

## **DIETETIC AIDE**

***Maximum Marks: 100***

***Time allowed: Two hours***

1. *Answers to this Paper must be written on the paper provided separately.*
  2. *You will **not** be allowed to write during the first 15 minutes.*
  3. *This time is to be spent in reading the question paper.*
  4. ***The time given at the head of this Paper is the time allowed for writing the answers.***
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5. *Attempt **all** questions from **Section A** and **any four** questions from **Section B**.*
  6. *The intended marks for questions or parts of questions are given in brackets[ ].*

### ***Instruction for the Supervising Examiner***

*Kindly read aloud the Instructions given above to all the candidates present in the Examination Hall.*

**SECTION A (40 Marks)**

*(Attempt all questions from this Section.)*

**Question 1**

[20]

Choose the correct answers to the questions from the given options.

(Do not copy the question, write the correct answers only.)

- (i) Which communication problem happens when people understand words in different ways?
- (a) Physical barriers
  - (b) Semantic barriers
  - (c) Psychological barriers
  - (d) Organizational barriers
- (ii) Which of the following can be considered as a psychological barrier to communication?
- (a) Being distracted by background noise
  - (b) Feeling anxious or fearful about speaking
  - (c) A physical disability affecting hearing
  - (d) Differences in language or vocabulary used
- (iii) Maintaining a healthy diet can contribute to better stress management.
- (a) True
  - (b) False

- (iv) Which of the following is a benefit of being self-aware?
- (a) Better decision-making
  - (b) Reduced communication skills
  - (c) Increased stress
  - (d) Less emotional control
- (v) Concrete communication avoids using vague or abstract terms in order to make the message clear and specific.
- (a) True
  - (b) False
- (vi) Which of the following is a key characteristic of an entrepreneur?
- (a) Willingness to take risks
  - (b) Ability to manage stress
  - (c) Focus on long-term goals
  - (d) Skill in delegating tasks
- (vii) Which food group is the main source of dietary fiber?
- (a) Dairy
  - (b) Fruits and vegetables
  - (c) Proteins
  - (d) Fats and oils

- (viii) Which of the following minerals is essential for strong bones and teeth?
- (a) Iron
  - (b) Calcium
  - (c) Potassium
  - (d) Magnesium
- (ix) Which of the following is considered a non-communicable disease?
- (a) Influenza
  - (b) Malaria
  - (c) Diabetes
  - (d) Tuberculosis
- (x) Which of these practices helps reduce the risk of cross-contamination?
- (a) Storing raw meat with vegetables
  - (b) Using separate cutting boards for raw meat and vegetables
  - (c) Washing hands after touching raw food
  - (d) Keeping cleaning supplies near food preparation areas
- (xi) Which term refers to the separation of individuals for preventing the spread of infectious diseases?
- (a) Immunization
  - (b) Quarantine
  - (c) Isolation
  - (d) Containment

- (xii) What is the first step in stress management?
- (a) Identifying the source of stress
  - (b) Ignoring stress until it goes away
  - (c) Blaming others for your stress
  - (d) Trying to multitask more effectively
- (xiii) Which of the following is a benefit of working independently?
- (a) More flexibility in decision-making
  - (b) Increased reliance on group decisions
  - (c) Less responsibility for outcomes
  - (d) Reduced need for planning and organising
- (xiv) What is the role of transitional words and phrases in writing?
- (a) To summarize the main points
  - (b) To introduce new and unrelated topics
  - (c) To help connect ideas and ensure smooth flow
  - (d) To lengthen the paragraphs
- (xv) Which tool or practice can help you stay organised while working independently?
- (a) Using to-do lists and calendars
  - (b) Avoiding any form of planning
  - (c) Relying on others for organisation
  - (d) Ignoring deadlines to focus on tasks

(xvi) Which of the following actions would be most effective for an entrepreneur looking to expand the small business in a new market?

- (a) Conducting market research to understand local needs
- (b) Reducing the quality of products to cut costs
- (c) Focusing only on the current customer base
- (d) Ignoring competitors and increasing production

(xvii) Which of the following is **NOT** a way of spreading communicable diseases?

(a)



(b)



(c)



(d)



(xviii) In which of the following sentences is the definite article "the" used correctly?

- (a) She went to the market to buy fruits.
- (b) He climbed the Mount Everest last summer.
- (c) The dogs are running in the park.
- (d) The sun rises in the west.

(xix) Which of the following is a source of vitamin A?

(a)



(b)



(c)



(d)



(xx) Which of the following is an essential quality of an effective leader?

(a) Ability to ignore team feedback

(b) Strong communication skills

(c) Avoiding decision-making

(d) Focusing only on personal goal

## Question 2

(i) How does using clear and accurate language help in understanding a message? [2]

(ii) Give *two* differences between hardware and software in ICT. [2]

(iii) Explain *two* ways in which an emotional barrier impacts communication. [2]

(iv) Explain the role of innovation in entrepreneurship. [2]

(v) How does a Verb phrase function in a sentence? [2]

### Question 3

- (i) How does regular data backup help in data recovery during system failures? [2]
- (ii) What are *two* common techniques for managing stress effectively? [2]
- (iii) What is the difference between spam files and junk files? [2]
- (iv) How does the myth, 'entrepreneurs don't need formal education' misrepresent the skills required for entrepreneurship? [2]
- (v) How does maintaining a positive mindset help in boosting self-discipline? [2]

### SECTION B (60 Marks)

*(Answer any four questions from this Section.)*

### Question 4

- (i) Enlist *two* ways in which assessing nutritional status contributes to the overall health and well-being of elderly individuals. [5]
- (ii) Explain how protein is essential for muscle growth and repair, and mention the best dietary sources of protein for different age groups. [5]
- (iii) What are some effective strategies to enhance community nutrition? [5]

### Question 5

- (i) What are the main causes of non-communicable diseases, and how can lifestyle changes help in their prevention? [5]
- (ii) What are the side effects of vaccines, and why is it important for an individual to get vaccinated despite the risks? [5]
- (iii) How would you create a community program to raise awareness and reduce STI transmission in a specific group, considering education, testing, treatment, social and cultural factors? [5]

### Question 6

- (i) Give *two* risks of poor hygiene in the kitchen, and explain how these can be prevented to ensure safe food handling. [5]
- (ii) Explain the role of audits in maintaining food safety standards, and discuss *two* ways in which businesses should store and review inspection reports. [5]
- (iii) Give *any one* source for each of the following vitamins: [5]
  - (a) Vitamin A
  - (b) Vitamin B
  - (c) Vitamin C
  - (d) Vitamin D
  - (e) Vitamin K

### Question 7

- (i) Enlist *five* steps businesses should take to ensure dietary safety for employees with food allergies or special dietary needs. [5]
- (ii) What are the main categories of the food pyramid, and how do they contribute to a balanced diet? [5]
- (iii) Enlist *five* fundamental rights of patients in a healthcare setting. [5]

### Question 8

- (i) How do dietitians develop and implement individualised nutrition plans? [5]
- (ii) How can a dietitian's planning of a balanced diet for the patients help them to overcome their health challenges? [5]
- (iii) Describe the key components of a patient's medical record and explain why each component is critical for clinical decision-making. [5]

### Question 9

- (i) What is sustainable development, and give *three* reasons why it is considered essential for the future of our planet? [5]
- (ii) A 10-year-old child has been diagnosed with anemia. What foods and nutrients would you recommend, based on the principles of a balanced diet, to help improve the child's condition? How would you incorporate these foods into child's daily meals? [5]

- (iii) Examine the image provided below, identify the disease, and list its symptoms and prevention methods. [5]

