



INDIAN SCHOOL AL WADI AL KABIR



Class: X	SUBJECT: HOME SCIENCE	Date: 24/08/2025
Worksheet No: 06 WITH ANSWERS	CHAPTER: 8- Meal Planning	Note: A4 FILE FORMAT
CLASS & SEC:	NAME OF THE STUDENT:	ROLL NO.

MULTIPLE CHOICE QUESTIONS

1	<p>Riya is preparing a balanced meal for her younger brother. She wants to include food that will help to rebuild his muscles and tissues.</p> <p>Which two food groups should she focus on to meet his body-building needs?</p> <p>(a) Cereals and millets (b) Pulses and legumes (c) Vegetables and fruits (d) Oil and fats</p>	1
2	<p>During a school health awareness drive, students were asked to create a poster promoting foods that help to boost immunity and regulate body functions.</p> <p>Which food group should they highlight to achieve this objective?</p> <p>(a) Energy giving (b) Body building (c) Protective and regulatory (d) None of the above</p>	1

ASSERTION-REASONING QUESTIONS

	<p>The two statements labelled as Assertion (A) and reason (R)</p> <p>Select the most appropriate answer from the options given below for the questions 4 to 7.</p> <p>(a) Both A and R are true and R is the correct explanation of A. (b) Both A and R are true but R is not the correct explanation of A. (c) A is true but R is false. (d) A is false but R is true.</p>	
3	ASSERTION (A): Proteins and fat rich foods have a high satiety value.	1

	REASON (R): The people does not feel hungry for quite some time after consuming protein and fat rich foods	
4	ASSERTION (A): Peanuts or soybeans can compensate for almonds and sesame can substitute milk for calcium. REASON (R): We can buy seasonal food or cheaper substitutes for providing the same amount of nutrition of expensive foods, which helps to prepare low-cost meals.	1
5	ASSERTION (A): Groundnuts, chana dal, radish, soyabean, guava and amla are nutritionally dense foods. REASON (R): Poor man cannot afford expensive foods and there is no alternative for the expensive food.	1
6	ASSERTION (A): Nutritional requirements of infants, school going children, adolescents and adults differ from each other. REASON (R): Variety is introduced by using various spices and condiments while planning the meal.	1
	<u>CASE-STUDY BASED QUESTIONS</u>	
	Read the passage carefully. Answer questions 8 & 9; The best way for you to encourage healthy eating is to eat nutritious foods. Eating fruits and vegetables and not over indulging in the less nutritious stuff is the way to follow a healthy life style. What counts as a family meal? Whenever you and your family eat together — whether it's takeout food or a home-cooked meal with all the trimmings. Strive for nutritious food and a time when everyone can be there. While planning the meal for the family the specific needs of different family members have to be taken care according to their age.	
7	The given specific points to be considered for a particular group of family members: <ul style="list-style-type: none"> (i) Rich in calories, protein, Iron and Calcium (ii) Satiety value (iii) Easy and quick to eat (iv) Avoid over eating and dieting Identify which group of family members' diet should follow the above-mentioned specific points <ul style="list-style-type: none"> (a) Infants (b) Elderly (c) Adolescents (d) None of the above 	1

8	<p>What specific needs should one consider while preparing meal for school going children in a family?</p> <p>(a) Have variety (b) Non-greasy and non-messy (c) Avoid too much spices, fried food and sweets (d) All of the above</p>	1										
	<p><u>PREVIOUS YEAR BOARD QUESTIONS</u></p>											
	<p><u>MULTIPLE CHOICE QUESTIONS</u></p>											
9	<p>Match List I with List II</p> <table><tr><td>List I (Food Item)</td><td>List II (Nutrients)</td></tr><tr><td>A. Arhar dal</td><td>I. Carbohydrate</td></tr><tr><td>B. Leafy vegetables</td><td>II. Protein</td></tr><tr><td>C. Millets</td><td>III. Fat</td></tr><tr><td>D. Ghee</td><td>IV. Roughage</td></tr></table> <p>Choose the correct option from the following</p> <p>(a) A – III; B – IV; C- II; D – I (b) A – IV; B – III; C- II; D – I (c) A – II; B – IV; C- I; D –III (d) A –I; B –II; C-III; D – IV</p>	List I (Food Item)	List II (Nutrients)	A. Arhar dal	I. Carbohydrate	B. Leafy vegetables	II. Protein	C. Millets	III. Fat	D. Ghee	IV. Roughage	1
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C. Millets	III. Fat											
D. Ghee	IV. Roughage											
10	<p>In which of the following two ways can low-cost meals be prepared?</p> <p>(i) Cut vegetables evenly (ii) Buy seasonal foods (iii) Soak dal before cooking (iv) Modify leftover food in an appealing manner</p> <p>Choose the correct option from the following:</p> <p>(a) (ii) and (iv) (b) (i) and (iii) (c) (ii) and (iii) (d) (i) and (iv)</p>	1										
11	<p>Choose two protein rich foods for rickshaw puller.</p> <p>(a) Cheese and Egg (b) Cashew nut and Almonds (c) Peanut and Soya bean (d) Meat and Fish</p>	1										

