

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)	
<u>General Instructions: -</u>	
1	The CBSE has decided to introduce On Screen Marking (OSM) for the evaluation of Class XII answer Book with the 2026 Examination.
2	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.
3	“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.”
4	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.
5	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.
6	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.
7	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.
8	If a question has parts, please award marks on the right-hand side for each part in the OSM Portal. Marks awarded for different parts of the question will be totaled up by the OSM System.
9	If a question does not have any parts, marks must be awarded in the left-hand margin in the OSM Portal. This may also be followed strictly.

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 :- <ul style="list-style-type: none"> • 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	The Examiners should acquaint themselves with the guidelines given in the “Guidelines for Spot Evaluation” before starting the actual evaluation.
16	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.
17	If a candidate attempts both alternatives/options in a question where only one option/ alternative is required to be attempted, the Evaluator shall award marks in both the options. The system will take the higher of two scores and disregard the other response.
18	In a question having two options/alternatives, if a candidate has attempted only one, then the evaluator shall mark “NA” (Not attempted) against the option that has not been attempted by the candidate.

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

Q.No.	EXPECTED OUTCOMES/VALUE POINTS	Marks
	SECTION – A	
1. (i)	Communication is a two-way process through which information or message is exchanged between individuals using language, symbols, signs or behaviour . (Pg.No.1, Unit 1 Employability Skill)	1
(ii)	Paranoid personality disorder (Pg.No.35, Unit 2 Employability Skill)	1
(iii)	Worksheet (Pg.No. 42, Unit 3 Employability Skill)	1
(iv)	Decisiveness is the ability to make profitable and quick decisions. (Pg.No. 99, Unit 4 Employability Skill)	1
(v)	Carbon dioxide and Methane (Pg.No.119, Unit 5 Employability Skill)	(0.5+0.5)=1
(vi)	File → Save As→Type file name →Save (Pg.No.66, Unit 3 Employability Skill)	1
2. (i)	(a) Removes toxic by products (b) Produces bile for fat digestion (CBSE Study Material, Pg. No.101)	(0.5+0.5)=1
(ii)	Sleep apnea is interruptions during a night's sleep due loud snoring and breathing issues. (CBSE Study Material, Pg. No.73)	1
(iii)	Typhoid and Cholera (CBSE Study Material, Pg. No.121)	(0.5+0.5)=1
(iv)	HACCP (Hazard Analysis Critical Control Point) is a food safety system that is recognised worldwide to determine significant hazards pertaining to specific products & Processes. (CBSE Study Material, Pg. No.119)	1
(v)	Enteral and Parenteral feeding. (CBSE Study Material, Pg. No.13)	(0.5+0.5)=1
(vi)	BMI (Body Mass Index) $BMI = \text{Weight (Kg)}/\text{Height(m)}^2$ (CBSE Study Material, Pg. No.55)	1
(vii)	Rice water with Salt and Dal water with Salt. (CBSE Study Material, Pg. No.46)	(0.5+0.5)=1

3. (i)	Blanching results into minimal loss of nutrients because of short cooking time. False. (CBSE Study Material, Pg. No.25)	(0.5+0.5)=1
(ii)	The excess energy consumed is stored in the body in the form of adipose tissue. (CBSE Study Material, Pg. No.60)	(0.5+0.5)=1
(iii)	True (CBSE Study Material, Pg. No.132)	1
(iv)	Excessive Sodium intake can cause the body to retain fluid and constrict blood vessel. (False) (CBSE Study Material, Pg. No.74)	(0.5+0.5)=1
(v)	Biological hazards are living hazards. False (CBSE Study Material, Pg. No.120)	(0.5+0.5)=1
(vi)	Type I diabetes an autoimmune disease. False (CBSE Study Material, Pg. No.83)	(0.5+0.5)=1
(vii)	Typhoid bacteria or infection is found in intestine. (CBSE Study Material, Pg. No.125)	(0.5+0.5)=1
4. (i)	(B) Bland diet (CBSE Study Material, Pg. No.12)	1
(ii)	(C) Tuberculosis (CBSE Study Material, Pg. No.38)	1
(iii)	(D) Dieting even when one is very thin (CBSE Study Material, Pg. No.49)	1
(iv)	(A) a result of breakdown of fat (CBSE Study Material, Pg. No.87)	1
(v)	(C) It drains out excessive potassium and phosphorous from the vegetables. (CBSE Study Material, Pg. No.13)	1
(vi)	(C) Pest control (CBSE Study Material, Pg. No.134)	1
5. (i)	(A) (CBSE Study Material, Pg. No. 8)	1
(ii)	(A) (CBSE Study Material, Pg. No. 36)	1
(iii)	(A) (CBSE Study Material, Pg. No. 56)	1
(iv)	(C) (CBSE Study Material, Pg. No. 83)	1
(v)	(D) (CBSE Study Material, Pg. No.127)	1
(vi)	(D) (CBSE Study Material, Pg. No.129)	1

