

**AGA KHAN UNIVERSITY EXAMINATION BOARD**  
**SECONDARY SCHOOL CERTIFICATE**  
**CLASS IX**  
**MODEL EXAMINATION PAPER 2023 AND ONWARDS**  
**Food and Nutrition Paper II**  
**Time: 1 hour 50 minutes    Marks: 25**

**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**

**RUBRIC**

2. There are SEVEN questions. Answer ALL questions. Questions 6 & 7 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 ( ).
5. You may use a simple calculator if you wish.

Q.1. (Total 3 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.

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Q.2. (Total 3 Marks)

a. Write a common function of carbohydrates and fats. (1 Mark)

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b. Protein supplements are mostly used by athletes and body builders. (2 Marks)

How do protein supplements benefit the following individuals?

i. An athlete

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ii. A body builder

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Q.3.

(Total 3 Marks)

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

| Mealtime  | Food/ Beverage Consumed                                      |
|-----------|--|
| Breakfast | A sugar-coated cereal bar and black coffee                   |
| Lunch     | A slice of pizza, potato chips and fizzy drink               |
| Dinner    | Vegetarian sausages, mashed potatoes, carrots and a doughnut |
| Snacks    | Salted crisps and fizzy drink                                |

With reference to the dietary guidelines, suggest THREE ways in which this diet could be improved for the teenager.

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Q.4. (Total 2 Marks)

A person suffering from the deficiency of vitamin E has to add food items rich in vitamin E 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       |

Q.5. (Total 2 Marks)

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

Q.6

(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. Read the given situations and answer the questions that follow.

|                    |  |
|--------------------|--|
| <b>Situation A</b> | Fahad and Zoya are 14-year-old twins and have the same height. They have the same lifestyle and food intake. However, Fahad weighs less than Zoya.   |
| <b>Situation B</b> | Fatima is a primary school teacher and Amna is an accountant. Both are of the same age, gender and height. They consume same quality and quantity of food. However, Fatima is lean and Amna is overweight. |

With reference to the energy requirement(s) and consumption, explain any ONE reason for the difference in weight in each of the given situations. (6 Marks)

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Q.7. (Total 6 Marks)

**EITHER**

- a. Describe any THREE nutrients found in fish which are beneficial for cardiovascular health. (6 Marks)
- (**Note:** Your answer should include the names and benefit of each nutrient.)

**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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