### 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

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- 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 ().

Page 2 of 12	
Q.1.	(
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.	.0. 14

(Total 3 Marks)

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Q.2			(Total 3 Marks)
Mer	ntion ONE role of	each of the given nutrients for maintaining healthy skin in human being	gs.
a.	Water	May while	(1 Mark)
		:\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	
b.	Vitamin A	P6, 94	(1 Mark)
c.	Zinc	16gr	(1 Mark)

Page	e 3 of 12	
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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Page	e 4 of 12	
Q.4.		(Total 3 Marks)
The	e 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.	scribe an unbalanced diet with an example.	(Total 3 Marks)

Page	5	of	12

Q.6. (Total 3 Marks)

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

<b>Nutrition Facts</b>	
Amount	% Daily Value
Calories 340	
<b>Fat</b> 27 g	42%
Saturated Fat 0.5 g	70%
+ Trans fat 0 g	
<b>Cholesterol</b> 70 mg	
Sodium 800 mg	33%
Carbohydrates 16	g <b>4</b> %
Fibre 10 g	0%
Added Sugars 10 g	
<b>Proteins</b> 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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Page 6 of 12	
Q.7.  Name any THREE minerals present in bananas.	(Total 3 Marks)
Q.8.	(Total 3 Marks)
Select iron rich food items from the given list.  Beef Apple Beans Yogurt Banana Spinach	

Page 7 of 12	
Q.9.  Name and describe any TWO cooking methods that minimise the loss of nutrients.	(Total 4 Marks)
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Page	8 of 12	2	
Q.10	).		Total 6 Marks)
		EITHER	
a.	Descr	ribe the role of food in preventing the following diseases.	
	i.	Obesity	(2 Marks)
	ii.	Diabetes	(2 Marks)
	iii.	Cardiovascular diseases	(2 Marks)
		OR	
b.		dren gain weight due to excessive consumption of junk food, usage of electronic gas of physical activities. This lifestyle often leads to many health risks in such children	
	Descr	ribe any THREE health risks that can be observed in these children.	(6 Marks)
		8	
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Page	9 of 12		
Q.11	l <b>.</b>	(Tota	al 6 Marks)
		EITHER	
a.	Consider the gi	ven situations and answer the questions that follow.	
	Situation A	Fahad and Zoya are 14 year old twins and have the same height. They have the same lifestyle and food intake. However, Fahad weighs less than Zoya.	
	Situation B	Fatima is a primary school teacher and Amna is an accountant. Both are of same age, gender and height. They consume same quality and quantity of food. However, Fatima is lean and Amna is overweight.	
		to the energy requirement and consumption, identify and describe any ONE eight in each of the given situations.	reason for (6 Marks)
b.		OR	
	i. Name a	ny TWO types of nutrients that constitute a healthy food.	(2 Marks)
	ii. Explain	the role of healthy food choices in maintaining good health.	(4 Marks)
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Page 10 of 12
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Page 11 of 12

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