6. (i)	(a) In Constipation (CBSE Study Material, Pg. No.12) (b) In Anemia (CBSE Study Material, Pg. No.12)	(0.5+0.5)=1
(ii)	(a) An oven is required for baking (b) Over cooking results in burning and Scorching of food. (CBSE Study Material, Pg. No.25)	(0.5+0.5)=1
(iii)	HBA1c shows the general trend of glucose levels in the blood during the previous 2-3 months. (CBSE Study Material, Pg. No.83)	1
(iv)	ICMR (Indian Council for Medical Research) (CBSE Study Material, Pg. No. 8)	1
(v)	(a) Safe drinking water (b) Food Sanitation (CBSE Study Material, Pg. No.124)	(0.5+0.5)=1
(vi)	Maintaining personal hygiene is very important for maintaining good health and to stay away from diseases and infections. (CBSE Study Material, Pg. No.129)	1
7.	Ways to ensure active listening : (i) Remove distractions that may hamper listening. (ii) Eye Contact with speaker (iii) Through gestures show that you are listening speaker. (iv) Pay attention and focus. (Employ. Study Material, Pg. No.5)	(0.5+0.5+0.5+0.5)=2
8.	(i) By developing positive thinking (ii) By Proper result orientation (Employ. Pg. No.23)	(1+1)=2
9.	Ways to format the Content : (i) Change text style and font size (ii) By highlighting text (Employ. MaterialPg. No.53)	(1+1)=2
10.	Barriers and fears related to becoming an entrepreneur are : (i) Environmental barriers : It include lack of adequate resources, non - availability of skilled labour, lack of requisite machinery and infrastructure and Unavailability of monetary resources on time. (ii) Personal barriers : It includes self doubt, finding suitable people for forming team. (Employ Skill. Pg. No.91, 93)	(1+1)=2

11.	<p>A green job is defined as one that helps bring about and maintain transition to environmentally sustainable forms of production and consumption. Green jobs helpful / help to</p> <ul style="list-style-type: none"> • increase the efficiency of energy and raw material. • Reduce green house gas emissions. • Control waste and pollution. • Protect and restore ecosystems. <p>(Employ Skill. Pg. No.113-114)</p>	(1+1)=2
12.	<p>Types of Diets</p> <pre> graph TD A[Types of Diets] --> B[Normal/General Diet] A --> C[Modified/Hospital Diet] C --> D[Liquid Diet] C --> E[Soft Diet] C --> F[Bland Diet] C --> G[Semisolid Diet] D --> H[Clear liquid diet] D --> I[Full liquid diet] </pre> <p>(CBSE Study Material. Pg. No.7)</p>	(0.5+1.5)=2
13.	<p>Typhoid is caused by the salmonella typhi bacteria and is also called enteric fever as the bacteria or infection is found in the intestines.</p> <p>(CBSE Study Material, Pg. No. 32)</p>	2
14.	<p>Eating disorders are commonly found in young children or adolescents as it is a period of increased awareness of one's body appearance and having a distorted body image or negative perception about one's body weight and shape during this phase of life can be a potent cause of several unhealthy body – related behaviours and disordered eating patterns.</p> <p>(CBSE Study Material, Pg. No.47)</p>	(1+1)=2
15.	<p>For the diagnosis of diabetes Plasma Glucose Level (mg /dl) test is used or done. Fasting Plasma Glucose (FPG) more than or equal to 126 mg/dl and Plasma Glucose Level 2 - hour post meal more than or equal to 200 mg /dl is diagnosed as diabetes.</p> <p>(CBSE Study Material, Pg. No.83)</p>	(1+1)=2
16.	<p>Excessive Salt intake or high Sodium intake can cause the body to retain fluid and also cause arteries / blood vessels to constrict, which thereby increases blood pressure. Packed and processed foods often have a high amount of Sodium added during manufacturing either as salt or as baking powder.</p> <p>(CBSE Study Material, Pg. No.74)</p>	(1+1)=2
17.	<p>Synergism means the simultaneous presence 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.</p> <p>Infection aggravates malnutrition or malnutrition lowers resistance to infection, this relationship between the two shows synergistic effect. The</p>	(1+2)=3

