

**AGA KHAN UNIVERSITY EXAMINATION BOARD
SECONDARY SCHOOL CERTIFICATE**

CLASS X

ANNUAL EXAMINATIONS 2022

Food and Nutrition

Total Time: 1 hour 40 minutes

Total Marks: 50 (40-Theory & 10-Alternate to Practical)

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. Question Distribution:

Theory	Alternate to Practical (ATP)
40 MCQs	10 MCQs

5. 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) (C) (D)	1 (A) (B) (C) (D)
	2 (A) (B) (C) (D)
	3 (A) (B) (C) (D)
	4 (A) (B) (C) (D)

Candidate's Signature

6. If you want to change your answer, ERASE the first answer completely with a rubber, before blacking out a new circle.
7. DO NOT write anything in the answer grid. The computer only records what is in the circles.
8. The marks obtained on the 40 MCQs will be equated to the total marks of 65 for the theory examination results.
9. You may use a simple calculator if you wish.

THEORY (Questions 1-40)





- The last meal planned to be served before bedtime is known as
 - supper.
 - brunch.
 - high tea.
 - midday meal.
- The set of food items that is MOST suitable for a health-conscious person is
 - pizza slices and Russian salad.
 - beef *Biryani* and chicken *tikka*.
 - grilled chicken and fruit yoghurt.
 - mashed potatoes and fried mozzarella cheese balls.
- A family that CANNOT afford meat as a part of their diet, yet can get almost the same nutrients from
 - fruits.
 - pulses.
 - cereals.
 - vegetables.
- The given table shows the lunch menu of an office cafeteria. This menu is repeated for two weeks in each month.

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken <i>Biryani</i>	Mix vegetable with Chapatti	Beef <i>Haleem</i> with <i>naan</i>	Chickpea curry with white rice	Sweet and sour chicken with boiled rice

This menu is categorised as

- cycle menu.
 - formal menu.
 - informal menu.
 - single use menu.
- The chemical reaction that involves heating of starch granules in a liquid which causes them to swell and burst, and results in the thickening of the liquid is
 - fortification.
 - gelatinisation.
 - pasteurisation.
 - emulsification.

6. The CORRECT format for writing a menu is

 <p>Vegetable Soup Chicken <i>Karahi & Naan</i> Banana Custard Fried Rice</p>	 <p>Fried Rice Vegetable Soup Chicken <i>Karahi & Naan</i> Banana Custard</p>
A	B
 <p>Vegetable Soup Chicken <i>Karahi & Naan</i> Fried Rice Banana Custard</p>	 <p>Fried Rice Chicken <i>Karahi & Naan</i> Banana Custard Vegetable Soup</p>
C	D

7. The food item that is MOST suitable for an elderly person with poor dental health is

- A. fruit pulp.
- B. pizza crust.
- C. whole nuts.
- D. grilled meat.

8. Wania is allergic to eggs.

The food item that she should avoid eating is

- A. *Kheer*.
- B. pudding.
- C. fruit trifle.
- D. vegetable soup.

9. Fatima is a seven-months pregnant diabetic woman.

The MOST suitable menu for her would be

	Breakfast	Lunch	Dinner
A	whole grain cereals	fried rice with fizzy drink	chickpea curry with yoghurt
B	chocolate shake	chicken sandwich	beef stew with beans
C	porridge with nuts	mix vegetables with whole wheat chapatti	grilled fish fillets with lemonade
D	baked sweet potatoes with cheese	mutton <i>Biryani</i> with soda water	chicken manchurian

10. Asifa is a health-conscious person. She always prefers home-made meals. However, at times she orders fast food items considering their nutrient content.

With reference to the given table, the fast-food item that she would MOST probably order is

	Food Items	Nutrient Per Portion		
		Energy (Kcal)	Fats (g)	Salt (g)
A	Chicken chow Mein and sauce	310	25	2.1
B	Singaporean rice and French fries	595	100	3.21
C	Beef burger with a fizzy drink	670	150	4.5
D	Vegetable spring rolls and nuggets	200	55	2.56

11. Based on the nutritional needs, which of the following groups of people should consume food rich in carbohydrates and lipids?

