

Marking Scheme
Strictly Confidential
(For Internal and Restricted use only)
Senior Secondary School Examination, 2026 (XIIth)
SUBJECT NAME: - Food, Nutrition and Dietetics (Q.P. CODE : 834-358)

General Instructions: -

1	You are aware that evaluation is the most important process in the actual and correct assessment of the candidates. A small mistake in evaluation may lead to serious problems which may affect the future of the candidates, education system and teaching profession. To avoid mistakes, it is requested that before starting evaluation, you must read and understand the spot evaluation guidelines carefully.
2	“Evaluation policy is a confidential policy as it is related to the confidentiality of the examinations conducted, evaluation done and several other aspects. Its leakage to public in any manner could lead to derailment of the examination system and affect the life and future of millions of candidates. Sharing this policy/document to anyone, publishing in any magazine and printing in Newspaper/Website, etc. may invite action under various rules of the Board and IPC.”
3	Evaluation is to be done as per instructions provided in the Marking Scheme. It should not be done according to one’s own interpretation or any other consideration. Marking Scheme should be strictly adhered to and religiously followed. However, while evaluating, answers which are based on latest information or knowledge and/or are innovative, they may be assessed for their correctness otherwise and due marks be awarded to them. In Class-XII, while evaluating two competency-based questions, please try to understand given answer and even if reply is not from marking scheme but correct competency is enumerated by the candidate, due marks should be awarded.
4	The Marking scheme carries only suggested value points for the answers. These are in the nature of Guidelines only and do not constitute the complete answer. The students can have their own expression and if the expression is correct, the due marks should be awarded accordingly.
5	The Head-Examiner must go through the first five answer books evaluated by each evaluator on the first day, to ensure that evaluation has been carried out as per the instructions given in the Marking Scheme. If there is any variation, the same should be zero after deliberation and discussion. The remaining answer books meant for evaluation shall be given only after ensuring that there is no significant variation in the marking of individual evaluators.
6	Evaluators will mark (✓) wherever answer is correct. For wrong answer CROSS ‘X’ be marked. Evaluators will not put right (✓) while evaluating which gives an impression that answer is correct and no marks are awarded. This is most common mistake which evaluators are committing.
7	If a question has parts, please award marks on the right-hand side for each part. Marks awarded for different parts of the question should then be totalled up and written in the left hand margin and encircled. This may be followed strictly.
8	If a question does not have any parts, marks must be awarded in the left-hand margin and encircled. This may also be followed strictly.

9	If a student has attempted an extra question, answer of the question deserving more marks should be retained and the other answer scored out with a note " Extra Question "
10	No marks to be deducted for the cumulative effect of an error. It should be penalized only once.
11	A full scale of marks _____ (example 0 to 80/70/60/50/40/30 marks as given in Question Paper) has to be used. Please do not hesitate to award full marks if the answer deserves it.
12	Every examiner has to necessarily do evaluation work for full working hours i.e., 8 hours every day and evaluate 20 answer books per day in main subjects and 25 answer books per day in other subjects (Details are given in Spot Guidelines). This is in view of the reduced syllabus and number of questions in question paper.
13	Ensure that you do not make the following common types of errors committed by the Examiner in the past :- • Leaving answer or part thereof unassessed in an answer book. • Giving more marks for an answer than assigned to it. • Wrong totalling or marks awarded on an answer. • Wrong transfer of marks from the inside pages of the answer book to the title page. • Wrong question wise totalling on the title page. • Wrong totalling of marks of the two columns on the title page. • Wrong grand total. • Marks in words and figures not tallying/not same. • Wrong transfer of marks from the answer book to online award list. • Answers marked as correct, but marks not awarded. (Ensure that the right tick mark is correctly and clearly indicated. It should merely be a line. Same is with the X for incorrect answer.) • Half or a part of answer marked correct and the rest as wrong, but no marks awarded.
14	While evaluating the answer books if the answer is found to be totally incorrect, it should be marked as cross (X) and awarded zero (0) Marks.
15	Any unassessed portion, non-carrying over of marks to the title page, or totalling error detected by the candidate shall damage the prestige of all the personnel engaged in the evaluation work as also as the Board. Hence, in order to uphold the prestige of all concerned, it is again reiterated that the instructions be followed meticulously and judiciously.
16	The Examiners should acquaint themselves with the guidelines given in the " Guidelines for Spot Evaluation " before starting the actual evaluation.
17	Every examiner shall also ensure that all the answers are evaluated, marks carried over to the title page, correctly totalled and written in figures and words.
18	The candidates are entitled to obtain photocopy of the Answer Book on request on payment of the prescribed processing fee. All Examiners/Additional Head Examiners/Head Examiners are once again reminded that they must ensure that evaluation is carried out strictly as per value points for each answer as given in the Marking Scheme.

