

**AGA KHAN UNIVERSITY EXAMINATION BOARD**

**SECONDARY SCHOOL CERTIFICATE**

**CLASS X EXAMINATION**

**MAY 2016**

**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. As people become older, they become less active.

One of the modifications which can be made in the diet of elderly people is to decrease

- A. size of their meals.
- B. variety in their meals.
- C. quality of their meals.
- D. number of their meals.

2. There is a popular saying that a pregnant woman should 'eat for two'.

It means that a pregnant woman should

- A. gain weight twice of her original weight.
- B. include in her diet those items that infants eat.
- C. eat double the normal amount of her regular diet.
- D. follow recommended daily allowance for vulnerable groups.

3. Which of the following is required at the very early stage of pregnancy for the proper development of nervous system of the foetus?

- A. Calcium
- B. Folic acid
- C. Vitamin E
- D. Vitamin D

4. Pregnant women are advised to increase the intake of green leafy vegetables and fruits. This mainly prevents

- A. tetany.
- B. constipation.
- C. haemorrhage.
- D. premature birth.

- 5.

- It is mostly enriched with additional iron and calcium.
- It lacks antibodies.
- It is hygienically produced.

The given characteristics are of

- A. breast milk.
- B. skimmed milk.
- C. ordinary cow's milk.
- D. powdered bottle-milk.

6. The age at which all babies should start to take a mixed diet comprising of a variety of semi-solid foods is
- A. three months.
  - B. six months.
  - C. nine months.
  - D. twelve months.
7. If the everyday meal of a person largely comprises of fats, sugars and salts, it will be considered as
- A. junk food.
  - B. starchy food.
  - C. fortified diet.
  - D. balanced diet.

8.



The given symbol advises us to avoid consuming

- A. three meals a day.
- B. liquid with solid food.
- C. a diet low in caloric value.
- D. food low in nutritional value.

9. Which of the following options shows the CORRECT format for writing a menu?



A



B



C



D

10. Potato chips, fried prawns and garlic mushrooms will be categorised as
- desserts.
  - appetisers.
  - main course.
  - accompaniments.
11. Careful planning of meals helps us in all of the following ways EXCEPT to
- save time and energy.
  - fulfil nutritional needs.
  - avail limited food choices.
  - manage the monthly budget.
12. The type of trolley used to serve food in aeroplanes is



A



B



C



D

13. Tray service is most appropriate to serve food
- A. in a birthday party.
  - B. in a wedding dinner.
  - C. to patients in a hospital.
  - D. to students in a school canteen.
14. If a child displays table manners, it shows that he/ she is
- A. educated and well-fed.
  - B. polite and sophisticated.
  - C. intelligent and civilised.
  - D. disciplined and well-behaved.
15. Using an appropriate type of food service for a particular occasion can help in all of the following ways EXCEPT in
- A. saving time and money.
  - B. preventing waste of food.
  - C. managing serving of food.
  - D. minimising nutrient loss.
16. At the time of purchasing bread, it should be noted that bread should have
- A. many holes.
  - B. small loaves.
  - C. dense texture.
  - D. brown crust.
17. At the time of purchase, which of the following should be fairly soft, tender and plump?
- A. Apples
  - B. Grapes
  - C. Lemons
  - D. Bananas
18. At the time of purchase, which of the following should be heavy and well-trimmed with solid heads?
- A. Potato
  - B. Carrot
  - C. Turnip
  - D. Cabbage
19. While purchasing food items, which of the following can be placed at the bottom of the cart?
- A. Bread
  - B. Onion
  - C. Lettuce
  - D. Banana

20. Emulsifiers are added in the food to
- A. maintain texture of food.
  - B. control pH of cooking medium.
  - C. bring out flavour of an ingredient.
  - D. prevent powdery foods from sticking together.
21. When tomato ketchup is prepared at homes, vinegar is added to it. It is then kept at low temperature for storage.
- The steps of preservation used in the given case are
- A. pasteurisation and removal of moisture.
  - B. pasteurisation and addition of chemical.
  - C. addition of chemical and refrigeration.
  - D. removal of moisture and refrigeration.
22. Which of the following is added to food to make its flavour sharp?
- A. Sugar
  - B. Starch
  - C. Pectin
  - D. Vinegar
23. The first and foremost rule before handling food is to
- A. cover hair.
  - B. clean all surfaces.
  - C. wear clean clothes.
  - D. wash hands thoroughly.
24. Which of the following is the most important principle that an additive must have to be acceptable for use in a food item?
- A. It must be safe to use.
  - B. It should be easily digested.
  - C. It must have nutritional value.
  - D. It should be from an animal source.
25. The following ingredients' list is pasted on a food label.

Raw chicken, corn starch, sun flower oil,  
emulsifier, preservatives, salts and water

The information in the ingredient list indicates that the food product should be stored

- A. in a freezer.
- B. in a backless shelf.
- C. at room temperature.
- D. in a kitchen cupboard.

Please use this page for rough work

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