

AGA KHAN UNIVERSITY EXAMINATION BOARD

SECONDARY SCHOOL CERTIFICATE

CLASS IX 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 | <input type="radio"/> A <input type="radio"/> B <input checked="" type="radio"/> C <input type="radio"/> D | 1 | <input type="radio"/> A <input type="radio"/> B <input checked="" type="radio"/> C <input type="radio"/> D |
| | | 2 | <input type="radio"/> A <input type="radio"/> B <input checked="" type="radio"/> C <input type="radio"/> D |
| | | 3 | <input type="radio"/> A <input type="radio"/> B <input checked="" type="radio"/> C <input type="radio"/> D |
| | | 4 | <input type="radio"/> A <input type="radio"/> B <input checked="" type="radio"/> C <input type="radio"/> D |

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 Recommended Daily Allowance (RDA) of calcium for a teenage girl is
 - A. 600 mg/day
 - B. 700 mg/day
 - C. 800 mg/day
 - D. 1000 mg/day
2. How many essential amino acids are required for the growth of children?
 - A. 6
 - B. 8
 - C. 9
 - D. 10
3. Which of the following is important for good mental health?
 - A. Calcium
 - B. Vitamin C
 - C. Vitamin A
 - D. B vitamins
4. The component of food that is mainly responsible for making the bulk of muscles, nerves, brain, skin, nails and hair in the body is
 - A. carbohydrates.
 - B. proteins.
 - C. fibre.
 - D. fats.
5. Those patients who have viral infections, and are not responding well to antibiotics, are advised to take
 - A. protein-rich diet.
 - B. more pain killers.
 - C. plenty of water.
 - D. 18 hour of sleep.
6. Which of the following is a good nutritional practice?
 - A. Add sugary drinks to your diet to stay hydrated and active
 - B. Skip breakfast so you can eat more the rest of the day
 - C. Have variety in your diet by adding all food groups
 - D. Measure every morsel of your diet before taking it
7. Which of the following is a sign of poor nutrition?
 - A. Smooth nails
 - B. Shiny hair
 - C. Red gums
 - D. Clear skin

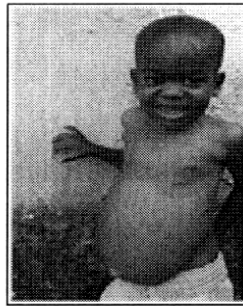
8. Children tend to gain excess weight when they take
- A. all essential nutrients in the required amount.
 - B. some of the nutrients in more than the required amount.
 - C. all essential nutrients in less than the required amount.
 - D. some of the nutrients in less than the required amount.
9. The secondary source of energy for the body is
- A. carbohydrates.
 - B. vitamins.
 - C. proteins.
 - D. fats.
10. The best absorbable source of iron for the human body is
- A. apple.
 - B. egg yolk.
 - C. beef.
 - D. spinach.
11. Which of the following shows the result of severe deficiency of vitamin D?



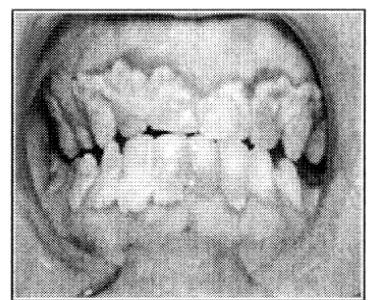
A



B



C



D

12. Which of the following is CORRECT about proteins?
- A. They produce 9 kilocalories of energy per gram.
 - B. They produce 4 kilocalories of energy per gram.
 - C. They should provide about 5 to 10% of the total kilocalories.
 - D. They should provide about 45 to 65% of the total kilocalories.
13. The energy requirement (carbohydrates and proteins) of a growing child can be fulfilled by a diet that consists of
- A. bread, egg and banana.
 - B. pulses, carrot and chicken.
 - C. milk cream, butter and cheese.
 - D. meat, fish and peas.

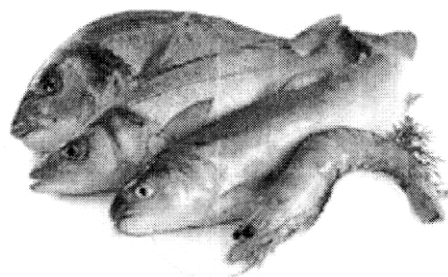
14. Which of the following statements is TRUE about a balanced diet?
- A. It provides selected nutrients.
 - B. It provides calorie-dense food.
 - C. It provides nutrient-dense food.
 - D. It provides calories according to RDA.
15. It is recommended that pregnant women should include chicken liver in their diet
- A. everyday.
 - B. once a week.
 - C. twice a week.
 - D. once in a month.
16. Which of the following is an example of a balanced meal for teenagers?
- A. A slice of pizza with salad
 - B. A beef burger with soft drink
 - C. A plate of fried rice with sauce
 - D. A chicken sandwich with coleslaw
17. In a food pyramid, dairy products are a source of which of the following nutrients?
- A. Thiamine
 - B. Protein
 - C. Iron
 - D. Fat
18. According to the Food Guide Pyramid, the recommended serving of fruits in a day is
- A. 1 - 2
 - B. 2 - 3
 - C. 2 - 4
 - D. 3 - 5
19. In which of the following food items can excessive amount of fats be found?
- A. Burger
 - B. Carrot
 - C. Apple
 - D. Lettuce
20. The main sources of vitamin B complex are
- A. cereals and cereal products.
 - B. fats and oils.
 - C. vegetables.
 - D. fruits.

21. The picture below shows the nutrition facts of a food item.

| Nutrition Facts | |
|---------------------------|-----------------------|
| Amount Per Serving | |
| Calories 318 | Calories from Fat 106 |
| % Daily Value | |
| Total Fat 11.8g | 18% |
| Saturated Fat 1.6g | 8% |
| Cholesterol 0mg | 0% |
| Sodium 342mg | 14% |
| Potassium 247mg | 7% |
| Total Carbohydrates 51.5g | 17% |
| Dietary Fiber 4.2g | 17% |
| Sugars 3.3g | |
| Protein 2.3g | |
| Vitamin A 15% | Vitamin C 29% |
| Calcium 4% | Iron 7% |

The given information tells us that the food item is

- A. sufficient for 3 to 4 persons.
 - B. available in three flavours.
 - C. rich in fats and vitamin C.
 - D. a ready-to-eat variety.
22. The food items shown in the given picture mainly contain



- A. fibre and fats.
 - B. starch and water.
 - C. starch and vitamin C.
 - D. proteins and iodine.
23. Methods which require water as a cooking medium include
- A. baking and boiling.
 - B. roasting and grilling.
 - C. frying and roasting.
 - D. boiling and braising.

PLEASE TURN OVER THE PAGE

24. Eggs cooked out of the shell in hot water or milk are known as
- A. scrambled eggs.
 - B. poached eggs.
 - C. baked eggs.
 - D. fried eggs.
25. Which of the following should be practiced in the kitchen to avoid an accident?
- A. Keep pan handles outwards and cook on the front burners first.
 - B. Keep a potholder alongside the oven to pick up the oven pan.
 - C. Clean the burner as soon as you are done with cooking.
 - D. Use a steel fork to take out bread slices from a toaster.

Please use this page for rough work

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