



I xi y&itu i =



d{kk XII oha



vkgkj , oa i k'sk.k

1/4o | k'spr i Hkkx1/2

NÙkhl x<+ek/; fed f'k{k k e.My] jk; i g

i u & i = dh ; kst uk Scheme of Question Paper

fo" k; %& vkgkj , oa i ksk.k ½ Food and Nutrition½

i wkkãd % 75

l e; % 3 ?kã/s

i jh{k k % gk; j l ds Mj h ½ 12oh½

½½ 'k{kf.kd mnã's; ds vuq kj eku

(A) Weightage as per Educational objective:

l 0 Ø0	mnã's ;	vãd	i fr'kr
1-	Klu (Knowledge)	39	52.0%
2-	vock'sk (Understanding)	26	34.7%
3-	vuq; kx , oa dksky (Application & Skill)	10	13.3%
		75	100%

½½ bdkbãkj vãdks dk eku

l 0Ø0	bdkbã dk uke	bdkbã ij vkcãvr vãd	i u&i = ds ik: i vuq kj vkcãvr vãd
1-	Hkkstu , oa l rfyv vkgkj	13	13
2-	i kskd rRo	11	11
3-	vkgkj vk; kstu	07	07
4-	Hkkstu i dkuk	06	06
5-	Hkkã; i nkFkkã dk l j{k.k	10	10
6-	mi HkkãDrk l j{k.k , oa f'k{k	05	05
7-	Hkkstu LoPNrk] fo"kkDrrk , oa chekfj ; kj	10	10
8-	Qykus okys dkjd	07	07
9-	Hkkã; xkfgrk	06	06
10-			
11-			
12-			

i zu & i = dk Cyfi IV Blue Print of Question Paper

fo" k; %& vkgkj , oa i ksk.k ½ Food and Nutrition½

i wkkd % 75

l e; % 3 ?k/s

i jh{k k % gk; j l ds Mjh ¼ 120h½

bdkb/ I-Ø	bdkbz	bdkbz ij vkcfVr vød	vød kj i zu							dy i zu
			1 vød	2 vød	3 vød	4 vød	5 vød	6 vød	6 vød ;k bl l s vf/kd	
1	Hkkst u , oa l rfyv vkgkj	13	2	2	1	1	&	&	&	13
2	i kskd rRo	11	1	1	1	&	1	&	&	11
3	vkgkj vk; kst u	7	1	&	&	&	&	1	&	7
4	Hkkst u i dkuk	6	1	&	&	&	1	&	&	6
5	Hkkst ; inkFkk dk l j {k.k	10	1	&	&	1	1	&	&	10
6	mi HkkDrk l j {k.k , oa f'k{k	5	1	2	&	&	&	&	&	5
7	Hkkst u LoPNrk fo"kkDrk , oa chekfj ; kj	10	1	&	1	&	&	1	&	10
8	Qyklus okys dkj d	7	&	&	1	1	&	&	&	7
9	Hkkst ; xkfgrk	6	2	&	&	1	&	&	&	6
10										
11										
12										
; kx		75	1 ¼ 10½	5	4	4	3	2	&	19@ 75

Set - A

gk; j I dsMjh Ldwy I VhQdV ijh{kk
Higher Secondary School Certificate Examination

I fiy&izu i=

SAMPLE PAPER

fo"k; %& (Subject) - vkgkj , oa iSk.k %Food and Nutrition%

I e; 3 ?k.Vk (Time- 3 Hrs)

d{kk %& (Class) - ckjgoha %12oh%

i vkkb 75 (M.M.)

(Instruction) & %fun% k%

1- I Hkh izu gy djuk vfuok; ZgSA

Attempt all the Questions

2- izu Øekad 01 ea 10 v d fu/kkZjr gSA nks mi [k.M gSA [k.M ^v** ea 05 cgfodYih; izu rFkk [k.M ^c** ea 05 fjDr LFkkuka dh i firZ vFkok mfr I adk tkSM, A iR; d izu dsfy, 1 v d vkciVr gSA

Q. No. 01 Carries 10 Marks. There are two sub-sections, Section A is Multiple choice carries 05 marks and section B is fill in the blanks or match the column carries 05 marks.

3- izu Øekad 02 I situ Øekad 06 rd vfr y?kqRrjh; izu gSA iR; d izu ij 02 v d vkciVr gSA mRrj dh vf/kdre 'kCn I hek 30 'kCn A

Q. No. 02 to 06 are very short answer type question & it carries 02 marks each. Word limit is maximum 30.

4- izu Øekad 07 I situ Øekad 10 rd y?kqRrjh; izu gSA iR; d izu ij 03 v d vkciVr gSA mRrj dh vf/kdre 'kCn I hek 50 'kCn A

Q. No. 07 to 10 are short answer type question & it carries 03 marks each. Word limit is maximum 50.

5- izu Øekad 11 I situ Øekad 14 rd y?kqRrjh; izu gSA iR; d izu ea vkrfjd fodYi gsvk% iR; d izu ij 04 v d vkciVr gSA mRrj dh vf/kdre 'kCn I hek 75 'kCn A

Q. No. 11 to 14 are short answer type question & it carries 04 marks each. Each question has internal choice. Word limit is maximum 75.

6- izu Øekad 15 I s izu Øekad 17 rd nh?kmRrjh; izu gSA iR; d izu ea vkrfjd fodYi gSvkj iR; d izu ij 05 v d vkcfVr gSA mRrj dh vf/kdre 'kCn I hek 75 'kCn A

Q. No. 15 to 17 are long answer type question & it carries 05 marks each. Each question has internal choice. Word limit is maximum 75.

7- izu Øekad 18 I s izu Øekad 19 rd nh?kmRrjh; izu gSA iR; d izu ea vkrfjd fodYi gSvkj iR; d izu ij 06 v d vkcfVr gSA mRrj dh vf/kdre 'kCn I hek 150 'kCn A

Q. No. 18 to 19 are long answer type question & it carries 06 marks each. Each question has internal choice. Word limit is maximum 150.

