

AGA KHAN UNIVERSITY EXAMINATION BOARD
SECONDARY SCHOOL CERTIFICATE
CLASS X
MODEL EXAMINATION PAPER 2023 AND ONWARDS
Food and Nutrition Paper I
Time: 1 hour 10 minutes Marks: 40

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 40 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 <input type="radio"/> A <input type="radio"/> B <input checked="" type="radio"/> <input type="radio"/> D	1 <input type="radio"/> A <input type="radio"/> B <input checked="" type="radio"/> <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"/> <input type="radio"/> D
	4 <input type="radio"/> A <input type="radio"/> B <input checked="" type="radio"/> <input type="radio"/> D

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. 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 Biryani
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 descriptions of dishes.
 - clear font throughout the menu.

PLEASE TURN OVER THE PAGE

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

Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable pulao	White rice with chickpeas	Mix vegetables	Chicken biryani	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. Sana's family frequently eats rice in lunch and dinner. However, she has started encouraging her family to avoid eating too much of carbohydrates.

The principle of meal planning that Sana follows is

- A. variety.
 - B. balance.
 - C. moderation.
 - D. nourishment.
13. Following is the menu for lunch.

- Tuna sandwich
- Celery and carrot sticks
- Fresh peach
- Lemonade

The MAIN meal in the given lunch menu is

- A. lemonade.
 - B. fresh peach.
 - C. tuna sandwich.
 - D. celery and carrot sticks.
14. The factor which does NOT affect the preparation of quality food items is the
- A. food budget.
 - B. cooking time.
 - C. chef's gender.
 - D. culinary skills.

15. 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.
16. The 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 a large number of guests.
17. An unacceptable manner at the dining table is
- A. taking two slices of bread at a time.
 - B. pushing the plate away after eating.
 - C. wiping fingers and mouth often with a napkin.
 - D. taking small sips of water if a bite of food is too hot.
18. Consider the given diagrams that show two different ways of handling cutlery.



Diagram I

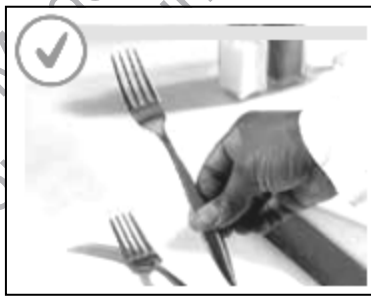


Diagram II

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.
19. The MOST appropriate method to serve food at a dinner party for 80 guests is
- A. tray service.
 - B. table service.
 - C. buffet service.
 - D. trolley service.

20. Consider the given image.



The type of food service shown in the given diagram is MOST suitable to serve food to a

- A. small number of guests at home.
 - B. small number of people at a picnic.
 - C. large number of people at a restaurant.
 - D. large number of students in a cafeteria.
21. A type of food service in which guests leave their tables to choose food items from a range of dishes is a
- A. tray.
 - B. table.
 - C. buffet.
 - D. trolley.
22. The last phase of meal management is
- A. serving the meal.
 - B. preparing the meal.
 - C. balancing the nutrients.
 - D. purchasing the ingredients.
23. Sadaf purchased different food items from a superstore. Which of these food items she should place at the bottom of the cart?
- A. Bread
 - B. Onion
 - C. Lettuce
 - D. Banana

24. Given is the food label of a food item.

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

If an individual eats two cups 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.
25. The FIRST thing to be considered while purchasing fruits and vegetables in order to determine the quality is their
- A. cost.
 B. smell.
 C. texture.
 D. variety.
26. The MOST important consideration while storing fruits in a refrigerator is to ensure that
- A. fruits with seeds are stored below 0°C.
 B. fruits of the same colour are kept together.
 C. fruits with soft skin are thoroughly washed.
 D. fruits with a risk of drying out are put in unsealed bags.
27. While purchasing bread, its freshness can be determined by
- A. touching and squeezing it.
 B. reading its nutrient fact table.
 C. looking out for bacterial growth.
 D. observing its placement in the shelf.

