

DIETETIC AIDE

Maximum Marks: 100

Time allowed: Two hours

1. *Answers to this Paper must be written on the paper provided separately.*
 2. *You will **not** be allowed to write during the first 15 minutes.*
 3. *This time is to be spent in reading the question paper.*
 4. *The time given at the head of this Paper is the time allowed for writing the answers.*
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5. *Attempt **all** questions from **Section A** and **any four** questions from **Section B**.*
 6. *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.

This Paper consists of 11 printed pages and 1 blank page.

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Turn Over

SECTION A (40 Marks)

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

Question 1

[20]

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

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

- (i) What is the primary function of fats stored in the body?
 - (a) Builds bones
 - (b) Provides insulation and energy
 - (c) Helps in blood clotting
 - (d) Increases oxygen supply

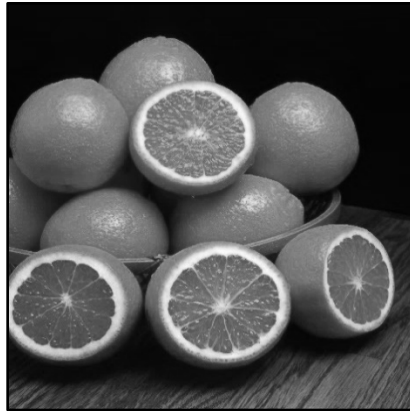
- (ii) What does 'encoding' in the communication cycle mean?
 - (a) Receiving the message from the sender.
 - (b) Converting ideas into a form of communication.
 - (c) Providing feedback to the receiver.
 - (d) Interpreting the message from a conversation.

- (iii) Which of the following is a personal record?
 - (a) Attendance register
 - (b) Timetable
 - (c) Medical report
 - (d) Inventory log

- (iv) You should always download files from unknown websites to save time.
- (a) True
 - (b) False
- (v) He has never climbed _____ Himalayas.
- (a) a
 - (b) an
 - (c) the
 - (d) on
- (vi) A person who owns, operates and takes the risk of a business venture is called a/an _____.
- (a) Manager
 - (b) Employee
 - (c) Entrepreneur
 - (d) Officer
- (vii) A Solar Cooker is an example of application of green skills.
- (a) True
 - (b) False
- (viii) **Assertion (A):** Excess consumption of junk food can lead to lifestyle diseases.
- Reason (R):** Junk foods are rich in Fibre and Vitamins.
- (a) (A) is true and (R) is false.
 - (b) (A) is false and (R) is true.
 - (c) Both (A) and (R) are true and (R) is the correct explanation of (A).
 - (d) Both (A) and (R) are true but (R) is not the correct explanation of (A).

- (ix) What is the primary goal of Sustainable Development?
- (a) Reducing poverty in society.
 - (b) Promoting green agriculture in urban areas.
 - (c) Providing jobs to everyone.
 - (d) Maintaining balance between the environment and society.
- (x) Which among the following items is non-biodegradable waste?
- (a) Thermocol
 - (b) Tea leaves
 - (c) Fruit peels
 - (d) Egg shells
- (xi) Which of the following is an interrogative sentence?
- (a) Switch off the fan.
 - (b) Sweety has gone to the school.
 - (c) Where are my gloves?
 - (d) Oh no! I missed my bus.
- (xii) In a computer, a location where a group of files can be stored is:
- (a) Spam
 - (b) Folder
 - (c) Extension
 - (d) Disk drive

(xiii) The fruit in the picture given below is a source of _____.



- (a) Vitamin A
 - (b) Vitamin B
 - (c) Vitamin C
 - (d) Vitamin D
- (xiv) Gestures and eye contact are parts of verbal communication.
- (a) True
 - (b) False
- (xv) What should you do to ensure secure online transactions?
- (a) Always lock your computer.
 - (b) Provide bank details only on safe websites.
 - (c) Use anti-virus software.
 - (d) Share your OTP with the people you trust.
- (xvi) One can tell if a food item is still safe to eat by only smelling it.
- (a) True
 - (b) False

- (xvii) Which of the following is used to keep food fresh, safe and slow the growth of bacteria?
- (a) Fruit basket
 - (b) Steam table
 - (c) Refrigerator
 - (d) Kitchen cabinet
- (xviii) How does positive-thinking impact self-confidence?
- (a) It reduces fear of failure and boosts self-belief.
 - (b) It makes people unrealistic about their abilities.
 - (c) It creates a dependency on others.
 - (d) It encourages ignoring personal growth.
- (xix) Lack of iron in the diet leads to:
- (a) Anaemia
 - (b) Scurvy
 - (c) Diabetes
 - (d) Blood pressure
- (xx) **Assertion (A):** Washing hands regularly can prevent the spread of infection.
Reason (R): Hands often carry germs that can enter the body through the mouth, nose or eyes.
- (a) (A) is true and (R) is false.
 - (b) (A) is false and (R) is true.
 - (c) Both (A) and (R) are true and (R) is the correct explanation of (A).
 - (d) Both (A) and (R) are true but (R) is not the correct explanation of (A).

