to revive and sustain this traditional art and craft forms?
c) List two steps taken by the government to sustain and promote the traditional art and craft?
29. Enumerate three roles of Codex Alimentarius Commission (CAC) in enhancing food safety.
30. a) Enumerate four factors which can lead to food deterioration or spoilage.
b) Mention any four traditional methods by which food is preserved from spoiling for harvesting or slaughtering.
31. The field of Public Health Nutrition is multidisciplinary in nature and is built on the foundations of biological and social sciences.
a) Explain this statement by highlighting four knowledge and skills required by the Public Health Nutritionists.
b) Give four career avenues for Public Health Nutritionists.
32. Mr. Dharampal 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 importance of HACCP to convince him to adopt it.
33. 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 patient's nutritional status and needs.
b) Which is the best mode for 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?
34. 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.
35. Compare two points of differences between tube feeding and intravenous feeding. Also give three each objectives of diet therapy and role of clinical nutritionist.