PLEASE TURN OVER THE PAGE

28. The food label that is BEST suited for a person with cardiovascular problems is

Nutrition Facts Serving Size 3 oz. (85 g) Serving per Container 2	Nutrition Facts 8 serving per Container Serving size 2/3 cup (55 g)
Amount Per Serving	Amount per 2/3 cup
Calories 200 Calories from Fat 120	Calories 230
% Daily Value	% Daily Value
Total Fat 15 g 20%	Total Fat 8 g 12%
Saturated fat 5 g 28%	5% Saturated fat 1 g 5%
Trans fat 3 g	Trans fat 0 g
Cholesterol 30 mg	Cholesterol 0 mg
Sodium 650 mg 10%	Sodium 800 mg 7%
Total Carbohydrate 30 g 10%	Total Carbs 37 g 12%
Dietary Fibre 0 g 0%	Fibre 4 g 14%
Sugars 5 g	Sugars 1 g
Proteins 5 g	Proteins 3 g
vitamin A 5% Vitamin C 2%	vitamin D 2 mcg 1 0% Vitamin C 0%
Calcium 15% Iron 5%	Calcium 260 mg 20% Iron 2%
A	B
Nutrition Facts Serving size 1/ 2 cup dry (40g) Serving size per Container 13	Nutrition Facts Serving size 1 oz. (20 g)
Amount Per Serving Calories from fat 25	Amount per serving % Daily Value
Calories 150	Calories 180 Calories from fat 60
% Daily Value	% Daily Value
Total Fat 13 g 4%	Total Fat 10 g 16%
Saturated fat 0.5 g 2%	Saturated fat 1.5 g 6%
Trans fat 0 g 0%	Trans fat 0 g 0%
Cholesterol 0 mg 0%	Cholesterol 0 mg 1%
Sodium 190 mg 0%	Total Carbohydrates 15 g 5%
Total Carbohydrates 27 g 9%	Sodium 170 mg 7%
Dietary Fibre 4 g 15%	Dietary Fibre 1 g 5%
Sugars 1 g	Sugars less than 1g
Proteins 5 g	Proteins 2 g
vitamin A 0% Vitamin C 0%	vitamin A 0% Vitamin C 10%
Calcium 0% Iron 10%	Calcium 0% Iron 2%
C	D

29. Refrigeration is a suitable storage procedure for almost all types of meat as it
- A. enhances the digestibility of meat.
 - B. saves time while cooking the meat.
 - C. adds flavour and colour to the meat.
 - D. prevents loss of moisture from the meat.
30. Which of the following aspects is considered important while purchasing food with regards to storage?
- A. Long shelf life
 - B. Rich in protein
 - C. High in moisture
 - D. Low addition of preservatives
31. Which of the following food items should be wrapped in a wax paper and placed in a freezer?
- A. Fish
 - B. Bread
 - C. Dried fruits
 - D. Pulses and grains
32. 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.
33. The food item which is preserved by killing microorganisms and inactivating enzymes is
- A. milk.
 - B. pickle.
 - C. chicken.
 - D. fenugreek leaves (*methi*).
34. Cross contamination of food will take place in
- A. sanitising utensils before re-use.
 - B. keeping raw meat in the lower shelf of a freezer.
 - C. washing the lids of canned foods before opening.
 - D. using the same cutting board for raw meat and vegetables.

35. 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 with the HIGHEST growth rate of yeast will be

- A. I.
B. II.
C. III.
D. IV.
36. The emulsifying agent used in chocolates is
- A. lecithin.
B. glucose syrup.
C. calcium carbonate.
D. sodium bicarbonate.
37. The CORRECT combination of the 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

38. The ingredient in ketchup that maintains its pH is
- A. corn syrup.
B. natural flavours.
C. distilled vinegar.
D. dehydrated garlic.
39. Anti-caking agents are frequently used in all of the following food items EXCEPT
- A. drinking chocolate.
B. tomato ketchup.
C. baking powder.
D. grated cheese.

40. The FIRST rule before handling food is to

- A. cover one's hair.
- B. clean all surfaces.
- C. wear clean clothes.
- D. wash hands thoroughly.

AKU-EB
Model Paper 2023
for Teaching & Learning Only

END OF PAPER

Please use this page for rough work

AKU-EB
Model Paper 2023
for Teaching & Learning Only