- I. Elders
- II. Lactating mothers
- III. Pre-schoolers

- A. I only
- B. II only
- C. I and III
- D. II and III

12. Menu planning for a family with low income should be

- I. nutritionally adequate
- II. economically feasible
- III. aesthetically pleasing

- A. I only.
- B. I and II.
- C. III only.
- D. II and III.

13. Following are some of the practices related to the use of table napkins.

- I. Tuck the napkin into the collar.
- II. Use a napkin to wipe lips while eating.
- III. When leaving the table temporarily, put the napkin on the chair.
- IV. Unfold the napkin smoothly without snapping or shaking it open.

The practices which demonstrate napkin etiquettes for an adult are

- A. I and II.
- B. I and IV.
- C. II and III.
- D. III and IV.

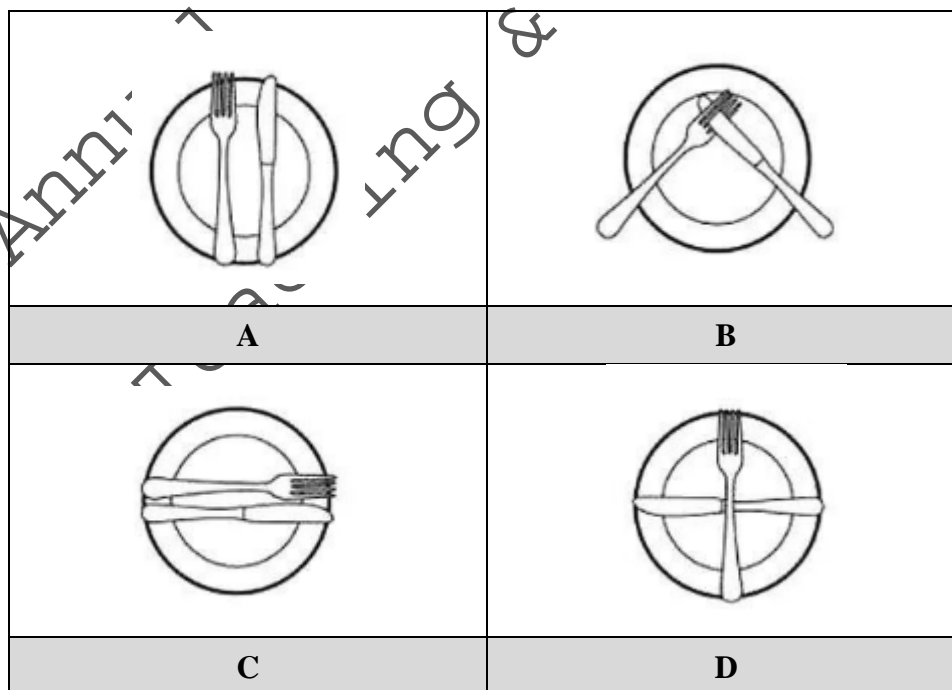
14. Following are some suggestions a restaurant manager gives to his/ her waiters.

- Try not to carry too little at one time.
- Do not carry too many items in a platter at a time.
- Tall and heavy glasses should be positioned closest to the body.

These suggestions are applicable for

- A. tray and table service.
- B. buffet and tray service.
- C. table and trolley service.
- D. trolley and buffet service.

15. The CORRECT presentation of cutlery that shows that the person has finished the meal is



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16. Given type of food service is the MOST appropriate for