¼ ½ ehfM; e QM

¼½ QKLV QM

They edible material which do not need cooking are called-

- (a) Slow food
- (b) Average food
- (c) medium food
- (d) Fast Food

[k.M ^c*

fjDr LFkuka dh i frz dhft; s

¼ R; d ij 1 v d 1x5=5)

Fill in the blank :-

- (i) nllk ea ----- ik; k tkrk gSA
..... is found in the milk.
- (ii) i kshu 'kjhj of) , oa ----- ea l gk; d gksh gSA
Protein helps in growth and of body.
- (iii) ekudhdj .k fpllg ----- dk irhd ekuk tkrk gSA
Standard symbols are the sign of the
- (iv) HkkT; i nkFkkz ds l j {k.k ea ----- fdj .kka dk mi ; kx fd; k tkrk gSA
..... rays are used in the preservation of edible materials.
- (v) HkkT; i nkFkkz ds [kjc gksus dk eq; dkj .k ----- gSA
Main reason of Spoilage of food material are.

izu 2& F.A.O. dh LFkki uk fdl o"kl ea gpZA ¼½

In which year F.A.O. was established ?

izu 3& 'kjhj dks mtkz inku djus okyk i kskd rRo dks l k gS\ ¼½

Which one is the nutritive element which provides energy to the body ?

izu 4& mi HkkDrk dks i fj Hkkf"kr dhft; sA ¼½

Define Consumer.

izu 5& Hkkstu }kjk l Ñfr dk vknku inku ds s l Hko gS\ ¼½

How exchange of culture in possible through food ?

izu 6& ds jh nky dks vjgg nky eafeykus l s dks l k jks mRi ltu gkrk gS\ ¼½

Which disease in caused by adulteration of keshari dal in arhar dal ?

izu 7& Ldohz jks ds rhu y{k.k fyf[k; s A ¼1 \$1\$1¾3½

Write three symptoms of Scurvy disease.

izu 8& eksrh>jk jks ds rhu y{k.k fyf[k; s A ¼1 \$1\$1¾3½

Write three symptoms of Typhoid disease.

izu 9& Qykus okys dkjd fdl s dgrsga nks mnkgj .k nhft; s A ¼1 \$2¾3½

What are leavening agents ? Write two examples.

izu 10& I j {kkRed rRo fdl sdgrsga, oa; g 'kjhj dsfy; sD; kavko' ; d gS\ ¼2 \$1¾3½

What are protective elements ? Why they are necessary for body ?

izu 11& Hkktu dk egRo fuEufclUny/ka ds vk/kkj ij nhft; s A ¼1x4¾4½

¼1½ 'kjhj ¼2½ vkfKkd ¼3½ I kekftd ¼4½ eukoS Kkfud A

Write the importance of food on the following points-

- (1) Body (2) Economic (3) Social (4) Psychological.

^vFlok OR**

i kskd rRoka ds vk/kkj ij Hkkt; i nkFkz dk oxhdj .k fuEu fclUny/ka ea dhft; s A

¼1½ dkckgkbM] ¼2½ ol kj ¼3½ i k/hu] ¼4½ yo.k

Classify the food material on the basis of nutritive elements on the following points.

- (1) Carbohydrates (2) Fat, (3) Protein (4) Minerals

izu 12& I fo/kktud Hkkt; i nkFkz dh dkbz pkj gkfu; ka fyf[k; s A ¼1x4¾4½

Write any four harms of convenient food.

^vFlok OR**

QkLV QM I s gksus okyh dkbz pkj gkfu; ka fyf[k; s A

Write any four harms from fast food.

izu 13& ued] [kk | ifjj{k.k eafdl izdkj I gk; rk inku djrk gS\ ¼1½

How salt helps in the food preservation ?

^vFlok OR**

i k'pjkbts'ku dh fof/k dk o.ku dhft; s A

Describe the pasteurisation method.

izu 14& Hkkstu ds i kskd rRoka dk eW; c<kusdsfy, dkbZpkj fof/k; ka dks I e>kb; sA 1/4 1/2
Explain any four methods to increase the nutritive values of food.

^VFkok OR**

v d j . k dks i Hkkfor djus okys dkbZ pkj dkj dks dks I e>kb; s A
Explain any four agents which influence the sprouting.

izu 15& vkgkj vk; kstu ds dkbZ i k p fl) ka fyf[k; s A 1/4 x 5 3/4 5 1/2
Explain any five principles of food planning.

^VFkok OR**

vkgkj vk; kstu dks i Hkkfor djus okys dkbZ i k p rRoka dks I e>kb; s A
Write any five agents which influence meal or food planning.

izu 16& Hkkstu i dkus dh fof/k; ka ea i kskd rRoka dk I j {k.k fdl i d kj fd; k tkrk
gSA 1/5 1/2
How nutritive elements are conserve through cooking methods.

^VFkok OR**

Hkkstu i nkFkz i dkus I si dZmi fLFkr i kskd rRoka dk I j {k.k djus gr q l ko/kkfu; ka
fyf[k; s A

Write the precautions to conserve the nutritive elements before cooking the
food materials.

izu 17& [kk | i f j j {k.k ds mn n s ; } n f u d t h o u e a f d l i d k j m i ; k x h g s \ 1/5 1/2
How the objectives of food preservation, are useful in the daily life ?

^VFkok OR**

0; ki kfjd Lrj ij futyhdj .k ds dkj .kka dk 0; ol kf; d egRo D; k gS \

At commercial level what is the professional importance of the step of
dehydration.

izu 18& xHkkz bLFkk ea i kskd rRoka dh vko' ; drk; a fyf[k; s A 1/6 1/2
Write about the importance of nutritive elements during pregnancy.

^VFkok OR**

xHkkz bLFkk ea d c t I s c p u s d s f y ; s D ; k m i k ; g f f y f [k ; s A

Write about that what are the methods to prevent constipation during pregnancy.

izu 19& {k; jks ds idkj] y{k.k] mi pkj , oacpko dk o.ku dhft , A 1/6½
Describe about the types, symptoms, treatment and precautions for Tuberculosis disease.

^Vflok OR**

ihfy; k jks ds idkj] y{k.k] mi pkj , oacpko dk o.ku dhft , A
Describe about the types, symptoms, treatment and precautions for Jaundice disease.

