

AGA KHAN UNIVERSITY EXAMINATION BOARD

SECONDARY SCHOOL CERTIFICATE

CLASS X EXAMINATION





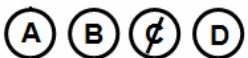
MAY 2015

Food and Nutrition Paper I

Time: 35 minutes Marks: 25

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 25 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		1	
		2	
		3	
		4	

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. The vulnerable group in a population can be defined as people with special

- A. emotional demands.
- B. physical strengths.
- C. nutritional needs.
- D. intelligence skills.

2. A nutritionist recommends the following health tip for a client.

‘Increase your consumption of leafy vegetables; eat vitamin C-rich fruits after meals to enhance iron absorption and delay drinking tea or coffee for a few hours after meals to avoid inhibiting iron absorption.’

In the above case, the client is most likely to be

- A. a pregnant woman.
- B. an elderly man.
- C. a teenager.
- D. an infant.

3. A food item is classified as junk if it has a high content of which of the following?

- A. Carbohydrate, calcium and fat
- B. Sugar, calcium and iron
- C. Fat, fibre and protein
- D. Fat, sugar and salt

4. Teenagers may face greater risk of micronutrient deficiencies due to all of the following reasons EXCEPT

- A. reduced parental attention.
- B. decreased number of meals.
- C. increased parasitic infections.
- D. decreased energy expenditure.

5. Bulky food, recommended for adults, when eaten by infants,

- A. satisfies their hunger but does not meet their calorie requirement.
- B. does not satisfy their hunger but meets their calorie requirement.
- C. neither satisfies their hunger nor meets their calorie requirement.
- D. satisfies their hunger and also meets their calorie requirement.

6. Given below is a recommended list of food items for an adolescent.

Wheat, beef, vegetables, curd and whole egg

In order to meet the requirements of an elderly person in the family, what modification should be made to the above list?

- A. Wheat should be replaced with rice and vegetables with fruits.
 - B. Beef should be replaced with pulses and whole egg with egg white.
 - C. Curd should be replaced with cheese and whole egg with egg yolk.
 - D. Vegetables should be replaced with fruits and curd with cheese.
7. What measure will help overcome malnutrition in a community?
- A. Limited food production
 - B. Tips on inexpensive purchase
 - C. Age-based distribution of food
 - D. Awareness of health and hygiene
8. Which of the following is NOT a principle of meal planning?
- A. Include food items from each food group
 - B. Spend most of the time on planning the meal
 - C. Serve food with an eye-appealing presentation
 - D. Use different methods of cooking to bring variety
9. In a menu, entrée can be defined as
- A. the main dish at lunch or dinner.
 - B. any liquid for drinking except water.
 - C. the dish subordinate to a main course.
 - D. light food served to stimulate the appetite.

10. Which of the following represents the CORRECT sequence of food items in a menu?



A



B



C



D

11. Which of the following can be taken by a family with low income to fulfil their protein demand?
- A. Beef and chicken
 - B. Mutton and cheese
 - C. Egg and dried beans
 - D. Fruits and vegetables
12. 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. utilizing resources effectively.
 - D. managing large number of guests.

13. Which of the following types of food service is most suitable for wedding parties?



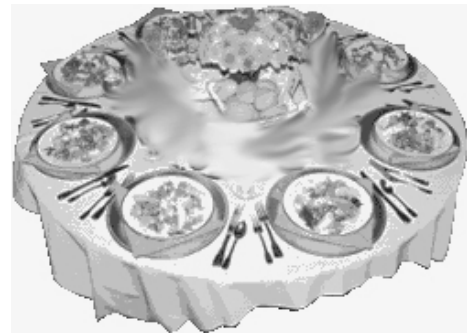
A



B



C



D

14. All of the following are uses of a table napkin EXCEPT

- A. cleaning glassware.
- B. protecting clothes.
- C. cleaning hands.
- D. wiping mouth.

15. Which of the following table manners is specifically related to the hygiene?

- A. Using right hand while eating food
- B. Saying prayers before starting a meal
- C. Washing hands before starting a meal
- D. Using spoon noiselessly while eating food

16. Which of the following is the most important factor that should be considered while purchasing canned fruits?

- A. Price
- B. Colour
- C. Shelf life
- D. Season

17. The most important consideration once storing fruits in a refrigerator is to ensure that
- A. fruits of same colour are kept together.
 - B. fruits with soft skin are washed thoroughly.
 - C. fruits with a risk of drying out are put in unsealed bags.
 - D. fruits with seeds are stored below 0°C.
18. While purchasing food items, which of the following should be added last to the cart?
- A. Meat
 - B. Bread
 - C. Oranges
 - D. Potatoes
19. Red meat is best stored
- A. in the lowest shelf of a refrigerator.
 - B. in an air-tight container.
 - C. at room temperature.
 - D. in a freezer.
20. Chemical agents are mostly added in the preservation of
- A. powdered spices.
 - B. pickles.
 - C. bread.
 - D. wheat flour.
21. 'High temperature short time (HTST) process has been developed to retain a food's texture and flavour quality parameters.'
- The above mentioned process is a part of
- A. canning.
 - B. freezing.
 - C. dehydration.
 - D. pasteurization.
22. The best way to dispose food scraps is to
- A. wrap them in paper and refrigerate.
 - B. mix them with garden soil to make manure.
 - C. burn them in open air away from home.
 - D. seal them in a plastic bag before throwing.
23. One of the kitchen hygiene rules is that there should be separate
- A. ovens for baking and roasting.
 - B. aprons for cutting and cooking.
 - C. chop boards for meat and fruits.
 - D. detergents for metal and plastic utensils.

24. One of the common threats to public health due to the use of food additives is
- A. tuberculosis.
 - B. peptic ulcer.
 - C. skin cancer.
 - D. diabetes.
25. Which of the following chemical agents is used in milk powders to prevent sticking?
- A. Anticaking agents
 - B. Bulking agents
 - C. Antioxidants
 - D. Emulsifiers

END OF PAPER

Please use this page for rough work