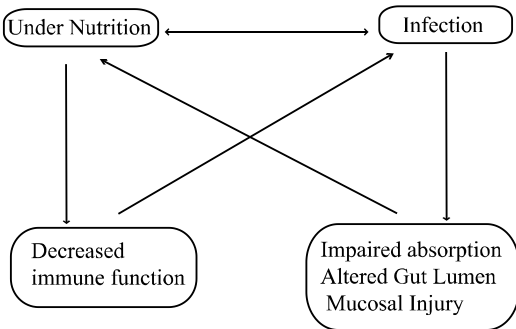
MARKING SCHEME
Food, Nutrition and Dietetics (Subject Code-834)
(PAPER CODE: 358) (P3580834)

Q.No.	EXPECTED OUTCOMES/VALUE POINTS		Marks
1	Answer any 4 out of the given 6 questions on Employability Skills		4x1=4
	(i) (B) A group of words that communicates a complete meaning thought or action.	U-1 Pg-9	1
	(ii) Stress is a state of feeling upset, annoyed and hopeless.	U-2 Pg-26	1
	(iii) (A) Suspicious	U-2 Pg-34	1
	(iv) (B) Information and Communication Technology	U-3 Pg-39	1
	(v) (D) Work area	U-4 Pg-42	1
	(vi) 'Start up India'	U-4 Pg-89	1
2.	Answer any 5 out of the given 7 questions		5x1=5
	(i) Benefits of blanching : - (a) Blanched dishes are healthy as there is minimal loss of nutrients. (b) This process enhances the colour of green vegetables. (CBSE Study Mat. P.No. 25)		1
	(ii) Suitable diet options in diarrhoea are high fluid diet like Rice water with Salt and Dal water with salt. (CBSE Study Mat. P.No. 46)		1
	(iii) Full form of BMI is (Body Mass Index) (CBSE Study Mat. P.No. 55)		1
	(iv) HFSS Foods are High Fat Salt and Sugar food. (CBSE Study Mat. P.No. 74)		1
	(v) Symptoms of Jaundice : (a) Yellow pigmentation of the skin and cornea of eye . (b) Pale stool and dark yellow / brown colour Urine. (CBSE Study Mat. P.No. 102)		1
	(vi) Food sanitation is an essential aspect of food preparation. Food sanitation implies : (a) Cleanliness (b) Preparing and Storing. (CBSE Study Mat. P.No. 132)		1
	(vii) Food borne illness occur due to : • Food which is handled in an unhygienic way. • Consumption of food obtained from infected plants or animals. (CBSE Study Mat. P.No. 121)		1
3.	Answer any 6 out of the given 7 questions		6x1=6
	(i) False, poaching is an example of moist heat cooking method. (CBSE Study Mat. P.No. 24)		1
	(ii) False, Malaria is a type of acute fever. (CBSE Study Mat. P.No. 30)		1
	(iii) False, Integrated Pest Management (IPM) is an ecological approach to pest suppression. (CBSE Study Mat. P.No. 134)		1
	(iv) True. (CBSE Study Mat. P.No. 71)		1
	(v) False, Microbes in food are the type of invisible biological hazards. (CBSE Study Mat. P.No. 120)		1