	<p>synergistic effect of malnutrition and infection often leads to a high rate of Child deaths in poor Communities in India.</p> <p>(CBSE Study Material, Pg. No.17)</p>	
18.	<p>Tuberculosis is a chronic fever which is caused by the bacteria <i>Mycobacterium tuberculosis</i>. It spread from person to person through microscopic droplets which are released into the air by cough or spit or sneeze from a person suffering from tuberculosis. It mainly affects the lungs but can spread to other organs also like lymph nodes, kidney etc. It is linked to poverty, Under nutrition and poor immune function.</p> <p>The key treatment is early detection followed by antibiotic therapy, adequate rest and proper dietary management. TB can be completely cured through short course chemotherapy DOTS (Directly Observed Treatment Short Course) is the internationally recommended strategy for TB Control that has been recognized as a highly efficient strategy. A suitable diet containing all the vital nutrients namely Carbohydrates, fats, proteins, minerals and vitamins is required for well - being and health of a person suffering from TB.</p> <p>(CBSE Study Material, Pg. No.78)</p>	(1+1+1)=3
19.	<p>The major objectives in the management of diarrhea include :</p> <ol style="list-style-type: none"> (1) Fluid and electrolyte replacement. (2) Removal of Cause (especially if infection) (3) Nutritional Concerns. (4) Determining the status of dehydration. (5) Fluid management (ORT - Oral Rehydration therapy) (6) Nutritional Management. <p>The first step in the diarrhea management is to determine the status of dehydration. The key management of Diarrhea is the early replacement of fluid lost in the stools through intravenous or oral route. ORT (Oral Rehydration Therapy) is the most essential and effective way for the management of diarrhea. It is a simple treatment for dehydration that is associated with Diarrhea.</p> <p>(CBSE Study Material, Pg. No. 45)</p>	(2+1)=3
20.	<p>Hypertension is a health condition that is characterized by high blood pressure . Hypertension is often present in individuals who are over weight and obese. It is strongly associated with a high Body Mass Index (BMI). A sedentary lifestyle devoid of exercise increases the risk of blood pressure.</p> <p>Dietary / lifestyle management is important for patients suffering from hypertension. The main objective of dietary management of hypertension is to :</p> <ol style="list-style-type: none"> (1) Achieve gradual weight loss in overweight and obese individuals. (2) Reduce Sodium intake and maintain fluid and electrolyte balance. (3) Maintain adequate nutrition in the diet. (4) Slow down the onset of Complications. <ul style="list-style-type: none"> • Dietary recommendations :- Include Unprocessed whole foods like Cereal grains such as whole wheat, oats, jowar, bajra etc. Fresh fruits like apples, oranges, pears etc. Fresh green leafy vegetables Unsalted nuts. 	(2+2)=4

	<p>Fat free or low fat milk. Vegetable oils Fresh fish, chicken, leanmeat</p> <ul style="list-style-type: none"> life style modification / behavioural changes for prevention and treatment of hypertension are :- Weight loss Healthy diet Reduce intake of dietary sodium Enhanced intake of dietary potassium Physical activity Quit smoking Limit the intake of alcohol. <p>(CBSE Study Material, Pg. No.75, 78)</p>	
21.	<p>(i) A diet may need to be modified and adjusted in many ways before it meets the therapeutic needs of an individual patient. Therapeutic diets are modified for their consistency and texture to fit the nutritional needs. Change in the consistency of foods, such as liquid diet, bland diet, low fibre diet, high fiber diet.</p> <p>(ii) Modification in quantity : Depending on the clinical condition some individuals may require a restricted diet such as Sodium restricted diet (in hypertension) or an increase in the amount of a specific dietary constituent like iron - rich diet (as in anemia)</p> <p>(iii) Modification in meal frequency : Change in the frequency of meals, feeding intervals, etc.</p> <p>(iv) Modification in the method of feeding : To provide adequate nutrition, normally oral feeding is recommended but in some cases special feeding methods such as enteral feeding and parenteral feeding is recommended.</p> <p style="text-align: center;">OR</p> <p>(iv) Changes in method of cooking : leaching (soaking in water) is recommended for cooking vegetables for people with chronic kidney diseases and for elderly people. Mechanical processes like mash, blending grating is recommended.</p> <p>(CBSE Study Material, Pg. No. 9 - 13)</p>	(1x4)=4
22.	<p>Sample Menu for Diabetic Patient.</p> <p>Early : 1 cup tea without Sugar</p> <p>Morning : With fibre rich biscuits (2)</p> <p>Breakfast : 1 Glass of toned milk Poha / Upma / Oats. (1 bowl)</p> <p>Mid - Morning : fruit chaat /coconut water (1 bowl) (1 glass)</p> <p>Lunch : Chapati (2) + Dal (1bowl) +Vegetable (Green leafy) 1 Bowl + Ghia Raita (1smallbowl) and Salad with Sprouts</p> <p>Evening Tea : 1 Cup tea without Sugar with roasted Channa / high fibre biscuits (2)</p> <p>Dinner : Chapati (2) + Veg (1 bowl) + 1bowl raw green Salad.</p> <p>Bed time : Milk (1 glass) without sugar</p> <p>Nutrition Counselling : Diabetes cannot be completely cured or treated but it can be managed carefully in order to prevent / delay the development of complications.</p>	(3+1)=4

