



FOUNDATION COURSE IN WELLNESS NUTRITION

Sample Question Paper

B&WSSC



SAMPLE QUESTION PAPER

Beauty & Wellness Sector Skill Council

Qualification Name: Foundation Course in Wellness Nutrition

QP Code: BWS/N0801

NSQF Level: 2.5

Assessment Type: Sample Question Paper

Assessment Structure

Component	Marks
Theory	60
Practical	40
Viva	-
Total	100

SECTION A – THEORY

Total Questions: 30

Time Allowed: 45 Minutes

Total Theory Marks: 60

Instructions

1. All questions are compulsory.
2. Choose the most appropriate answer for each question.
3. Use of unfair means is strictly prohibited.

Multiple Choice Questions

1. What does holistic wellbeing focus on?
 - a) Physical health only
 - b) Body, mind and soul
 - c) Beauty only
 - d) Exercise only
2. Why is nutrition important for holistic wellbeing?
 - a) Decoration
 - b) Supports internal and external health
 - c) Fashion
 - d) Weight only
3. Which habit supports holistic wellbeing?
 - a) Irregular sleep
 - b) Balanced diet and healthy lifestyle
 - c) Skipping meals
 - d) Stress

4. Adequate sleep helps in:
 - a) Weight gain
 - b) Strengthening immunity and reducing stress
 - c) Increasing fatigue
 - d) Skin damage
5. Calories are mainly required for:
 - a) Decoration
 - b) Energy for body functions
 - c) Fashion
 - d) Sleep
6. Which nutrient is the main source of energy?
 - a) Protein
 - b) Carbohydrate
 - c) Vitamin
 - d) Mineral
7. Which nutrient helps in muscle repair?
 - a) Carbohydrate
 - b) Protein
 - c) Fat
 - d) Fibre
8. Which nutrient supports hormone function and energy storage?
 - a) Vitamin
 - b) Fat
 - c) Protein
 - d) Water
9. Vitamins and minerals are mainly required for:
 - a) Energy only
 - b) Body regulation and protection
 - c) Weight gain
 - d) Sleep
10. Which food is rich in proteins?
 - a) Rice
 - b) Pulses
 - c) Sugar
 - d) Oil
11. Which nutrient helps delay ageing by fighting free radicals?
 - a) Antioxidants
 - b) Sugar
 - c) Salt
 - d) Fat

12. Why is hydration important for skin health?
- a) Decoration
 - b) Maintain elasticity and glow
 - c) Increase oil
 - d) Reduce sleep
13. Which food supports healthy hair growth?
- a) Junk food
 - b) Nuts and seeds
 - c) Sugary drinks
 - d) Fried food
14. Which condition can be prevented by balanced nutrition?
- a) Hair fall
 - b) Nail brittleness
 - c) Skin dryness
 - d) All of the above
15. Which habit improves skin health?
- a) Skipping meals
 - b) Adequate water intake
 - c) Stress
 - d) Late nights
16. Water helps the human body by:
- a) Decoration
 - b) Transporting nutrients and removing waste
 - c) Increasing fat
 - d) Causing stress
17. Which is a sign of dehydration?
- a) Clear urine
 - b) Dark urine
 - c) High energy
 - d) Fresh skin
18. Detox water helps in:
- a) Weight gain
 - b) Hydration and cleansing
 - c) Skin damage
 - d) Sleep loss
19. Which is an example of detox drink?
- a) Cola
 - b) Fennel water
 - c) Alcohol
 - d) Energy drink

20. Coconut water is beneficial because it:
- a) Contains caffeine
 - b) Is rich in electrolytes
 - c) Causes dehydration
 - d) Has high sugar
21. What is self-care?
- a) Ignoring health
 - b) Caring for physical and mental wellbeing
 - c) Fashion
 - d) Decoration
22. Physical activity helps by:
- a) Increasing stress
 - b) Improving overall wellbeing
 - c) Causing fatigue
 - d) Weight gain
23. Stress can negatively affect:
- a) Mind only
 - b) Skin, hair and overall health
 - c) Sleep only
 - d) Nails only
24. Which nutrient helps manage stress?
- a) Junk food
 - b) Balanced nutrients
 - c) Sugar
 - d) Alcohol
25. Which food helps reduce stress?
- a) Fried food
 - b) Fruits and vegetables
 - c) Soft drinks
 - d) Fast food
26. Healthy eating under stress means:
- a) Skipping meals
 - b) Choosing nutritious foods
 - c) Overeating
 - d) Junk food
27. Why is dressing appropriately important?
- a) Decoration
 - b) Confidence and positive impression
 - c) Fashion only
 - d) Branding



28. Product label reading helps to:
- a) Choose harmful products
 - b) Select products wisely
 - c) Ignore ingredients
 - d) Increase cost
29. Natural alternatives are preferred because they:
- a) Are harmful
 - b) Reduce side effects
 - c) Increase chemicals
 - d) Damage skin
30. Which practice supports long-term wellness?
- a) Crash diets
 - b) Balanced nutrition and self-care
 - c) Stress
 - d) Irregular routine



SECTION B – PRACTICAL

Total Marks: 40

Practical Tasks (Any One / Combination)

1. Identify major nutrients from given food samples
2. Prepare a **simple balanced meal plan** (verbal/written)
3. Demonstrate preparation of **detox water**
4. Identify healthy vs unhealthy food choices
5. Explain basic hydration practices

Assessment Criteria

Criteria	Marks
Identification of nutrients & food sources	10
Understanding of balanced diet & hydration	10
Practical demonstration / explanation	10
Communication & clarity	10
Total	40

END OF QUESTION PAPER

Note:

This question paper is also available in the following regional languages:

Assamese, Bengali, Gujarati, Hindi, Kannada, Malayalam, Marathi, Odia, Punjabi, Tamil and Telugu.