

AGA KHAN UNIVERSITY EXAMINATION BOARD

SECONDARY SCHOOL CERTIFICATE

CLASS IX 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. The term 'diet' refers to the food eaten
 - A. during illness.
 - B. at midday as dinner.
 - C. as main course only.
 - D. by an individual every day.
2. The daily consumption of some nutrients of a 35 year old male is given below along with the nutrients' recommended daily allowances.

Nutrient	Daily Consumption by the Male (g/ day)	Recommended Daily Allowance (g/ day)
Carbohydrates	250	310
Proteins	50	50
Fats	85	70

The above table indicates that the male is taking

- A. right type of nutrients in right amounts.
 - B. wrong type of nutrients in right amounts.
 - C. right type of nutrients in wrong amounts.
 - D. wrong type of nutrients in wrong amounts.
3. A person taking a balanced diet adds a protein supplement in his diet. Such a diet is an example of
 - A. obesity.
 - B. poor appetite.
 - C. over-nutrition.
 - D. caloric deficiency.
4. Calorie in food is described as the
 - A. day-wise recommended amount of food.
 - B. amount of energy that is produced by food.
 - C. special course of food taken to lose weight.
 - D. nutritious substances required to maintain life.
5. Among children, the highest recommended daily allowance (g/ day) for proteins is from the age of
 - A. 0 to 3 months.
 - B. 10 to 12 months.
 - C. 4 to 6 years.
 - D. 7 to 10 years.

6. The table below shows the recommended daily allowance (RDA) of two different vitamins for children.

	Vitamin X	Vitamin Y
Amount required in children (0-12 months)	25 mg/ day	350 µg/ day

Which of the following CORRECTLY identifies vitamins **X** and **Y**?

	Vitamin X	Vitamin Y
A	Vitamin A	Vitamin C
B	Vitamin C	Vitamin D
C	Vitamin C	Vitamin A
D	Vitamin D	Vitamin C

7. Which of the following is important for good mental health?
- A. Calcium
 - B. Vitamin C
 - C. Vitamin A
 - D. B vitamins
8. Proteins are primarily responsible for the growth and development of the body. However, they can also contribute in energy production when required.

Which of the following should be taken in sufficient amount so that proteins would do their primary function only?

- A. Fibre
 - B. Minerals
 - C. Vitamins
 - D. Carbohydrates
9. Proteins are different from carbohydrates and fats because they
- A. provide energy.
 - B. contain nitrogen.
 - C. dissolve in water.
 - D. remain undigested.
10. If a person takes recommended amount of liver in his diet, he would not suffer from the deficiency of
- A. iron and calcium.
 - B. iron and vitamin A.
 - C. calcium and vitamin A.
 - D. vitamin A and vitamin C.

11.



The above food items are rich and natural sources of

- A. iron.
 - B. calcium.
 - C. vitamin A.
 - D. vitamin C.
12. Dietary fibre should be included in our daily diet because it
- A. acts as an anti-oxidant in the body.
 - B. makes undigested food soft and bulky.
 - C. forms an insulating layer beneath the skin.
 - D. increases the production of digestive enzymes.
13. Which of the following provides the highest amount of energy?
- A. 1 g of fats
 - B. 1 g of proteins
 - C. 1 g of dietary fibre
 - D. 1 g of carbohydrates
14. The choice of food consumed depends upon many factors. A research is conducted to find out whether a 25 year old man doing strenuous exercise needs to eat more than a 25 year old woman doing household work or both need the same amount of food.
- The factors influencing dietary practices in the given case are
- A. age and gender.
 - B. activity and age.
 - C. gender and culture.
 - D. gender and activity.
15. People in Pakistan consume oranges between December to March.
- This is due to the
- A. low cost of oranges in winters.
 - B. cultural practices of our society.
 - C. availability of oranges in winters.
 - D. role of oranges in heat conservation.

16. All of the following factors influence the dietary practices of an individual EXCEPT
- A. age.
 - B. gender.
 - C. religion.
 - D. qualification.
17. An example of adopting healthy food choices in our diet is to replace
- A. nuts with meat.
 - B. milk with water.
 - C. juice with fruits.
 - D. brown rice with white rice.
18. The food composition table is used to
- A. develop new recipes.
 - B. combine different food items.
 - C. estimate nutrient content of food.
 - D. calculate daily dietary allowances.
19. The nutrient composition of a food item **X** is given below.

Component of Food	Amount of Nutrient
Proteins	6.3 g
Vitamin D	1 µg
Calcium	28 mg
Iron	0.9 mg

The food item **X** is most likely to be a/ an

- A. egg.
- B. turnip.
- C. banana.
- D. almond.

20. Knowing the nutrient composition of the following foods, identify which is the most suitable for a person deficient in minerals?

Nutrition Facts	
Per 125 mL (87 g)	
Amount	% Daily Value
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	

A

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Cholesterol 30mg	10%
Sodium	0%
Total Carbohydrate 31g	
Dietary Fiber 0g	
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	0%
Iron	1%

B

Nutrition Facts	
Serving Size 2-1/2 cups (31g)	
Servings Per Container about 7	
Amount Per Serving	
Calories 170	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 10g	50%
Sodium 180mg	1%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Protein 2g	

C

Nutrition Facts	
Serv Size ½ tsp (2.46 mL)/32 oz mixed	
Servings Per Container 100	
Amount Per Serving: ½ tsp (2.46 mL)	
	%DV*
Calories	0
Total Fat	0 g 0%
Sodium	125 mg 5%
Potassium	130 mg 4%
Total Carbohydrate	0 g 0%
Protein	0 g 0%
Magnesium	11%
Chloride	11%

D

21. Information about the nutrient composition of food items helps in all of the following ways EXCEPT to
- prevent spoilage of perishable food items.
 - plan a well-balanced and easily made diet.
 - avoid ingredients which may cause allergy.
 - fulfil dietary needs of different age groups.
22. Which of the following is the most appropriate dish for a low fat diet?
- Pizza
 - Beef roast
 - Grilled fish
 - French fries

23. All of the following are safety measures which prevent a person from slipping in the kitchen EXCEPT

- A. avoid using light-material rugs.
- B. clean floor immediately when oil spills.
- C. stand to the side of oven when opening.
- D. store heavy pots and pans on lower shelves.

24.



You are toasting bread in a toaster (similar to the one shown above) when suddenly you notice that there is a fire in the toaster. You would immediately

- A. invert the toaster.
- B. switch-off the toaster.
- C. put water on the toaster.
- D. open the door of the toaster.

25. While working in a kitchen a person's skin is injured with mild burns.

Which of the following should be the first step towards treatment?

- A. Smoothen the burn with a lotion for few minutes.
- B. Cool the burn with cold water for several minutes.
- C. Cover the affected area with a piece of clean cloth.
- D. Wash the affected area using an anti-bacterial soap.

Please use this page for rough work

AKU-EB MAY EXAMINATIONS 2016