

**AGA KHAN UNIVERSITY EXAMINATION BOARD**

**SECONDARY SCHOOL CERTIFICATE**

**CLASS X**

**Food and Nutrition Paper I**

**Time: 40 minutes    Marks: 25**

**Note: The MCQs in this model paper can also be used as examples and for practice for Annual and Re-sit Examinations 2021.**

**INSTRUCTIONS**

1. Read each question carefully.
2. The MCQs in this model paper can be used as examples and for practice for Annual and Re-sit examinations 2021.
3. Answer the questions on the separate answer sheet provided. DO NOT write your answers on the question paper.
4. There are 100 answer numbers on the answer sheet. Use answer numbers 1 to 25 only.
5. 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**

6. If you want to change your answer, ERASE the first answer completely with a rubber, before blacking out a new circle.
7. DO NOT write anything in the answer grid. The computer only records what is in the circles.

**Note: The MCQs in this model paper can be used as examples and for practice for Annual and Re-sit examinations 2021.**

1. Saleem is 14 years old. The percentage of his food intake is mentioned in the given table.

Food Type	Percentage of Food Intake (%)
Pulses and meat	20
Cereals and grains	20
Oil and butter	50
Fruits and vegetables	10

If Saleem continues this food intake, he is MOST likely to suffer from

- A. marasmus.
  - B. kwashiorkor.
  - C. anorexia nervosa.
  - D. coronary heart diseases.
2. Following is an advice from a nutritionist.
- “Increase the intake of liquids such as water, vegetable soup and fresh juices and include protein foods such as meat, nuts and seeds two to three times per day”.
- The given nutritional advice is more suitable for a/ an
- A. infant.
  - B. elderly woman.
  - C. lactating mother.
  - D. pregnant woman.
3. The following table shows the list of food items present in the lunch box of four different students of class 10.

Lunch Box of			
Maria	Tahir	Mariam	Sadaf
French Fries and flavoured juice	Beef burger and chocolate	Vegetable pasta and pop corns	Pizza and cola

The lunch box that contains the healthiest food items is of

- A. Tahir.
- B. Sadaf.
- C. Maria.
- D. Mariam.

4. If the diet of a young person includes fried eggs, cheese and beef *Biryani*, then an alternate to each of these food items for an elderly person would be

	Alternate to		
	Fried Eggs	Cheese	Beef <i>Biryani</i>
A	Egg white	Plain yogurt	Chicken soup
B	Egg yolk	<i>Lassi</i>	Mutton burger
C	Cheese omelette	Fat free milk	Grilled beef
D	French toast	Butter sandwich	Fish steak

5. The nutrient deficiency disease that can be caused by food shortage is
- obesity.
  - marasmus.
  - hypertension.
  - cardiovascular diseases.
6. Which of the following questions prompts an individual to focus on understanding the nutrient composition of food and its nutritional value?
- What food do I like the most?
  - What variety of food should I cook?
  - Which recipe should I follow to cook food?
  - What is the food in my diet plan made up of?
7. Breast milk is better than bottled milk as it contains
- vitamins.
  - minerals.
  - antibodies.
  - carbohydrates.
8. Garlic bread, soup and vegetable salad are categorised as
- desserts.
  - appetisers.
  - beverages.
  - the main course.
9. Nadeem is running a restaurant and he wants to update the design of the menu card.
- In the design of the new menu card, Nadeem should avoid
- attractive labels.
  - categorisation of dishes.
  - long description of dishes.
  - clear font throughout the menu.

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10. The cost-effective alternative of meat that can fulfil the protein requirement of an individual is
- A. rice.
  - B. beans.
  - C. broccoli.
  - D. potatoes.
11. The given table shows the lunch menu of a cafeteria that is repeated on a weekly basis.

Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable <i>Pulao</i>	White rice with chickpeas	Mix vegetables	Chicken <i>Biryani</i>	White rice and beans

This type of menu is categorised as a/ an

- A. cycle menu.
  - B. formal menu.
  - C. informal menu.
  - D. single use menu.
12. Food service does NOT include consuming a
- A. burger made at home.
  - B. packed sandwich at the airport.
  - C. pizza ordered from a restaurant.
  - D. plate of *biryani* in a hospital canteen.
13. Selection of an appropriate food service for an occasion helps us in all of the following ways EXCEPT
- A. saving serving time.
  - B. serving delicious food.
  - C. utilising resources effectively.
  - D. managing large number of guests.
14. An unacceptable manner at the dining table is
- A. taking two slices of bread at a time.
  - B. pushing the plate away when finished eating.
  - C. wiping fingers and mouth often with a napkin.
  - D. taking a quick sip of water if a bite of food is too hot.

15. Consider the given diagrams that show two different ways of handling cutlery.



Diagram I



Diagram II

In contrast to diagram I, diagram II shows the correct way of handling cutlery in order to

- A. save time.
  - B. grip tightly.
  - C. display properly.
  - D. maintain hygiene.
16. While purchasing, the food item that can be placed at the bottom of the cart is
- A. bread.
  - B. onion.
  - C. lettuce.
  - D. banana.
17. Given is the food label of a food item.

Nutrition Fact		
2 serving per container		
<b>Serving size 1 cup (255 g)</b>		
<b>Calories</b>	Per serving <b>220</b>	
		<b>%DV</b>
<b>Total fat</b>	5 g	6%
Saturated fat	2 g	10%
Trans fat	0 g	
<b>Cholesterol</b>	15 mg	5%
<b>Sodium</b>	240 mg	10%
<b>Total Carbs.</b>	35 g	13%
Dietary fibres	6 g	21%
Total sugars	7 g	
Proteins	9 g	

If an individual eats the whole packet of this food, then the total amount of proteins the individual would consume is

- A. 9 g
- B. 11 g
- C. 18 g
- D. 81 g

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18. 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.

19. The first thing to be considered while purchasing fruits and vegetables in order to determine quality is their
- A. cost.
  - B. smell.
  - C. texture.
  - D. variety.
20. Salt and vinegar are added to preserve food because these
- A. add enzymes to the food.
  - B. add nutrients to the food.
  - C. remove water from the food.
  - D. remove bacteria from the food.
21. The food item which is preserved by killing microorganisms and inactivating enzymes is
- A. milk.
  - B. pickle.
  - C. chicken.
  - D. fenugreek leaves (*Methi*).
22. The given table shows four food items, I to IV, with their pH and water and sugar content.

Food Item	pH	Water and Sugar Content
I	Low	High
II	Low	Low
III	High	Low
IV	High	High

The food item that will have the HIGHEST growth rate of yeast would be

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

23. Cross contamination of food will take place in
- A. sanitising utensils before re-use.
  - B. keeping raw meat in the lower shelves of freezer.
  - C. washing the lids of canned foods before opening.
  - D. using the same cutting board for raw meat and vegetables.
24. The emulsifying agent used in chocolates is
- A. lecithin.
  - B. glucose syrup.
  - C. calcium carbonate.
  - D. sodium bicarbonate.
25. The CORRECT combination of food item and the preservative in which the food item is preserved is

	Food Item	Preservative
A	oil	antioxidants
B	cheese	sugar
C	packed juice	salt
D	meat	corn syrup

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