12	<p>Match List I with List II</p> <table><tr><th>List I (Dishes)</th><th>List II (Nutrients)</th></tr><tr><td>A. Carrot Halwa</td><td>I. Carbohydrate</td></tr><tr><td>B. Vermicelli kheer</td><td>II. Protein</td></tr><tr><td>C. Channa Kebab</td><td>III. Calcium</td></tr><tr><td>D. Bread roll</td><td>IV. Vitamin A</td></tr></table> <p>Choose the correct option from the following</p> <p>(e) A – III; B – IV; C- II; D – I</p> <p>(f) A – IV; B – III; C- II; D – I</p> <p>(g) A – II; B – III; C- IV; D –I</p> <p>(h) A –I; B –II; C-III; D – IV</p>	List I (Dishes)	List II (Nutrients)	A. Carrot Halwa	I. Carbohydrate	B. Vermicelli kheer	II. Protein	C. Channa Kebab	III. Calcium	D. Bread roll	IV. Vitamin A	1
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13	<p>In which two ways can variety be introduced in the meals?</p> <p>i. Different methods of cooking</p> <p>ii. Using various food groups</p> <p>iii. Peeling vegetables thinly</p> <p>iv. Retaining the stock</p> <p>Choose the correct option from the following</p> <p>(a) i and ii</p> <p>(b) ii and iii</p> <p>(c) i and iv</p> <p>(d) iii and iv</p>	1										
14	<p>Which of the following food you would consider while feeding preschoolers?</p> <p>(a) Sweet and fried foods</p> <p>(b) As per the preference of the child</p> <p>(c) Finger foods, easy to handle</p> <p>(d) Restrict salt and sugar intake to the minimum</p>	1										
15	<p>Which of the following statement is incorrect in context to meal planning?</p> <p>(a) Saves time, energy and money.</p> <p>(b) Fulfill the nutritional requirements of all family members.</p> <p>(c) Leftover food cannot be used.</p> <p>(d) Considers one’s occupation.</p>	1										
16	<p>Which of the following helps to save nutrients while preparing food?</p> <p>(a) Peeling vegetables thinly</p> <p>(b) Garnishing with contrasting colour</p> <p>(c) Washing hands before serving food</p> <p>(d) Wash vegetables after cutting them</p>	1										
17	<p>Match List I with List II</p> <table><tr><th>List – I (Nutrients)</th><th>List II (Food Sources)</th></tr><tr><td>A. Protein</td><td>I. Carrot and pumpkin</td></tr><tr><td>B. Iron</td><td>II. Milk and cottage cheese</td></tr><tr><td>C. Calcium</td><td>III. Soyabean and peanuts</td></tr><tr><td>D. Vitamin A</td><td>IV. Spinach and amaranth</td></tr></table> <p>Choose the correct option from the following-</p> <p>(a) A – III; B – IV; C- II; D – I</p> <p>(b) A – IV; B – III; C- II; D – I</p> <p>(c) A – II; B – III; C- IV; D –I</p> <p>(d) A –I; B –II; C-III; D – IV</p>	List – I (Nutrients)	List II (Food Sources)	A. Protein	I. Carrot and pumpkin	B. Iron	II. Milk and cottage cheese	C. Calcium	III. Soyabean and peanuts	D. Vitamin A	IV. Spinach and amaranth	1
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18	Fats and _____ rich foods have high satiety value.	1
19	Requirement of calories in boys in the age group of 16-17 years is _____.	1
20	Expansion of RDA: _____.	1
21	Expansion of ICMR: _____	1
<u>TWO MARKS QUESTIONS</u>		
22	You have to plan a mid-day meal for primary school. What two points to be considered and avoided while preparing this meal?	2
23	How do family traditions influence meal planning? Support your answer with any two examples.	2
24	“Likes and dislikes of an individual should be considered while planning meals.” Justify the statement with the help of two examples.	2
25	Your brother is planning the menu for hostel. Guide him on the two ways of creating variety in the meals.	2
26	Write any two advantages of using food groups in planning a balanced diet.	2
27	State with an example how cultural factors influence meal planning.	2
28	(a) Define a Balanced diet. (b) What is RDA?	2
29	Discuss any four points that you would consider while planning a balanced diet for a family.	2
<u>THREE MARKS QUESTIONS</u>		
30	Shallu’s 12-year-old son frequently fall sick due to unhealthy eating practices. Guide her with any six healthy eating practices she should follow to solve this problem.	3
31	Radhika is a dietician and she is planning a meal for the family living in rural area. List down six important factors that she should follow while planning meal for this family.	3
32	Your mother has invited her friend for dinner. She wants to bring a variety in meals. Suggest any three ways of doing this to her.	3
33	How do occupation, occasion and climate influence meal planning? Explain with the help of one example of each.	3

