

AGA KHAN UNIVERSITY EXAMINATION BOARD

SECONDARY SCHOOL CERTIFICATE

CLASS IX

ANNUAL EXAMINATIONS 2022

Elements of Home Economics

Time: 1 hour 40 minutes Marks: 50

INSTRUCTIONS

1. Read each question carefully.
2. Answer the questions on the separate answer sheet provided. DO NOT write your answers on the question paper.
3. There are 100 answer numbers on the answer sheet. Use answer numbers 1 to 50 only.
4. In each question, there are four choices A, B, C, D. Choose ONE. On the answer grid, black out the circle for your choice with a pencil as shown below.

Correct Way	Incorrect Ways
1 (A) (B) ● (D)	1 (A) (B) (C) (D)
	2 (A) (B) (C) (D)
	3 (A) (B) (C) (D)
	4 (A) (B) (C) (D)

Candidate's Signature

5. If you want to change your answer, ERASE the first answer completely with a rubber, before blacking out a new circle.
6. DO NOT write anything in the answer grid. The computer only records what is in the circles.
7. The marks obtained on the 50 MCQs will be equated to the total marks of 75 for the theory examination results.

1. A Home Economist does NOT
 - A. prepare nutritious food.
 - B. have a sense of hygiene.
 - C. prepare monthly financial reports.
 - D. have an aptitude for designing and creativity.

2. The principle focus of a Home Economist is to make the MOST efficient use of
 - A. vehicle.
 - B. clothes.
 - C. income.
 - D. equipment.

3. The study of human development and psychology would help a Home Economist to become a
 - A. health diagnosing and treating practitioner.
 - B. marriage and family counsellor.
 - C. child specialist (paediatrician).
 - D. clinical research coordinator.

4. Maheen's father wants to earn some extra money to fulfil his family needs. Being the eldest daughter, Maheen while continuing her Home Economics studies can support her father by
 - A. becoming a nursing volunteer.
 - B. selling homemade cakes for parties.
 - C. taking care of her elderly family members.
 - D. collecting donations for charitable services.

5. The subject that helps a Home Economist to understand the working of the human mind and the way it allows the implementation of different behaviours in various situations is
 - A. Civics.
 - B. Sociology.
 - C. Chemistry.
 - D. Psychology.

6. A Home Economist resolves health and social issues of his/ her children by using his/ her
 - A. cooking skills.
 - B. leadership skills.
 - C. risk taking skills
 - D. interpersonal skills.

7. Which of the following acts of a Home Economist will have a negative effect on the community?
 - A. Closing the gas valves after cooking at night
 - B. Forgetting to pick his/ her little brother from school
 - C. Letting the kitchen garbage compost in the backyard
 - D. Using more air conditioning and heating in the home

8. Some advertisements on television help us in making purchasing decisions, yet leave us confused.

Being an informed consumer, it is essential to understand that the MAIN objective of advertising is to

- A. make a product appealing for the consumers.
 - B. make a request to the consumers to fulfil their needs.
 - C. provide detailed knowledge about the advertised products.
 - D. provide a comparison with that of the competitor's products.
9. Intake of food containing fats is essential because fats
- A. act as antioxidants.
 - B. repair damaged cells.
 - C. provide energy for work.
 - D. strengthen bones and teeth.
10. Phosphorus in the body is essential for the
- A. circulation of oxygen.
 - B. formation of haemoglobin.
 - C. absorption of iron and sodium.
 - D. movement of joints and muscles.
11. Intake of antioxidants can protect against cell damage that is caused by
- A. phagocytes.
 - B. enzyme inhibitors.
 - C. free hydrogen ions.
 - D. reactive oxygen species.
12. Salma is unable to digest dairy products as she is lactose intolerant.
The MOST common symptoms that she might be facing are
- A. bloating and diarrhoea.
 - B. sneezing and runny nose.
 - C. anxiety and mood swings.
 - D. headaches and blurred vision.
13. To prevent iron deficiency in toddlers, and to enable them to eat a balanced diet, their milk intake per day should be limited to approximately
- A. 0 to 1 cup(s).
 - B. 2 to 3 cups.
 - C. 4 to 5 cups.
 - D. 6 to 7 cups.

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14. How many calories does an individual obtain by consuming 120 grams of carbohydrates?
- A. 120 kcal
 - B. 240 kcal
 - C. 480 kcal
 - D. 600 kcal
15. Sarah has crossed the age of 70 years. Day by day, she is becoming less active and her basal metabolic rate has reduced.

