



ICSE 2026 EXAMINATION
SPECIMEN QUESTION PAPER
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.*

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.

NOTE:

The Specimen Question Paper in the subject provides a realistic format of the Board Examination Question Paper and should be used as a practice tool. The questions for the Board Examination can be set from any part of the syllabus. However, the format of the Board Examination Question Paper will remain the same as that of the Specimen Question Paper.

SECTION A (40 Marks)

(Attempt **all** questions from this **Section**.)

Question 1

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

[20]

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

(i) Which of the following is an example of **non-verbal communication**?

- (a) Phone call
- (b) Email
- (c) Gesture
- (d) Radio broadcast

(ii) Which **sustainable practice** is shown in the picture given below?



- (a) Overhead watering
 - (b) Deforestation
 - (c) Drip irrigation for water conservation
 - (d) Traditional flood irrigation
- (iii) Which of the following is a key feature of **effective writing**?
- (a) Long and complex sentences
 - (b) Repetition of ideas
 - (c) Clear and concise expression
 - (d) Use of slang language

- (iv) How can **language barriers** be reduced in communication?
- (a) Speaking in technical jargon
 - (b) Using simple and clear language
 - (c) Speaking in a foreign language
 - (d) Avoiding explanations
- (v) Why is **innovation** important for entrepreneurs?
- (a) To repeat old ideas
 - (b) To avoid competition
 - (c) To offer new and better solutions
 - (d) To confuse customers
- (vi) Which of the following is a tool that helps in developing **self-awareness**?
- (a) Watching TV
 - (b) Ignoring feedback
 - (c) Journaling your thoughts
 - (d) Blaming others
- (vii) Why is it important to **complete the full course** of antibiotics even if you feel better?
- (a) To avoid paying for another prescription
 - (b) To make the doctor happy
 - (c) To ensure all bacteria are killed and prevent resistance
 - (d) Not waste the medicine
- (viii) Which web browser was the **default** in earlier versions of Microsoft Windows?
- (a) Safari
 - (b) Internet Explorer
 - (c) Chrome
 - (d) Firefox

- (ix) A patient with diabetes should focus on limiting which nutrient?
- (a) Carbohydrates
 - (b) Proteins
 - (c) Fats
 - (d) Fibres
- (x) ICT is used in education for:
- (a) online learning platforms
 - (b) physical exercise
 - (c) food delivery
 - (d) planting crops
- (xi) Which food belongs to the **carbohydrates** group?
- (a) Rice
 - (b) Milk
 - (c) Fish
 - (d) Cheese
- (xii) **Assertion (A):** Organisational policies are optional guidelines that employees may choose to ignore.
- Reason (R):** Policies are designed to protect the organisation and its employees.
- (a) (A) is true and (R) is false.
 - (b) (A) is false and (R) is true.
 - (c) Both (A) and (R) are true and (R) is the correct explanation of (A).
 - (d) Both (A) and (R) are true, but (R) is not the correct explanation of (A).

- (xiii) Email is an example of ICT in communication.
- (a) True
- (b) False
- (xiv) Proteins help in building and repairing body tissues.
- (a) True
- (b) False
- (xv) Silence can never be considered as feedback.
- (a) True
- (b) False
- (xvi) Installing an antivirus software helps protect a computer from viruses. .
- (a) True
- (b) False
- (xvii) Which green skill is demonstrated in the picture given below?



- (a) Waste segregation and recycling
- (b) Water conservation and management
- (c) Use of renewable energy sources
- (d) Reducing food waste

- (xviii) How does **social inequality** affect sustainable development?
- (a) It helps in the growth of individuals
 - (b) It ensures fairness
 - (c) It creates imbalance and limits equal access to resources
 - (d) It reduces poverty
- (xix) What can happen if maintenance of equipment is not done regularly?
- (a) Equipment works faster
 - (b) Production becomes safer
 - (c) Equipment failure
 - (d) Power consumption decreases
- (xx) **Assertion (A):** Motivation is important in achieving personal and organisational goals.
- Reason (R):** A motivated person puts in more effort and works with a sense of direction.
- (a) (A) is true and (R) is false.
 - (b) (A) is false and (R) is true.
 - (c) Both (A) and (R) are true and (R) is the correct explanation of (A).
 - (d) Both (A) and (R) are true, but (R) is not the correct explanation of (A).

