



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 Title	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	http://www.fitbrittnutrition.com/blog/2016/3/12/stdsfdxgculgtwpv5seemb7m38p3n
		<i>Food Science and Safety</i> by Sukhneet Suri and Anita Malhotra, Pearson	Chapter 1: An Introduction	https://alraziuni.edu.ye/uploads/pdf/fundamentals-of-foodnutrition-and-diet-therapy.pdf
1.2	Human Organ System			https://opentextbc.ca/conceptsofbiology1stcanadianedition/chapter/11-2-digestive-system/ https://www.mananatomey.com/body-systems/muscular-system
				https://www.healthline.com

Topic No.	Topic Title	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	
		HOME ECONOMICS OCR Food and Nutrition GCSE Anita Tull Consultants: Lyndsey Jackson and Jan Shally		
		<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	https://www.nhs.uk/conditions/food-intolerance/ https://www.mayoclinic.org/diseases-conditions/food-allergy/expert-answers/food-allergy/faq-20058538 https://www.webmd.com/digestive-disorders/causes-lactose-intolerance#1

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2.3	Dietary Reference Intakes(DRIs)	Anita Tull, <i>Food and Nutrition</i> , Oxford University Press	Chapter 1: Nutrition	https://ods.od.nih.gov/Health_Information/Dietary_Reference_Intakes.aspx https://www.nap.edu/read/10925/chapter/3#22
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	https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/
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	https://www.who.int/news-room/fact-sheets/detail/healthy-diet https://www.healthline.com

Topic No.	Topic Title	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	https://books.google.com.pk/books?id=YrBpH8l9RMoC&pg=PA66&dq=simple+method+of+calculating+Body+Mass+Index+BMI&hl=en&sa=X&ved=0ahUKewjn9dLZpKDhAhVtdt8KHevcCvwQ6AEIXTAJ#v=onepage&q=simple%20method%20of%20calculating%20Body%20Mass%20Index%20BMI&f=false https://bmiccalculatorusa.com/
4.	Nutrient Composition	Anita Tull, <i>Food and Nutrition</i> , Oxford University Press	Chapter 3: Food and Food Science	https://www.healthline.com/nutrition/ https://www.webmd.com/diet/health-benefits-
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. You are advised to use an ad-blocker while accessing the websites. In case any website is not functional for any reason, you may inform us at examination.board@aku.edu for an alternative or search material via any search engine. If you have any query, please contact us via email.



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Teaching and Learning Resources for Grade X Food and Nutrition

Recommended Key Textbook:

Food & Nutrition by Anita Tull Oxford University Press Class 10

Additional Recommended Resource Material				
Topic No.	Topic Title	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			http://www.globalhealthdelivery.org/files/ghd/files/ghd-c08_nutrition_concept_note.pdf
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 Title	Reference Book	Topic in the Reference Book	Reference Website
8	Table Setting and Meal Services			https://www.cabarrus.k12.nc.us/cms/lib/NC01910456/Centricity/Domain/3610/3.01N_MeaSerCIass.pdf https://extension.unl.edu/statewide/kimball-banner/tablesetting-guide.pdf https://extension.oregonstate.edu/sites/default/files/documents/8426/tablesettingguidelinesrev2018rev.pdf
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	https://www.fda.gov/food/labelingnutrition/ucm274593.htm https://www.health.qld.gov.au/_data/assets/pdf_file/0027/145476/diab_labels.pdf
10	Food Preservation	Anita Tull, <i>Food and Nutrition</i> , Oxford University Press	Chapter 4: Practical Food Preparation	

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