BOARD OF INTERMEDIATE AND SECONDARY EDUCATION, MULTAN

OBJECTIVE KEY FOR SSC ANNUAL EXAMINATION, 2022.

Name of Subject: Food and Nutaition Session: 2022(A)

Q.Nos Paper Code Paper Code Paper Code

1771

Q.Nos	Paper Code	Paper Code	Paper Code	Paper Code
	1771	2		
1 .	В		•	
2	C			
3	<b>B</b>			
4	A			
5 .	D			
6	C			
7	B			
8	A			
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10	D&D:	1		
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مر فیقیٹ بابت تھی سوالیہ برجہ الدارکنگ Key

مرفیقیٹ بابت تھی سوالیہ برجہ الدارکنگ Key

مرفیق سوالیہ برجہ الدارکنگ Set معمون مطابق است اللہ استان اللہ استان اللہ استان اللہ استان اللہ استان اللہ استان اللہ اللہ استان اللہ اللہ برجہ انشائیہ ومعروض (Subjective & Objective کو بنظر عمین چیک کرلیا ہے یہ برجہ میں مطابقت رکھتے ہیں۔ نیز اس برچہ برجہ میں کوئی غلطی نہ ہے۔ ہم نے سوالیہ برجہ کا اردو اور انگریز Version بھی چیک کرلیا ہے۔ یہ Version آپس میں مطابقت رکھتے ہیں۔ نیز اس برچہ کی معروض (MCQs) کی بابت تقدیق کی جاتی ہے کہ اس میں بھی کی قتم کی کوئی غلطی نہ ہے۔ مزید رہے کہ ہم نے واب سے تیار کردہ ہدایات کی معروض (MCQs) کی بابت تقدیق کی جاتی ہے کہ اس میں بھی کی قتم کی کوئی غلطی نہ ہے۔ مزید رہے کہ ہم نے وران کی روشن میں ورشن میں کوئی غلطی نہ ہے۔ مزید رہے کہ ان کا بنور مطالعہ کرلیا ہے اور ان کی روشن میں Key بنائی ہے۔ نیز سب ایگزامیز زکیلئے تفصیلی مارکنگ ہدایات / مارکنگ سیم /Rubrics بھی تیار کر دی گئی ہیں۔

Prepared & Checked By:

Dated: 01 - 06 - 2022

S.#	Name	Designation	Institution	Mobile No	Signature
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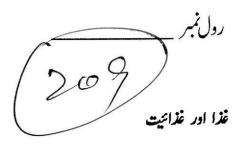
## PAPER CODE

NUMBER: 1771

MAXIMUM MARKS: 12

# 2022 (A)

#### SSC PART-I (9th CLASS)



75(Obj)-2022(A)-400 (MULTAN)

#### **FOOD AND NUTRITION**

TIME ALLOWED: 15 Minutes

حصه معروضی OBJECTIVE

نوث۔ ہرسوال کے چارمکنہ جوابات C ،B ،A اور D دیے گئے ہیں۔ جوائی کائی پر ہرسوال کے سامنے دیے گئے دائروں میں سے درست جواب کے مطابق متعلقہ دائر ہ کو مارکر یا پین سے بھر

