

UP Board Class 12 Home Science — Nutrition Question Paper

Time Allowed :3 Hours	Maximum Marks :100	Total questions :10
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1. Which nutrient is mainly responsible for body building?

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

2. Deficiency of Vitamin C causes —

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

3. Which method of cooking preserves maximum nutrients?

- (A) Boiling
 - (B) Frying
 - (C) Steaming
 - (D) Roasting
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4. Which fiber is obtained from plants?

- (A) Silk
 - (B) Wool
 - (C) Cotton
 - (D) Leather
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5. Balanced diet means —

- (A) Eating only fruits
 - (B) Eating only proteins
 - (C) Diet containing all nutrients in proper proportion
 - (D) Eating less food
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6. Define balanced diet. Explain its importance for good health.

7. Write the functions of carbohydrates and fats in the human body.

8. Explain the different methods of cooking food with examples.

9. Describe the types of fibers and their uses in clothing.

10. Explain the importance of hygiene in the kitchen and during food preparation.

