

AGA KHAN UNIVERSITY EXAMINATION BOARD

SECONDARY SCHOOL CERTIFICATE

CLASS IX

MODEL EXAMINATION PAPER 2020

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 ().

Q.1. (Total 4 Marks)

Nutrition is the backbone of a healthy lifestyle.

Explain the given statement referring to the role of nutrition in maintaining physical health and preventing diseases.

Q.2. (Total 3 Marks)

Describe THREE functions of the human skeletal system other than support and movement.

I:

II:

III:

Q.3.

(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 their 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.4.

(Total 2 Marks)

Protein supplements are mostly used by athletes and body builders.

How do protein supplements benefit the following individuals:

a. An athlete

b. A body builder

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Q.5. (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.6. (Total 3 Marks)

The given table is an example of the daily diet of a teenage vegetarian girl.

Breakfast	Sugar coated cereal bar, black coffee
Lunch	Pizza slice, chips, fizzy drink
Dinner	Vegetarian sausages, mashed potato, carrots, doughnut
Snacks	Salted crisps, fizzy drink

Suggest THREE ways in which this diet could be improved to meet the current dietary guidelines.

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 | <input type="checkbox"/> |
| Apple | <input type="checkbox"/> |
| Beans | <input type="checkbox"/> |
| Yogurt | <input type="checkbox"/> |
| Banana | <input type="checkbox"/> |
| Spinach | <input type="checkbox"/> |

Q.9.

(Total 4 Marks)

- a. A person suffering from deficiency of vitamin E has to add vitamin E rich food items in his/ her diet. Select at least TWO food items from the given list that can be recommended for his/ her new diet plan.

pea	guava	sweet potato
olive oil	carrot	almond
banana	spinach	papaya

(2 Marks)

- b. Describe any TWO cooking methods that minimise the loss of nutrients.

(2 Marks)

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Q.10

(Total 6 Marks)

EITHER

- a. Describe the role of food in preventing the following diseases.
 - i. Obesity (2 Marks)
 - ii. Diabetes (2 Marks)
 - iii. Cardiovascular diseases (2 Marks)

OR

- b. Children gain weight due to excessive consumption of junk food, usage of electronic gadgets and lack of physical activities.
- Describe any **THREE** health risks that can be observed in these children. (6 Marks)

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Q.11.

(Total 6 Marks)

EITHER

- a. Suggest THREE ways each to prepare and cook vegetables to reduce the loss of water soluble vitamins. (6 Marks)

OR

- b. Suggest any THREE preventive measures for each of the following accidents in the kitchen.
- Slips (3 Marks)
 - Scalds and burns (3 Marks)

END OF PAPER

Please use this page for rough work

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