وقت = 15 منك

كل نمبر = 12

4	نے کی صورت میں کوئی نمبر نہیں دیا جائے گا۔ اِس سوالیہ پر چ	ه جواب غلط تصور ہوگا۔ دائروں کو پُرنہ کر	إ كاك كرية كرنے كي صورت ميں مذكور	دیجئے۔ ایک سے زیادہ دائروں کور کرنے	
Note	: you have four choices for each	objective type question	n as A, B, C and D. The	سوالات ہر گزخل نہ کریں۔	
whic	h you think is correct, fill that bul	oble in front of that que	stion number, on bubb	ole sheet. Use marker or pe	n
	I the bubbles. Cutting or filling tw				l be
	rded in case BUBBLES are not fill	ed. Do not solve questi	ions on this sheet of O		21.
Q.N	o.1			50 ±3500 <b>≠</b>	سوال تمبه
(1)	What do healthy food provide to boo	9565		قوت بخش غذا ئیں جسم کوکیا فراہم کرتی ہیں؟	(1)
	(A) Growth نشوونما	حرارت وتواناكي B) Energy (B)		5/	
(2)	How does the colour of skin become	e due to lack of red cells	وجاتی ہے؟	خون کے سرخ ذرات نہ بننے سے رنگت کیسی ہ	(2)
	سفير (A) White	نیلی Blue) نیلی	پلي Yellow پيلي		
(3)	Which type of qualities are containe	d by minerals?		معدنی نمکیات کیسی خاصیت رکھتے ہیں؟	(3)
	امياتی (A) Organic	غیرنامیاتی Inorganic)	(C) Chemical کیمیائی	اشخوانی Skeletal (D)	
(4)	Which type of food ingredients are	not available in milk?	92	دودھ میں کون سے غذائی اجز اموجو زمیں ہو ۔	(4)
	(A) Iron, vitamin C アンジャ でしている		(B) Calcium and phosp	تحياشيم اور فاسفورس horus	
	آکران، وٹاممن کی (A) Iron, vitamin C بن اوروٹامن (C) Protein and vitamin	Kesu	(D) Fats and starchy	فیٹس اورسٹار چی	
(5)	Food are divided into group	s in food pyramid.	ں میں تر تیب دیا گیاہے۔	فوڈ پراٹد میں غذاؤں کو گردہوا	(5)
	(A) Two 99	تين B) Three تين	طِار (C) Four	(D) Five غُرا	
(6)	For which organ system, vegetables	are beneficial?	ردویتی ہے؟	سنزیاں ہمارے کس نظام کودرست رکھنے میں .	(6)
	وورانِ خون A) Blood circulation		(B) Nervous system	عصبى فأ	
	معدے کا نظام C) Stomach system)		(D) Respiratory system	نظام تغفس	
(7)	100 grams meat provides gra	ms protein.	گرام پروٹین ملتی ہے۔	100 گرام گوشت سے تقریباً	(7)
	(A) 10	(B) 20	(C) 30	(D) 40	
(8)	How should we store the food which	n can spoil early?	ع ہے؟	فوری خراب ہونے والی غذا ؤں کو کیے سٹور کرنا	(8)
	(A) In cold تُصْنَّدُك مِين	پوں میں (B) Pack in boxes	دهوپ میں C) In sun) بندؤ	ہوامیں In air)	
(9)	Protein is compound of:			پروٹین کن کامر کب ہے؟	(9)
	(A) Foods کھانوں کا		(B) Hydrogen and Oxy	پائڈروجن اورآ سیجن کا gen	
	(C) Amino acids الميتواليدوركا		(D) Sugar and water &	چینی اور پانی ً	
(10)	In cold weather do not spo	oil for long time.	خرابنہیں ہوتیں۔	ٹھنڈے موسم میں کئی روز تک	(10)
	(A) Milk ceca	واے (B) Tea	(C) Water غُلِ	اثيا D) Things)	
(11)	In which food vitamin E is contained	ed?		وٹامن ای کن غذاؤں میں پایاجا تاہے؟	(11)
	حیوانی ذرائع Animal source)	ن درائح (B) Plant sources)	رغنی (C) Fats) نباتیاذ	پروٹین Protein (D)	
(12)	Protective foods provide	to health.	رقی ہیں۔	حفاظتی غذا ئیں جسم کو فراہم ک	(12)
	(A) Heat and energy رارت وتوانا کی (E	C) Nutrie) نثوونما Growth (S)	D) Protect) غذائی اجزا	باریوں سے تحفظ ion from disease	

## 2022 (A)

#### SSC PART-I (9th CLASS)



# FOOD AND NUTRITION

TIME ALLOWED: 1.45 Hours

حصدانثائيه SUBJECTIVE

MAXIMUM MARKS: 48

نوٹ۔ جوابی کا بی بروہی سوال نمبراور جزونمبردرج کیجیے جو کہ سوالیہ برہے میں درج ہے۔ NOTE: Write same question number and its part number on answer book, as given in the question paper.