Question 2

- (i) Fill in the blanks with an appropriate word, given in the bracket. [5]
- (a) _____ is a global network that connects millions of computers. (*Intranet / Internet*)
 - (b) ICT tools help in _____ communication between people who live across the globe. (*digital / manual*)

- (c) Earning _____ is one of the main objectives of entrepreneurship. (*profit / prizes*)
- (d) Minerals like calcium and iron are important for bones and _____. (*blood / eyes*)
- (e) The letters www in a website address stand for _____. (*World Wide Web / Wide Web World*)
- (ii) Write True or false for the following statements: [5]
- (a) Websites are created using HTML.
- (b) Green skills only apply to farmers and gardeners.
- (c) An email can be sent without an Internet connection.
- (d) Patient identification before treatment is not necessary.
- (e) Drinking plenty of water is important for good nutrition.

Question 3

- (i) Mention *any two* common types of patient records used in healthcare. [2]
- (ii) What is immunisation and how does it help prevent diseases? [2]
- (iii) Mention *any two* advantages of using the Internet. [2]
- (iv) What are spam files and how do they affect a computer system? [2]
- (v) Give *one* example each of a declarative sentence and an interrogative sentence. [2]

SECTION B (60 Marks)

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

Question 4

- (i) (a) What are the two main classes of operating systems? Give one example of each. [5]
- (b) Explain the terms menu, icon, and taskbar on a computer desktop.

- (ii) (a) Why is it important to learn about computer components? [5]
- (b) How do spam files and temporary files affect computer performance?
- (c) Mention *any two* good practices to keep a computer system clean and efficient.
- (iii) Explain *two* ways in which entrepreneurship contributes to the development of society. List *three* key qualities of an entrepreneur. [5]

Question 5

- (i)  [5]
- (a) Identify the activity being performed in the image.
- (b) How does this activity support sustainable living?
- (c) Suggest *any two* ways in which individuals can reduce food waste at home.
- (ii) Describe *any five* **types of self-awareness skills** that are essential for students. [5]
- (iii) List and explain *any five* **advantages** of practicing stress management regularly in daily life. [5]

Question 6

- (i) Explain the role of green skills in the **workplace**. Mention *any three* green jobs and how they support environmental goals. [5]
- (ii) How do green skills contribute to **sustainable living**? Give examples to support your answer. [5]
- (iii) What are **macronutrients** and **micronutrients**? Give *two* examples of each and explain their role in maintaining **good nutritional status**. [5]

Question 7

- (i) Study the food pyramid given in the image below and answer the following: [5]



- (a) Identify **two food groups** from the base of the pyramid.
- (b) Why are these groups placed at the lowest level?
- (c) Mention *one* **example** **each** from the top and bottom of the pyramid.
- (d) Define a **balanced diet** and state its importance.
- (ii) What is a **food allergy**? How is it different from **food intolerance**? [5]
Mention *three* precautions to ensure safety for individuals with food allergies.
- (iii) (a) 1. Explain the importance of observing safe food preparation and food handling practices. [5]
2. Mention two hygiene practices that must be followed while preparing food.
- (b) Answer the following questions with reference to Documentation and Recording:
1. What is the importance of reporting and documentation in food handling?

2. Name two types of records maintained in food preparation areas.
3. Mention two uses of **food safety** documentation in preventing health risks.

Question 8

- (i) Explain *any five* of the **7 Cs of effective communication** with suitable examples. [5]
- (ii) Explain the **communication cycle** with the help of a diagram. Also, discuss the **importance of feedback** in communication. [5]
- (iii)
 - (a) Define **Dietetics**. [5]
 - (b) Explain its importance in maintaining good health.
 - (c) Describe *any three* **roles** a dietitian plays in promoting proper nutrition, especially for people with health conditions like diabetes or obesity.

Question 9

- (i) Differentiate between **specific feedback** and **non-specific feedback**. Analyse how specific feedback improves learning outcomes more effectively than non-specific feedback. Support your answer with examples. [5]
- (ii) Explain *any four* **patient's rights** as per medical ethics and law. How do these rights contribute to better healthcare outcomes? [5]
- (iii) Prepare a **balanced diet** plan for a moderately active person. [5]

ICSE 2026 SPECIMEN

DRAFT MARKING SCHEME – DIETETIC AIDE

SECTION A

Question 1		[20]
(i)	(c) Gesture	
(ii)	(c) Drip irrigation for water conservation	
(iii)	(c) Clear and concise expression	
(iv)	(b) Using simple and clear language	
(v)	(c) To offer new and better solutions	
(vi)	(c) Journaling your thoughts	
(vii)	(c) To ensure all bacteria are killed and prevent resistance	
(viii)	(b) Internet Explorer	
(ix)	(a) Carbohydrates	
(x)	(a) online learning platforms	
(xi)	(a) Rice	
(xii)	(b) (A) is false and (R) is true.	
(xiii)	(a) True	
(xiv)	(a) True	
(xv)	(b) False	
(xvi)	(a) True	
(xvii)	(a) Waste segregation and recycling	
(xviii)	(c) It creates imbalance and limits equal access to resources	
(xix)	(c) Equipment failure or accidents	
(xx)	(c) Both (A) and (R) are true and (R) is the correct explanation of (A).	

