

AGA KHAN UNIVERSITY EXAMINATION BOARD

SECONDARY SCHOOL CERTIFICATE

CLASS IX

MODEL EXAMINATION PAPER 2023 AND ONWARDS

Elements of Home Economics Paper I

Time: 1 hour 5 minutes Marks: 35

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 35 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. Sara is a housewife who had been a student of Home Economics in secondary school. The acquired knowledge of Home Economics does NOT benefit her in
 - A. treating contagious diseases of her family.
 - B. selecting appropriate dresses for her family.
 - C. understanding behaviours of family members.
 - D. developing food for family members with different dietary needs.
2. Home Economics and Sociology are interrelated as they both
 - A. help in managing home budget as per income.
 - B. facilitate in understanding the anatomy of an individual.
 - C. focus on relationship between individual and community.
 - D. support in conserving energy resources at individual level.
3. Farah has recently graduated with a degree in Home Economics. The best suited career for her would be to become a/ an
 - A. nutritionist.
 - B. agriculturalist.
 - C. pharmacologist.
 - D. biotechnologist.
4. Rabia is spendthrift. Her father wants her to opt for Home Economics in higher secondary school because the study of Home Economics will help her to overcome this habit by developing the skills of
 - A. time management.
 - B. team management.
 - C. project management.
 - D. resource management.
5. The 'behaviour' of an individual is depicted through his/ her
 - A. age.
 - B. deeds.
 - C. appearance.
 - D. qualification.
6. Two siblings, Sarah and Ebrahim had a conflict which resulted in an aggressive fight between them.

The MOST appropriate act of their parents in the given situation would be to

 - A. scold them harshly for fighting with each other.
 - B. encourage them to use words to express feelings.
 - C. stop them immediately and incline towards the victim first.
 - D. set firm and consistent limits to not repeat the behaviour again.

7. Shanaya is two-years old. While sitting on her mother's laps, she hits her mom in the face. To discipline Shanaya, the mother should
- A. lock Shanaya in her room.
 - B. spank Shanaya for misbehaving.
 - C. ignore and play along with Shanaya.
 - D. take Shanaya aside and firmly say, 'No Hitting'.
8. All of the following factors may cause behavioural disorders in children EXCEPT
- A. poverty.
 - B. calmness.
 - C. malnutrition.
 - D. peer pressure.
9. Marasmus, a disorder caused by famine, mainly affects babies under one-year-old. It includes all of the following symptoms EXCEPT
- A. loosening of skin.
 - B. weakening of immune system.
 - C. thinning of muscles and layer of fat.
 - D. swelling of limbs and face (oedema).
10. A girl injured her knee while playing netball. Which of the following vitamins in her body will help in the clotting of blood?
- A. Vitamin K
 - B. Vitamin B
 - C. Vitamin E
 - D. Vitamin A
11. Which of the following professionals is believed to use the MOST amount of physical energy?
- A. Educationist
 - B. Journalist
 - C. Mason
 - D. Typist
12. Linolenic acid is an unsaturated fatty acid which is usually present in
- A. cereals.
 - B. citrus fruits.
 - C. soybean oil.
 - D. cod liver oil.

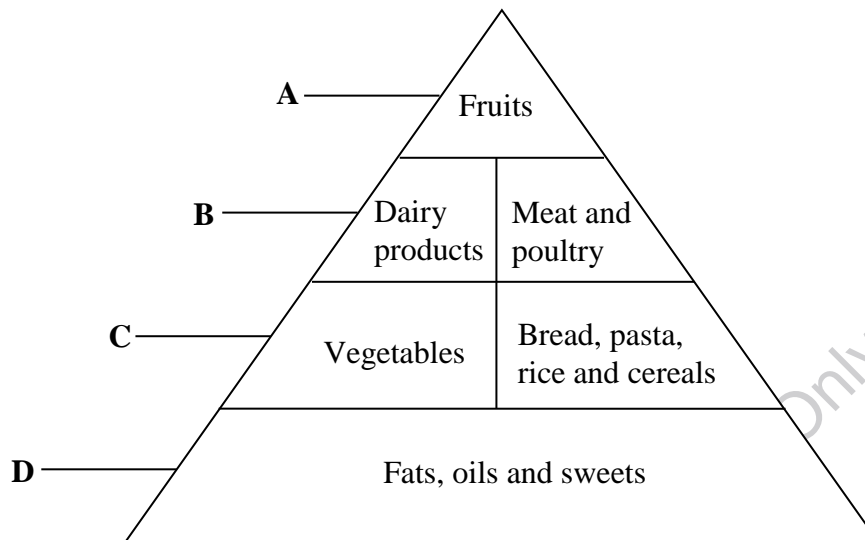
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13. The given figure shows a child suffering from



