



ICSE 2025 EXAMINATION
SPECIMEN QUESTION PAPER
DIETETIC AIDE

Maximum Marks: 100

Time allowed: Two hours

Answers to this Paper must be written on the paper provided separately.

*You will **not** be allowed to write during the first 15 minutes.*

This time is to be spent in reading the question paper.

The time given at the head of this Paper is the time allowed for writing the answers.

*Attempt **all** questions from **Section A** and **any four** questions from **Section B**.*

The intended marks for questions or parts of questions are given in brackets [].

Instruction for the Supervising Examiner

Kindly read aloud the Instructions given above to all the candidates present in the Examination Hall.

SECTION A (40 Marks)

(Attempt *all* questions from this *Section*.)

Question 1

Choose the correct answers to the questions from the given options.





[20]

(Do not copy the questions, write the correct answers only.)

(i) Which of the following is NOT an element of communication process cycle?

- (a) Channel
- (b) Receiver
- (c) Sender
- (d) Time

(ii) Which one of the picture correctly represents a balance diet?

- (a) 
- (b) 
- (c) 
- (d) 

(iii) An upright (straight) body posture convey or shows Humility.

- (a) True
- (b) False

(iv) Which of the following are effective components of good feedback?

- (a) Detailed and time consuming
- (b) Direct and honest
- (c) Specific
- (d) Opinion-based

- (v) Which of these is NOT a common communication barrier?
- (a) Linguistic barrier
 - (b) Interpersonal barrier
 - (c) Financial barrier
 - (d) Organizational barrier
- (vi) Identify the object, verb and subject in the sentence, '*The car crashed into a tree.*'
- (a) Object: a tree; Verb: crashed; Subject: the car
 - (b) Object: The car; Verb: crashed; Subject: a tree
 - (c) Object: crashed; Verb: the tree; Subject: the car
 - (d) Object: crashed; Verb: the car; Subject: the tree
- (vii) '*Ravi works hard to get the best student award at the end of year*'. What type of motivation is this?
- (a) Internal
 - (b) External
 - (c) Both internal and external
 - (d) Not any specific type of motivation
- (viii) The things that you like to do in your free time which make you happy is known as _____?
- (a) motivation
 - (b) ability
 - (c) interest
 - (d) part time work
- (ix) Proper time management is one of the most effective stress relieving techniques.
- (a) True
 - (b) False

- (x) Which of the following functions is NOT performed while using a mouse in a computer?
- (a) Turn on
 - (b) Hover
 - (c) Right click
 - (d) Drag and Drop
- (xi) Which option is NOT required to keep a device cool?
- (a) Keep the device unplugged when in use.
 - (b) Do not cover a laptop with a blanket.
 - (c) Make sure computer's CPU fan is working.
 - (d) Avoid leaving the device in the sun
- (xii) While making a strong password, which of the following options it must consist of?
- (a) LKJHGFDSA
 - (b) #12%34
 - (c) Rohan
 - (d) @ mnb%123&
- (xiii) What happens, if you leave a device plugged in even after it is charged 100%?
- (a) It can break.
 - (b) It can stop functioning.
 - (c) It can over-heat.
 - (d) Data can get corrupt.
- (xiv) Which one of the following is NOT a misconception?
- (a) Every business idea needs to be unique or special.
 - (b) Entrepreneurs are born, not made.
 - (c) Only a person having a big business is an entrepreneur.
 - (d) An entrepreneur goes through a career process.

(xv) Which one of the business ideas you find is of self-employment type?

- (a) Cooking in a restaurant
- (b) Owning a clothing business
- (c) Having a dosa selling stall
- (d) Teaching in a school

(xvi) '*Sahishnu has a handbag factory*'. He decides to make an eco-friendly bag from cactus plants. Which of the following best describes his current effort?