&&00&&

d{k k 12oha
fo" k; & vkgkj , oa i ksk.k (Foof and Nutrition)
^l £i y mRrj**

mRrj 1 & 1/2 oLrfu"V i zu (1x5=5)

- (i) & 1/2 & dkckgkbMM
- (ii) & 1/4 1/2 & ?k&k
- (iii) & 1/2 & foVkfou I h
- (iv) & 1/2 & ryh
- (v) & 1/2 & QkLV QM

1/2 fJDr LFku (1x5=5)

- (i) i k/hu
- (ii) fodkl
- (iii) xqkoRrk
- (iv) xkek
- (v) I {ethoh

mRrj 2 & F.A.O. dh LFki uk o"l 1945 eaA 1/2 1/2

mRrj 3 & dkckgkbMM A 1/2 1/2

mRrj 4 & tks0; fDr vi uh vko' ; drkvka dks i jk djus dsfy; soLrq a ; k I ok; a [kjhrk
 g\$ mi HkkDrk dgykrk gSA 1/2 1/2

mRrj 5 & fofHku I lNfr dsHkst u cukus o xg.k djus l sml tkfr jkT; , oans k dh
 I lNfr dsckjse a i rk pyr k gS , oavknku inku gkr k gSA 1/2 1/2

mRrj 6 & d l jh nky feykus l sydok jksx gkr k gSA 1/2 1/2

mRrj 7 & 'kjhj ea detkj h vkuk (1x3=3)
 Hkk[k u yxuk
 i kpu Bhd u gkuk
 ; k vU; I ed{k

mRrj 8& rst c[kkj vkuk A 1/4 x 3 = 3 1/2
fl j ea nnZ gkuk A

I kjs 'kjhj ea yky nkus vkuk A 1/4 k I ed{k ij 1 vø 1/2

mRrj 9& os [kk | inkFkZ tks vU; [kk | inkFkZ dk vk; ru c<kdj ml seyky; e cukrsg&
cfdax I k&Mk [kehj ; k vU; I ed{k 1/4 \$ 2 3/4 3 1/2

mRrj 10& os i kskd rRo tks 'kjhj dks I g {kk inku djrsgSA ckg; , oa vkarfjd chekfj; ka
ds thok. kq/ka , oa fo "kk. kq/ka I s i frj {kk djus grq vko'; d g&A 1/2 \$ 1 3/4 3 1/2

mRrj 11& Hkkstu dk egRo& 1/4 1/2
'kjhj] vkFFkZ] I kekftd] euk&Kkfud A i R; d fclnqij o.kU djus 1&1 vø

^vFlok**

oxhZj.k & dkckjkbM] ol kj i kVU] yo.k A 1/4 1/2
i R; d fclnqdk o.kU djus ij 1&1 vø A

mRrj 12& I fo/ktud Hkkst; inkFkZ dh pkj gkfu; ka & (1x4=4)
i R; d gkfu 1/4 vø x 4 = 4)

^vFlok**

QkLV QM dh pkj gkfu; ka & (1x4=4)
i R; d gkfu 1/4 vø x 4 = 4)

mRrj 13& ued dk [kk | i fjj {k.k ea I gk; rk & 1/4 1/2
o.kU ij 4 vø

^vFlok**

ik' pjkbtsku fof/k o.kU ij 1/4 vø 1/2

mRrj 14& 1/4 1/2 fNyds I fgr I Cth i dkuk A (1x4=4)
1/2 1/2 /keh vkp ea i dkuk A

1/3 1/2 i s kj d dj dk iz ksx A

1/4 1/2 i ds Hkkstu dks ckj & ckj xeZu djuk A

1/5 1/2 [kkus ds I k&M/dk iz ksx djuk A 1/4 k I ed{k 1/2

^vFlok**

rki Øe] vknrk] vf/kd i dkuk] I e; (1x4=4)
; k I ed{k o.kU ds I kFk 1 vø

mRrj 15& dkbZ Hkh fl) kar fy [kus ij i R; d dso.kū ds l kFk ¼1 vđ½ (1x5=5)
^vFkok**

i k p rRoka dsuke vk; j voLFkk] Hkkstu dk l e; ea : fp] Hkkstu dk Lokn ; k
 vU; l ed{k i R; d dso.kū ij 1 vđ A (1x5=5)

mRrj 16& futyhdj.k }kjk] BMh fof/k }kjk] rki }kjk] jkl k; fud inkFkZ }kjk ; k vU;
 l ed{k fof/k; ka o.kū ds l kFk A (1x5=5)
^vFkok**

i k p l ko/kkfu; ka fy [kus ij o.kū ds l kFk 1 vđ A (1x5=5)

mRrj 17& mi ; kfxrk , oaegRo fy [kus ij o.kū ds l kFk 5 vđ A
^vFkok**

futyhdj.k dspj.k 3 vđ (5)
 0; ol kf; d egRo 2 vđ

mRrj 18& i k kd rRo dkckgkbMM] foVkfey i k hu] ol k] ty] yo.k & l rfy : i l s
 o.kū djus ij i R; d ea 1 vđ ¼1x6¾46½
^vFkok**

- ¼1½ vf/kd i kuh i huk A ¼1x6¾46½
- ¼2½ gjh l fct; ka [kkuk A
- ¼3½ vđijr vukt [kkuk A
- ¼4½ l qg l j djuk A
- ¼5½ gYdk 0; k; ke djuk A
- ¼6½ Qy [kkuk A ¼ k l ed{k i R; d o.kū djus ij 1 vđ½

mRrj 19& {k; jkx& idkj 2 vđ
 & y{k.k 1 vđ
 & mipkj 2 vđ
 & cpko 1 vđ ¾ ¼6½

^vFkok**

ihfy; k& idkj 2 vđ
 & y{k.k 1 vđ
 & mipkj 2 vđ
 & cpko 1 vđ ¾ ¼6½

&&00&&

Set - B

Higher Secondary School Certificate Examination

Sample Paper

SAMPLE PAPER

fo"k; %& (Subject) - vkgkj , oa iSk.k ½ Food and Nutrition½

l e; 3 ?k.Vk (Time- 3 Hrs)

d{kk %& (Class) - ckjgoha ½2oh½

i vkkb 75 (M.M.)

(Instruction) & Fun? k½

1- I Hkh izu gy djuk vfuok; ZgSA

Attempt all the Questions

2- izu Øekad 01 ea 10 v d fu/kkZjr gSA nks mi [k.M gSA [k.M ^v** ea 05 cgfodYih; izu rFkk [k.M ^c** ea 05 fjDr LFkkuka dh i firZ vFkok mfr I adk tkSM, A iR; d izu dsfy, 1 v d vkciVr gSA

Q. No. 01 Carries 10 Marks. There are two sub-sections, Section A is Multiple choice carries 05 marks and section B is fill in the blanks or match the column carries 05 marks.

3- izu Øekad 02 I situ Øekad 06 rd vfr y?kqRrjh; izu gSA iR; d izu ij 02 v d vkciVr gSA mRrj dh vf/kdre 'kCn I hek 30 'kCn A

Q. No. 02 to 06 are very short answer type question & it carries 02 marks each. Word limit is maximum 30.

4- izu Øekad 07 I situ Øekad 10 rd y?kqRrjh; izu gSA iR; d izu ij 03 v d vkciVr gSA mRrj dh vf/kdre 'kCn I hek 50 'kCn A

Q. No. 07 to 10 are short answer type question & it carries 03 marks each. Word limit is maximum 50.

5- izu Øekad 11 I situ Øekad 14 rd y?kqRrjh; izu gSA iR; d izu ea vkrfjd fodYi gSvkS iR; d izu ij 04 v d vkciVr gSA mRrj dh vf/kdre 'kCn I hek 75 'kCn A

Q. No. 11 to 14 are short answer type question & it carries 04 marks each. Each question has internal choice. Word limit is maximum 75.