Question 2

- (i) Fill in the blanks with an appropriate word, given in the brackets. [5]
- (a) _____ is used for immunisation against typhoid fever.
[Tablets / Vaccine]
- (b) The _____ is the person who initiates the message.
[sender / receiver]
- (c) _____ are not a source of soluble fibre. [Eggs / Nuts]
- (d) Keeping a _____ can improve self-awareness. [diary / phone]
- (e) Talking to a _____ person can help reduce emotional stress.
[selfish / trusted]
- (ii) Write **True or False** for the following statements: [5]
- (a) Vitamins and minerals are classified as macro nutrients.
- (b) A diabetic person should not consume foods high in sugar.
- (c) Communicable diseases cannot be prevented by immunisation.
- (d) Proper maintenance of a computer prevents malfunction.
- (e) Yoga is not a technique for stress management.

Question 3

- (i) Mention *any two* types of self-awareness with one example each. [2]
- (ii) List *any two* features of effective written communication. [2]
- (iii) Give *any two* differences between *Interests* and *Abilities*. [2]

- (iv) What are *two* ways to prevent the indirect transmission of communicable diseases? [2]
- (v) Explain the following: [2]
- (a) Menu
 - (b) Icon

SECTION B (60 Marks)

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

Question 4

- (i) (a) Explain *any three* advantages of *accurate reporting* and *documentation* in a professional setup. [5]
- (b) Name *any two* types of reports used in office environments.
- (ii) (a) Write a short note on *entrepreneur*. [5]
- (b) List *any three* functions of an entrepreneur in starting a new business.
- (iii) (a) What is the role of a dietitian? [5]
- (b) Why is it important for a dietitian to plan the diet of a patient?

Question 5

- (i) (a) What is *self-motivation*? [5]
- (b) Mention *any three* ways in which self-motivation can help a student achieve their goals.
- (ii) (a) Explain *three* types of feedback with examples. [5]
- (b) Write *one* difference between *feedback-based communication* and *one-way communication*.
- (iii) (a) Mention *two* functions of the Recycle Bin in a computer. [5]
- (b) Answer the following questions:
1. Write the steps to restore a deleted file.
 2. How can a file be permanently deleted from the Recycle Bin?
 3. What happens when a file is deleted using *Shift + Delete*?

Question 6

- (i) (a) List *any two* physical exercises that help in stress relief. [5]
- (b) How does physical activity improve the mood and energy levels of a person?
- (ii) (a) Who is a first-generation entrepreneur? Give *one* example. [5]
- (b) Explain *any three* skills that can help a local or first-generation entrepreneur become successful.

- (iii) Observe the picture given below and answer the questions that follow. [5]



- (a) State *one* disease which can be identified using this device.
- (b) List *any two* preventive measure for the diseases stated by you in (a).
- (c) Suggest *two* food items which a person suffering from the disease mentioned by you in (b) should avoid.

Question 7

- (i)
 - (a) Write *any two* ways to develop the industrial sector without harming the environment. [5]
 - (b) Describe *any three* ways in which students can contribute to the conservation and protection of the environment in their daily life.
- (ii)
 - (a) What is meant by the term *balanced diet*? [5]
 - (b) Enlist *any four* benefits of a balanced diet.
- (iii) List *any five* barriers to effective communication. [5]

Question 8

- (i) (a) What is the role of *macronutrients* and *micronutrients* in the human body? [5]
- (b) Write the deficiency disease of the following nutrients.
1. Vitamin A
 2. Vitamin C
 3. Vitamin D
- (ii) (a) Why are the 7 Cs important in professional communication? [5]
- (b) A student gives a long, confusing presentation. Identify *three* Cs that could be missing and explain how applying them would improve the presentation.
- (iii) Discuss *five* electrical safety measures that are crucial for hospitals. [5]

Question 9

- (i) Write *any five* principles of documentation that should be followed by a dietitian while recording patient's information. [5]
- (ii) Enlist *any five* patient rights which he/she has during treatment in any healthcare organisation. [5]
- (iii) Diseases have been classified on the basis of their transmission. Explain the types of diseases along with their examples. [5]