	(vi) False, Glucose has highest GI of 100. (CBSE Study Mat. P.No. 89) (vii) False, Food borne illness can be prevented by personal cleanliness and food hygiene . (CBSE Study Mat. P.No. 132)		1 1
4	Answer any 5 out of the given 6 questions. Multiple Choice Questions.		5x1=5
	(i) (c) Baking (CBSE Study Mat. P.No. 25) (ii) (a) Enteral feeding (CBSE Study Mat. P.No. 13) (iii) (d) Tuberculosis (CBSE Study Mat. P.No. 36) (iv) (d) Has dissolved salts or minerals. (CBSE Study Mat. P.No. 132) (v) (b) Adolescents (CBSE Study Mat. P.No. 50) (vi) (c) Polydipsia (CBSE Study Mat. P.No. 87)		1 1 1 1 1 1
5.	Answer any 5 out of the given 6 questions.		5x1=5
	(i) (a) (CBSE Study Mat. P.No. 4) (ii) (b) (CBSE Study Mat. P.No. 30 & 31) (iii) (d) (CBSE Study Mat. P.No. 43) (iv) (a) (CBSE Study Mat. P.No. 86) (v) (c) (CBSE Study Mat. P.No. 121) (vi) (a) (CBSE Study Mat. P.No. 121 & 125)		1 1 1 1 1 1
6.	Answer any 5 out of the given 6 questions.		5x1=5
	(i) Advantages of Pressure cooking : - Reduces Cooking time (CBSE Study Mat. P.No. 23) - Fuel efficiency increases (ii) Balanced diet contains a variety of foods in such quantities and proportions that the need for energy, proteins, vitamins and other nutrients is adequately met for maintaining health and well being. (CBSE Study Mat. P.No. 7) (iii) Ketone bodies are formed when body cannot utilise carbohydrates to provide energy and begins to break down fat as a fuel. (CBSE Study Mat. P.No. 87) (iv) Malnutrition is an impairment of health resulting from a deficiency or lack of food / nutrients or an imbalance of nutrients in the diet. (CBSE Study Mat. P.No. 15) (v) Salmonellosis (CBSE Study Mat. P.No. 127) (vi) NSAIDS - Non Steroidal Anti - Inflammatory Drugs (CBSE Study Mat. P.No. 113)		1 1 1 1 1
	Answer any 3 out of the given 5 questions on Employability Skills. Answer each question in 20-30 words.		3x2=6

7.	Communication is a two-way process through which information or message is exchanged between individuals using language, symbols, signs or behaviour, speaking, listening, reading and writing are the parts of communication.	U-1 Pg-1	2
8.	(1) Openness – Individuals are creative, curious, active, flexible and adventurous (2) Consciousness – self disciplined, work on time, take care of others (3) Extraversion – love to interact with people (4) Agreeableness – kind, sympathetic, cooperative, warm and considerate (5) Neuroticism – tendency towards anxiety, self doubt, depression, shyness.	U-2 Pg-34	(0.5x4) Any four
9.	(1) Sorting Data in IT refers to the process of arranging data elements in a specific order such as ascending or descending based on pre-defined criterion. (2) It helps in data organization, making it easier to search, analyse and process information efficiently.	U-3 Pg-58	(1x2)
10.	Environmental barriers : - (1) Lack of adequate resources or raw material (2) Non-availability of skilled labour (3) Lack of requisite machinery and infrastructure (4) Unavailability of monetary resources on time	U-4 Pg-92	2
11.	According to UNEP - United Nations Environment Program, green jobs or green collar jobs are works in agricultural, administrative, research and development, manufacturing and service activities that contribute substantially to preserving or restoring environment quality.	U-5 Pg-112	2
12.	Answer any 3 out of the given 5 questions in 20 to 30 words each		3x2=6
	(a) Therapeutic diets are modified for their consistency and texture to fit the nutritional needs. Modification in consistency <pre> graph TD A[Modification in consistency] --> B[Liquid diet] A --> C[Soft diet] A --> D[Bland diet] B --> E[Clear liquid diet] B --> F[Full fluid diet] </pre> e.g. normal diet modified to mechanically soft diet for an elderly people. (b) Modification in Quantity : Depending on the clinical condition some individuals may require a restricted diet for example Sodium restricted	U-1 Pg-10,12	2

