

**AGA KHAN UNIVERSITY EXAMINATION BOARD**

**SECONDARY SCHOOL CERTIFICATE**

**CLASS IX EXAMINATION**

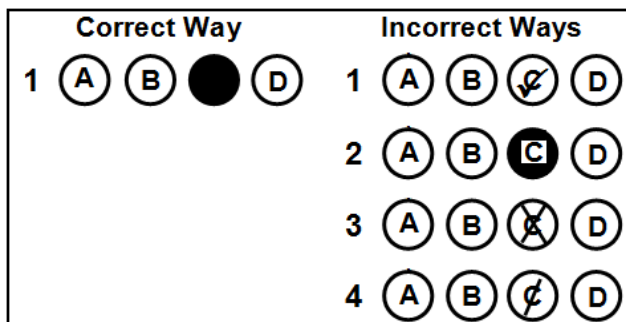
**APRIL/ MAY 2019**

**Food and Nutrition Paper I**

**Time: 40 minutes    Marks: 25**

**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 25 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.



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.

1. The term 'diet' refers to the
  - A. levels of intake of essential nutrients.
  - B. nutritious substances that people consume.
  - C. quantity of food suitable for or served to one person.
  - D. kinds of food that a person or community habitually eats.
  
2. The condition that occurs as a result of over-nutrition is
  - A. rickets.
  - B. diabetes.
  - C. marasmus.
  - D. kwashiorkor.
  
3. If the Recommended Dietary Allowance (RDA) for vitamin B<sub>2</sub> is not followed, the growth of the individual retards. This happens because vitamin B<sub>2</sub> is responsible for the
  - A. maintenance of nerves.
  - B. oxidation of food in cells.
  - C. production of growth hormones.
  - D. absorption of amino acids in gut.
  
4. The HIGHEST amount of calcium is required by a/ an
  - A. infant.
  - B. elderly man.
  - C. pre-schooler.
  - D. lactating woman.
  
5. Food fulfils all of the following purposes EXCEPT that it
  - A. cures cancer.
  - B. prevents marasmus.
  - C. maintains normal mental health.
  - D. maintains normal physical health.
  
6.
  - Liver
  - Egg yolk
  - Fish liver oils
  - Milk and dairy products

Consumption of the given food items can help prevent

- A. scurvy.
- B. beri-beri.
- C. osteomalacia.
- D. night blindness.

7. Proteins are primarily responsible for the growth and development of the body. However, they can also contribute in energy production when required.

Which of the following should be taken in sufficient amount so that proteins would do their primary function only?

- A. Fibre
- B. Minerals
- C. Vitamins
- D. Carbohydrates

8. A child visits the doctor with the following symptoms.

- Oedema in the limbs
- Dryness of hair and skin
- Declining body tissues and muscles

To overcome the mentioned symptoms, the doctor should advise him to consume

- A. meat, fish and eggs.
- B. bread, rice and pasta.
- C. honey, butter and fish oil.
- D. apples, carrots and potatoes.

9. The organic compounds that CANNOT be digested by the human alimentary enzymes are

- A. lipids.
- B. proteins.
- C. dietary fibres.
- D. carbohydrates.

10. Soybeans have high biological value proteins that

- A. contain all non-essential amino acids.
- B. contain all indispensable amino acids.
- C. provide defence against a number of diseases.
- D. provide more energy as compared to other nutrients.

11. Which of the following symptoms indicates the deficiency of vitamin C?

- A. Gums swell and bleed very often
- B. Retina stops to make visual purple
- C. Bones become soft and are deformed
- D. Blood becomes deficient in haemoglobin

12. The disorder shown in the given diagram is due to the deficiency of



- A. Vitamin E.
- B. Vitamin D.
- C. Vitamin C.
- D. Vitamin A.

13. Adding dietary fibres in the diet reduces cholesterol over time because dietary fibre affects

- A. digestion of fats.
- B. utilisation of fats.
- C. absorption of fats.
- D. assimilation of fats.

14. The given table shows the amount of nutrients consumed by four students.

Name of Student	Proteins (g)	Fats (g)	Carbohydrates (g)
Adil	12	10	6
Fahad	10	12	6
Sayem	10	6	12
Zohaib	6	10	12

The student who gets the HIGHEST amount of energy from the consumed nutrients is

- A. Adil
- B. Fahad.
- C. Sayem.
- D. Zohaib.

15. An example of a cereal is

- A. rice.
- B. carrot.
- C. spinach.
- D. sugar cane.

16. The given food labels mention the nutritional value of four different food items.

Food Item I			
<b>Calories</b> 155 per 100 g			
<b>% Daily Value</b>			
<b>Total Fat</b> 11 g		16%	
Saturated fat 3.3 g		16%	
Polyunsaturated fat 1.4 g			
Monounsaturated fat 4.1 g			
<b>Cholesterol</b> 373 mg		124%	
<b>Sodium</b> 124 mg		5%	
<b>Potassium</b> 126 mg		3%	
<b>Total Carbohydrate</b> 1.1 g		0%	
Dietary fibre 0 g		0%	
Sugar 1.1 g			
<b>Protein</b> 13 g		26%	
Vitamin A	10%	Vitamin C	0%
Calcium	5%	Iron	6%
Vitamin D	12%	Vitamin B-6	5%
Cobalamin	18%	Magnesium	2%

