

# UP Board Class 12 Home Science — Nutrition Question Paper with Solutions

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

**Correct Answer:** (B) Proteins

### **Solution:**

Proteins are called body-building nutrients because they help in growth and repair of body tissues.

#### **Step 1: Analyze the options.**

- Carbohydrates — Energy giving - Proteins — Body building - Fats — Energy storage - Vitamins — Protective nutrients

#### **Step 2: Conclusion.**

Thus proteins are responsible for body building.

### **Final Answer:**

(B) Proteins
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### Quick Tip

Proteins = Growth + Repair of tissues

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## 2. Deficiency of Vitamin C causes —

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

**Correct Answer:** (B) Scurvy

### Solution:

Vitamin C deficiency leads to scurvy, which causes bleeding gums and weakness.

#### Step 1: Analyze the options.

- Rickets — Vitamin D deficiency - Scurvy — Vitamin C deficiency - Night blindness —  
Vitamin A deficiency - Beriberi — Vitamin B deficiency

#### Step 2: Conclusion.

Hence option (B) is correct.

### Final Answer:

(B)

### Quick Tip

Citrus fruits are rich in Vitamin C

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**3. Which method of cooking preserves maximum nutrients?**

- (A) Boiling
- (B) Frying
- (C) Steaming
- (D) Roasting

**Correct Answer:** (C) Steaming

**Solution:**

Steaming uses minimal water and heat exposure, preserving most nutrients.

**Final Answer:**

(C)

**Quick Tip**

Steaming = healthiest cooking method

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**4. Which fiber is obtained from plants?**

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

**Correct Answer:** (C) Cotton

**Solution:**

Cotton is a natural plant fiber obtained from the cotton plant.

**Final Answer:**

(C)

**Quick Tip**

Cotton = Plant fiber

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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

**Correct Answer:** (C) Diet containing all nutrients in proper proportion

**Solution:**

A balanced diet provides all essential nutrients in correct amounts.

**Final Answer:**

(C)

**Quick Tip**

Balanced diet = Complete nutrition

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## 6. Define balanced diet. Explain its importance for good health.

### Solution:

A balanced diet is one that contains all essential nutrients — carbohydrates, proteins, fats, vitamins, minerals, roughage, and water — in proper proportions according to the body's needs.

It is important because it ensures proper growth, development, and maintenance of body tissues. A balanced diet strengthens the immune system, preventing diseases and infections. It provides energy for daily activities and supports mental well-being. It also helps maintain ideal body weight and prevents deficiency diseases such as anemia and rickets.

#### Quick Tip

Balanced diet = Healthy body + Strong immunity

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

### Solution:

Carbohydrates are the main source of energy for the body. They fuel brain function and physical activities. Excess carbohydrates are stored as glycogen in muscles and liver.

Fats are concentrated sources of energy. They help in insulation of the body, protect vital organs, and assist in absorption of fat-soluble vitamins (A, D, E, K).

#### Quick Tip

Carbohydrates = Immediate energy Fats = Stored energy

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

### **Solution:**

Common cooking methods include boiling, steaming, frying, roasting, and baking. Boiling cooks food in water, while steaming cooks food using steam and preserves nutrients. Frying involves cooking food in oil at high temperature. Roasting and baking use dry heat to cook food evenly.

Each method affects taste, texture, and nutrient content differently.

#### **Quick Tip**

Steaming and baking are healthier than frying

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

### **Solution:**

Fibers are classified as natural and synthetic. Natural fibers include cotton, wool, and silk. Cotton is used for summer clothing, wool for winter wear, and silk for special garments. Synthetic fibers such as nylon and polyester are strong, durable, and wrinkle-resistant. They are widely used in sportswear and industrial fabrics.

#### **Quick Tip**

Natural fibers = Comfortable Synthetic fibers = Durable

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

**Solution:**

Kitchen hygiene is essential to prevent food contamination and food-borne diseases. Clean utensils, fresh ingredients, and proper storage maintain food safety. Washing hands before cooking prevents transfer of harmful bacteria. Clean surroundings also reduce the risk of pests and infections.

Maintaining hygiene ensures safe, nutritious, and healthy food for the family.

**Quick Tip**

Clean kitchen = Safe food

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