



آغا خان یونیورسٹی ایگزامینیشن بورڈ  
AGA KHAN UNIVERSITY EXAMINATION BOARD

## Teaching and Learning Resources for Grade IX Food and Nutrition

### Recommended Key Textbook:

*Food & Nutrition by Anita Tull Oxford University Press Class 9*

Additional Recommended Resource Material				
Topic No	Topic/ Sub-Topic/ SLO	Reference Book	Topic in the Reference Book	Reference Website
1.	Introduction to the Study of Nutrition	Anita Tull, <i>Food and Nutrition</i> , Oxford University Press	Chapter 1: Nutrition	<a href="http://www.fitbrittnutrition.com/blog/2016/3/12/stdsfdxgculgtwprv5seemb7m38p3n">http://www.fitbrittnutrition.com/blog/2016/3/12/stdsfdxgculgtwprv5seemb7m38p3n</a>
		<i>Food Science and Safety</i> by Sukhneet Suri and Anita Malhotra, Pearson	Chapter 1: An Introduction	
1.2	Human Organ System			<a href="https://opentextbc.ca/conceptsofbiology1stcanadianedition/chapter/11-2-digestive-system/">https://opentextbc.ca/conceptsofbiology1stcanadianedition/chapter/11-2-digestive-system/</a> <a href="https://www.mananatomey.com/body-systems/muscular-system">https://www.mananatomey.com/body-systems/muscular-system</a> <a href="http://library.open.oregonstate.edu/aandp/chapter/6-1-the-functions-of-the-skeletal-system/">http://library.open.oregonstate.edu/aandp/chapter/6-1-the-functions-of-the-skeletal-system/</a>

Topic No	Topic/ Sub-Topic/ SLO	Reference Book	Topic in the Reference Book	Reference Website
2.1	Energy and Nutrients	Anita Tull, <i>Food and Nutrition</i> , Oxford University Press	Chapter 1: Nutrition	
		Dr. Mrs Zahida Yaqoob Mir, <i>Ilmi Food and Nutrition for Class XI</i> , Salman Publishers, Ilmi Book House Lahore	Carbohydrates, Fats, Proteins, Minerals, Vitamins And Water	
		<i>Home Economics Standard Grades</i> by Alastair MacGregor, published by Leckie & Leckie	Eating Variety of Foods Contributes to health	
		Ethel Su-Hsin Chong, Joyce Chiu-Fui Mok, <i>Home Economics and You</i> , EPB and Pan Pacific Publications	Module 1: Radiant With Health	
2.2	Food Intolerance	Anita Tull, <i>Food and Nutrition</i> , Oxford University Press	Chapter 2: Providing food for different needs	<a href="https://www.nhs.uk/conditions/food-intolerance/">https://www.nhs.uk/conditions/food-intolerance/</a> <a href="https://www.nutrition.org.uk/attachments/209_Food%20allergy%20and%20intolerance%20summary.pdf">https://www.nutrition.org.uk/attachments/209_Food%20allergy%20and%20intolerance%20summary.pdf</a> <a href="https://www.webmd.com/digestive-disorders/causes-lactose-intolerance#1">https://www.webmd.com/digestive-disorders/causes-lactose-intolerance#1</a>

