

AGA KHAN UNIVERSITY EXAMINATION BOARD

SECONDARY SCHOOL CERTIFICATE

CLASS X

Food and Nutrition Paper II

Time: 2 hours 20 minutes Marks: 40

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 TEN questions. Answer ALL questions. Questions 9 and 10 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 ().

Q.1. (Total 3 Marks)

a. Sara eats an apple while Eliza eats French fries at lunch.

Whose lunch is healthier and why? (2 Marks)

b. Why is the high intake of fibre and fluids recommended for pregnant women in their late pregnancy? (1 Mark)

Q.2. (Total 3 Marks)

Given are THREE dietary nutrients and their sources which are consumed by a high-income family.

Dietary Nutrients	Sources
Proteins	Prawns, mutton, cheese
Fats	Butter, olive oil, cashew nuts
Sources of carbohydrates	Fine rice, white flour, cake

Suggest changes in the given food choices to make it suitable for a low-income family.

Q.3.

(Total 4 Marks)

Name and mention the importance of any TWO vitamins that a woman should consume during her pregnancy.

Q.4.

(Total 4 Marks)

a. Why are chickpeas generally called the poor men's meat?

(1 Mark)

b. Mention any THREE ways to save the fuel through proper meal planning.

(3 Marks)

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Q.5. (Total 4 Marks)

a. Sohail has recently switched his restaurant from serving regular food to buffet dinner.

Suggest any TWO ways to make the buffet food service more effective. (2 Marks)

b. From the given diagram, identify TWO actions that are against table etiquettes. (2 Marks)



Q.6.

(Total 3 Marks)

A 70 years old man frequently consumes a food product with the following label.

Nutrition Facts	
Amount	% Daily Value
Calories 340	
Fat 27 g	42%
Saturated Fat 0.5 g + Trans fat 0 g	70%
Cholesterol 70 mg	
Sodium 800 mg	33%
Carbohydrates 16 g	4%
Fibre 10 g	0%
Added Sugars 10 g	
Proteins 24 g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 30%

Infer any THREE health risks that the man can face as a result of frequent consumption of this food product.

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Q.7. (Total 3 Marks)

a. Saima placed an uncovered bowl of chicken curry in the fridge and forgot to utilise it for a week. When she took the bowl out of the fridge, the chicken curry had spoiled.

i. Mention any ONE change in the condition of the chicken curry that Saima must have observed. (1 Mark)

ii. Give a reason for the change identified in part i. (1 Mark)

b. How is food contaminated by bacterial spores? (1 Mark)

Q.8. (Total 4 Marks)

Describe any TWO ways in each case through which food can be preserved by preventing its

a. self-decomposition. (2 Marks)

b. damage from insects or animals. (2 Marks)

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Q.10.

(Total 6 Marks)

EITHER

- a. Write any SIX ways to properly store food items in kitchen cabinets.

OR

- b. Farhana has recently been appointed as a Mess Manager in a girls' hostel.

Suggest any SIX ways in which Farhana can control food spoilage by maintaining hygiene in the hostel's kitchen.

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