

AGA KHAN UNIVERSITY EXAMINATION BOARD
SECONDARY SCHOOL CERTIFICATE
CLASS IX
MODEL EXAMINATION PAPER 2023 AND ONWARDS
Food and Nutrition Paper I
Time: 1 hour and 10 minutes Marks: 40

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 40 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 <input type="radio"/> A <input type="radio"/> B <input checked="" type="radio"/> C <input type="radio"/> D	1 <input type="radio"/> A <input type="radio"/> B <input checked="" type="radio"/> C <input type="radio"/> D
	2 <input type="radio"/> A <input type="radio"/> B <input checked="" type="radio"/> C <input type="radio"/> D
	3 <input type="radio"/> A <input type="radio"/> B <input checked="" type="radio"/> C <input type="radio"/> D
	4 <input type="radio"/> A <input type="radio"/> B <input checked="" type="radio"/> C <input type="radio"/> 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.
7. You may use a simple calculator if you wish.

1. The term 'diet' refers to the
 - A. levels of intake of essential nutrients.
 - B. nutritious substances that people consume.
 - C. quantity of food suitable for or served to one person.
 - D. kinds of food that a person or community habitually eats.
2. Food consumption fulfils all of the following purposes EXCEPT that it
 - A. cures cancer.
 - B. prevents marasmus.
 - C. maintains normal mental health.
 - D. maintains normal physical health.
3. One of the functions of digestive system in the human body is to
 - A. utilise food in the cell.
 - B. absorb food into the blood.
 - C. build large molecules in the cell.
 - D. breakdown toxic compounds in the blood.
4. An unhealthy diet includes the intake of
 - A. adequate nutrients.
 - B. balanced nutrients.
 - C. variety of nutrients.
 - D. excessive nutrients.
5. Antibodies play an important role in preventing different diseases in human beings.
Which of the following nutrients is essential for the production of antibodies?
 - A. Fibres
 - B. Lipids
 - C. Proteins
 - D. Carbohydrates
6. Moderation in sugar intake helps prevent
 - A. anaemia.
 - B. malnutrition.
 - C. dental caries.
 - D. hypertension.
7. Which of the following statements reveals the significance of nutrition for mental health?
 - A. Proteins help in building of muscles.
 - B. High intake of fats can lead to heart attacks.
 - C. Dietary fibre reduces the absorption of fats.
 - D. High intake of choline is good for nerve conduction.

8. The knowledge about nutrition is important for all of the following aspects EXCEPT
- A. treatment of infections.
 - B. prevention of diseases.
 - C. mental well-being
 - D. physical health.
9. The organic compounds that CANNOT be digested by the human alimentary enzymes are
- A. lipids.
 - B. proteins.
 - C. dietary fibres.
 - D. carbohydrates.
10. Soybeans have high biological value proteins that
- A. contain all non-essential amino acids.
 - B. contain all indispensable amino acids.
 - C. provide defence against a number of diseases.
 - D. provide more energy as compared to other nutrients.
11. Which of the following symptoms indicates the deficiency of vitamin C?
- A. Gums swell and bleed very often
 - B. Bones become soft and are deformed
 - C. Blood becomes deficient in haemoglobin
 - D. Retina stops making visual purple pigment
12. The disorder shown in the given diagram is due to the deficiency of



- A. vitamin E.
 - B. vitamin D.
 - C. vitamin C.
 - D. vitamin A.
13. Adding dietary fibres in the diet reduces cholesterol over time because dietary fibre affects
- A. digestion of fats.
 - B. utilisation of fats.
 - C. absorption of fats.
 - D. assimilation of fats.

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14. Following are the different parts of the human digestive system.

- I. Mouth
- II. Stomach
- III. Small intestine

The digestion of carbohydrates takes place in

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

15. Neural tube defects (NTDs) in infants are caused by the deficiency of

- A. vitamin D.
- B. vitamin K.
- C. folic acid.
- D. calcium.

16. The calories in food are described as the

- A. day wise recommended amount of food.
- B. amount of energy that is produced by food.
- C. special course of food taken to lose weight.
- D. nutritious substances required to maintain life.