Topic No	Topic/ Sub-Topic/ SLO	Reference Book	Topic in the Reference Book	Reference Website
2.3	Dietary Reference Intakes (DRIs)	Anita Tull, <i>Food and Nutrition</i> , Oxford University Press	Chapter 1: Nutrition	<a href="https://ods.od.nih.gov/Health_Information/Dietary_Reference_Intakes.aspx">https://ods.od.nih.gov/Health_Information/Dietary_Reference_Intakes.aspx</a> <a href="https://www.nap.edu/read/10925/chapter/3#22">https://www.nap.edu/read/10925/chapter/3#22</a>
2.4	Energy Value of Food	Anita Tull, <i>Food and Nutrition</i> , Oxford University Press	Chapter 1: Nutrition Chapter 2: Providing food for different needs	
		<i>Home Economics Standard Grades</i> by Alastair MacGregor, published by Leckie & Leckie	Individuals having different dietary needs	
3.	Balanced Diet	Anita Tull, <i>Food and Nutrition</i> , Oxford University Press	Chapter 1: Nutrition	<a href="https://www.cnpp.usda.gov/sites/default/files/dietary_guidelines_for_americans/MyPlateGraphicsStandards.pdf">https://www.cnpp.usda.gov/sites/default/files/dietary_guidelines_for_americans/MyPlateGraphicsStandards.pdf</a>
3.1	Features and Importance of Balanced Diet	Dr. Mrs Zahida Yaqoob Mir, <i>Ilmi Food and Nutrition for Class XI</i> , Salman Publishers, Ilmi Book House Lahore	Chapter 1: Food and its Relation to Health Chapter 8: Importance of Balanced Diet in Nutrition	
3.2	Healthy Dietary Practices	Anita Tull, <i>Food and Nutrition</i> , Oxford University Press	Chapter 1: Nutrition	<a href="https://www.who.int/nutrition/publications/nutrientrequirements/healthydiet_factsheet394.pdf">https://www.who.int/nutrition/publications/nutrientrequirements/healthydiet_factsheet394.pdf</a>

Topic No	Topic/ Sub-Topic/ SLO	Reference Book	Topic in the Reference Book	Reference Website
3.2	Planning Balanced Diets	Ethel Su-Hsin Chong, Joyce Chiu-Fui Mok, <i>Home Economics and You</i> , EPB and Pan Pacific Publications	Module 2: Healthy Daily Meals	<a href="https://books.google.com.pk/books?id=YrBpH8l9RMoC&amp;pg=PA66&amp;dq=simple+method+of+calculating+Body+Mass+Index+BMI&amp;hl=en&amp;sa=X&amp;ved=0ahUKEwjn9dLZpKDhAhVtdt8KHevcCvwQ6AEIXTAJ#v=onepage&amp;q=simple%20method%20of%20calculating%20Body%20Mass%20Index%20BMI&amp;f=false">https://books.google.com.pk/books?id=YrBpH8l9RMoC&amp;pg=PA66&amp;dq=simple+method+of+calculating+Body+Mass+Index+BMI&amp;hl=en&amp;sa=X&amp;ved=0ahUKEwjn9dLZpKDhAhVtdt8KHevcCvwQ6AEIXTAJ#v=onepage&amp;q=simple%20method%20of%20calculating%20Body%20Mass%20Index%20BMI&amp;f=false</a> <a href="https://bmicalculatorusa.com/">https://bmicalculatorusa.com/</a> <a href="https://books.google.com.pk/books?id=tGvJ9Y75gAsC&amp;pg=PA127&amp;dq=estimate+energy,+protein,+carbohydrate+and+fat+content+for+an+individual.&amp;hl=en&amp;sa=X&amp;ved=0ahUKEwj5uee9pqDhAhXIJt8KHY_CCjEQ6AEIJzAA#v=onepage&amp;q=estimate%20energy%2C%20protein%2C%20carbohydrate%20and%20fat%20content%20for%20an%20individual.&amp;f=false">https://books.google.com.pk/books?id=tGvJ9Y75gAsC&amp;pg=PA127&amp;dq=estimate+energy,+protein,+carbohydrate+and+fat+content+for+an+individual.&amp;hl=en&amp;sa=X&amp;ved=0ahUKEwj5uee9pqDhAhXIJt8KHY_CCjEQ6AEIJzAA#v=onepage&amp;q=estimate%20energy%2C%20protein%2C%20carbohydrate%20and%20fat%20content%20for%20an%20individual.&amp;f=false</a>
4.	Nutrient Composition	Anita Tull, <i>Food and Nutrition</i> , Oxford University Press	Chapter 3: Food and Food Science	
5.	Preparation and Cooking	Anita Tull, <i>Food and Nutrition</i> , Oxford University Press	Chapter 4: Practical Food Preparation Chapter 5: The Kitchen	

**Note:** This resource list has been prepared primarily for teachers. While it can be shared with students, students should not be required to buy multiple books. Schools are encouraged to stock these books in the library. Moreover, these are only suggestions which have been compiled for the ease of teachers and students; schools are encouraged to use other resources for teaching and learning as well, as long as they are in line with the student learning outcomes (SLOs) mentioned in AKU-EB syllabi. Unless specified, AKU-EB does not endorse any of these books or websites.