6- izu Øekad 15 I s izu Øekad 17 rd nh?kzRrjh; izu gSA iR; d izu ea vkrfjd fodYi gSvkj iR; d izu ij 05 vd vkcfVr gSA mRrj dh vf/kdre 'kCn I hek 75 'kCn A

Q. No. 15 to 17 are long answer type question & it carries 05 marks each. Each question has internal choice. Word limit is maximum 75.

7- izu Øekad 18 I s izu Øekad 19 rd nh?kzRrjh; izu gSA iR; d izu ea vkrfjd fodYi gSvkj iR; d izu ij 06 vd vkcfVr gSA mRrj dh vf/kdre 'kCn I hek 150 'kCn A

Q. No. 18 to 19 are long answer type question & it carries 06 marks each. Each question has internal choice. Word limit is maximum 150.

izu 1&

I gh mRrj pꞗdj fyf[k; s &

(1x5=5)

Write the correct choice -

- (i) ; g HkkT; i nkFkZ 'kj hj dk fuelZk dj rh gS &
 ¼½ i k/hu ¼½ foVkfue
 ¼½ yo.k ¼½ dkckgkbM

This food material foams the body-

- (a) Protein (b) Vitamin,
 (c) Mineral, (d) Carbohydrates

- (ii) foVkfue & C dh deh l s ; g jkx gkrk gS &
 ¼½ LdohZ ¼½ cj h&cj h
 ¼½ fj dS/t ¼½ i kfy; ks

This disease is caused by the deficiency of vitamin C-

- (a) Scurvy (b) Beri-beri
 (c) Rickets (d) Polio

- (iii) i kyd ea ; g i kkd rRo i k; k tkrk gS &
 ¼½ foVkfue l h ¼½ foVkfue Mh
 ¼½ foVkfue , ¼½ foVkfue ch

This nutritive element is found in Spinach (Palak)

- (a) Vitamin C (b) Vitamin D
 (c) Vitamin A (d) Vitamin B

- (iv) pi krh cukus dh fof/k gS &
 ¼½ mFkyh ¼½ ryh
 ¼½ l dh ¼½ Hkuh

Method of preparing Chapati-

- (a) Shallow (b) Fry
 (c) Baked (d) Roast

- (v) dd bl fof/k l s cuk; k tkrk gS &

1/4 1/2 Hk ki

1/2 1/2 cfdk

1/4 1/2 ryuk

1/4 1/2 I duk

Cake is prepared by this method

(a) Steam

(b) Baking

(c) Frying

(d) Roasting

[k.M ^c* @ Section A

fjDr LFkkuka dh i firZ dhft ; s

1/4 R; d ij 1 v d 1x5=5)

Fill in the blank -

(i) I rjs ea foVkfau ----- i k; k tkrk gSA

Vitamin is found in the orange.

(ii) i k/hu dk eq; dk; Z dks' kdkvka dk ----- djuk gSA

The main function of protein is to the cells.

(iii) xhyh jr ea j [kus ij ----- dkQh I e; rd rktk jgrk gSA

..... remains fresh for longer period kept under wet.

(iv) ued dh mi fLFkfr ea ----- dh fØ; k /kheh i M+ tkrh gSA

Action of become slow in the presence of salt.

(v) futyhj.k ds fy; s mi ; ks ea ----- yxrs gSA

..... are used in the dehydration.

izu 2&

W.H.O. dh LFkki uk fdl o"kl ea gpZ \

1/2 1/2

In which year, W.H.O. was established ?

izu 3&

'kjh dh dks' kdkvka dk j {kk djus okyk dk& I k i kskd rRo gS \

1/2 1/2

Which nutritive elements protects the cells in the body ?

izu 4&

mi HkkDrk I gk; rk dks i fjHkkf"kr dhft ; s A

1/2 1/2

Define "Consumer help"

izu 5&

Hkkstu ds fuekZkd rRo dk& & dk& I s gS \

1/2 1/2

What are the formative elements of the food ?

izu 6& vkj theksu dscht dk rsy fdl [kk | rsy eafeyk; k tkrk gS, oabl I s dks I k jksx gksrk gS \ 1/4 \$ 1 3/4 2 1/2

In which edible oil extracted from argemone seed in adulterated and what disease is caused by it ?

izu 7& foVkfueu B₁₂ dh deh ds rhu y{k.k fyf[k; s A 1/4 x 3 3/4 3 1/2

Write any three symptoms of deficiency of vitamin B₁₂.

izu 8& gStk ds rhu y{k.k fyf[k; s A 1/4 x 3 3/4 3 1/2

Write any three symptoms of Cholera.

izu 9& t fhd dkjd fdl sdgrsgS \ [kehjhdj .k dk mnkgj .k fyf[k; s A 1/4 \$ 2 3/4 3 1/2

What is biotic agent ? Give example of fermentation.

izu 10& Nusgg vkVs dh vi \$kk Hkk h ; Dr vkVs dh jks/h [kkuk dS smi ; Dr gS \ 1/3 1/2

How it is useful to eat husk flour Chapati than sieved flour Chapati

izu 11& Hkktu dk egRo fuEufclUny/ka ds vk/kkj ij nhft ; s A 1/4 x 4 3/4 4 1/2

1/4 1/2 'kj hj 1/2 1/2 vkfFkd 1/3 1/2 I kekftd 1/4 1/2 eukoSkkfud A

Write the importance of food on the following points-

- (1) Body (2) Economic (3) Social (4) Psychological.

^Vflok OR**

1/4 1/2 i kSkd rRoka ds vk/kkj ij Hkkt ; i nkFkkZ dk oxhZdj .k fuEu fclUny/ka ea dhft ; s A
1/4 1/2 dkckjkbM] 1/2 1/2 ol k] 1/3 1/2 i k/hu] 1/4 1/2 yo.k

Classify the food material on the basis of nutritive elements on the following points.

- (1) Carbohydrates (2) Fat, (3) Protein (4) Minerals

izu 12& I fo/kktud Hkkt ; i nkFkkZ dh dkbZ pkj gkfu ; ka fyf[k; s A 1/4 x 4 3/4 4 1/2

Write any four harms of convenient food.