### SECTIONAL JALAS

2. Attempt any five parts.  (i) Write a brief note on Glucose. (ii) What is meant by Scurry? (iii) When does the satiety value occur? (iv) What are food nutrients? (v) What are food nutrients? (vi) Describe the food sources. (vii) What are the inorganic materials? (viii) Describe the effects of weight loss on health.  3. Attempt any five parts. (i) Describe the importance of glycerol. (iii) Which are the starchy foods? (vi) What are fresh food vitamin A and Vitamin D U Secribe the chemical composition of protein.  4. Attempt any five parts. (viii) Describe the chemical composition of protein.  4. Attempt any five parts. (viii) Describe the chemical composition of protein.  4. Attempt are five has been of fisher? (viii) Describe the chemical composition of protein.  5. Explain interpretation food labels. (viii) What is meant by undernutrition? (vi) What is meant by undernutrition? (vi) What is meant by undernutrition? (vi) What are the slagns of fresh fish? (viii) Write the principles of purchase. (viii) Write the importance of balanced diet. (vi) Write the importance of balanced and unbalanced diet. (vi) Write the criteria for purchasing vegetables and fruits.  2 **SECTION-II**  **SECTION-II** **SECT	SECTION-I						
(ii) What is meant by Scurvy? (iii) When does the satiety value occur? (iv) What happens due to antibodies in our body? (v) What are food nutrients? (vi) Describe the food sources. (vii) What are the inorganic materials? (viii) Describe the effects of weight loss on health.  3. Attempt any five parts. (i) Write note on Vitamin E. (ii) Describe the importance of glycerol. (vi) What are fresh food vitamin A and Vitamin D. (vi) What are fresh food of vitamin A and Vitamin D. (vii) Describe the importance of glycerol. (vii) What is meant by 3G's? (viii) Describe the sources of Vitamin A and Vitamin D. (viii) Describe the chemical composition of protein.  4. Attempt any five parts. (i) Define Balanced diet. (ii) Write the reasons of rickets disease. (iii) Write the reasons of rickets disease. (iv) What is meant by undernutrition? (viii) Why is is doine essential for human body?  SECTION-II  SECTION-II  SUMTING A STANDARD STAND	2. At	tempt any five parts.	10 = 2 x 5	ر 2۔ کوئی سے پاٹھ اجزا کے جوابات تحریر سیجیے۔	سوال نمبر		
(iii) When does the satiety value occur?  (iv) What happens due to antibodies in our body?  (v) What are food nutrients?  (vi) Describe the food sources.  (vii) What are the inorganic materials?  (viii) Describe the effects of weight loss on health.  3. Attempt any five parts.  (i) Write note on Vitamin E.  (ii) Describe the importance of glycerol.  (iii) Which are the starchy foods?  (vi) What are fresh food vitamin A and Vitamin D  (vi) Describe the chemical composition of protein.  4. Attempt any five parts.  (i) Define Balanced diet.  (ii) Describe the reasons of rickets disease.  (iii) Explain interpretation food labels.  (iv) What is meant by undernutrition?  (vi) What is meant by undernutrition?  (vi) What is meant by undernutrition?  (vi) What is meant by undernutrition?  (vii) What is meant by undernutrition?  (viii) Why is is dine essential for human body?  **ECTION-II**  NOTE: Attempt any three questions.  18 = 6 x 3  **Like Like Like Like Like Like Like Like	(i)	Write a brief note on Glucose.		گلوکوز پرمختصرنو ٹ ککھیں۔	(i)		