	diet as in high blood pressure and high fibre or roughage diet in Constipation. (CBSE Study Mat. P.No. 12)		
13.	Fever is described as the abnormal condition of the body, characterized by an excessive rise in body temperature, quickening of the pulse and disturbance of various body functions. The normal human body temperature may range from 36°C to 37°C (98.6 F). Metabolic changes during fever : (i) Increase in the basal metabolic rate (BMR) Note, there is a 13% increase in BMR with 1°C rise in body temperature. (ii) Increased catabolism (breakdown) of proteins and decreased stores of adipose (fat) tissue and decreased Glycogen stores. (CBSE Study Mat. P.No. 29 & 31, 32)	U-2 Pg- 29,31 & 32	2
14.	Binge eating disorders : - It is characterized by recurring binge (Excessive indulgence in eating) episodes during which a person feels a loss of control and marked distress over his or her eating patterns. The particular features are binge eating disorder – (i) Food seeking in the absence of hunger . (ii) Excessive eating amount of food eaten is large one time. (CBSE Study Mat. P.No. 48, 49)		2
15.	An optimum blood pressure level is reading under 120/80 mm Hg. The numerator 120 represents the pressure when the heart contracts and is referred to as “Systolic pressure”. The systolic measurement is the peak pressure in the arteries. Whereas the denominator 80 represents the pressure when the heart relaxes between beats, called the “Diastolic pressure”. Diastolic pressure is the minimum pressure in the arteries. (CBSE Study Mat. P.No. 71)		2
16.	Complications associated with diabetes : (i) Frequent and increased Urinary output (Polyuria) (ii) Feeling of thirst (Polydipsia) (iii) Increased appetite (Polyphagia) (iv) Extreme fatigue, lack of energy & easy tiredness. (v) Unexplained Weight Loss (vi) Blurry Vision (CBSE Study Mat. P.No. 87)		2
	Answer any 2 out of the given 3 questions in 30 to 50 words each.		2x3=6

17.	Infection aggravates malnutrition or malnutrition lowers resistance to infection, the relationship between the two can be described as synergism. i.e the simultaneous pressure of malnutrition and infection results in an interaction that is more serious for the individual than would be expected from the combined effect of the two working independently.  <pre> graph TD UN([Under Nutrition]) --> IF([Decreased immune function]) IF --> I([Infection]) I --> AI([Impaired absorption Altered Gut Lumen Mucosal Injury]) AI --> UN UN --> I </pre> Interaction between Infection and malnutrition (CBSE Study Mat. P.No. 16)		3
18.	Oral Rehydration Therapy (ORT) is the most essential and effective way for the management of diarrhoea. ORT is a simple treatment for dehydration that is associated with diarrhoea. The term ORT includes : • Complete Oral Rehydration Salts (ORS) Solution • Solutions made from sugar and salt • Food based solutions • Home fluids without insisting on specified amounts of Glucose and Salt. If a person is suffering from diarrhoea, the stools will have high water content - an indicator that water is being lost in higher than normal amounts. The stools also contain a high amount of electrolytes (Sodium, Potassium). This results in the deficiency of water and electrolytes in the body which is termed as dehydration. Diarrhoea results into dehydration. (CBSE Study Mat. P.No. 45 & 43)		3
19.	Latent tuberculosis is when a person is infected with pulmonary tuberculosis. In a normal healthy individual, the immune system helps fight the infection and the bacteria in the body are in an inactive state and the person shows no symptom. If the body's immune system is unable to fight the bacteria the disease becomes active and is contagious and can spread in the body to other people. Tuberculosis can be completely cured and treated through short-course chemotherapy. DOTS or Directly Observed Treatment Short Course is the internationally recommended Strategy for TB Control. (CBSE Study Mat. P.No. 37 & 38)		3
	Answer any 3 out of the given 5 questions in 50-80 words each		(4x3=12 marks)
20.	Obesity is the condition of abnormal or excessive fat accumulation that presents a risk to health. It is defined as the degree of excess fat. Obesity is a BMI greater than or equal to 30. Methods used for the assessment of obesity are :		4

