

MP Board Class 12 Home Management, Nutrition & Textile 2026

Question Paper

Time Allowed :3 Hours

Maximum Marks :80

Total questions :12

General Instructions

Read the following instructions very carefully and strictly follow them:

1. All questions are compulsory.
2. Questions 1–6 are objective type questions.
3. Questions 7–12 are subjective questions.
4. Write answers clearly and neatly.
5. Maintain legible handwriting.
6. Use of unfair means is strictly prohibited.

1. Which nutrient is the main source of energy for the body?

- (A) Proteins
 - (B) Vitamins
 - (C) Carbohydrates
 - (D) Minerals
-

2. Which vitamin is essential for blood clotting?

- (A) Vitamin A
 - (B) Vitamin K
 - (C) Vitamin C
 - (D) Vitamin D
-

3. Which fibre is obtained from plants?

- (A) Silk
 - (B) Wool
 - (C) Cotton
 - (D) Leather
-

4. Balanced diet means —

- (A) Eating only fruits
 - (B) Eating only proteins
 - (C) Eating different foods in proper proportions
 - (D) Eating less food
-

5. Deficiency of iron causes —

- (A) Night blindness
 - (B) Rickets
 - (C) Anemia
 - (D) Scurvy
-

6. Which fabric is most suitable for summer season?

- (A) Wool
 - (B) Nylon
 - (C) Polyester
 - (D) Cotton
-

7. Define balanced diet. Explain its importance.

8. Write the functions of proteins in the human body.

9. Describe the characteristics and uses of cotton fibre.

10. What is meal planning? Write the factors affecting meal planning.

11. Explain the methods of food preservation.

12. Describe different types of fibres with examples.
