

**BLUE PRINT**

**SUBJECT : NUTRITION AND DIETETICS**

**CLASS : XII TAMIL & ENGLISH**

**UNIT / PAPER : \_\_\_\_\_ MAXIMUM MARKS \_\_\_\_\_ 150**

**TIME : 3 HOURS**

| S.No. | OBJECTIVES                                | KNOWLEDGE |       |       |       | UNDERSTANDING |       |       |       | APPLICATION |       |       |       | SKILL |
|-------|---|-----------|-------|-------|-------|---------------|-------|-------|-------|-------------|-------|-------|-------|-------|
|       | Form of Question                          |           |       |       |       |               |       |       |       |             |       |       |       |       |
|       | Units / Sub Units                         | E/LA      | SA    | VSA   | O     | E/LA          | SA    | VSA   | O     | E/LA        | SA    | VSA   | O     |       |
| 1.    | Recommended Dietary Allowances            |           |       |       | (1) 1 |               | (1) 5 |       | (1) 1 |             |       |       | (1) 1 |       |
| 2.    | Nutrition in Pregnancy & Lactation        |           |       | (1) 2 | (1) 1 |               | (1) 5 |       | (1) 1 | (1) 10      |       |       | (1) 1 |       |
| 3.    | Nutrition in Infancy                      |           |       | (1) 2 | (1) 1 |               | (1) 5 | (1) 2 | (1) 1 |             | (1) 5 | (1) 2 |       |       |
| 4.    | Preschool age (1-6 years)                 |           |       |       | (1) 1 |               |       | (1) 2 | (1) 1 |             |       |       | (1) 1 |       |
| 5.    | School Going Age (6-12 years)             |           |       | (1) 2 | (1) 1 |               |       |       | (1) 1 |             | (1) 5 |       | (1) 1 |       |
| 6.    | Adolescence                               | (1) 10    |       |       | (1) 1 |               |       | (1) 2 | (1) 1 |             |       | (1) 2 | (1) 1 |       |
| 7.    | Adults                                    |           |       |       | (1) 1 |               | (1) 5 |       | (1) 1 |             |       |       | (1) 1 |       |
| 8.    | Old Age                                   |           |       |       | (1) 1 | (1) 10        |       | (1) 2 | (1) 1 |             |       |       | (1) 1 |       |
| 9.    | Introduction to Dietetics                 |           | (1) 5 |       | (1) 1 |               |       | (1) 2 | (1) 1 |             |       |       | (1) 1 |       |
| 10.   | Diet in fever                             |           |       |       | (1) 1 |               |       |       | (1) 1 |             | (1) 5 | (1) 2 | (1) 1 |       |
| 11.   | Diet in Obesity & Under Weight            |           |       |       |       | (1) 10        |       |       | (2) 1 |             |       | (1) 2 |       |       |
| 12.   | Diet in disease of Gastrointestinal Tract |           |       |       | (1) 1 |               |       |       | (2) 1 |             | (1) 5 |       | (1) 1 |       |



## DESIGN

### QUESTION PAPER / UNIT TEST

|                     |          |                                |
|---------------------|----------|--------------------------------|
| <b>Subject</b>      | <b>:</b> | <b>NUTRITION AND DIETETICS</b> |
| <b>Unit / Paper</b> | <b>:</b> |                                |
| <b>Class</b>        | <b>:</b> | <b>XII</b>                     |
| <b>Time</b>         | <b>:</b> | <b>3 Hrs</b>                   |
| <b>Marks</b>        | <b>:</b> | <b>150</b>                     |

#### **Weightages of Objectives :**

| Objectives          | K   | U   | A   | S | TOTAL |
|---------------------|-----|-----|-----|---|-------|
| Percentage of marks | 40% | 32% | 28% | - | 100%  |
| Marks               | 89  | 74  | 62  | - | 225   |

#### **Weightage to Form of Questions :**

| Forms of Questions  | E    | SA     | VSA    | O    | TOTAL |
|---------------------|------|--------|--------|------|-------|
| Number of Questions | 4    | 6      | 15     | 50   | 75    |
| Marks allotted      | 40   | 30     | 30     | 50   | 150   |
| Time                | 1 hr | 30 min | 30 min | 1 hr | 3 hr  |

#### **Weightage to Content :**

| UNITS | MARKS | UNITS | MARKS |
|-------|-------|-------|-------|
| 1     | 7     | 13    | 12    |
| 2     | 15    | 14    | 7     |
| 3     | 14    | 15    | 8     |
| 4     | 8     | 16    | 11    |
| 5     | 10    | 17    | 15    |
| 6     | 12    | 18    | 10    |
| 7     | 13    | 19    | 17    |
| 8     | 3     | 20    | 12    |
| 9     | 8     | 21    | 13    |
| 10    | 4     | 22    | 6     |
| 11    | 2     | 23    | 8     |
| 12    | 10    |       |       |

**Total 225**

| Scheme of Sections | A                 | B     | C                   | D   |
|--------------------|-------------------|-------|---------------------|-----|
| Scheme of Options  | Nochoice<br>50/50 | 15/20 | 6/11 (1-compulsory) | 4/8 |
| Difficulty level : | Difficult         | 10%   | % Marks             |     |
|                    | Average           | 30 %  | % Marks             |     |
|                    | Easy              | 60%   | % Marks             |     |