

AGA KHAN UNIVERSITY EXAMINATION BOARD

SECONDARY SCHOOL CERTIFICATE

CLASS IX EXAMINATION

APRIL/ MAY 2019

Food and Nutrition Paper II

Time: 2 hours 20 minutes Marks: 40

INSTRUCTIONS

Please read the following instructions carefully.

1. Check your name and school information. Sign if it is accurate.

**I agree that this is my name and school.
Candidate's Signature**

RUBRIC

2. There are ELEVEN questions. Answer ALL questions. Questions 10 and 11 each offer TWO choices. Attempt any ONE choice from each.
3. When answering the questions:

Read each question carefully.
Use a black pointer to write your answers. DO NOT write your answers in pencil.
Use a black pencil for diagrams. DO NOT use coloured pencils.
DO NOT use staples, paper clips, glue, correcting fluid or ink erasers.
Complete your answer in the allocated space only. DO NOT write outside the answer box.
4. The marks for the questions are shown in brackets ().

Q.1. (Total 3 Marks)

Identify the type of nutrition as under-nutrition or over-nutrition in EACH of the given cases.

Description of the Case	Type of Nutrition
A school going child takes more proteins and calcium in his diet than the recommended dietary allowances.	
Due to famine in a village, people do not have enough food to eat.	
A lactating mother takes all the necessary nutrients in her diet but in lesser amounts.	

Q.2. (Total 3 Marks)

Mention ONE role of each of the given nutrients for maintaining healthy skin in human beings.

a. Water (1 Mark)

b. Vitamin A (1 Mark)

c. Zinc (1 Mark)

Q.3.

(Total 3 Marks)

a. Mention a common function of carbohydrates and fats.

(1 Mark)

b. Protein supplements are mostly used by athletes and body builders.

How do protein supplements benefit an athlete and a body builder?

(2 Marks)

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Q.4. (Total 3 Marks)

The given food items are rich sources of a vitamin.

- Carrots
- Apricots
- Egg yolk
- Beef liver

a. Identify the vitamin. (1 Mark)

b. Give any TWO functions of the identified vitamin in the human body. (2 Marks)

Q.5. (Total 3 Marks)

Describe an unbalanced diet with an example.

Q.6.

(Total 3 Marks)

A 70 year old man frequently consumes a food product with the following label.

Nutrition Facts	
Amount	% Daily Value
Calories 340	
Fat 27 g	42%
Saturated Fat 0.5 g + Trans fat 0 g	70%
Cholesterol 70 mg	
Sodium 800 mg	33%
Carbohydrates 16 g	4%
Fibre 10 g	0%
Added Sugars 10 g	
Proteins 24 g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 30%

Infer any THREE health risks that the man can face as a result of frequent consumption of this food product.

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Q.7. (Total 3 Marks)

Name any THREE minerals present in bananas.

Q.8. (Total 3 Marks)

Select iron rich food items from the given list.

- Beef
- Apple
- Beans
- Yogurt
- Banana
- Spinach

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Q.9.

(Total 4 Marks)

Name and describe any TWO cooking methods that minimise the loss of nutrients.

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