AGA KHAN UNIVERSITY EXAMINATION BOARD

SECONDARY SCHOOL CERTIFICATE

CLASS X

MODEL EXAMINATION PAPER 2023 AND ONWARDS

Food and Nutrition Paper II

Time: 1 hour 50 minutes   Marks: 25

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 SEVEN questions. Answer ALL questions. Questions 6 & 7 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)

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

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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 and cheese
Fats	Butter, olive oil and cashew nuts
Carbohydrates	Fine rice, white flour and cakes

Suggest changes in the given food sources against each nutrient to make it suitable for a low-income family.

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Q.3. (Total 3 Marks)

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

Suggest any THREE ways to make the buffet food service more effective.

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Q.4. (Total 2 Marks)

A 70-year-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 TWO health risks that the man can face as a result of frequent consumption of this food product.

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Q.5.   (Total 2 Marks)

Mention any ONE way in each of the following cases through which food can be preserved by preventing its

a.   self-decomposition.   (1 Mark)

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b.   damage from insects or animals.   (1 Mark)

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Q.6 (Total 6 Marks)

EITHER

a. Describe why the dietary needs of the elderly are different than those of young people. Explain any TWO recommendations for the everyday diet of the elderly.

OR

b. Which food items should be selected when planning a menu for a birthday party of a 4-year-old toddler? Support your answer with reasons for each choice of food item.

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Q.7. (Total 6 Marks)

EITHER

a. Describe 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 the hygiene in the hostel's kitchen.

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