	<u>FOUR MARKS QUESTIONS</u>	
34	You have wheat, rice, rajma, potato, peanuts, refined oil, spinach, paneer, eggs, oranges, bottle guard, apples and butter in your kitchen. Segregate them according to the food groups as given by ICMR and explain their nutrition value.	4
35	Explain any four advantages of meal planning to your mother.	4
	<u>FIVE MARKS QUESTIONS</u>	
36	Your sister has recently recovered from covid. You have to plan a healthy menu for her. (a) What three precautions will you take while planning meals? (b) Plan a sample menu for lunch. Name any three nutrients provided by dishes included in the meal.	5
37	Balanced diet supplies all the nutrients in required amount that your body needs to work effectively. It can be planned using five food groups. Enlist the five food groups with one nutrient each provided by them.	5
38	What is therapeutic diet? Explain its types based on consistency with one example of each. Write any two advantages of using therapeutic diet.	5
39	During a communal conflict, communities construct matching but opposite mirror Your mother wants to organize a party for family and friends on the occasion of your father's retirement. She wants to avoid food wastage. (a) Help her to plan the menu explaining four important factors to be considered. (b) How this planning will be beneficial? Support your answer with two reasons images of each other. Explain this statement.	5
40	Name five food groups and write major nutrients provided by each.	5
41	Prepare a sample menu for a day including the different food groups.	5
	<u>ANSWER KEY</u>	
	<u>MULTIPLE CHOICE QUESTIONS</u>	
1	(b) Pulses and legumes	1
2	(c) Protective and regulatory	1
	<u>ASSERTION-REASONING QUESTIONS</u>	
3	(a) Both A and R are true and R is the correct explanation of A.	1
4	(a) Both A and R are true and R is the correct explanation of A.	1
5	(c) A is true but R is false.	1
6	(b) Both A and R are true but R is not the correct explanation of A.	1
	<u>CASE-STUDY BASED QUESTIONS</u>	
7	(c)Adolescents	1
8	(d)All of the above	1

	<u>PREVIOUS BOARD QUESTIONS</u>	
	<u>MULTIPLE CHOICE QUESTIONS</u>	
9	(a) A – II; B – IV; C- I; D –III	1
10	(b) (ii) and (iv)	1
11	(c) Peanut and Soya bean	1
12	(b) A – IV; B – III; C- II; D – I	1
13	(a) i and ii	1
14	(c) Finger foods, easy to handle	1
15	(c) Leftover food cannot be used.	1
16	(a) Peeling vegetables thinly	1
17	(a) A – III; B – IV; C- II; D – I	1
18	proteins	1
19	3020 Kcal.	1
20	Recommended Dietary Allowances	1
21	Indian Council of Medical Research	1
	<u>TWO MARKS QUESTIONS</u>	
22	<p>Two points to be considered to plan a mid-day meal for primary school– It should be –</p> <ul style="list-style-type: none"> • Nutritious • Finger foods • Colourful <p>Any other, Any two</p> <p>Two points to be avoided while planning a mid-day meal for primary school Avoid–</p> <ul style="list-style-type: none"> • Fried foods • Sweets • Strongly flavoured foods • Spicy foods <p>Any other, Any two</p>	2
23	<p>Two examples showing family traditions influence meal planning –</p> <ol style="list-style-type: none"> 1. Due to certain traditions, fasts are observed and certain foods are restricted in the meal-during Navratras, some avoid non vegetarian foods. 2. Some families cook food in coconut oil. 3. Some families use spices after roasting them. <p>Any other, Any two</p>	2
24	<p>Two examples showing likes and dislikes of an individual should be considered while planning meals–</p> <ol style="list-style-type: none"> 1. If a person does not like spinach, it can be given in the form of pakoras, koftas etc. 2. Children usually do not like to drink milk, it can be given in the form of curd, kheer, etc. <p>Any other, Any two</p>	2
25	<p>Two ways of creating variety in meals are:</p> <ol style="list-style-type: none"> 1. Incorporate different methods of cooking 2. Choose variety of spices and condiments 	2