Food Item II			
<b>Calories</b> 654 per 100 g			
<b>% Daily Value</b>			
<b>Total Fat</b> 65 g		100%	
Saturated fat 6 g		30%	
Polyunsaturated fat 47 g			
Monounsaturated fat 9 g			
<b>Cholesterol</b> 0 mg		0%	
<b>Sodium</b> 2 mg		0%	
<b>Potassium</b> 441 mg		12%	
<b>Total Carbohydrate</b> 14 g		4%	
Dietary fibre 7 g		28%	
Sugar 2.6 g			
<b>Protein</b> 15 g		30%	
Vitamin A	0%	Vitamin C	2%
Calcium	9%	Iron	16%
Vitamin D	0%	Vitamin B-6	25%
Cobalamin	0%	Magnesium	39%

Food Item III			
<b>Calories</b> 250 per 100 g			
<b>% Daily Value</b>			
<b>Total Fat</b> 15 g		23%	
Saturated fat 6 g		30%	
Polyunsaturated fat 0.5 g			
Monounsaturated fat 7 g			
<b>Cholesterol</b> 90 mg		30%	
<b>Sodium</b> 72 mg		3%	
<b>Potassium</b> 318 mg		9%	
<b>Total Carbohydrate</b> 0 g		0%	
Dietary fibre 0 g		0%	
Sugar 0 g			
<b>Protein</b> 26 g		52%	
Vitamin A	0%	Vitamin C	0%
Calcium	1%	Iron	14%
Vitamin D	1%	Vitamin B-6	20%
Cobalamin	43%	Magnesium	5%

Food Item IV			
<b>Calories</b> 402 per 100 g			
<b>% Daily Value</b>			
<b>Total Fat</b> 33 g		50%	
Saturated fat 21 g		104%	
Polyunsaturated fat 0.9 g			
Monounsaturated fat 9 g			
<b>Cholesterol</b> 105 mg		35%	
<b>Sodium</b> 621 mg		25%	
<b>Potassium</b> 98 mg		2%	
<b>Total Carbohydrate</b> 1.3 g		0%	
Dietary fibre 0 g		0%	
Sugar 0.5 g			
<b>Protein</b> 25 g		50%	
Vitamin A	20%	Vitamin C	0%
Calcium	72%	Iron	3%
Vitamin D	25%	Vitamin B-6	5%
Cobalamin	13%	Magnesium	7%

The food item that should be consumed for stronger bones is

- A. food item I.
- B. food item II.
- C. food item III.
- D. food item IV.

PLEASE TURN OVER THE PAGE

17. People in Pakistan consume oranges from December to March.

This is due to the

- A. low cost of oranges in winters.
- B. cultural practices of our society.
- C. availability of oranges in winters.
- D. role of oranges in heat conservation.

18. In a certain community, people do not eat rice in dinner.

The MOST relevant factor which influences the dietary practices of the mentioned community is

- A. cost.
- B. gender.
- C. culture.
- D. weather.

19. Zara is in search of a food item that should contain iron, magnesium, proteins and carbohydrates to add to the lunch of her teenage son.

The MOST suitable food item to fulfil this nutritional requirement is

- A. poultry.
- B. green peas.
- C. whole milk.
- D. kidney beans.

20. A rich source of potassium is

- A. pears.
- B. grapes.
- C. bananas.
- D. mangoes.

21. An olive is mainly composed of

- A. fats.
- B. proteins.
- C. minerals.
- D. carbohydrates.

22.

<b>Nutrition Facts</b>			
<b>Calories</b> 576 per 100 g			
		<b>% Daily Value</b>	
<b>Total Fat</b> 49 g		75%	
Saturated fat 3.7 g		18%	
Polyunsaturated fat 12 g			
Monounsaturated fat 31 g			
Trans fat 0 g			
<b>Cholesterol</b> 0 mg		0%	
<b>Sodium</b> 1 mg		0%	
<b>Potassium</b> 705 mg		20%	
<b>Total Carbohydrate</b> 22 g		7%	
Dietary fibre 12 g		48%	
Sugar 3.9 g			
<b>Protein</b> 21 g		42%	
Vitamin A	0%	Vitamin C	0%
Calcium	26%	Iron	20%
Vitamin D	0%	Vitamin B-6	5%
Cobalamin	0%	Magnesium	67%

The given food label shows the nutritional value of a food item which can be identified as

- A. meat.
- B. butter.
- C. cheese.
- D. almond.

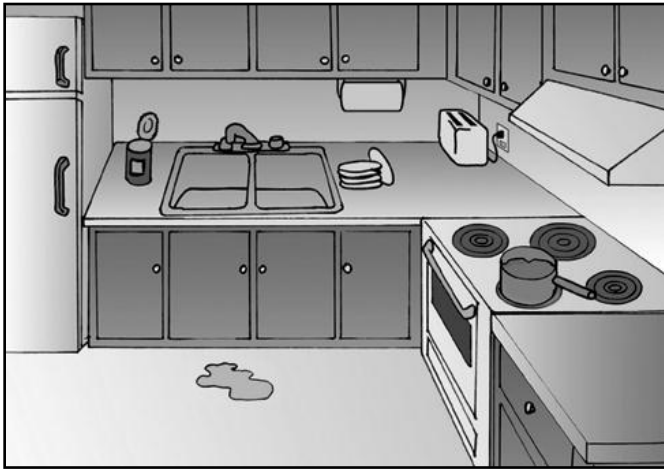
23. The cooking method which does NOT require a medium is

- A. baking.
- B. boiling.
- C. braising.
- D. poaching.

24. When meat is overcooked, its protein content

- A. dissolves.
- B. denatures.
- C. leeches out.
- D. decomposes.

25. Which of the following steps should be taken first before working in the kitchen as shown in the given diagram?



- A. Remove the open can from slab
- B. Put the plates inside the cabinet
- C. Clean water spilled on the floor
- D. Take out toaster's plug from the socket

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