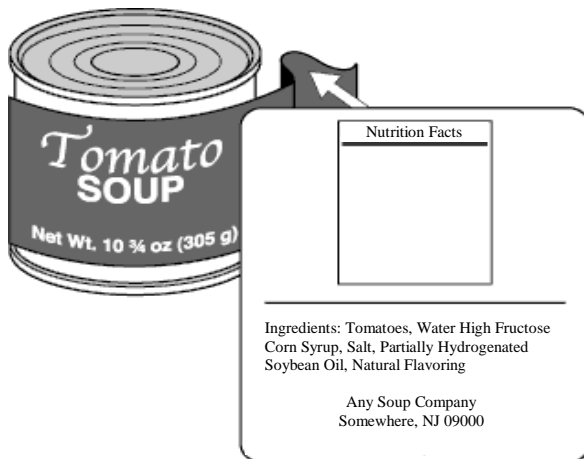
- A. weddings and cafeteria.
B. Eid festive and weddings.
C. cafeteria and airline customers.
D. Eid festive and airline customers.
17. Which of the following actions demonstrates inappropriate table manners?
- A. Blowing on hot food to cool it off
B. Avoid eating the food before the host starts
C. Avoid speaking when the mouth is full of food
D. Placing the napkin to the side when you get up during the meal
18. Mehwish felt a bone in her mouth while eating a grilled fish piece.
The MOST appropriate action that she should demonstrate is to
- A. drink a glass of water.
B. cough hard to remove the bone.
C. tell a table mate about the situation.
D. use a tissue paper to secretly spit the bone.
19. At the time of purchase, the vegetable that should be firm with bright-green leaves and closely packed creamy-white florets is
- A. lettuce.
B. spinach.
C. broccoli.
D. cauliflower.
20. Ripeness of mangoes can be BEST determined by
- A. looking for red patches while squeezing gently.
B. squeezing gently and smelling the fruity aroma.
C. focusing on the size and smelling the fruity aroma.
D. looking for red patches while focusing on the colour.

21. The feature which determines the juiciness of red meat is its
- A. smell.
 - B. colour.
 - C. lipid content.
 - D. fibre lengths.
22. The nutritional information on a MAINLY food label depends upon the
- A. serving of the food.
 - B. health condition of the consumer.
 - C. physical activity of the consumer.
 - D. number of nutrients present in the food.
23. The percent daily value (% DV) given on any food label is MOSTLY based on
- A. the nutrient list.
 - B. 2,000 calorie diet.
 - C. 2 cups serving size.
 - D. the number of serving per container.
24. The food item whose flavour changes when frozen is
- A. nuggets.
 - B. tomatoes.
 - C. raw onions.
 - D. boiled chickpeas.
25. Abida lives in a large joint family where the following food items are consumed within a month.
- Which of these food items should she store in a cabinet in an airtight container?
- A. Nuts
 - B. Honey
 - C. Hot sauce
 - D. Maple syrup
26. Which of the following ways CANNOT determine the freshness of bread?
- A. Cutting the bread with a knife
 - B. Pinching the crumb between the fingers
 - C. Counting the number of large-sized holes
 - D. Pressing the finger gently into a cut place in the loaf

27. A baked bread showed a small volume than expected.

All of the following could be the reasons for the bread to have smaller volume EXCEPT that the

- A. dough was under kneaded.
 - B. water used for kneading was too hot.
 - C. ingredients were inaccurately mixed.
 - D. dough was kept for a longer resting period.
28. The given figure specifies the list of ingredients on a can of tomato soup



The order in which these ingredients are mentioned on the food label indicates that the

- A. least used ingredient by weight goes first.
 - B. most dominant ingredient by weight goes first.
 - C. ingredient with the most dominant flavour goes first.
 - D. ingredient with the highest nutritional value goes first.
29. Alcohol and carbon dioxide gas are released when fruits are spoiled by
- A. yeast.
 - B. virus.
 - C. moulds.
 - D. bacteria.
30. Which of the following actions in the kitchen maintains hygiene?
- A. Disposing the used oil into sink
 - B. Disinfecting the cutting board after use
 - C. Keeping the sponge hydrated all the time
 - D. Keeping uncovered fruits to ripe on the counter

31. The disorder that is associated with the compositional and functional alteration of gut microbiota is
- A. obesity.
 - B. diabetes.
 - C. migraine.
 - D. dysbiosis.
32. The method used to maintain foods at a certain desirable properties to obtain the maximum benefit is known as
- A. meal service.
 - B. menu planning.
 - C. food purchasing.
 - D. food preservation.
33. The chemical preservation of food does NOT involve the
- A. removal of water from microbes.
 - B. reduction of enzyme activity in microbes.
 - C. use of dilute sugar solution to inhibit the microbial growth.
 - D. use of concentrated salt solution to inhibit microbial growth.
34. The substance that is MOST likely used as a food adulterant in honey is
- A. castor oil.
 - B. animal fat.
 - C. corn syrup.
 - D. industrial dyes.
35. In the kitchen, a hazardous practice to human health is the use of
- A. butter paper to wrap margarine.
 - B. cellophane to cover food while refrigerating.
 - C. boiled water to dilute concentrated lemonade.
 - D. plastic containers to heat food in a microwave.
36. Given is the checklist focusing the personal hygiene practices of a food handler.
- I. Use fragrance free deodorants
 - II. Keep fingernails short and clean
 - III. Wash hands after coughing or sneezing
 - IV. Wear comfortable clothes preferably with short sleeves

The practices that should be followed to prevent food contamination are

- A. I and II.
- B. I and IV.
- C. II and III.
- D. III and IV.