(iv) What happens due to antibodies in our body?  (v) What are food nutrients?  (vi) Describe the food sources.  (vii) What are the inorganic materials?  (viii) Describe the effects of weight loss on health.  3. Attempt any five parts.  (i) Write note on Vitamin E.  (ii) Describe the starchy foods?  (vi) Which is called complete protein food?  (vi) What are fresh food vitamin?  (vi) What are fresh food vitamin A and Vitamin D  4. Attempt any five parts.  (i) Define Balanced diet.  (ii) Write the reasons of rickets disease.  (iii) Write the principles of purchase.  (vi) What is meant by undernutrition?  (vi) What are the signs of fresh fish?  (vii) White two sources of Fats.  (viii) White the importance of balanced diet.  (viii) White the importance of balanced and unbalanced diet.  (viii) Write the importance of balanced and unbalanced diet.  (viii) White the importance of balanced and unbalanced diet.  (viii) Write the importance of balanced diet.  (viii) White the importance of balanced diet.  (viii) White the importance of balanced diet.  (viii) Write the importance of balanced diet.  (viii) White the importance of balanced diet.  (viii) Write the importance of balanced diet.  (viii) White the importance of balanced diet.  (viii) Write the importance of balanced diet.  (viiii) White the importance of balanced diet.  (viiii) Write the importance of balanced diet	(ii)	What is meant by Scurvy?		سکروی ہے کیامراد ہے؟	(ii)		
(v) What are food nutrients? (vi) Describe the food sources. (vii) What are the inorganic materials? (viii) What are the inorganic materials? (viii) Describe the effects of weight loss on health.  3. Attempt any five parts. (i) Write note on Vitamin E. (ii) Describe the importance of glycerol. (iii) Which are the starchy foods? (vi) Which is ealled complete protein food? (vi) Which is esurces of Vitamin A and Vitamin D	(iii)	When does the satiety value occur?		شکم سیری کب ہوتی ہے؟	(iii)		
(vi) Describe the food sources.  (vii) What are the inorganic materials?  (viii) What are the inorganic materials?  (viii) Describe the effects of weight loss on health.  3. Attempt any five parts.  (i) Write note on Vitamin E.  (ii) Describe the importance of glycerol.  (iii) Which are the starchy foods?  (iv) Which is called complete protein food?  (v) Describe the sources of Vitamin A and Vitamin Describe the sources of Vitamin A and Vitamin Describe the chemical composition of protein.  4. Attempt any five parts.  (i) Define Balanced diet.  (ii) Write the reasons of rickets disease.  (iv) What is meant by undernutrition?  (vi) What are the signs of fresh fish?  (vi) What are the signs of fresh fish?  (vii) What is meant by undernutrition?  (viii) What are the signs of fresh fish?  (viii) What are the signs of fresh fish?  (viii) Write two sources of Fats.  (viii) Write the principles of purchase.  (viii) Write the principles of purchase.  (viii) Write the principles of purchase.  (viii) White the importance of balanced diet.  2 + 2 + 2 - 2 - 2 - 2 - 2 - 2 - 2 - 2 -	(iv)	What happens due to antibodies in our body?			(iv)		
(vii) What are the inorganic materials? (viii) Describe the effects of weight loss on health.  3. Attempt any five parts. (i) Write note on Vitamin E. (ii) Describe the importance of glycerol. (iii) Which are the starchy foods? (iv) Which are the starchy foods? (vi) Which are the starchy foods? (vi) Which is called complete protein food? (vi) Describe the sources of Vitamin A and Vitamin D. (vi) What are fresh food vitamin? (vii) What is meant by 3G's? (viii) Describe the chemical composition of protein.  4. Attempt any five parts. (i) Define Balanced diet. (ii) Write the reasons of rickets disease. (iii) Explain interpretation food labels. (iv) What is meant by undernutrition? (vi) What is meant by undernutrition? (vi) What is meant by indernutrition? (viii) What is meant by undernutrition? (viii) What is meant by undernutrition? (vi) What is meant by undernutrition? (viii) What is meant by undernutrition? (vi) What is meant by undernutrition? (viii) Write the principles of purchase. (viii) Write the principles of fresh fish? (viii) Write the signs of fresh fish? (viii) Write the principles of purchase. (viii) Write the importance of balanced diet. (viii) Whis is iddine essential for human body?  