	(1) BMI (Body Mass Index) [BMI = Weight (kg) / Height (m)²] When BMI is greater than or equal to 30, that state is called obesity. (2) Waist Circumference (WC) : Accumulation of fat around the abdomen is indicated by higher waist circumference and is classified as central obesity. Waist circumference of 90 cm for men and 80 cm for women is classified as central obesity. Dietary management is obesity : - (i) Restrict the intake of high fat, sugar, salt (HFSS) foods. (ii) Avoid foods that are high in “energy density”. (iii) Emphasis should be laid on the inclusion of protein rich foods. (iv) Complex carbohydrates from whole grain cereals and their products. (v) Vegetables and high fibre fruits should be preferred. (vi) Vegetables oils (mustard, olive, soyabeans, sunflower oil) should be given preference. (vii) Foods rich in saturated fats such as red meats, whole milk and its products should be avoided. (CBSE Study Mat. P.No. 55, 56 & 64)		
21.	Dry heat method : In dry heat method heat generated without using water. Dry heat method : (1) Baking : The medium of cooking is hot air. A dry method of cooking, it combines steam which is generated while food is cooked. Cakes, custards, baked vegetables, bread biscuit, pizza are all baked food. • Advantages : (i) Texture and flavour of food are improved. (ii) Baking gives rise to a variety of combinations of dishes. (iii) Food items are cooked uniformly in an oven. • Disadvantages : (i) Oven is required for baking (ii) Over cooking results in the burning and scorching of food. (2) Toasting : Generally used for bread slices which are browned from both sides by keeping them between two grilles. • Advantages (i) Improves colour, flavour and texture of food. (ii) Roasted / toasted seeds are easy to grind. (iii) Roasting reduces the amount of moisture of foods. • Disadvantages : (i) A continuous vigil is required to prevent burning. (ii) Amino acids are lost while toasting. (CBSE Study Mat. P.No. 24 & 25)		4
22.	Complications or Consequences of high blood pressure are : (i) Damage to arteries and blood vessels : Hypertension gradually increases the pressure flowing through the arteries leading to damaged or narrow arteries. Damaged arteries lead to entry of fat into the blood stream that get collected in the inner walls of		4

	arteries and cause blockage and Coronary Artery Disease (CAO) (ii) Damage to brain : Artery blockage or a blood clot due to hypertension can cause temporary disruption of blood supply to the brain causing stroke. Stroke is a condition when part of the brain is deprived of oxygen and nutrients causing brain cells to die. • Nutritional Management in hypertension : (i) Healthy diet that include : • Whole grain cereals and cereal products. • Whole pulses such as chana, lobia, sprouted pulses in the diet as salads. • Plenty of vegetables and whole fruits. • Use healthy oils such as soyabean oil mustard oil. • Include low-fat dairy and dairy products. • Intake of fish and poultry. • Reduced intake of dietary sodium. • Enhanced intake of dietary potassium. (CBSE Study Mat. P.No. 72, 73 & 78)		
23.	(a) Types of diabetes : (i) Type 1 diabetes : - It results from the pancreas' failure to produce insulin. It usually develops in children and adolescents, hence referred to as juvenile diabetes. It is an autoimmune disease (ii) Type 2 diabetes : - It begins with insulin resistance, body cannot utilise glucose builds up in the blood. Also known as adult onset diabetes. (iii) Gestational diabetes : - When a pregnant woman develops diabetes, it is known as gestational diabetes. It usually disappears after pregnancy. (CBSE Study Mat. P.No. 83) (b) Mechanism that regulates blood glucose in the body : Insulin, is a hormone that is released in response to food we eat. In a normal healthy person, the pancreas releases insulin to help the body store and use sugar from the food they eat. Carbohydrates rich food broken down into simple sugar called glucose. Glucose is an important source of energy for our body. Insulin helps to utilize this glucose to produce energy and it also stimulates the cells to utilize glucose, thus preventing a rise in blood glucose and maintaining normal levels. (CBSE Study Mat. P.No. 81)		4
24.	(a) HACCP is hazard Analysis Critical Control Point. It is a food safety system that is recognised world wide to determine significant hazards pertaining to specific products and processes. (b) Food hazards may be biological, chemical and physical. (i) Chemical Hazards : Include potential chemical hazard could be prior to a processor receiving product such as antimicrobial residues, pesticides, processing equipment such as oils or food additives / preservatives. (ii) Biological hazards : Includes microorganisms such as viruses, bacteria, parasites etc. Some of these are pathogens or may		4

	produce toxins. (iii) physical hazards : Includes objects that are sharp or hard such as stones glass, metal, plastic, wood etc. Physical hazards can lead to injuries such as choking cuts or broken teeth. (CBSE Study Mat. P.No.120 & 119)		
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