Question 2		
(i)	(a) Internet (b) digital (c) profit (d) blood (e) World Wide Web	[5]
(ii)	(a) True (b) False (c) False (d) False (e) True	[5]
Question 3		
(i)	Two common types of patient records in healthcare: Electronic Medical Record (EMR): Digital version of the paper chart, used within a single clinic or provider. Electronic Health Record (EHR): Comprehensive record spanning multiple providers and patient's lifetime, with shared data across systems.	[2]
(ii)	Immunization involves giving a vaccine to safely stimulate the immune system to build protection, without causing the actual disease. After immunization, if you're later exposed to the real pathogen, your immune system recognizes and neutralizes it swiftly, often stopping infection before symptoms appear.	[2]
(iii)	Two advantages of using the Internet (<i>any two</i>) Global connectivity: Enables instant communication (emails, video calls, social media). Access to vast information: Extensive resources for education, news, research. E-commerce and convenience: Online shopping, banking, bill payments from anywhere. Educational tools: Online courses, tutorials, webinars make learning flexible. Collaboration & remote work: Cloud platforms support teamwork and file sharing from home.	[2]
(iv)	Spam refers to unsolicited bulk messages- usually emails, but also texts or social media—that users didn't request. Inbox & server congestion Spam floods mailboxes and strains server resources, making it harder to access desired emails	[2]

	Slow performance Downloading and filtering spam uses bandwidth and storage, causing sluggish network and system response. Security vulnerabilities Spam often includes phishing links or malware attachments that can compromise systems or steal data Productivity loss Users and IT staff spend time cleaning spam, reducing time available for critical tasks Increased costs Organizations incur expenses from server maintenance, anti-spam tools, IT support, and recovery after breaches. <i>(any one point with definition)</i>	
(v)	Declarative: Makes a statement. <i>“The sun rises in the east.”</i> Interrogative: Asks a question. <i>“Do you like pizza?”</i>	[2]
SECTION B		
Question 4		
(i)	(a) Two main classes of operating systems Batch Operating System Executes jobs in grouped batches without user interaction. Example: IBM’s Fortran Monitor System for payroll processing. Time Sharing (Multitasking) Operating System allows multiple users or tasks to share CPU time almost simultaneously. Example: UNIX or Multics (b) Menu: A horizontal list of commands or options (e.g., File, Edit) typically at the top of a window; selecting one reveals a drop down of actions Icon: A small pictogram on the desktop or taskbar that represents a file, application, or function; double-clicking launches it Taskbar: A bar (usually at the bottom of the screen) that shows running and pinned apps, provides quick access to open windows, the Start menu, and system notifications.	[5]
(ii)	(a) Performance insight: CPU, RAM, storage, GPU → speed, multitasking, boot time Troubleshooting: Detect hardware issues (e.g., overheating, faulty RAM) quickly Upgrade planning: Choose cost effective improvements (e.g., SSD, RAM, GPU) Compatibility: Ensure parts (CPU, motherboard, RAM) work together Future readiness: Prepares you for advanced tech (AI, cloud) Lifetime & security: Timely upgrades maintain performance and protect against failures (any one point) (b) Spam Files Clogged inbox & servers – Bulk spam fills mailboxes, slowing email retrieval and straining server/storage resources.	[5]