In light of this situation, she should avoid eating more

- A. meat.
 - B. fruits.
 - C. fibrous food.
 - D. dairy products.
16. Zafar is 55 years old and has poor dentition. He should fulfil his energy requirements by eating all of the following foods EXCEPT
- A. oatmeal.
 - B. lean meat.
 - C. flaked fish.
 - D. dried fruits.
17. A difference in lifestyle is depicted in the given picture.



Which of the following sets of consequences stands TRUE for the depicted lifestyles?

	Left Side Adolescent	Right Side Adolescent
A	Upset stomach	Lower energy level
B	Obesity	Reduced concentration
C	Tooth decay	Lower cholesterol level
D	Lower educational achievement	Reduced memory

18. The estimated calorie needs per day for a male typist at the age of 31 to 35 years is
- A. 1400 calories/ day.
 - B. 1600 calories/ day.
 - C. 2400 calories/ day.
 - D. 3000 calories/ day.
19. The BEST way to acquire all the nutrients that a body needs is by eating
- A. a variety of foods.
 - B. a variety of vegetables.
 - C. the same food repeatedly.
 - D. the same quantity of food daily.
20. Mustafa is 5-year-old and is picky about his food.

Which of the following sets is an appropriate diet for him at this age?

	Breakfast	Lunch	Dinner
A	A grilled mutton chop with a glass of Pepsi	Beef patties	Fried chicken legs
B	A boiled egg with a cup of milk	A small bowl of mixed vegetables rice with fruit custard	A poached fish with baked potatoes
C	A small plate of fried sausages	A packet of potato chips	A zinger burger with Pepsi can
D	A small chocolate bar	Chicken samosas	Roasted vegetables with a glass of apple juice

21. Which of the following problems in an offspring can be prevented by taking folic acid supplements early in the pregnancy?
- A. Brain and spinal defects
 - B. Bones against fractures
 - C. Thalassemia
 - D. Diabetes
22. Hamza is suffering from an autoimmune disease for which he has been asked to take care of his diet.
- Being a good dieter, he should perform all of the following actions EXCEPT
- A. maintaining a daily food journal.
 - B. excluding all carbs from his diet.
 - C. calculating his calorie intake per day.
 - D. following the plan his dietician has provided to him.

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23. Sadia is in her second trimester of pregnancy, during which she should avoid the intake of
- A. beef.
 - B. fruits.
 - C. canned fish.
 - D. whole grains.
24. Sara's diet consists of potato chips and cookies on regular basis.
- Her diet will be considered as
- A. balanced with too little calories.
 - B. balanced with too many calories.
 - C. imbalanced with too little calories.
 - D. imbalanced with too many calories.
25. Which of the following methods is a gentle treatment to prevent toughening and breaking up of food like fish and potatoes?
- A. Sautéing
 - B. Steaming
 - C. Blanching
 - D. Simmering
26. An example of perishable food items is
- A. rice.
 - B. eggs.
 - C. sugar.
 - D. canned fish.
27. The drink suitable to be served with fried fish and chips is a glass of
- A. lemonade.
 - B. cold coffee.
 - C. tomato juice.
 - D. banana milkshake.
28. Salt is used to preserve beef because salt
- A. increases its pH.
 - B. draws its moisture out.
 - C. improves its tenderness.
 - D. suppresses its bitterness.
29. The food that should always be stored on the bottom shelf of the freezer in a sealed container to prevent cross-contamination is
- A. fruits.
 - B. raw meat.
 - C. vegetable.
 - D. ready meals.

30. A method **X** is used to rise the temperature above the freezing point in order to remove the ice layer from the surface of icebox or heat exchange panel of a refrigerator.

The method **X** identified from the given description is

- A. fusing.
- B. frosting.
- C. defusing.
- D. defrosting.

31. Given are the features of a food service method.

- Menu is fixed.
- Coupons are bought in advance.
- Menu is displayed on large boards.
- Counter waiter serves the desired pre-plated food item.

This method can be identified as

- A. self-service.
- B. room service.
- C. buffet service.
- D. French service.

32. Which of the following rules is FALSE about food storage?

- A. Use only synthetic produce
- B. Use all preserved produce within one year of storage
- C. Begin the preservation process immediately after harvest
- D. Avoid damaged, cut, bruised and pest or disease infested produce

33. Ayesha came late to the class as usual. Upon her teacher's inquiry, she gave an excuse that one of the tyres of her car was punctured and casually took her seat.