^Vflok OR**

QkLV QM I s gksus okyh dkbZ pkj gkfu ; ka fyf[k; s A

Write any four harms from fast food.

izu 13& ued] [kk | ifjj{k.k eafdl izdkj I gk; rk inku djrk gS \ 1/4 1/2

How salt helps in the food preservation ?

^Vflok OR**

ik'pjkbts'ku dh fof/k dk o.ku dhft; sA

Describe the pasteurisation method.

izu 14&

Hkkstu ds i kskd rRoka dk eW; c<kusdsfy, dkbZpkj fof/k; ka dks l e>kb; sA 1/4 1/2

Explain any four methods to increase the nutritive values of food.

^Vflok OR**

vdj .k dks i Hkkfor djus okys dkbZ pkj dkj dks dks l e>kb; sA

Explain any four agents which influence the sprouting.

izu 15&

vkgkj vk; kstu ds dkbZ i k p fl) ka fyf[k; sA

1/1 x 5 3/4 5 1/2

Explain any five principles of food planning.

^Vflok OR**

vkgkj vk; kstu dks i Hkkfor djus okys dkbZ i k p rRoka dks l e>kb; sA

Write any five agents which influence meal or food planning.

izu 16&

Hkkstu i dkus dh fof/k; ka ea i kskd rRoka dk l j {k.k fdl i djkj fd; k tkrk gSA 1/5 1/2

How nutritive elements are conserve through cooking methods.

^Vflok OR**

Hkkstu i nkFkz i dkus l si dZmi fLFkr i kskd rRoka dk l j {k.k djus gr q l ko/kkfu; ka fyf[k; sA

Write the precautions to conserve the nutritive elements before cooking the food materials.

izu 17&

[kk | i fjj {k.k ds mn n s ; } n fud thou eafdl i djkj mi ; kxh gS \

1/5 1/2

How the objectives of food preservation, are useful in the daily life ?

^Vflok OR**

0; ki kfjd Lrj ij futZyhdj .k ds dkj .kka dk 0; ol kf; d egRo D; k gS \

At commercial level what is the professional importance of the step of dehydration.

izu 18&

xHkkZbLFkk ea i kskd rRoka dh vko' ; drk; a fyf[k; sA

1/6 1/2

Write about the importance of nutritive elements during pregnancy.

^Vflok OR**

xHkkzLFkk ea dCt I s cpus ds fy; s D; k mi k; g} fyf[k; s A

Write about that what are the methods to prevent constipation during pregnancy.

i / u 19&

{k; jks ds i d kj} y{k.k} mi pkj , oa cpko dk o.ku dhft , A 1/6 1/2

Describe about the types, symptoms, treatment and precautions for Tuberculosis disease.

^Vflok OR**

i hfy; k jks ds i d kj} y{k.k} mi pkj , oa cpko dk o.ku dhft , A

Describe about the types, symptoms, treatment and precautions for Jaundice disease.

&&00&&

d{k k 12oha
fo{k; & vkgkj ,oa i{k k.k (Foof and Nutrition)
^l ei y mRrj**

mRrj 1 & 1/4 1/2 oLrfu"V izu (1x5=5)

- (i) & 1/4 1/2 & i k/hu
- (ii) & 1/4 1/2 & Ldohz
- (iii) & 1/4 1/2 & foVkfueu ,
- (iv) & 1/4 1/2 & l dh
- (v) & 1/4 1/2 & cfdax

1/4 1/2 fjDr LFku (1x5=5)

- (i) l h
- (ii) fuekzk
- (iii) vnjd
- (iv) ,l tkbe
- (v) 'kkkcd

mRrj 2 & l u-1948 eaA 1/2 1/2

mRrj 3 & foVkfueu A 1/2 1/2

mRrj 4 & dkbZ Hkh fyf[kr ; k fpflgr l kexh ft l eami HkkDrk dksfd l h oLrqvFkok l dk
 dk p; u djusea l gk; rk feysmi HkkDrk l gk; rk dgykrh gSA 1/2 1/2

mRrj 5 & fuekzkd rRo] i k/hu] foVkfueu] yo.k] ty A 1/2 1/2

mRrj 6 & l j l ka ds rsy eafeyk; k tkrk g\$ MRN] l h jksx] fy[kus ij 1 va A 1/2 1/2

mRrj 7 & foVkfueu B₁₂ dh deh ds y{k.k &
 vfunk] Hkk[k de yxuk] th epykuk] thHk QVuk] jDr ghurk] dkbZ Hkh 3 dk
 o.ku djus ij (1x3=3)

mRrj 8 & gStk ds y{k.k 1/3 1/2

1/4 1/2 mYVh gksuk A

- 1/2½ i rysnLr gksuk A
- 1/3½ 'kjhj ea ikuh dh deh gksuk ; k l ed{k ij (1x3=3 vød)
- mRrj 9& og tšod tho tks tšod fØ; k }kjk [kk | inkFkZ ds xqk c<k ; k u"V dj nrs
gš tšod dkjd dgrsgš A 1/4 vød½ 1/3½
[kehjdj.k dk mnk- o.kū Yeast ds }kjk] Mcyjks/h] fl jdk , oa bMyh cukuk
[kehjhjdj.k ds mnkgj.k gš A 1/2 vød½
- mRrj 10& Hkš h; Ør vkVs dh jks/h [kkus l svkr l kQ gks tkrh gš o dØt dh f'kdk; r nj
gks tkrh gš A 1/3½
- mRrj 11& Hkštu dk egRo& 1/4½
'kjhj] vkfFkZd] l kekftd] eukš k fud A i R; ø fclnqij o.kū djus 1&1 vød
- ^vFlok****
- oxhjdj.k & dkckjkbM] ol kj i kVU] yo.k A 1/4½
i R; ø fclnqdk o.kū djus ij 1&1 vød A
- mRrj 12& l fo/kktud Hkš; inkFkZ dh pkj gkfu; ka & (1x4=4)
i R; ø gkfu 1/4 vød x 4=4)
- ^vFlok****
- QkLV QM dh pkj gkfu; ka & (1x4=4)
i R; ø gkfu 1/4 vød x 4=4)
- mRrj 13& ued dk [kk | i fjj{k.k ea l gk; rk & 1/4½
o.kū ij 4 vød
- ^vFlok****
- ik' pjkbtsku fof/k o.kū ij 1/4 vød½
- mRrj 14&1/4½ fNyds l fgr l Ct h i dkuk A (1x4=4)
- 1/2½ /kheh vkp ea i dkuk A
- 1/3½ i škj dØj dk iz ks A
- 1/4½ i ds Hkštu dks ckj & ckj xeZu djuk A
- 1/5½ [kkus ds l kMš dk iz ks djuk A 1/4 k l ed{k½
- ^vFlok****
- rki Øe] vknšk] vf/kd i dkuk] l e; (1x4=4)
; k l ed{k o.kū ds l kFk 1 vød

mRrj 15& dkbZ Hkh fl) kar fy [kus ij i R; d dso.kū ds l kFk ¼1 vđ½ (1x5=5)
^vFkok**

i kp rRoka dsuke vk; j voLFkk] Hkkstu dk l e; ea : fp] Hkkstu dk Lokn ; k
 vU; l ed{k i R; d dso.kū ij 1 vđ A (1x5=5)

mRrj 16& futyhdj.k }kjk] BMh fof/k }kjk] rki }kjk] jkl k; fud inkFkZ }kjk ; k vU;
 l ed{k fof/k; ka o.kū ds l kFk A (1x5=5)

