

AGA KHAN UNIVERSITY EXAMINATION BOARD

SECONDARY SCHOOL CERTIFICATE

CLASS IX EXAMINATION

APRIL/ MAY 2019

Elements of Home Economics Paper I

Time: 45 minutes Marks: 30

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 30 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.

1. Sara is a housewife who had been a student of Home Economics in secondary school. The acquired knowledge of Home Economics does NOT benefit her in
 - A. treating contagious diseases of her family.
 - B. selecting appropriate dresses for her family.
 - C. understanding behaviours of family members.
 - D. developing food for family members with different dietary needs.

2. Home Economics and Sociology are interrelated as they both
 - A. help in managing home budget as per income.
 - B. facilitate in understanding anatomy of an individual.
 - C. focus on relationship between individual and community.
 - D. support in conserving energy resources at individual level.

3. Farah has recently graduated with a degree in Home Economics. The best suited career for her would be to become a/ an
 - A. nutritionist.
 - B. agriculturalist.
 - C. pharmacologist.
 - D. biotechnologist.

4. Rabia is a spendthrift. Her father wants her to opt for Home Economics in higher secondary school because the study of Home Economics will help her to overcome this habit by developing the skills of
 - A. time management.
 - B. team management.
 - C. project management.
 - D. resource management.

5. Which of the following is NOT a nutrient?
 - A. Fibre
 - B. Protein
 - C. Calcium
 - D. Vitamin D

6. Liver, kidneys and beef are rich sources of
 - A. iron.
 - B. iodine.
 - C. calcium.
 - D. phosphorus.

7. The figure shows a child suffering from



- A. goitre.
B. rickets.
C. scurvy.
D. anaemia.
8. Marasmus, a disorder caused by famine, mainly affects babies under one year old. It includes all of the following symptoms EXCEPT
- A. loosening of skin.
B. weakening of immune system.
C. thinning of muscles and layer of fat.
D. swelling of limbs and face (oedema).
9. Which of the following professionals is believed to use the MOST amount of physical energy?
- A. Educationist
B. Journalist
C. Mason
D. Typist
10. Linolenic acid is an unsaturated fatty acid which is usually present in
- A. cereals.
B. citrus fruits.
C. soybean oil.
D. cod liver oil.
11. The component of food which contains carbon, hydrogen, oxygen, nitrogen and, sometimes, sulphur and phosphorus is
- A. lipids.
B. proteins.
C. vitamins.
D. carbohydrates.

PLEASE TURN OVER THE PAGE

12. In pregnancy, women may often suffer from constipation. It is, therefore, advised to increase in their diet the amount of
- A. organ meat.
 - B. sea-water fish.
 - C. skimmed milk.
 - D. wholegrain cereals.
13. An example of junk food is
- A. egg pudding.
 - B. oats porridge.
 - C. ice cream soda.
 - D. fresh orange juice.
14. Adolescents require extra energy and proteins in their diet to manage rapid growth and bodily changes.
- The MOST preferable snack between their meals can include
- A. cake and biscuits.
 - B. pasta and lemon juice.
 - C. potato crisps and cola.
 - D. beans salad and carrot juice.
15. Rice is soaked in water for an hour and the water is discarded. This act causes the loss of which nutrient from the rice?
- I. Vitamins
 - II. Proteins
 - III. Minerals
 - IV. Carbohydrates
- A. IV only
 - B. I and IV
 - C. I and III
 - D. II and III
16. Salma prepares bread pudding through steaming. She will experience all of the following in using this method EXCEPT that it would
- A. prepare the food in less time.
 - B. prevent overcooking of food.
 - C. make the food easier to digest.
 - D. retain the nutritional value of food.
17. Buffet service is beneficial for hotels because it
- A. reduces the cost of food.
 - B. gives personal attention to the guests.
 - C. requires fewer waiters to serve customers.
 - D. allows re-cooking of finished food in less time.

18. At the age of 14, Akber dropped out of school because of low academic performance. He faced a lot of peer pressure which has made him cheeky and impolite.

In this situation, what should be the action of his parents?

- A. Give him freedom to solve his issues on his own.
 - B. Be overprotective and keep an eye on his activities.
 - C. Give preference to other children to gain his attention.
 - D. Be sympathetic to let him express his emotional feelings.
19. A nine year old child commonly sucks his/ her thumb when he/ she feels
- A. tired.
 - B. hungry.
 - C. excited.
 - D. annoyed.
20. Adolescence is the stage of human development when an individual
- A. learns to communicate.
 - B. experiences rapid physiological changes.
 - C. relies on his/ her mother for nourishment.
 - D. provides full-time services to his/ her community.
21. The 'behaviour' of an individual is depicted by his/ her
- A. age.
 - B. deeds.
 - C. appearance.
 - D. qualification.
22. All of the following factors may cause behavioural disorders in children EXCEPT
- A. peer pressure.
 - B. malnutrition.
 - C. calmness.
 - D. poverty.
23. Fear and lack of confidence are two main causes of
- A. stealing.
 - B. nail biting.
 - C. quarrelling.
 - D. thumb sucking.
24. Shanaya is two-years old. While sitting on her mother's laps, she hits her mom in the face. To discipline Shanaya, the mother should
- A. lock Shanaya in her room.
 - B. spank Shanaya for misbehaving.
 - C. ignore and play along with Shanaya.
 - D. take Shanaya aside and firmly say 'No Hitting'.

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25. The primary factor that causes dyslexia is

- A. culture.
- B. heredity.
- C. nutrition.
- D. environment.

26. The success of an individual MOSTLY depends on his/ her

- A. wealth.
- B. abilities.
- C. happiness.
- D. appearance.

27. Development of mental and physical traits is continuous but it is

- A. uniform for the entire individual.
- B. at its peak during adolescence.
- C. fast during childhood.
- D. inherited genetically.

28.

- Emotionally detached
- Little interaction
- Self-absorbed

Given above are the characteristics of parents who tend to be

- A. flexible.
- B. neglectful.
- C. permissive.
- D. authoritarian.

29. The MOST likely effect of bullying on school children is that they

- A. drop out of school due to depression.
- B. tell an adult about the incident.
- C. become friends with the bully.
- D. develop self-confidence.

30.

- Use standard curriculum
- Prepare children of age 4 to 6 years for formal education
- Focus on both academics and extracurricular activities in fixed timings

The above mentioned duties are performed by the caregivers of a

- A. nursery.
- B. play school.
- C. kindergarten.
- D. day care centre.

END OF PAPER

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