SECTION-II  SECTION-II  SECTION-II  SUMPLIFY AT SILVE (VII)  SECTION-II  SECTION-II  SUMRITHER AT SILVE (VIII)  SUMRITHER AT SILVE (VIII)  SECTION-II  SECTION-II  SECTION-II  SECTION-II  SUMRITHER AT SILVE (VIII)  NOTE: Attempt any three questions.  18 = 6 x 3  SUMRITHER AT SILVE (VIII)  SUMRITHER AT SILVE (VIIII)  NOTE: Attempt any undernutrid diet.  SUMRITHER AT SILVE (VIIIII)  SUMRITHER AT SILVE (VIIIII)  SUMRITHER AT SILVE (VIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	(v)	What are food nutrients?			(v)		
(viii) Describe the effects of weight loss on health.  3. Attempt any five parts.  (i) Write note on Vitamin E.  (ii) Describe the importance of glycerol.  (iii) Describe the importance of glycerol.  (iii) Describe the starchy foods?  (iv) Which is called complete protein food?  (v) Describe the sources of Vitamin A and Vitamin D.  (vi) What are fresh food vitamin?  (vii) What is meant by 3G's?  (viii) Describe the chemical composition of protein.  4. Attempt any five parts.  (i) Define Balanced diet.  (ii) Write the reasons of rickets disease.  (iv) What is meant by undernutrition?  (v) What is meant by undernutrition?  (v) What is meant by undernutrition?  (vi) What is meant by undernutrition?  (vii) What is meant by undernutrition?  (viii) What is meant by undernutrition?  (viii) What is meant by undernutrition?  (viii) Write the principles of purchase.  (viii) Write the importance of balanced diet.  2 + 2 + 2	(vi)	Describe the food sources.		غذائی ذرائع بیان کریں۔	(vi)		
3. Attempt any five parts. (i) Write note on Vitamin E. (ii) Describe the importance of glycerol. (iii) Describe the importance of glycerol. (iii) Describe the importance of glycerol. (iii) Which are the starchy foods? (iv) Which is called complete protein food? (iv) Which is called complete protein food? (v) Describe the sources of Vitamin A and Vitamin D. (vi) What are fresh food vitamin? (vii) What is meant by 3G's? (viii) Describe the chemical composition of protein.  4. Attempt any five parts. (i) Define Balanced diet. (ii) Write the reasons of rickets disease. (iii) Write the reasons of rickets disease. (iii) What is meant by undernutrition? (v) What are the signs of fresh fish? (vi) What are the signs of fresh fish? (vi) Write the principles of purchase. (vi) Write the principles of purchase. (vii) Write the observed of Eats. (viii) Write the importance of balanced diet. (viii) Write the importance of balanced diet. (viii) Write the importance of balanced diet. (viiii) EECTION-II  SECTION-II  SECTION-II  Describe the importance of balanced diet. (viii) Write the importance of balanced diet.	(vii)	What are the inorganic materials?		•	(vii)		
(i) Write note on Vitamin E.  (ii) Describe the importance of glycerol.  (iii) Describe the importance of glycerol.  (iii) Which are the starchy foods?  (iv) Which is called complete protein food?  (v) Describe the sources of Vitamin A and Vitamin D.  (vi) What is called complete protein food?  (vii) What are fresh food vitamin?  (viii) What is meant by 3G's?  (viii) Describe the chemical composition of protein.  4. Attempt any five parts.  (i) Define Balanced diet.  (ii) Write the reasons of rickets disease.  (iii) Explain interpretation food labels.  (iv) What is meant by undernutrition?  (v) What are the signs of fresh fish?  (vi) What is meant by undernutrition?  (vi) Write the principles of purchase.  (vii) Write the principles of purchase.  (viii) Write the signs of feath fish?  (viii) Write the principles of purchase.  (viii) Write the principles of purchase.  (viii) Write the importance of balanced diet.  (viiii) Write the importance of balanced diet.  (viii) Write the importance of balanced diet.  (viii) Write the importance of balanced diet.  2 + 2 + 2 - 2 - 2 - 2 - 2 - 2 - 2 - 2 -	(viii)	Describe the effects of weight loss on health.			,		