^vFkok**

i kp l ko/kkfu; ka fy [kus ij o.kū ds l kFk 1 vđ A (1x5=5)

mRrj 17& mi ; kfxrk , oaegRo fy [kus ij o.kū ds l kFk 5 vđ A

^vFkok**

futyhdj.k dspj.k 3 vđ (5)
 0; ol kf; d egRo 2 vđ

mRrj 18& i kskd rRo dkckgkbMM] foVkfey i k/hu] ol k] ty] yo.k & l rfy : i l s
 o.kū djus ij i R; d ea 1 vđ ¼1x6¾46½

^vFkok**

- ¼1½ vf/kd i kuh i huk A ¼1x6¾46½
- ¼2½ gjh l fct; ka [kkuk A
- ¼3½ vđijr vukt [kkuk A
- ¼4½ l qg l j djuk A
- ¼5½ gYdk 0; k; ke djuk A
- ¼6½ Qy [kkuk A ¼ k l ed{k i R; d o.kū djus ij 1 vđ½

mRrj 19& {k; jkx& idkj 2 vđ
 & y{k.k 1 vđ
 & mipkj 2 vđ
 & cpko 1 vđ ¾ ¼6½

^vFkok**

ihfy; k& idkj 2 vđ
 & y{k.k 1 vđ
 & mipkj 2 vđ
 & cpko 1 vđ ¾ ¼6½

&&00&&

Set - C

gk; j I dsMjh Ldwy I VhQdV ijh{kk
Higher Secondary School Certificate Examination

I fiy&izu i=

SAMPLE PAPER

fo"k; %& (Subject) - vkgkj , oa iSk.k %Food and Nutrition%

I e; 3 ?k.Vk (Time- 3 Hrs)

d{kk %& (Class) - ckjgoha %12oh%

i vkkb 75 (M.M.)

(Instruction) & %fun%kk%

1- I Hkh izu gy djuk vfuok; ZgSA

Attempt all the Questions

2- izu Øekad 01 ea 10 v d fu/kkZjr gSA nks mi [k.M gSA [k.M ^v** ea 05 cgfodYih; izu rFkk [k.M ^c** ea 05 fjDr LFkkuka dh i firZ vFkok mfr I adk tkSM, A iR; d izu dsfy, 1 v d vkciVr gSA

Q. No. 01 Carries 10 Marks. There are two sub-sections, Section A is Multiple choice carries 05 marks and section B is fill in the blanks or match the column carries 05 marks.

3- izu Øekad 02 I situ Øekad 06 rd vfr y?kqRrjh; izu gSA iR; d izu ij 02 v d vkciVr gSA mRrj dh vf/kdre 'kCn I hek 30 'kCn A

Q. No. 02 to 06 are very short answer type question & it carries 02 marks each. Word limit is maximum 30.

4- izu Øekad 07 I situ Øekad 10 rd y?kqRrjh; izu gSA iR; d izu ij 03 v d vkciVr gSA mRrj dh vf/kdre 'kCn I hek 50 'kCn A

Q. No. 07 to 10 are short answer type question & it carries 03 marks each. Word limit is maximum 50.

5- izu Øekad 11 I situ Øekad 14 rd y?kqRrjh; izu gSA iR; d izu ea vkrfjd fodYi gsvk% iR; d izu ij 04 v d vkciVr gSA mRrj dh vf/kdre 'kCn I hek 75 'kCn A

Q. No. 11 to 14 are short answer type question & it carries 04 marks each. Each question has internal choice. Word limit is maximum 75.

6- izu Øekad 15 Isizu Øekad 17 rd nh?kmRrjh; izu gSA iR; d izu ea vkrfjd fodYi gSvkj iR; d izu ij 05 vð vkcfVr gSA mRrj dh vf/kdre 'kCn I hek 75 'kCn A

Q. No. 15 to 17 are long answer type question & it carries 05 marks each. Each question has internal choice. Word limit is maximum 75.

7- izu Øekad 18 Isizu Øekad 19 rd nh?kmRrjh; izu gSA iR; d izu ea vkrfjd fodYi gSvkj iR; d izu ij 06 vð vkcfVr gSA mRrj dh vf/kdre 'kCn I hek 150 'kCn A

Q. No. 18 to 19 are long answer type question & it carries 06 marks each. Each question has internal choice. Word limit is maximum 150.

[k.M ^* @ Section A

izu 1&

I gh mRrj pūdj fyf[k; s &

(1x5=5)

Write the correct choice -

- (i) ; g HkkT; inkFkZ 'kjhj dks I g {kk inku djrk gS &
 ¼½ i kshu ¼½ foVkfue
 ¼½ ty ¼½ ol k

This food material provides protection to the body-

- (a) Protein (b) Vitamin,
 (c) Water (d) Fat

- (ii) foVkfue Mh dh deh ds dkj .k ; g jks gkrk gS &
 ¼½ ?kakk ¼½ fj dVt
 ¼½ cjh&cjh ¼½ i ksy; ks

This disease is caused by the deficiency of vitamin D-

- (a) Goitre (b) Rickets
 (c) Beri-beri (d) Polio

- (iii) vkwea ; g i ksd rRo ik; k tkrk gS &
 ¼½ ty ¼½ ol k
 ¼½ dkckgkbMM ¼½ foVkfue

This nutritive elements is found in Potato.