This act of Ayesha describes her

- A. character.
- B. reflection.
- C. behaviour.
- D. sensitivity.

34. All of the following patterns usually cause behavioural problems in toddlers EXCEPT

- A. poor diet.
- B. lack of sleep.
- C. disciplined lifestyle.
- D. too much screen time.

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35. Enuresis is a common childhood disorder that involves the repeated inability to control

- A. sleepwalking.
- B. stammering.
- C. aggression.
- D. urination.

36. Attention Deficit Hyperactivity Disorder (ADHD) in childhood can be classified as

- A. hypokinetic disorder.
- B. hypotensive disorder.
- C. hyperkinetic disorder.
- D. hypertensive disorder.

37. Munsif has turned five, but still wets his bed at night.

The MOST likely reason for this could be because he

- A. faces severe constipation.
- B. has chocolate milk daily in breakfast.
- C. drinks water steadily all day at school.
- D. uses bathroom regularly before going to bed.

38. Children often irritate their parents by repeatedly asking questions. The MOST appropriate action of a parent in this situation will be to

- A. ignore them.
- B. tell them to be quiet.
- C. distract and redirect their attention.
- D. set boundaries indicating 'when' and 'what' to ask.

39. Sumaiya broke her sister's doll by mistake. When her parents asked her about the incident, she denied breaking the doll.

Which of the following stances is the MOST appropriate for her parents to make her speak the truth?

	Act	Style of Questioning
A	Scold her	How could you break it?
B	Beat her	Why did you break it?
C	Ignore her	Who broke it?
D	Comfort her	How did it break?

40. While playing, Saqib became harsh and hit his little brother, Faizan, with a hard toy in his hand. Faizan got hurt and started crying. Witnessing the incident, Saqib's mother came forward to attend the victim and said, "Your brother is crying because you hurt him".
- The discipline strategy used by Saqib's mother is
- A. realisation.
 - B. accusation.
 - C. humiliation.
 - D. intimidation.
41. Children with Attention Deficit Hyperactivity Disorder (ADHD) are known to be
- A. attentive.
 - B. insightful.
 - C. impulsive.
 - D. responsive.
42. When parents allow their toddlers to express their feelings, ask questions, communicate their desires and ideas, they enable them to develop their
- A. cultural values.
 - B. aesthetic sense.
 - C. religious values.
 - D. emotional intelligence.
43. Salman, being an athlete, has decided to quit cigarette smoking due to his health condition. Being in his friends' circle, where all are smoking except for him, the MOST appropriate stance of Salman to save his friendship would be to politely explain to his friends that
- A. smoking is an expensive habit.
 - B. smoking is bothering his family members.
 - C. he is intending to regain his physical stability.
 - D. he does not like the taste of cigarettes anymore.
44. In families, children of which birth order MOST likely end up working as leaders in demanding fields?
- A. First born
 - B. Second born
 - C. Middle born
 - D. Last born

45. Zamin is in Grade 7 where a group of his classmates frequently calls him names, hits him, takes his pocket money and brutally fights with him.

The given situation shows that Zamin is

- A. bullying his classmates.
- B. being a mischievous boy.
- C. keeping pace with others.
- D. being bullied by his classmates.

46. Abiha is in Grade 1. For the past few days, she has been throwing tantrums not to go to school every morning.

The MOST likely reason for her attitude would be

- A. her fights with her siblings.
- B. her teacher's strict behaviour.
- C. the child-centred activities in her school.
- D. the choice of snacks given in her lunch box.

47. A day care service provider is forbidden to

- A. inculcate table etiquettes.
- B. teach basic numeracy skills.
- C. let children share their emotions.
- D. spank children on throwing tantrums.

48. Sameera is expected to learn French language at school, but she is hesitant and giving excuses to drop the course.

The intrinsic motivation that her parents can give her to change her mind-set is to

- A. increase her weekly pocket money.
- B. give her gifts like chocolates and perfumes.
- C. praise her innate talents on experiencing a new thing.
- D. allow her to order dinner from an expensive restaurant.

49. Children in school obey rules and regulations MAINLY to

- A. display diplomacy.
- B. flatter their teachers.
- C. respect the rights of others.
- D. implement their parents' order.

50. Ms Tahira, a Grade 10 teacher, prefers collaborative learning activities in her class. However, she has unintentionally made a group that includes best friends.

The MOST common challenge this group may face is that the friends would

- A. become less self-disciplined and critical.
- B. indulge in arguments with instant submission.
- C. penalise each other to be punctual and regular.
- D. get jealous of the success of their group members.

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