	Security threats – Spam often delivers malware or phishing attempts, risking system compromise or data theft. Temporary Files Storage waste – Accumulation of temp files can consume valuable disk space, reducing room for essential files and system functions. Slowed access & boot times – Large numbers of temp files degrade folder loading speeds and can slow system start-up. Registry/junk build-up – Temp files and leftover registry entries create clutter that may slow file indexing and operations. (write any one point from each) (c) Regular Disk Cleanup Delete temporary files and unused programs. Manage startup apps to boost performance. Physical Cleaning Dust off vents, keyboard, and screen regularly. Ensure proper airflow and avoid overheating.	
(iii)	Two Ways Entrepreneurship Contributes to Society (2 Marks) Generates Employment Entrepreneurs create jobs for themselves and others, reducing unemployment in the community. Drives Innovation They introduce new products and services, improving quality of life and solving local problems. Three Key Qualities of an Entrepreneur (1.5 Marks) Creativity – Thinks of new ideas and solutions. Risk-taking – Willing to take calculated risks for growth. Perseverance – Keeps going despite challenges or failures.	[5]
Question 5		
(i)	(a) Discarding food waste into a dustbin. (b) If the food waste is composted, it helps in creating nutrient-rich soil for plants. Reduces the amount of waste sent to landfills, thus lowering methane emissions and environmental pollution. (c) Plan meals in advance and buy only the required quantity of food. Store leftovers properly and use them before they spoil.	[5]
(ii)	Five types of self-awareness skills that are essential for students are 1. Emotional Awareness Understanding and managing one's emotions (e.g., stress, anger, excitement).	[5]

	Helps students stay calm and focused in different situations. 2. Self-Confidence Believing in one's abilities and strengths. Encourages participation in class and boosts academic performance. 3. Self-Reflection Thinking about one's actions, behaviour, and learning habits. Helps in identifying areas for improvement. 4. Value Awareness Understanding personal values like honesty, respect, and responsibility. Guides ethical behaviour and good decision-making. 5. Goal Setting Knowing what you want to achieve and planning how to reach it. Motivates students to work hard and stay on track.	
(iii)	Five advantages of practicing stress management regularly in daily life are: 1. Improves Mental Health Reduces anxiety, depression, and negative thinking. Helps maintain emotional balance and peace of mind. 2. Enhances Physical Health Lowers blood pressure and reduces the risk of heart problems. Improves sleep and boosts immunity. 3. Increases Productivity Better focus and concentration lead to more efficient work and study. Helps manage time and tasks effectively. 4. Strengthens Relationships Reduces irritability and improves communication. Promotes patience and better understanding with others. 5. Promotes Positive Lifestyle Encourages healthy habits like regular exercise, proper sleep, and balanced eating. Builds resilience to handle daily challenges calmly.	[5]
Question 6		
(i)	Role of Green Skills in the Workplace: • Help reduce environmental impact through sustainable practices. • Promote energy efficiency and resource conservation. • Ensure compliance with environmental laws and standards.	[5]

	• Encourage innovation in eco-friendly products and technologies. • Support the transition to a green economy and sustainable development. Three Green Jobs and How They Support Environmental Goals: Solar Panel Installer (Renewable Energy Technician): • Installs and maintains solar power systems. • Reduces dependence on fossil fuels and lowers carbon emissions. Environmental Engineer: • Designs systems for pollution control and waste management. • Helps protect the environment and promote sustainability. Sustainability Consultant: • Advises businesses on eco-friendly practices. • Helps reduce waste, save energy, and minimize environmental footprint.	
(ii)	How Green Skills Contribute to Sustainable Living: Promote Eco-friendly Choices: People with green skills make environmentally responsible decisions in daily life, like using energy-efficient appliances or public transport. Reduce Waste and Pollution: Skills like composting, recycling, and reducing single-use plastics help manage waste and lower pollution. Encourage Conservation of Resources: Knowledge about water and energy conservation leads to mindful usage, helping protect natural resources. Support Sustainable Practices: Skills in organic farming, rainwater harvesting, or green building promote a lifestyle that balances human needs with nature. Raise Awareness and Inspire Others: People with green skills spread awareness about sustainability and motivate others to adopt green habits. Examples: A person using solar panels at home reduces carbon footprint. Practicing zero-waste living helps minimize garbage generation. Growing vegetables organically supports healthier soil and food systems.	[5]
(iii)	Macronutrients: Nutrients required by the body in large amounts. They provide energy and support growth and overall body function. Examples and Roles: Carbohydrates – Main source of energy for daily activities. Proteins – Help in building and repairing body tissues and muscles.	[5]