	3. By using different consistency of dishes 4. By selecting dishes of different colours Any other, Any two	
26	Advantages of using food group: 1. to achieve nutrient intake as specified by RDA 2. to plan therapeutic diet for a patient 3. for nutritional counseling (any two)	2
27	1. Regional preferences 2. Religious beliefs 3. Traditions and customs 4. Myths and superstitions	2
28	(a) A balanced diet is the one which contain all the nutrients in adequate amount required by the body .The essential nutrients include proteins, carbohydrates, fats, vitamins, minerals, water, and fibre. (b) RDA is Recommended Dietary Allowances given by ICMR which indicates daily requirement of nutrients which should be taken by an individual in his daily diet according to his age and occupation to remain healthy.	2
29	Points to be considered while planning a balanced diet for a family:- 1. Consider nutritional needs 2. Include seasonal foods 3. Include all five food groups for dining in a day 4. Should be cost effective 5. Attractive, colourful, variety etc. 6. Any other (any four)	2
<u>THREE MARKS QUESTIONS</u>		
30	Six healthy eating practices are- <ul style="list-style-type: none"> • Eat balanced diet. • Include seasonal fruits and vegetables • Choose whole grain instead of refined grain • Include small amounts of nuts and milk in daily meals • Choose skimmed/low fat milk/curd in place of whole fat dairy products • Limit the use of ghee/butter/oil Any other, Any six	3
31	Six important factors which she should follow while planning meal for the family are: 1. Age of family members 2. Meal pattern followed by family 3. Number of family members 4. Occupation and activity of family members 5. Availability of food items 6. Food habits of family 7. Sex/Gender	3

	8. Climate condition 9. Budget of family 10. Any other (any six)	
32	To bring Variety in meals:- 1. Selection of food from different food groups 2. Variety in colour combination 3. Variety in texture – Soft, solid, Crisp, Liquid 4. Variety in taste and flavor 5. Variety in method of cooking 6. Any other (any three)	3
33	Influence of occupation, occasion and climate on meal planning are: Occupation: 1. Labourer need more calories than a person working in office. 2. Persons working in factories or an athlete need more calories than others Occasion: Variety of food served or prepared on different occasions and they are different from the regular food prepared at home. Example: a) On birthday we prepare a big cake, b) On Diwali special sweets are prepared. Climate: Food varies according to climate. In warmer weather, light cool and refreshing meals are planned. For example, more liquid food such as juices are preferred. In cold climate, hot, fried & spicy food are prepared such as pakoras, parathas, hot soups etc.	3
<u>FOUR MARKS QUESTIONS</u>		
34	Group 1 – Cereals , roots and tubers Rice, potato, wheat- rich in carbohydrate Group II- Pulses , nuts and oilseeds Rajma, peanuts- rich in protein. Group III- milk, meat and their products Paneer, eggs- rich in good quality protein, calcium Group IV- Fruits and vegetables Spinach, oranges, bottle guard, apple- good source of vitamins and minerals Group V- Fats and oils, sugar, etc. Refined oil, butter- calorie rich	4
35	Advantages of meal planning are:- 1. Fulfills the nutritional needs of all family members 2. Attractive meals can be served	4