- (a) Water (b) Fat
 (c) Carbohydrates (d) Vitamin

- (iv) bMyh cukus dh fof/k gS &
 ¼½ I dh ¼½ Hkuh
 ¼½ Hki I s ¼½ mFkyh

It is the Method of Idlee preparation-

- (a) Baked (b) Roasted
 (c) Steamed (d) Shallow

- (v) i Mh bl fof/k I s cukbz tkrh gS &

1/4 1/2 Mhi YkbZ	1/2 1/2 cfdak
1/4 1/2 Hkuk	1/4 1/2 I duk

"PURI" is prepared by this method

- | | |
|--------------|------------|
| (a) Deep fry | (b) Baking |
| (c) Roasting | (d) Frying |

[k.M ^* @ Section B

fjDr LFkuka dh i frZ dhft; s 1/4 R; d ij 1 v d 1x5=5)

Fill in the blank-

- (i) xM+ l s ----- i klr gkrk gS A
..... is obtained from Jaggery (Gur)
- (ii) 'kkjhfd fØ; k' khryk ds dkj .k dks' kdk; a ----- jgrh gS A
Due to physical activity cells remain
- (iii) Hkkt; i nkFkz dks ckjhd djuk gh ----- dgykrk gS A
Thining of food materials is called
- (iv) fons kh 'kSyh ea Hkkt u ----- ea Hkj dj est ea j [k fn; k tkrk gS A
Food is kept in on table is western style.
- (v) vkpkj ea ----- i fj j {kd dk dke vkrk gS A
..... works as preservative in pickle.

- izu 2& vesj dk ea nsud vko' ; drkvka dh l ph fdl o"lz ea r\$ kj dh xbZ \ 1/2 1/2
In which year, list of daily needs was prepared in America ?
- izu 3& 'kjh dh j {kkræ dks dk l k i kskd rRo l gk; rk inku djrk gS \ 1/2 1/2
Which nutritive element help to the protective system of the body ?
- izu 4& mi Hkkt r k l j {k .k dks i fj Hkkt "kr dhft; s A 1/2 1/2
Define "Consumer Protection"
- izu 5& Hkkt u ds fuekZ kd rRo D; k dk; Z djrs gS \ 1/2 1/2
What function are performed by formative elements of food ?
- izu 6& odZ dk feBkb; ka ea mi ; ksx 'kjh ij D; k i Hkko Mkyrk gS \ 1/2 1/2

"VERK" used on sweet, in what way influence the body ?

izu 7& I kSM; e yo.k ds rhu dk; Zfyf[k; sA ¼1 \$1\$1¾3½

Write three function of sodium salt ?

izu 8& i spl ds rhu y{k.k fyf[k; sA ¼1 \$1\$1¾3½

Write three symptoms of dysentery.

izu 9& I fo/kktud [kk | i nkFkZ fdI s dgrs gā\ bl ds nks mnkgj .k fyf[k; sA

What are convenient food ? Write its two examples.

¼1 \$2¾3½

izu 10& ddy vuktka I s 'kkjhfd of) I Hko ughā I e>kb; sA ¼3½

Why physical growth in not possible only from cereals. Explain

izu 11& Hkktu dk egRo fuEufclny/ka ds vk/kkj ij nhft; sA ¼1x4¾4½

¼1½ 'kjhj ¼2½ vkfFkZd ¼3½ I kekftd ¼4½ eukofKkfud A

Write the importance of food on the following points-

- (1) Body (2) Economic (3) Social (4) Psychological.

^Vflok OR**

i kskd rRoka ds vk/kkj ij Hkkt; i nkFkZ dk oxhZdj .k fuEu fclny/ka ea dhft; sA

¼1½ dkckjkbM] ¼2½ ol k] ¼3½ i k/hu] ¼4½ yo.k

Classify the food material on the basis of nutritive elements on the following points.

- (1) Carbohydrates (2) Fat, (3) Protein (4) Minerals

izu 12& I fo/kktud Hkkt; i nkFkZ dh dkbZ pkj gkfu; ka fyf[k; sA ¼1x4¾4½

Write any four harms of convenient food.

^Vflok OR**

QkLV QM I s gksus okyh dkbZ pkj gkfu; ka fyf[k; sA

Write any four harms from fast food.

izu 13& ued] [kk | ifjj{k.k eafdl izdkj I gk; rk inku djrk gā\ ¼4½

How salt helps in the food preservation ?

^Vflok OR**

i k'pjkbts'ku dh fof/k dk o.ku dhft; sA

Describe the pasteurisation method.

izu 14& Hkkstu ds i kskd rRoka dk eW; c<kusdsfy, dkbZpkj fof/k; ka dks l e>kb; sA 1/4 1/2

Explain any four methods to increase the nutritive values of food.

^VFkok OR**

vdj .k dks i Hkkfor djus okys dkbZ pkj dkj dks dks l e>kb; sA

Explain any four agents which influence the sprouting.

izu 15& vkgkj vk; kstu ds dkbZ i k p fl) ka fyf[k; sA 1/4 x 5 3/4 5 1/2

Explain any five principles of food planning.

^VFkok OR**

vkgkj vk; kstu dks i Hkkfor djus okys dkbZ i k p rRoka dks l e>kb; sA

Write any five agents which influence meal or food planning.

izu 16& Hkkstu i dkus dh fof/k; ka ea i kskd rRoka dk l j {k.k fdl i djkj fd; k tkrk

gSA 1/5 1/2

How nutritive elements are conserve through cooking methods.

^VFkok OR**

Hkkstu i nkFkz i dkus l si dZmi fLFkr i kskd rRoka dk l j {k.k djus grq l ko/kkfu; ka fyf[k; sA

Write the precautions to conserve the nutritive elements before cooking the food materials.

izu 17& [kk | i fjj {k.k ds mnF; ;] nFud thou eafdl i djkj mi ; kxh gS \ 1/5 1/2

How the objectives of food preservation, are useful in the daily life ?

^VFkok OR**

0; ki kfjd Lrj ij futZyhdj .k ds dkj .kka dk 0; ol kf; d egRo D; k gS \

At commercial level what is the professional importance of the step of dehydration.

izu 18& xHkkbLFkk ea i kskd rRoka dh vko' ; drk; a fyf[k; sA 1/6 1/2

Write about the importance of nutritive elements during pregnancy.

^VFkok OR**

xHkkzLFkk ea dCt I s cpus ds fy; s D; k mi k; gñ fyf[k; s A

Write about that what are the methods to prevent constipation during pregnancy.

izu 19&

{k; jks ds idkj] y{k.k] mi pkj , oacpko dk o.ku dhft , A 1/6½

Describe about the types, symptoms, treatment and precautions for Tuberculosis disease.

^Vflok OR**

i hfy; k jks ds idkj] y{k.k] mi pkj , oacpko dk o.ku dhft , A

Describe about the types, symptoms, treatment and precautions for Jaundice disease.

