

Q.1 What are the different ways in which work can be perceived?

Q.2 Differentiate between job and career.

Q.3 What is meant by meaningful work?

Q.4 Explain briefly the following terms:

(a) Standard of Living (b) Quality of Life (c) Poverty line

Q.5 What are the factors used to measure the quality of life?

Q.6 What are the factors referred for standard of living?

Q.7 What do you understand by the terms gender and sex?

Q.8 Who are home makers? What is their contribution in the economy of the family?

Q.9 How will the women get recognition in the family and the society?

Q.10 How are women guaranteed equality in India?

Q.11 What are the government initiatives in favour of women?

Q.12. What do you understand by child labour?

Q.13. Describe the life and plight of any child whom you have seen working as a domestic labourer or as a worker in a dhaba or a small restaurant.

Q.14. Explain the terms:

(a) Quality of Work Life (b) Life skills

Q.15. What is meant by healthy work environment? How can it be created?

Q.16. Why are life skills important?

Q.17. How can creativity be enhanced?

Q.18. Explain what you understand by the term innovation.

Q.19. What is job satisfaction and why is it important?

Q.20. What is meant by dignity of labour?

Q.21. Explain briefly the role of values and ethics in professional life.

Q.22 What are Occupational Hazards?

Q.23 What do you think are the main causes of unemployment in India and what does the government (locally and nationally) do about this problem?

Q.24 Define the following (1) Work (2) Meaningful work (3) Careers (4) Livelihood

(5) Rest and recreation (6) Standard of living (7) Social responsibility (8) Ethics (9)

Volunteerism

(10) Traditional occupations (11) Age and gender (12) Child labour (13) life skills (14) Work

and dignity (15) Quality of work life (16) Job satisfaction (17) Creativity (18) Innovation (19)

Work environment (20) Occupational health (21) Entrepreneurship.

- Q.1 Define the following: (a) Dietetics (b) Clinical nutrition (c) Dietary modification (d) Therapeutic diets (e) Prevention of disease (f) Nutrition counselling
- Q.2 Why do we consider therapeutic diets as modifications of normal diets?
- Q.3 What are the types of dietary modifications that a medical nutrition therapist may make?
- Q.4 Why do we need dietary changes to prevent chronic diseases? How are they linked with lifestyle?
- Q.5 How can chronic diseases be treated with diet therapy?
- Q.6 What are the roles performed by a dietitian? How does the dietitian form a team in patient care with other health care professionals?
- Q.7 How can we prepare for a career in clinical nutrition and dietetics?
- Q.8 What is the importance of good nutrition? How does disease affect nutritional status of a person?
- Q.9 What is the significance of the study of clinical nutrition?
- Q.10 Explain the five ways meals can be modified with the help of examples.
- Q.11 Write the causes, symptoms and dietary recommendation for Diarrhoea patient.
- Q.12 Write the causes, symptoms and dietary recommendation for Constipation patient.
- Q.13 Explain the types of following diseases. (a) Diabetes (b) Diarrhoea (c) Constipation (d) Jaundice
- Q.14 Suggest four foods for a person suffering from fever. Give reasons for your choice.
- Q.15 Suggest four foods for a person suffering from Hypertension. Explain with suitable examples.
- Q.16 What is the significance of the study of clinical nutrition and dietetics?
- Q.17 What are the roles performed by a dietitian? How does the dietitian form a team in patient care with other health care professionals?
- Q.18 What is nutritional stress?
- Q.19 Differentiate between tube feeding and intravenous feeding.
- Q.20 Define the following: (1) Nutritional status (2) Malnutrition (3) Public health (4) Stunting (5) Community health (6) Wasting (7) Hidden hunger
- Q.21 Discuss the various strategies that can be adopted to combat public nutrition problems.
- Q.22 What are the common nutritional problems facing India?
- Q.23 What are the Nutrition programmes operating in our country?
- Q.24 What do you understand by Protein- Energy Malnutrition (PEM)?
- Q.25 What are the difference between Marasmus and kwashiorkor?
- Q.26 What is the role of Public Nutritionist?
- Q.27 What are the objectives of ICDS?
- Q.28 Write three benefits and three approaches of diet or food-based strategies
- Q.29 Name various Nutrient Deficiencies control programs being run in India
- Q.30 Malini is told by the doctor that her three-year-old son Raju is weak because he is suffering from malnutrition. Write down ten possible reasons for this

PRACTICAL FILE

- Q1. Visit a market place. Observe, identify and list the various types of stores in the market. (Project)
OR Market survey of any five processed foods, their packing and label information
- Q.2 Modification of a normal diet to soft diet for an elderly person
- Q.3 Qualitative test for adulteration in Pure ghee, Tea leaves, Whole black pepper, Turmeric powder, Milk and Asafoetida
- Q.4 Prepare a teaching aid to communicate socially relevant messages for children OR Preparation of any one toy or game for children of three year.
- Q.5 Prepare an article of Tie and Dye. OR Block Painting.
- Q.6 Make the sample of following: - Hemming, press button, hook and eye (Quality control)
- Q.7 Make an apron of white colour with your name for your practical.
- Q.8 Stain Removal Practical: - Ball pen, Curry, Grease, Ink, Lipstick Coffee, Tea
- Q.9 Prepare a leaflet/Pamphlet for consumer education on any one of the following:
1. Consumer Protection Act 2. Consumer Responsibilities 3. Consumer Problems