

Class 12 Home Science PYQ

HE2: Clinical Nutrition and Dietetics

CLASS 12 | HOME SCIENCE

CHAPTER 13 | PYQ

Clinical Nutrition and Dietetics

Board-style chapterwise practice for 2026-27
Diet therapy, assessment, counselling and hospital diets

DIET
CARE

PATIENT
PLAN

PYQ
REVISION

PDF
FREE

PYQ PDF | CLINICAL DIETETICS REVISION

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Chapter-wise board-style practice for the 2026-27 syllabus. This pack is prepared from NCERT themes because the local chapterwise PYQ sheet has no Class 12 Home Science worksheet.

Source note: This is not a reproduced board-paper extract. It is a transparent NCERT-theme-based practice set covering clinical nutrition, dietetics, diet therapy, nutrition assessment, modified diets, counselling and dietitian roles.

Section	Marks	Count
Very Short Answer	1 mark	8
Short Answer	2 marks	6
Three-Mark Questions	3 marks	6
Long Answer	5 marks	4
Case-Based Practice	4 marks	3

Very Short Answer

1 mark

- 1 Define clinical nutrition.
- 2 What is meant by dietetics?
- 3 Name one professional who plans therapeutic diets.

- 4 What is a therapeutic diet?
- 5 State one purpose of nutrition assessment.
- 6 Name one route through which a patient may receive nutrition support.
- 7 What is diet counselling?
- 8 State one link between disease and dietary modification.

Short Answer

2 marks

- 1 Write two differences between normal diet planning and therapeutic diet planning.
- 2 Mention two reasons why a patient's diet may need modification.
- 3 Why is nutrition assessment important before planning a diet?
- 4 Write two responsibilities of a clinical dietitian in a hospital.
- 5 Mention two changes that may be made in a modified diet.
- 6 How does diet counselling help patients follow a prescribed diet?

Three-Mark Questions

3 marks

- 1 Explain three aims of diet therapy.
- 2 Describe three points considered while planning a therapeutic diet.
- 3 How do age, disease condition and food tolerance affect diet planning?
- 4 Explain the role of clinical nutrition in prevention and management of lifestyle diseases.
- 5 Describe three skills needed by a dietitian while counselling patients.
- 6 Why should hospital diets be planned with both nutrition and acceptability in mind?

Long Answer

5 marks

- 1 Discuss the meaning, scope and importance of clinical nutrition and dietetics.
- 2 Explain the process of nutrition care from assessment to counselling and follow-up.
- 3 Describe how a therapeutic diet may be modified in nutrients, consistency, frequency and feeding route.
- 4 Analyse the role of dietitians in hospitals, community health settings and wellness services.

Case-Based Practice

4 marks

- 1** A patient recovering from illness has low appetite and difficulty chewing. Suggest four diet modifications that may help.
- 2** A doctor refers a diabetic adult for nutrition counselling. Mention four points the dietitian should discuss.
- 3** A hospital kitchen has to serve different patients. Explain four factors it should consider while planning diets.

Quick Revision Grid

Use before attempting the PDF

Clinical Nutrition Care Cycle

Use the sequence to structure dietetics answers

Assessment

diet history, symptoms, weight, reports and food tolerance

Diagnosis

identify nutrition problem linked with disease condition

Diet plan

modify nutrients, texture, meal timing and feeding route

Counselling

explain choices, follow-up and practical home routine

Strong answers show why a diet changes for a patient's condition.

Topic	Must revise	Common error to avoid
Clinical nutrition	nutrition care linked with disease and treatment needs	Writing only general healthy diet advice
Dietetics	planning diets according to patient condition and tolerance	Ignoring assessment before planning
Therapeutic diet	modified nutrients, consistency, meal pattern and route	Listing foods without explaining purpose
Diet counselling	patient education, compliance, follow-up and practical choices	Giving advice without patient context
Career scope	hospital dietitian, wellness, research, community and food service roles	Writing only one workplace

Answer Writing Map

For 3 and 5 mark questions

Clinical Dietetics Answer Map**1****Start with the patient need: disease, symptom or nutrition goal****2****Mention the diet change: nutrient, consistency, timing or route****3****Add the professional role: assessment, planning or counselling****4****Close with the outcome: recovery, control, comfort or compliance****Avoid writing only food lists. Explain the reason for the modification.**

- Start with the exact term: clinical nutrition, dietetics, therapeutic diet or counselling.
- Add the patient context, such as illness, appetite, tolerance, chewing ability or blood sugar control.
- Mention the diet modification, such as nutrient change, texture change, meal timing or feeding route.
- Close with the expected outcome: recovery support, disease control, better intake or patient compliance.