17. Among children, the HIGHEST recommended daily allowance (g/ day) for proteins is from the age of

- A. 0 to 3 months.
- B. 10 to 12 months.
- C. 4 to 6 years.
- D. 7 to 10 years.

18. Proteins are primarily responsible for the growth and development of the body. However, they can also contribute to energy production when required.

Which of the following nutrients should be taken in sufficient amount so that proteins would do their primary function only?

- A. Fibre
- B. Minerals
- C. Vitamins
- D. Carbohydrates

19. The given table shows the amount of nutrients consumed by four students.

The student who gets the HIGHEST amount of energy from the consumed nutrients is

	Name of Student	Proteins (g)	Fats (g)	Carbohydrates (g)
A	Adeel	12	10	6
B	Fahaam	10	12	6
C	Saeed	10	6	12
D	Sohaib	6	10	12

20. The condition that occurs as a result of overnutrition is

- A. rickets.
- B. obesity.
- C. marasmus.
- D. kwashiorkor.

21. People in Pakistan consume oranges from December to March.

This is due to the

- A. high cost of oranges in winters.
- B. cultural practices of our society.
- C. availability of oranges in winters.
- D. role of oranges in heat conservation.

22. In a certain community, people do not eat rice in dinner.

The MOST relevant factor which influences the dietary practices of the mentioned community is the

- A. cost.
- B. gender.
- C. culture.
- D. weather.

23. A 20-year-old woman is 70 inches tall and weighs 140 pounds.

Her Body Mass Index (BMI) will be

- A. 35.09
- B. 35.00
- C. 20.09
- C. 20.00

24. An example of cereal is
- rice.
 - carrot.
 - spinach.
 - sugar cane.
25. The fruit that provides the HIGHEST amount of potassium is
- pear.
 - grape.
 - banana.
 - mango.
26. An olive is MAINLY composed of
- fats.
 - proteins.
 - minerals.
 - carbohydrates.
27. The given food label shows the nutritional value of a food item.

Nutrition Facts			
Calories 576 per 100g			
% Daily Value			
Total Fat 49g		75%	
Saturated fat 3.7g		18%	
Polyunsaturated fat 12g			
Monounsaturated fat 31g			
Trans fat 0g			
Cholesterol 0mg		0%	
Sodium 1mg		0%	
Potassium 705mg		20%	
Total Carbohydrate 22g		7%	
Dietary fibre 12g		48%	
Sugar 3.9g			
Protein 21g		42%	
Vitamin A	0%	Vitamin C	0%
Calcium	26%	Iron	20%
Vitamin D	0%	Vitamin B-6	5%
Cobalamin	0%	Magnesium	67%

This food item can be identified as

- meat.
- butter.
- cheese.
- almond.

28. The given food labels mention the nutritional value of four different food items.

Food Item I			
Calories 155 per 100g			
% Daily Value			
Total Fat 11g		16%	
Saturated fat 3.3g		16%	
Polyunsaturated fat 1.4g			
Monounsaturated fat 4.1g			
Cholesterol 373mg		124%	
Sodium 124mg		5%	
Potassium 126mg		3%	
Total Carbohydrate 1.1g		0%	
Dietary fibre 0g		0%	
Sugar 1.1g			
Protein 13g		26%	
Vitamin A	10%	Vitamin C	0%
Calcium	5%	Iron	6%
Vitamin D	12%	Vitamin B-6	5%
Cobalamin	18%	Magnesium	2%

Food Item II			
Calories 654 per 100g			
% Daily Value			
Total Fat 65g		100%	
Saturated fat 6g		30%	
Polyunsaturated fat 47g			
Monounsaturated fat 9g			
Cholesterol 0mg		0%	
Sodium 2mg		0%	
Potassium 441mg		12%	
Total Carbohydrate 14g		4%	
Dietary fibre 7g		28%	
Sugar 2.6g			
Protein 15g		30%	
Vitamin A	0%	Vitamin C	2%
Calcium	9%	Iron	16%
Vitamin D	0%	Vitamin B-6	25%
Cobalamin	0%	Magnesium	39%

