

PAPER V (PART-II)
(FOOD AND NUTRITION)
 (Outlines of tests)

Marks: 85	PART –II(CLASS-XII)	Time: 3:00 Hours
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1. Understanding the nutritional importance of food.
 Definition of nutrition, Classification and functions of food nutrients: Carbohydrates, fats, proteins, minerals, vitamins and water, Composition and nutritional value of vegetables, fruits, eggs, milk, meat and other common foods, Conservation of nutrients in food preparation-
2. Family meal management.
 - a. Points to be considered in meal management:—Personal nutritional needs, Factors governing nutritional requirements in respect of age sex, activity, Adequate diet for the family; infant nutrition, invalid diets and others, Adapting receipts to number of persons to be served.
 - b. Food preparation:—Use of weights, measures and equivalents, Methods and principles of cookery: Meat, vegetables, fruit and sugar, Effects of cooking on nutrients palatability, texture, colour.
 - c. Study, care and use of equipment used in food preparation.
3. Food Fads and fallacies.
 Relation of food and fallacies to personal food selection such as superstition, religion, special days.
4. Home Gardening and food production.
 Value of planning for producing food at home—nutritional, recreational and educational, Soil preparation and management of the garden, Selecting vegetables, fruits and flowers suited to the area selected for gardening, Protecting vegetables, fruits and flowers from pests, heat, excessive rain, Care and use of fresh, home produced food, Poultry and other sources of protein-rich food for the family.

LIST OF PRACTICALS FOR CLASS-XII (PART-II)

Record food intake and activity for a given period of time (two days or more) and evaluate dietary in relation to energy requirement, Learn to measure 100 calorie portions of food. Compare the dietary adequacy of rice, eggs, dal, atta, fruits, vegetables. Compare nutritional value of polished and unpolished rice, maida and atta, Estimate number of servings from a prepared receipt (keep in mind the amount of adequate servings), Plan a menu which will furnish the daily food requirements for a family. Prepare one meal from this menu.

Prescribed textbook- **“FOOD AND NUTRITION”**

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