	<div>3. Saves time, energy and fuel</div> <div>4. Leftover food can be used</div> <div>5. Keep individual likes and dislikes in mind</div> <div>6. Can be planned within family budget</div> <div>7. Any other, any four</div>																			
	<div><u>FIVE MARKS QUESTIONS</u></div>																			
36	<div>a. Three precautions to be taken while planning meals-</div> <div><div>1. Drink plenty of water</div><div>2. Include protein rich food</div><div>3. Avoid spicy and fried foods</div><div>4. Frequent meals</div><div>5. Avoid strong flavoured foods</div></div> <div><div>Any other, Any three</div></div> <div>b. Sample Menu and nutrients:</div> <table><tr><td>MEAL</td><td>MENU</td><td>NUTRIENTS</td></tr><tr><td>Lunch</td><td>Spinach potato curry</td><td>Iron, Vitamin A</td></tr><tr><td></td><td>Arhar dal (less spicy)</td><td>Protein</td></tr><tr><td></td><td>Chapati</td><td>Carbohydrates, Fiber</td></tr><tr><td></td><td>Curd</td><td>Protein, Calcium</td></tr><tr><td></td><td>Green Salad</td><td>Vitamins and Minerals</td></tr></table> <div><div>Any other menu</div></div>	MEAL	MENU	NUTRIENTS	Lunch	Spinach potato curry	Iron, Vitamin A		Arhar dal (less spicy)	Protein		Chapati	Carbohydrates, Fiber		Curd	Protein, Calcium		Green Salad	Vitamins and Minerals	5
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37	<div>Five food groups with one major nutrient present -</div> <table><tr><td>Food Groups</td><td>Nutrients</td></tr><tr><td>Whole grain cereals and their products</td><td>Carbohydrates</td></tr><tr><td>Pulses and Legumes</td><td>Proteins</td></tr><tr><td>Milk and their products</td><td>Calcium</td></tr><tr><td>Fruits and Vegetables</td><td>Vitamins</td></tr><tr><td>Vegetable oil and their products</td><td>Fats</td></tr></table> <div><div>Any one nutrient for each food group</div></div>	Food Groups	Nutrients	Whole grain cereals and their products	Carbohydrates	Pulses and Legumes	Proteins	Milk and their products	Calcium	Fruits and Vegetables	Vitamins	Vegetable oil and their products	Fats	5						
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38	<p>Therapeutic Diet is a meal plan that controls the intake of certain food or nutrients. It is usually a modification of regular diet.</p> <p>Types of therapeutic diet based on consistency</p> <p>(1) Liquid diet includes food in Liquid state e.g. fruit juices, soup, butter milk, used in diarrhea, indigestion, fever etc.</p> <p>(2) Semi solid diet Include foods that are in Semi solid form e.g. custard, khichri etc., used for the patients with gastrointestinal problem.</p> <p>(3) Soft diet includes the foods which are easy to chew and made of simple digestible foods with no spices and fibers, used for patients with gastrointestinal disturbances.</p> <p>Advantages</p> <p>(1) To maintain or restore good nutrition in patients (2) Concerned with the recovery from illness (3) Used to supplement the medical treatment Any other (any two)</p>	5
39	<p>A. Four important factors of menu planning-</p> <ul style="list-style-type: none"> • Age-Nutritional requirement of different age group is different. Example-Children and adolescent need more calories, protein, iron and calcium as compared to old man. • Sex (Gender)- Males dietary requirements is more as compared to females • Climate- In warm weather light, cool refreshing meals are preferred whereas in cold weather Hot, spicy and energy giving food are preferred. • Number of members- Food is planned according to the number of members. Example-For parties more time is needed to prepare food in larger quantities. • Availability of food- Seasonal vegetables should be selected as they are cheap but are also nutritious. <p>Any other, Any four</p> <p>B. Two benefits of planning-</p> <p>It helps to –</p> <ul style="list-style-type: none"> • retain, enhance nutrients and minimize nutrient loss • introduce flexibility • make food attractive and appetizing • save time, energy and fuel • plan low-cost nutritious meals within the resources • ensure no left-over food or any leftover can be incorporated in the next meal <p>Any other, Any two</p>	5

40	Five food groups and major nutrients provided:				5
	Food groups		Nutrients		
1	Whole grain Cereals, millets and tubers		protein, fibers, Vit B complex, Iron, Calcium.		
2	Pulses and legumes		Proteins, B complex, vitamins & minerals.		
3	Milk and milk products, Eggs, Meat and Fish		Protein, Calcium, Vitamin A, Omega 3		
4	Vegetables and fruits		Iron, Vitamin A, Vitamin C, Minerals, Fiber		
5	Oils, Fats, Nuts, sugar and jaggery		Fats, Fat soluble vitamins, Essential fatty acids.		
41	Sample menu for a day				5
	Breakfast	Lunch/dinner	Tea	Food groups	
	Vegetable poha	Rice/chapati	Vegetable corn cutlet	Cereals	
	Ground nut in poha	Chole	Chana dal	Pulses	
	Peas, carrot. Tomato, onion in poha	Cabbage & potato vegetable	Potato, spinach, onion, carrot in cutlet, served with amla chutney	Vegetables	
	Milk shake	Kheer	Tea	Milk	
	Banana in milk shake	Dry fruits in kheer	Amla in chutney	Fruits	
	Sugar in milk shake	Sugar in kheer	In tea	Sugar	
Nutrients in food groups:					
Cereals - carbohydrates					
Pulses - protein					
Vegetables and fruits- vitamins and minerals Milk - protein, calcium					
			Prepared By: Ms. Reena Prasanth	Checked by: HOD Science	