	<p>Diet Play a crucial role in the management of diabetes. Carbohydrates and dietary fibre plays a major role in the control of the blood glucose level.</p> <p>Foods that can be used liberally are : Green leafy vegetable, drumstick, fenugreek, amaranth etc. High fibre foods (raw fruits with hard skin) and Condiments and Spices like fenugreek seeds, pepper, cumin, cloves turmeric etc.</p> <p>Foods to be used in moderate amount : Whole grain cereals, millets and their products, Whole pulses with husk, Raw fruits such as apple, pear, guava etc. Nuts and oilseeds, Milk and dairy product, Meat and Meat products.</p> <p>Food to be avoided : Refined cereals and their products, plane gelatin - based desserts, sugars, sweets, honey, whole milk and dairy fat, cake and pastries, sweetened juices & soft drinks. Roots and tubers, fried fatty foods.</p> <p>(CBSE Study Material, Pg. No. 89 - 91)</p>	
<p>23. (a)</p> <p>(b) (i)</p> <p>(ii)</p>	<p>Food borne diseases are the diseases which are transmitted by food or Contaminated food. Major cause of the majority of food borne illness are microorganisms like Salmonella, Clostridium and Staphylococci. eg. Typhoid, tuberculosis, dysentery and cholera.</p> <p>(CBSE Study Material, Pg. No. 121)</p> <ul style="list-style-type: none"> Cholera : It is referred to an acute infection of the small intestine that causes severe watery diarrhea which can lead to dehydration and can even cause death, if untreated. It is caused by eating food or drinking water that is contaminated with a bacterium Called Vibrio Cholera. <p>(CBSE Study Material, Pg. No. 122)</p> <ul style="list-style-type: none"> Salmonellosis : It is referred to a common bacterial disease that affects the intestinal tract. Salmonella bacteria typically live in animal and human intestines and are shed through faeces. Humans catch infection most frequently through contaminated water or food. The risk of acquiring salmonella infection is higher if one travels to countries with poor sanitation. <p>(CBSE Study Material, Pg. No. 127)</p>	<p>(1+1.5+1.5)=4</p>
24.	<p>Overweight and obesity are condition of abnormal or excessive fat accumulation that presents a risk to health. Obesity is a BMI greater than or equal to 30. It is the result of an imbalance between energy intake (food) and energy expenditure (Physical activity). The imbalance might be due to excess energy intake i.e. overeating or reduced energy expenditure i.e. sedentary life style.</p> <p>A combination of interventions/strategies may be adopted to manage obesity.</p> <p>These include :</p> <ul style="list-style-type: none"> (i) Dietary modification : It includes restrict the intake of HFSS foods (High in fat, sugar & salt), avoid foods that are high in energy density or that have lots of calories. Inclusion of protein rich foods from plant origin rather than from animal sources. Complex carbohydrates from whole grain cereals and their products. Lik oatmeal, whole wheat bread. Vegetable oils should be given preference. 5-6 servings of fruits & vegetables daily. 	<p>(1+3)=4</p>

	<p>(ii) Increase in physical activity and reduction in sedentary lifestyle. A total of 60 min of physical activity is recommended every day for healthy Asian Indians (e.g. brisk walking, jogging, bicycling etc.)</p> <p>(iii) Behavioural modifications like positive attitude, quit smoking / No smoking reduce the consumption / No Alcohol</p> <p>(CBSE Study Material, Pg. No. 55, 64& 65)</p>	
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