In case any website is not functional for any reason, you may search material via Google or Yahoo search engines. If you have any query, you may contact us at [examination.board@aku.edu](mailto:examination.board@aku.edu)

This resource list is applicable for syllabi which will be assessed in 2020 onwards.



آغا خان یونیورسٹی ایگزامینیشن بورڈ  
AGA KHAN UNIVERSITY EXAMINATION BOARD

## Teaching and Learning Resources for Grade X Food and Nutrition

### Recommended Key Textbook:

*Food & Nutrition by Anita Tull Oxford University Press Class 10*

Topic No	Topic/ Sub-Topic/ SLO	Reference Book	Topic in the Reference Book	Reference Website
6.1	Family and Community Nutrition	Anita Tull, <i>Food and Nutrition</i> , Oxford University Press	Chapter 2: Providing food for different needs	
		<i>Home Economics Standard Grades</i> by Alastair MacGregor, published by Leckie & Leckie	Individuals having different dietary needs	
6.2	Preventing Malnutrition in Community			<a href="http://www.globalhealthdelivery.org/files/ghd/files/ghd-c08_nutrition_concept_note.pdf">http://www.globalhealthdelivery.org/files/ghd/files/ghd-c08_nutrition_concept_note.pdf</a>
7.	Meal Management	Anita Tull, <i>Food and Nutrition</i> , Oxford University Press	Chapter 2: Providing food for different needs	
		Ethel Su-Hsin Chong, Joyce Chiu-Fui Mok, <i>Home Economics and You</i> , EPB and Pan Pacific Publications	Module 2: Healthy Daily Meals	

Topic No	Topic/ Sub-Topic/ SLO	Reference Book	Topic in the Reference Book	Reference Website
8	Table Setting and Meal Services			<a href="https://www.cabarrus.k12.nc.us/cms/lib/NC01910456/Centricity/Domain/3610/3.01N_MeaSerClass.pdf">https://www.cabarrus.k12.nc.us/cms/lib/NC01910456/Centricity/Domain/3610/3.01N_MeaSerClass.pdf</a>
9	Purchases and Storage of Food	Anita Tull, <i>Food and Nutrition</i> , Oxford University Press	Chapter 3: Food and Food Science Chapter 4: Practical Food Preparation Chapter 5: The Kitchen	<a href="https://www.fda.gov/food/labelingnutrition/ucm274593.htm">https://www.fda.gov/food/labelingnutrition/ucm274593.htm</a> <a href="https://www.health.qld.gov.au/_data/assets/pdf_file/0027/145476/diab_labels.pdf">https://www.health.qld.gov.au/_data/assets/pdf_file/0027/145476/diab_labels.pdf</a> <a href="https://www.fda.gov/downloads/food/ingredientspackaginglabeling/ucm275396.pdf">https://www.fda.gov/downloads/food/ingredientspackaginglabeling/ucm275396.pdf</a>
10	Food Preservation	Anita Tull, <i>Food and Nutrition</i> , Oxford University Press	Chapter 4: Practical Food Preparation	

**Note:** This resource list has been prepared primarily for teachers. While it can be shared with students, students should not be required to buy multiple books. Schools are encouraged to stock these books in the library. Moreover, these are only suggestions which have been compiled for the ease of teachers and students; schools are encouraged to use other resources for teaching and learning as well, as long as they are in line with the student learning outcomes (SLOs) mentioned in AKU-EB syllabi. Unless specified, AKU-EB does not endorse any of these books or websites.

In case any website is not functional for any reason, you may search material via Google or Yahoo search engines. If you have any query, you may contact us at [examination.board@aku.edu](mailto:examination.board@aku.edu)

This resource list is applicable for syllabi which will be assessed in 2021 onwards.