

**AGA KHAN UNIVERSITY EXAMINATION BOARD**

**SECONDARY SCHOOL CERTIFICATE**

**CLASS IX**




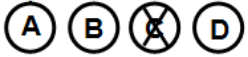

**MODEL EXAMINATION PAPER 2020**

**Food and Nutrition Paper I**

**Time: 40 minutes    Marks: 25**

**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 25 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		1	
		2	
		3	
		4	

**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. 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 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 blood.
  - C. build large molecules in cell.
  - D. breakdown toxic compounds in blood.
4. The organic compounds that CANNOT be digested by the human alimentary enzymes are
  - A. lipids.
  - B. proteins.
  - C. dietary fibres.
  - D. carbohydrates.
5. 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.
6. 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 to make visual purple pigment

7. 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.
8. 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.
9. The given table shows the amount of nutrients consumed by four students.

Name of Student	Proteins (g)	Fats (g)	Carbohydrates (g)
Adil	12	10	6
Fahad	10	12	6
Sayem	10	6	12
Zohaib	6	10	12

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

- A. Adil  
 B. Fahad.  
 C. Sayem.  
 D. Zohaib.
10. The condition that occurs as a result of overnutrition is
- A. rickets.  
 B. obesity.  
 C. marasmus.  
 D. kwashiorkor.

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11. 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.

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

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

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

This is due to the

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

14. In a certain community, people do not eat rice for dinner.

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

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

15. 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

16. An example of cereal is
- A. rice.
  - B. carrot.
  - C. spinach.
  - D. sugar cane.
17. A rich source of potassium is
- A. pears.
  - B. grapes.
  - C. bananas.
  - D. mangoes.
18. An olive is mainly composed of
- A. fats.
  - B. proteins.
  - C. minerals.
  - D. carbohydrates.
19. When meat is overcooked, its protein content
- A. dissolves.
  - B. denatures.
  - C. leeches out.
  - D. decomposes.
20. The cooking method which does NOT require moisture is
- A. baking.
  - B. boiling.
  - C. braising.
  - D. poaching.

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

Food Item I			
Calories 155 per 100 g			
% Daily Value			
Total Fat 11 g		16%	
Saturated fat 3.3 g		16%	
Polyunsaturated fat 1.4 g			
Monounsaturated fat 4.1 g			
Cholesterol 373 mg		124%	
Sodium 124 mg		5%	
Potassium 126 mg		3%	
Total Carbohydrate 1.1 g		0%	
Dietary fibre 0 g		0%	
Sugar 1.1 g			
Protein 13 g		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 100 g			
% Daily Value			
Total Fat 65 g		100%	
Saturated fat 6 g		30%	
Polyunsaturated fat 47 g			
Monounsaturated fat 9 g			
Cholesterol 0 mg		0%	
Sodium 2 mg		0%	
Potassium 441 mg		12%	
Total Carbohydrate 14 g		4%	
Dietary fibre 7 g		28%	
Sugar 2.6 g			
Protein 15 g		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 100 g			
% Daily Value			
Total Fat 15 g		23%	
Saturated fat 6 g		30%	
Polyunsaturated fat 0.5 g			
Monounsaturated fat 7 g			
Cholesterol 90 mg		30%	
Sodium 72 mg		3%	
Potassium 318 mg		9%	
Total Carbohydrate 0 g		0%	
Dietary fibre 0 g		0%	
Sugar 0 g			
Protein 26 g		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 100 g			
% Daily Value			
Total Fat 33 g		50%	
Saturated fat 21 g		104%	
Polyunsaturated fat 0.9 g			
Monounsaturated fat 9 g			
Cholesterol 105 mg		35%	
Sodium 621 mg		25%	
Potassium 98 mg		2%	
Total Carbohydrate 1.3 g		0%	
Dietary fibre 0 g		0%	
Sugar 0.5 g			
Protein 25 g		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. food item I.
- B. food item II.
- C. food item III.
- D. food item IV.

22.

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

The given food label shows the nutritional value of a food item which can be identified as

- A. meat.
- B. butter.
- C. cheese.
- D. almond.

23. Ali comes to the kitchen to do some work and finds it in the condition shown in the given diagram.



To ensure safety, which step should he take first?

- A. Turn off the flame
- B. Put the plates inside the cabinet
- C. Clean the water spilled off the floor
- D. Remove the open can from the slab

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24. Alina is following a recipe card to prepare custard trifle for which she requires 16fl. 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 cup.
  - B. Two cups.
  - C. Four cups.
  - D. Quarter cup.
25. The loss of nutrients while cooking vegetables could be minimised by
- A. using more water when cooking.
  - B. leaving the pot open while cooking.
  - C. cutting vegetables in smaller pieces.
  - D. using the pressure cooker for cooking.

AKU-EB  
Model Paper 2020  
for Teaching & Learning