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37. Given are some of the characteristics of a food spoiling agent.

- It promotes fermentation in fruits.
- It requires 3.5 to 8.0 pH range for optimum growth.
- It is unable to grow in low moisture content.

On the basis of the given characteristics, the food spoiling agent identified is

- A. yeast.
- B. beetle.
- C. moulds.
- D. bacteria.

38. When tomato ketchup is prepared at homes, vinegar is added to it. It is then, kept at low temperature for storage.

The steps of preservation used in the given case are

- A. addition of moisture and refrigeration.
- B. addition of chemical and refrigeration.
- C. pasteurisation and removal of moisture.
- D. pasteurisation and addition of chemical.

39. The following ingredients' list is printed on a food label.

Raw chicken, Corn starch, Sunflower oil, Emulsifier, Preservatives, Salt and Water

The information in this list indicates that the food product should be stored

- A. in a freezer.
- B. in a backless shelf.
- C. at room temperature.
- D. in a kitchen's cupboard.

40. The MAIN reason of the fortification of vitamins in preserved food is to

- A. extend shelf-life.
- B. increase digestibility.
- C. manage nutrient loss.
- D. improve the texture of food.

ALTERNATE TO PRACTICAL (ATP: Questions 41-50)

Use the given information to answer Q.41 and Q.42.

Consider the given snacks (I- IV).

Margarine on bran toast	Apple jam on white toast	Cheese on bran toast	Beef <i>Kabab</i> on white toast
I	II	III	IV

41. The snacks which contain protein rich topping are

- A. I and II.
- B. I and IV.
- C. II and III.
- D. III and IV.

42. The snacks that are BEST suited for a constipated person are

- A. I and III.
- B. I and IV.
- C. II and III.
- D. II and IV.

43. Atiqa has invited her friend on dinner, who is a diabetic patient and demanded for chicken curry.

The MOST suitable food item that Atiqa should prepare as an accompaniment with chicken curry is

- A. mashed potatoes.
- B. boiled white rice.
- C. whole wheat garlic *naan*.
- D. cheesy onion rings fried in *ghee*.

44. Maliha has prepared white sauce, but it has become lumpy.

Which of the following methods should she apply to remove lumps from the white sauce?

- A. Refrigerate the sauce
- B. Whisk the sauce briskly
- C. Add hot water to the sauce
- D. Add more butter to the sauce

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45. The food item that can be used as a topping for various low-calorie dishes is
- A. cheese.
 - B. cucumber.
 - C. fresh cream.
 - D. fried onions.
46. Zahra wants to boil the noodles in a short period of time. In order to boil the water faster, she should
- I. keep the pot covered
 - II. use a wide pot for boiling water
 - III. add salt to the boiling water
- A. II only.
 - B. I and II.
 - C. III only.
 - D. I and III.

47. Tahira has baked a sponge cake for her daughter's birthday party, but the cake became too dense and did not rise properly.

The MOST likely reason for this condition of cake would be that Tahira might had



- A. covered the batter.
 - B. used old baking powder.
 - C. preheated the oven before baking.
 - D. used less amount of butter to grease the pan.
48. Given is the egg custard recipe.

Add a beaten egg slowly to the milk and sugar mixture, heat gently and stir continuously until it becomes thick.

Eggs will thicken the mixture by

- A. caramelising the sugar.
 - B. getting dissolved in the milk.
 - C. coagulating protein on heating.
 - D. absorbing water from the mixture.
49. While setting the table for a formal lunch, napkin should be placed
- A. beneath the knife.
 - B. beneath the central plate.
 - C. in the front of the cutlery.
 - D. on the left side of the central plate.

50. The utensil that is used for preparing and serving food is

	
A	B
	
C	D

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