

AGA KHAN UNIVERSITY EXAMINATION BOARD

SECONDARY SCHOOL CERTIFICATE

CLASS X

ALTERNATE TO PRACTICAL (ATP)





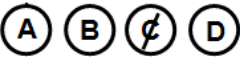
MODEL EXAMINATION PAPER 2021

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.

| 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. A pregnant woman is allergic to beef, organ meat and dairy products. Cutting down these items from her diet may cause deficiency of fat.

Which set of food items should she add to her diet to compensate for this deficiency?

- A. Fried fish, egg yolk and nuts
B. Kidney beans, rice and mango shake
C. Oatmeal, orange juice and fried mushrooms
D. Fried broccoli, white bread and boiled sweet potatoes
2. A 70-year-old woman is suffering from severe constipation. Her caretaker is thinking to give her porridge for breakfast. The ingredients that she will use in the porridge to treat her constipation are
- A. rice and eggs.
B. oatmeal and figs.
C. semolina and milk.
D. boiled chickpeas and chicken.
3. Sakina is the head chef in a five-star hotel. She also works as a judge in a cooking contest show. In the given table, candidates with different style of appearance are mentioned.

| Candidate Number | Appearance |
|------------------|---|
| I | Wearing a long sleeves polyester shirt |
| II | Fingernails are short and unvarnished |
| III | Hair style is neat and away from the face |
| IV | Wearing heavy jewellery and make-up |

Based on their appearance, Sakina will give full marks to candidates

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

4. Hina is planning to include white sauce pasta in her daughter's birthday menu.

The most appropriate ingredient that will help in thickening of the sauce is

- A. flour.
- B. butter.
- C. mayonnaise.
- D. gelatin powder.

5. A list of food items suitable for a healthy teenager is given below.

- Cheese omelette
- Chicken broast
- Lemonade

In case of an elderly person, which of the following options show the BEST alternatives for the given list?

| | Cheese Omelette | Lemonade | Chicken Broast |
|---|------------------------|-----------------|-----------------------|
| A | Scrambled eggs | Green tea | Vegetable soup |
| B | Egg yolk | Fizzy drink | Beef burger |
| C | Egg fried rice | Black coffee | Grilled mutton |
| D | French toast | Chocolate shake | Chicken <i>Qorma</i> |

6. Which of the following items are MOSTLY used for garnishing a low-calorie dessert?

- A. Blue berries and vanilla extract
- B. Whipped cream and strawberries
- C. Icing sugar and caramelized nuts
- D. Chocolate syrup and coloured candies

7. Sana's husband has the flu and high blood pressure. She is planning to prepare a soup for his recovery.

Which of the following could be the MOST suitable ingredients for preparing this soup?

- A. Beef and corn
- B. Shrimp and eggs
- C. Corn and chicken
- D. Shrimp and potatoes

PLEASE TURN OVER THE PAGE

8. In order to present a meal on a table, all of the following should be considered EXCEPT that the
- A. table decoration should dominate the meal.
 - B. cutlery should be clean and properly arranged.
 - C. serving spoon should be arranged in the centre of the table.
 - D. water glasses should be placed on the top right of the table.
9. According to the American style of table setting, which of the following is placed on the right side of the central plate on a dining table?
- A. Fork
 - B. Knife
 - C. Napkin
 - D. Desert spoon
10. Following are some common practices that Fatima follows while presenting a meal on the table.
- I. She uses her hands to put ice into glasses.
 - II. She serves the meals in fancy dishes while holding their base.
 - III. She uses the same utensils to serve different food items after wiping them with tissue paper.

Which of the given practice(s) should Fatima avoid in order to maintain hygiene while presenting a meal on the table?

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

Please use this page for rough work

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