AGA KHAN UNIVERSITY EXAMINATION BOARD

SECONDARY SCHOOL CERTIFICATE

CLASS IX

ALTERNATE TO PRACTICAL (ATP)

MODEL EXAMINATION PAPER 2021

Food and Nutrition Paper III

Time: 20 minutes   Marks: 10

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 10 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.   In contrast to the boiling method of cooking, conventional baking

      I.   requires some amount of fat.
      II.   is a slower process.
      III.   is a healthier way of cooking.

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

2.   The given image shows a cooking utensil.

      The utensil can be used for

      A.   steaming chicken.
      B.   making french fries.
      C.   blanching vegetables.
      D.   grilling mutton chops.

3.   Asim has prepared *Kheer* and it became too watery.

      In order to maintain the consistency of the *Kheer,* he should

      A.   boil it for a longer time.
      B.   whisk it with a beater.
      C.   add more warm milk.
      D.   add corn starch.

4.   Iqbal has to prepare chicken Chow Mein for lunch.

      The method that he should apply to boil the noodles in a short time is to

      A.   add oil to the boiling water.
      B.   use the pressure cooker to boil the water.
      C.   avoid adding noodles in the boiling water.
      D.   avoid adding salt in the water before boiling.

5. While preparing beef barbeque, papaya paste is used in the marination.

   The purpose of using papaya paste is to

   A. tenderise the beef.
   B. remove fat from the beef.
   C. add flavour to the beef.
   D. drain blood from the beef.

6. Sara baked a cake for her son's birthday. But the cake did not rise properly.

   The reason for not getting the desirable result is that during preparation, she

   A. used refined white flour.
   B. used stale baking powder.
   C. folded the batter with a spatula.
   D. preheated the gas oven for five minutes.

7. During the cooking of french fries, the indication that the fries are done is

   A. a change in the colour of the oil.
   B. a sizzling sound from the oil.
   C. the belching of smoke from the oil.
   D. the floating of fries to the top of the oil.

8. Amna cooked white rice for the lunch. Despite using the appropriate ratio of rice and water, the rice became sticky.

   What mistakes made the rice sticky?

   I. She simmered the rice for longer time.
   II. She used unsalted water to boil the rice.
   III. She removed the lid to stir the rice while it cooks.
   IV. She soaked the rice for 15 minutes before cooking.

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

9. The MAIN ingredient other than milk and sugar, used in preparation of the traditional dessert '*Kheer*' is

   A. brown rice.
   B. white rice flour.
   C. whole white rice.
   D. brown ground rice.

PLEASE TURN OVER THE PAGE

10. Marinating meat before grilling is advantageous because it

   I.   decreases the production of carcinogens by cooking meat at a high temperature.
   II. stops the growth of microbes in the meat.
   III. prevents the meat from drying out.

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

END OF PAPER

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