	Micronutrients: Nutrients needed in small amounts, but essential for proper body functioning. They do not provide energy but help regulate body processes. Examples and Roles: Iron – Helps in the formation of hemoglobin, which carries oxygen in the blood. Vitamin C – Boosts immunity and helps in wound healing.									
Question 7										
(i)	(a) Cereals (e.g., rice, wheat, oats) Pulses and legumes (b) These groups are the main sources of energy and should form the largest portion of our daily diet. They provide essential carbohydrates, fiber, and some protein. (c) Top: Butter (fats and oils – to be consumed in small amounts) Bottom: Rice (energy-rich cereal – to be consumed in larger amounts) (d) A balanced diet is one that contains all the essential nutrients (carbohydrates, proteins, fats, vitamins, and minerals) in the right proportions. It is important because it helps maintain a healthy body weight, supports growth and development, boosts immunity, and prevents deficiencies and diseases.	[5]								
(ii)	A food allergy is a reaction by the immune system to certain foods. Even a small amount can cause symptoms like itching, swelling, breathing difficulty, or in severe cases, anaphylaxis (a life-threatening reaction). Difference Between Food Allergy and Food Intolerance: <table><thead><tr><th>Food Allergy</th><th>Food Intolerance</th></tr></thead><tbody><tr><td>Involves the immune system</td><td>Involves the digestive system</td></tr><tr><td>Can cause serious or life-threatening symptoms</td><td>Usually causes mild discomfort like gas or bloating</td></tr><tr><td>Symptoms appear quickly</td><td>Symptoms appear slowly over time</td></tr></tbody></table> Three Safety Precautions for People with Food Allergies: • Always check food labels for possible allergens. • Let others know (teachers, friends, restaurant staff) about the allergy. • Keep allergy medicines like an epinephrine auto-injector (EpiPen) handy in case of emergency.	Food Allergy	Food Intolerance	Involves the immune system	Involves the digestive system	Can cause serious or life-threatening symptoms	Usually causes mild discomfort like gas or bloating	Symptoms appear quickly	Symptoms appear slowly over time	[5]
Food Allergy	Food Intolerance									
Involves the immune system	Involves the digestive system									
Can cause serious or life-threatening symptoms	Usually causes mild discomfort like gas or bloating									
Symptoms appear quickly	Symptoms appear slowly over time									

(iii)	(a) 1. Importance of Observing Safe Food Preparation and Handling Practices: Ensures food is safe to eat Prevents contamination, food borne illnesses, and health risks Maintains cleanliness and hygiene in the kitchen 2. Two Hygiene Practices While Preparing Food: (1 mark) Wash hands thoroughly before handling food Clean utensils and surfaces before and after use (b) 1. Importance of Reporting and Documentation in Food Handling: Helps in tracking issues, such as contamination or expired products. Supports accountability and compliance with food safety standards. 2. Two Types of Records Maintained in Food Preparation Areas: Temperature logs for storage units Cleaning schedules for equipment and surfaces 3. Two Uses of Food Safety Documentation in Preventing Health Risks: Helps identify and correct unsafe practices quickly Provides evidence during inspections or food safety audits	[5]
Question 8		
(i)	1. Clarity: Clarity means the message should be easily understood by the receiver without confusion. Example: Instead of saying “Get it done soon,” say “Please submit the report by 3 PM today.” 2. Conciseness: Conciseness means using only necessary words without repeating or adding extra information. Example: Say “I appreciate your help” instead of “I just wanted to say that I really appreciate all the help you’ve given me.” 3. Concreteness: Concreteness means using specific facts, figures, or examples to support your message. Example: “Our company profits increased by 20% this quarter” is more concrete than “Our profits are doing well.” 4. Correctness: Correctness means using proper grammar, spelling, and accurate information. Example: “The meeting is on Thursday, June 15, at 10 AM” is a correct and clear sentence. 5. Consideration: Consideration means understanding the receiver’s point of view and feelings while communicating. Example: “I understand this delay is frustrating, and we’re doing our best to solve it quickly.”	[5]

	6. Completeness: Completeness means giving all the needed information, so the message is fully understood. Example: “The workshop is on Friday at 10 AM in Room 202. Please bring your ID card.” 7. Courtesy: Courtesy means being polite, respectful, and positive in your communication. Example: “Thank you for your time. Please let me know if you have any questions.” <i>(Any five)</i>	
(ii)	(a) Sender → Encoding → Message → Channel → Receiver → Decoding → Feedback → (back to Sender) (b) Importance of Feedback in Communication: Confirms understanding: Feedback lets the sender know the message was received and understood correctly. Clarifies confusion: If the message was unclear, feedback helps to correct or clarify it. Improves effectiveness: Encourages active participation and better communication. Builds trust: Shows that the receiver is listening and values the conversation.	[5]
(iii)	(a) Dietetics: Dietetics is the science of food and nutrition and its effect on health. It involves planning balanced diets and promoting healthy eating habits to prevent or manage diseases. (b) Importance of Dietetics in Maintaining Health:(any two points) • Helps in maintaining ideal body weight and overall well-being. • Supports prevention and management of lifestyle diseases like diabetes, obesity, and heart problems. • Ensures the body gets all essential nutrients in proper amounts. • Promotes healthy eating habits and educates people about food choices. (c) Three Roles of a Dietitian in Promoting Proper Nutrition: Nutritional Planning for Health Conditions: Dietitians create custom meal plans for people with health issues like diabetes or obesity, helping them control sugar, fat, and calorie intake. Monitoring and Counseling: They regularly monitor progress and provide diet-related advice to help patients stay on track with their health goals. Nutrition Education: Dietitians educate individuals or groups about the importance of healthy eating, reading food labels, and avoiding harmful habits like overeating or skipping meals.	[5]