- A. goitre.
 - B. rickets.
 - C. scurvy.
 - D. anaemia.
14. The basic structure of a food component comprises of carbon, hydrogen, oxygen and nitrogen. Sometimes, it may contain sulphur and phosphorus.
- This food component is identified as a
- A. lipid.
 - B. protein.
 - C. vitamin.
 - D. carbohydrate.
15. In pregnancy, women may often suffer from constipation. It is, therefore, advised to increase in their diet the amount of
- A. organ meat.
 - B. sea-water fish.
 - C. skimmed milk.
 - D. wholegrain cereals.
16. Adolescents require extra energy and proteins in their diet to manage rapid growth and bodily changes.
- The MOST preferable snack between their meals can include
- A. cake and biscuits.
 - B. pasta and lemon juice.
 - C. potato crisps and cola.
 - D. beans salad and carrot juice.
17. Aslam has a high fever and is unable to move from his bed. His diet should likely include
- A. meat curry with rice.
 - B. omelette with cheese.
 - C. grilled chicken with salad.
 - D. chicken soup with vegetables.

18. The given food pyramid shows the daily consumption of different food groups by an individual. The food groups being consumed in the right proportion are



19. Salma prepares bread pudding through steaming. She will experience all of the following in using this method EXCEPT that it would
- A. prepare the food in less time.
 - B. prevent overcooking of food.
 - C. make the food easier to digest.
 - D. retain the nutritional value of food.
20. Buffet service is beneficial for hotels because it
- A. reduces the cost of food.
 - B. gives personal attention to the guests.
 - C. requires fewer waiters to serve customers.
 - D. allows recooking of finished food in less time.
21. Rice is soaked in water for an hour and the water is discarded. This act causes the loss of which nutrient(s) from the rice?
- I. Vitamins
 - II. Proteins
 - III. Minerals
 - IV. Carbohydrates
- A. IV only
 - B. I and III
 - C. I and IV
 - D. II and III

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22. To increase shelf life and avoid spoilage of non-perishable food by insects, it is preferred to add
- A. carbide to it.
 - B. baking soda to it.
 - C. turmeric powder to it.
 - D. red chilli powder to it.
23. Asad wants to defrost the deep freezer. He is carrying out the task for the first time.
- Which of the following acts should he avoid?
- A. Scraping off the ice from all sides with a plastic spatula
 - B. Placing hot water bowls inside the freezer to melt the ice
 - C. Washing the inside of the freezer with a detergent and water
 - D. Absorbing the water at the bottom of the freezer with a towel
24. At the age of 14, Akber dropped out of school because of low academic performance. He faced a lot of peer pressure which has made him cheeky and impolite.
- In this situation, what should be the action of his parents?
- A. Give him freedom to solve his issues on his own.
 - B. Be overprotective and keep an eye on his activities.
 - C. Give preference to other children to gain his attention.
 - D. Be sympathetic to let him express his negative feelings.
25. A nine-year-old child commonly sucks his/ her thumb when he/ she feels
- A. tired.
 - B. hungry.
 - C. excited.
 - D. annoyed.
26. Adolescence is the stage of human development when an individual
- A. learns to communicate.
 - B. experiences rapid physiological changes.
 - C. relies on his/ her mother for nourishment.
 - D. provides full-time services to his/ her community.
27. Sarah enjoys going to school. In her class, her teacher engages students in a lot of group discussions where Sarah gets a chance to express her thoughts and learn different concepts through argumentative dialogues.
- Group discussions are developing Sarah in all of the following areas EXCEPT
- A. moral.
 - B. social.
 - C. physical.
 - D. intellectual.

28. The primary factor that causes dyslexia is
- culture.
 - heredity.
 - nutrition.
 - environment.
29. The success of an individual MOSTLY depends on his/ her
- wealth.
 - abilities.
 - happiness.
 - appearance.
30. Development of mental and physical traits is continuous but it is
- uniform for the entire individual.
 - at its peak during adolescence.
 - fast during childhood.
 - inherited genetically.
31. Cephalocaudle principle describes that the development of a child proceeds from the
- head downward.
 - general to specific.
 - centre of the body outward.
 - simple (concrete) to the more complex.
32. Read the given characteristics.
- Emotionally detached
 - Little interaction
 - Self-absorbed
- Parents with such characteristics tend to be
- flexible.
 - neglectful.
 - permissive.
 - authoritarian.
33. The MOST likely effect of bullying on school children is that they
- drop out of school due to depression.
 - tell an adult about the incident.
 - become friends with the bully.
 - develop self-confidence.

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34. Compared to a child sent to a day care, a child who is looked after by a maid at home has less

- A. simplicity.
- B. self-esteem.
- C. satisfaction.
- D. social interaction.

35. Given are certain duties.

- Use standard curriculum
- Prepare children of age 4 to 6 years for formal education
- Focus on both academics and extracurricular activities in fixed timings

These duties are performed by the caregivers of a

- A. nursery.
- B. play school.
- C. kindergarten.
- D. day care centre.

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