- (a) Creates a new product
- (b) Manages the business
- (c) Takes risk
- (d) Divides the income

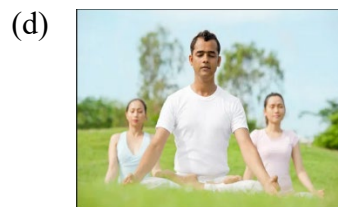
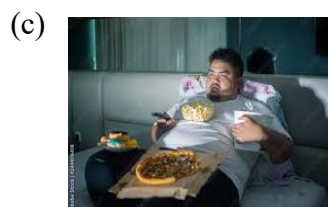
(xvii) Running government schemes is described as a function of entrepreneur

- (a) True
- (b) False

(xviii) Select the option which describes sustainable development best:

- (a) Taking care of future generations
- (b) Taking care of only ourselves
- (c) Taking care of ourselves and the future generations
- (d) Well-being of all

(xix) Which one of the following is not a part of stress management ?



- (xx) We all can contribute towards Sustainable Development Goals by
- (a) increasing Carbon emission
 - (b) Responsible Consumers and Producers
 - (c) using disposable items
 - (d) frequently changing our electronic gadgets

Question 2

- (i) How can misunderstandings be minimized in the communication cycle. [2]
- (ii) List any two stress management techniques which you find the most effective. [2]
- (iii) 'A keyboard is an input device where you find different parts.' [2]
Mention any two parts of keyboard.
- (iv) Enlist any two misconceptions around entrepreneurship. [2]
- (v) Why is there a need for the United Nations to make 17 sustainable Development Goals. [2]

Question 3

- (i) Write two examples of the following type of sentence. [2]
 - (a) Interrogative sentence
 - (b) Declarative sentence
- (ii) What are the types of motivation you may have used in your daily life to motivate people around you? [2]
- (iii) List any two ways we may use to protect data. [2]
- (iv) What do you think is the most important function of an entrepreneur? [2]
Give suitable examples.
- (v) Identify any two ways we can contribute towards sustainable development. [2]

SECTION B (60 Marks)

(Answer **any four** questions from this Section.)

Question 4

- (i) Enlist any five features of “*My Plate*” model for our daily diet? [5]
- (ii) ‘*Nutrients can be of various types.*’ [5]
Classify nutrients according to their requirement in the body.
- (iii) ‘Nutritional status of the body assessed to monitor the growth of children or change in body composition of any person’. [5]
List any of the four methods to support the statement.

Question 5

- (i) Briefly explain the terms food, nutrient, nutrition, RDA and balanced diet. [5]
- (ii) Mention any food source from the following groups: [5]
1. Protein
 2. Calcium
 3. Iron
 4. Vitamin A
 5. Vitamin C
- (iii) What do you understand by anthropometric measurements? [5]
What are the measures which a dietetic aide should keep in mind while assessing the nutritional status of any person?

Question 6

- (i) Define the term Body Mass Index (BMI). [5]
Share the formula for its calculation.
Additionally, what health risk are associated with high BMI.
- (ii) A dietetic aide wants to assess nutritional status of a person by his / [5]
her dietary intake.
Enlist the different types of dietary method she / he can use.

- (iii) Identify the following clinical signs or symptoms for nutrient deficiency. [5]

S. No.	Clinical Sign/Symptoms	Possible deficient Nutrient/s
1	Night Blindness	
2	Bleeding gums	
3	Muscle wasting	
4	Thyroid enlargement	
5.	Brittle bone	

Question 7

- (i) 'Charter of Patients Rights' has stated many rights for the patient. [5]
Mention any five rights of patients.
- (ii) Identify the type of diseases shown in the given picture A and B. [5]
Explain each type with two examples.



(A)



(B)

- (iii) 'Infection prevention and control (IPC) in any healthcare institution is essential'. [5]
Support the statement with any five-chemical used for sterilization and disinfection.

Question 8

- (i) Hospital documentation contain records of all related issue concerned [5]
with the patient. Enumerate any five purposes of documentation.
- (ii) "A dietetic aide needs to go through all the medical records of the [5]
patients to understand the case."
Provide any five types of records kept in hospital.

- (iii) “A Dietetic aide should follow FIFO method for inventory management”. What is the full form FIFO. Mention any four basic characteristics of this method. [5]

Question 9

- (i) Enlist any five ways in which communicable diseases can be spread. [5]
- (ii) Define the term ‘Hospital-acquired infection (HAI)’. Provide any four strategies to avoid getting contracted with HAI. [5]
- (iii) What do you understand by the term immunization? [5]
Why is immunization important?
Mention any four diseases that can be prevented by immunization.