Question 9										
(i)	Difference Between Specific Feedback and Non-Specific Feedback <table><thead><tr><th>Specific Feedback</th><th>Non-Specific Feedback</th></tr></thead><tbody><tr><td>Gives clear, detailed information about Is general or vague, without pointing what was done well or needs to particular areas. improvement.</td><td></td></tr><tr><td>Helps the learner understand exactly what to change or continue doing.</td><td>Leaves the learner uncertain about what to improve or repeat.</td></tr><tr><td>Example: “Great job using topic sentences in each paragraph – it made your writing very organized.”</td><td>Example: “Nice work.” or “Needs improvement.”</td></tr></tbody></table> Specific Feedback Improves Learning Outcomes Guides Clear Improvement Learners know exactly what to correct or focus on. Reinforces Positive Behavior Encourages repetition of good practices. Builds Confidence Through Clarity When learners know what they did right, they feel more confident and motivated. Promotes Self-Reflection Students become aware of their strengths and weaknesses, which supports independent learning.	Specific Feedback	Non-Specific Feedback	Gives clear, detailed information about Is general or vague, without pointing what was done well or needs to particular areas. improvement.		Helps the learner understand exactly what to change or continue doing.	Leaves the learner uncertain about what to improve or repeat.	Example: “Great job using topic sentences in each paragraph – it made your writing very organized.”	Example: “Nice work.” or “Needs improvement.”	[5]
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Example: “Great job using topic sentences in each paragraph – it made your writing very organized.”	Example: “Nice work.” or “Needs improvement.”									
(ii)	Four Patient Rights as per Medical Ethics and Law: Right to Informed Consent Patients have the right to receive all relevant information about their condition and treatment options before agreeing to any procedure. Right to Privacy and Confidentiality A patient’s personal and medical information must be kept private unless legally required or permitted by the patient. Right to Access Medical Records Patients can view and get copies of their health records to understand their diagnosis and care history. Right to Respect and Dignity All patients must be treated with compassion, without discrimination based on race, gender, or background. These Rights Improve Healthcare Outcomes as Build Trust between patients and healthcare providers, leading to better cooperation. Encourage Open Communication, so patients feel safe to share symptoms honestly. Support Informed Decisions, allowing patients to take active roles in their treatment. Reduce Errors and Complaints by ensuring transparency and accountability.	[5]								

(iii)	Sample Balanced Diet Plan Early Morning (6:30 – 7:00 AM) 1 glass of warm water with lemon or soaked fenugreek seeds 4–5 almonds or 1 teaspoon flaxseeds Breakfast (8:00 – 9:00 AM) 1 bowl of oats porridge or 2 vegetable-stuffed chapatis 1 boiled egg or 1 glass of milk (low-fat) 1 fruit (e.g., banana, apple, or orange) Mid-Morning Snack (11:00 AM) 1 glass of buttermilk or coconut water 1 seasonal fruit or a handful of roasted chana Lunch (1:00 – 2:00 PM) 1 cup brown rice or 2 chapatis 1 cup dal (lentils) 1 cup mixed vegetable curry Salad (carrot, cucumber, beetroot) 1 bowl curd/yogurt Evening Snack (4:30 – 5:30 PM) 1 cup green tea or lemon water 1 small bowl of sprouts chaat or a handful of nuts Dinner (7:30 – 8:30 PM) 2 chapatis or 1 bowl millet khichdi 1 bowl of soup (tomato, spinach, etc.) 1 cup mixed vegetable curry Salad (light) Bedtime (Optional, around 10 PM) 1 cup warm milk (optional) 1 pinch turmeric (for better sleep and immunity)	[5]
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