Food Item III			
Calories 250 per 100g			
% Daily Value			
Total Fat 15g		23%	
Saturated fat 6g		30%	
Polyunsaturated fat 0.5g			
Monounsaturated fat 7g			
Cholesterol 90mg		30%	
Sodium 72mg		3%	
Potassium 318mg		9%	
Total Carbohydrate 0g		0%	
Dietary fibre 0g		0%	
Sugar 0g			
Protein 26g		52%	
Vitamin A	0%	Vitamin C	0%
Calcium	1%	Iron	14%
Vitamin D	1%	Vitamin B-6	20%
Cobalamin	43%	Magnesium	5%

Food Item IV			
Calories 402 per 100g			
% Daily Value			
Total Fat 33g		50%	
Saturated fat 21g		104%	
Polyunsaturated fat 0.9g			
Monounsaturated fat 9g			
Cholesterol 105mg		35%	
Sodium 621mg		25%	
Potassium 98mg		2%	
Total Carbohydrate 1.3g		0%	
Dietary fibre 0g		0%	
Sugar 0.5g			
Protein 25g		50%	
Vitamin A	20%	Vitamin C	0%
Calcium	72%	Iron	3%
Vitamin D	25%	Vitamin B-6	5%
Cobalamin	13%	Magnesium	7%

The food item that should be consumed for stronger bones is

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

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29. The nutrient composition of a food item **X** is given below.

Component of Food	Amount of Nutrient
Proteins	6.3 g
Vitamin D	1 µg
Calcium	28 mg
Iron	0.9 mg

The food item **X** is MOST likely to be

- A. an egg.
 - B. a turnip.
 - C. a banana.
 - D. fresh milk.
30. The mineral which is present in HIGHEST concentration in eggs is
- A. iron.
 - B. sodium.
 - C. magnesium.
 - D. phosphorus.
31. Which of the following sets of food is considered to be rich in protein?
- A. Cake, chicken burger and beef roll
 - B. Orange juice, French-fries and pasta
 - C. Pea pulao, fizzy drink, and ice cream
 - D. Potato sandwich, *lassi* and butter cookies
32. Which of the following foods contains cholesterol?
- A. Egg
 - B. Rice
 - C. Bread
 - D. Chickpeas
33. When meat is overcooked, its protein content
- A. dissolves.
 - B. denatures.
 - C. leeches out.
 - D. decomposes.
34. The cooking method which does NOT require moisture is
- A. baking.
 - B. boiling.
 - C. braising.
 - D. poaching.

35. Alina is following a recipe card to prepare custard trifle for which she requires 16 fl. oz. (fluid ounce) of milk.

If 1 fl. oz. = $\frac{1}{8}$ cup, then how many cups of milk will she use for preparing the custard trifle?

- A. Half a cup
 - B. Two cups
 - C. Four cups
 - D. Quarter cup
36. Hammad comes to the kitchen to do some work and finds it in the condition shown in the given illustration.



To ensure safety, the step that he should FIRST take is to

- A. turn off the flame.
 - B. put the plates inside the cabinet.
 - C. clean the water spilled on the floor.
 - D. remove the open can from the slab.
37. While cooking vegetables, the loss of nutrients could be minimised by
- A. using more water when cooking.
 - B. leaving the pot open while cooking.
 - C. cutting vegetables into smaller pieces.
 - D. using the pressure cooker for cooking.
38. While toasting bread in an electric toaster, you suddenly notice that the toaster catches fire.
- You should then immediately
- A. invert the toaster.
 - B. switch off the toaster.
 - C. put water on the toaster.
 - D. place a towel on the toaster.

39. While working in a kitchen, a person's skin is injured with mild burns.

Which of the following should be the FIRST step towards his/ her treatment?

- A. Cool the burn with cold water for several minutes
- B. Cover the affected area with a piece of clean cloth
- C. Smoothen the burn by applying an antiseptic lotion
- D. Wash the affected area using an anti-bacterial soap

40. The safety measure to be followed when working with knives is that one should

- A. use sharp knives when cutting meat.
- B. wash knives with other kitchen utensils.
- C. keep the pointed end upward in the holder.
- D. keep knives on the dining table for quick handling.

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