&&00&&

d{k{k 12oha
fo{k; & vkgkj ,oa ik{k.k (Food and Nutrition)
^1 Ei y mRrj**

mRrj 1 & 1/2 oLr{u"V izu (1x5=5)

- (i) & 1/2 & foVkfou
- (ii) & 1/2 & fj dVt
- (iii) & 1/2 & dkckgkbMst
- (iv) & 1/2 & Hkki l s
- (v) & 1/2 & Mhi Ykbz

1/2 fjDr LFku (1x5=5)

- (i) dkckgkbMst
- (ii) VWrh
- (iii) i hl uk
- (iv) Mksks
- (v) ued

mRrj 2 & l u~1941 eaA 1/2 1/2

mRrj 3 & foVkfou A 1/2 1/2

mRrj 4 & mi HkkDrk dks ml ds mi ; kxh vf/kdkjka , oa dk; k l s voxr djkdj 'kk{k.k , oa /kk[kk?kMh l s cpkuk] mi HkkDrk l j {k.k dgykrk gSA 1/2 1/2

mRrj 5 & fuekZkd rRo 'kjhj eaof)] i frjks'kdrk , oa 'kkjhfd vaxkadh j {kk djrsgSA 1/2 1/2

mRrj 6 & odZ tkuojkadh ol k , oa vU; mRi knka l scuk; k tkrk gS; g ikpu fO; k dks fcxkMrk gS; Nr ij bl dk i Hkko Bhd ugha i Mrk A 1/4 k l ed{k 1/2 1/2 1/2

mRrj 7 & 1/2 'kjhj ea vEy o {kkj l rgyu cuk; sj [kuk A (3)

1/2 eka i f'k; ka ds l dpu dksfu; fer djuk A

1/2 gn; dh /kMedu dk fu; æ.k djuk A

mRrj 8 & i spl & 1/2 1/2

1/2 i v ea nnZ gkuk A

1/2 ejkM+gkuk A

1/2 fpdukGV ds l kFk ckj&ckj ey R; kxuk A

- $\frac{1}{4}\frac{1}{2}$ ey eajDr tkuk A
 $\frac{1}{2}$ mi jkDr l s3 ; k l ed{k fy[kus ij 1 vø $\frac{1}{2}$
- mRrj 9& os [kk | i nkFkZftUga l h/ks ; k FkkMk- l k i dkdj [kk; k tkrk gSl fo/kktud [kk |
i nkFkZ dgrsg&A 1/3 $\frac{1}{2}$
- mRrj 10& mnk- fMCck cn l i] fMCck cn j l x[yk] eSch] l ed{k mRrj ij 1 vø A
vuktka l sdoy , d gh i kSkd rRo i klr gkrk gSA tS sdck&t ; k i k/hu i jUrq
'kjhj dh of) dsfy; s l Hkh i kSkd rRo l rfy : i l svko'; d gSvr% doy
vukt l s'kkjhfjd of) l Hkø ugha A 1/4 x3=3 $\frac{1}{2}$
- mRrj 11& Hkkstu dk egRo& 1/4 $\frac{1}{2}$
'kjhj] vkfFkZ] l kekftd] euk&Kkfud A i R; d fclnqij o.kZ djus1&1 vø
^vFlok**
- oxhZj.k & dkckjkbM] ol k] i kVu] yo.k A 1/4 $\frac{1}{2}$
i R; d fclnqdk o.kZ djus ij 1&1 vø A
- mRrj 12& l fo/kktud Hkk& ; i nkFkZ dh pkj gkfu; ka & (1x4=4)
i R; d gkfu 1/4 vø x 4= 4)
^vFlok**
- QkLV QM dh pkj gkfu; ka & (1x4=4)
i R; d gkfu 1/4 vø x 4 = 4)
- mRrj 13& ued dk [kk | i fjj{k.k ea l gk; rk & 1/4 $\frac{1}{2}$
o.kZ ij 4 vø
^vFlok**
- ik'pjkbtsku fof/k o.kZ ij 1/4vø $\frac{1}{2}$
- mRrj 14&1/4 $\frac{1}{2}$ fNyds l fgr l Cth i dkuk A (1x4=4)
- 1/2 $\frac{1}{2}$ /kheh vkp ea i dkuk A
1/3 $\frac{1}{2}$ i k j d p j dk i z ks A
1/4 $\frac{1}{2}$ i ds Hkkstu dks ckj&ckj xeZu djuk A
1/5 $\frac{1}{2}$ [kkus ds l kMs-dk i z ks djuk A 1/4 k l ed{k $\frac{1}{2}$
- ^vFlok****
rki Øe] vknrk] vf/kd i dkuk] l e; (1x4=4)
; k l ed{k o.kZ ds l kFk 1 vø

mRrj 15& dkbZ Hkh fl) kar fy [kus ij i R; d dso.kū ds l kFk ¼1 vđ½ (1x5=5)
^vFlok**

i kp rRoka dsuke vk; j voLFkk] Hkkstu dk l e; ea : fp] Hkkstu dk Lokn ; k
 vU; l ed{k i R; d dso.kū ij 1 vđ A (1x5=5)

mRrj 16& futyhdj.k }kjk] BMh fof/k }kjk] rki }kjk] jkl k; fud inkFkZ }kjk ; k vU;
 l ed{k fof/k; ka o.kū ds l kFk A (1x5=5)

^vFlok**

i kp l ko/kkfu; ka fy [kus ij o.kū ds l kFk 1 vđ A (1x5=5)

mRrj 17& mi ; kfxrk , oaegRo fy [kus ij o.kū ds l kFk 5 vđ A

^vFlok**

futyhdj.k dspj.k 3 vđ (5)
 0; ol kf; d egRo 2 vđ

mRrj 18& i kskd rRo dkckgkbMM] foVkfey] i k/hu] ol k] ty] yo.k & l rfy : i l s
 o.kū djus ij i R; d ea 1 vđ ¼1x6¾46½

^vFlok**

- ¼1½ vf/kd i kuh i huk A ¼1x6¾46½
- ¼2½ gjh l fct; ka [kkuk A
- ¼3½ vđijr vukt [kkuk A
- ¼4½ l qg l j djuk A
- ¼5½ gYdk 0; k; ke djuk A
- ¼6½ Qy [kkuk A ¼ k l ed{k i R; d o.kū djus ij 1 vđ½

mRrj 19& {k; jkx& idkj 2 vđ
 & y{k.k 1 vđ
 & mipkj 2 vđ
 & cpko 1 vđ ¾ ¼6½

^vFlok**

ihfy; k& idkj 2 vđ
 & y{k.k 1 vđ
 & mipkj 2 vđ
 & cpko 1 vđ ¾ ¼6½

&&00&&