(ii) Describe the importance of glycerol.  (iii) Which are the starchy foods?  (iv) Which is called complete protein food?  (v) Describe the sources of Vitamin A and Vitamin D (vi) What are fresh food vitamin?  (vi) What are fresh food vitamin?  (vii) What is meant by 3G's?  (viii) Describe the chemical composition of protein.  4. Attempt any five parts.  (i) Define Balanced diet.  (ii) Write the reasons of rickets disease.  (iii) Explain interpretation food labels.  (iv) What is meant by undernutrition?  (vi) What are the signs of fresh fish?  (vii) What is meant by undernutrition?  (viii) Write the principles of purchase.  (viii) Write the principles of purchase.  (viii) Write two sources of Fats.  (viii) Why is iodine essential for human body?  SECTION-II  SEC	3. A	ttempt any five parts.	$10 = 2 \times 5$	. 3۔ کوئی سے پانچ اجرائے جوابات تحریر تیجیے۔	سوال نمبر		
(iii) Which are the starchy foods?  (iv) Which is called complete protein food?  (v) Describe the sources of Vitamin A and Vitamin D (v)  (vi) What are fresh food vitamin?  (vii) What is meant by 3G's?  (viii) Describe the chemical composition of protein.  4. Attempt any five parts.  (i) Define Balanced diet.  (ii) Write the reasons of rickets disease.  (iii) Explain interpretation food labels.  (iv) What is meant by undernutrition?  (vi) What are the signs of fresh fish?  (vi) Write the principles of purchase.  (vii) Write two sources of Fats.  (viii) Write two sources of Fats.  (viii) Why is iodine essential for human body?  (viiii) Why is iodine essential for human body?  (viii) Write the importance of balanced diet.  (viv) Write the importance of balanced diet.	(i)	Write note on Vitamin E.		وٹامن ای پرنوٹ تکھیں۔	(i)		
(iv) Which is called complete protein food? (v) Describe the sources of Vitamin A and Vitamin D. (v) (vi) What are fresh food vitamin? (vii) What is meant by 3G's? (viii) Describe the chemical composition of protein.  4. Attempt any five parts. (i) Define Balanced diet. (ii) Write the reasons of rickets disease. (iii) Explain interpretation food labels. (iv) What is meant by undernutrition? (vi) What are the signs of fresh fish? (vi) Write the principles of purchase. (vi) Write the principles of Fats. (viii) Write two sources of Fats. (viii) Why is iddine essential for human body?  SECTION-II  SECT	(ii)	Describe the importance of glycerol.		گلیسرول کی اہمیت بیان کریں۔	(ii)		
(vi) What are tresh food vitamin? (vii) What is meant by 3G's? (viii) Describe the chemical composition of protein.  4. Attempt any five parts. (i) Define Balanced diet. (ii) Write the reasons of rickets disease. (iii) Explain interpretation food labels. (iv) What is meant by undernutrition? (v) What are the signs of fresh fish? (vi) Write the principles of purchase. (vi) Write two sources of Fats. (vii) Why is iodine essential for human body?  SECTION-II (viii) Write the importance of balanced diet.  Write the importance of balanced and unbalanced diet.  (vi) Write the importance and unbalanced diet.  Explain interpretation food labels. (iii) Explain interpretation food labels. (iv) What are the signs of fresh fish? (vi) Write the principles of purchase. (vi) Write the principles of purchase. (vii) Write two sources of Fats.  SECTION-II  SECTION-II  Differentiate between balanced and unbalanced diet.	(iii)	Which are the starchy foods?		نِشاسته دارغذا ئیں کون کی ہوتی ہیں؟	(iii)		
(vi) What are tresh food vitamin? (vii) What is meant by 3G's? (viii) Describe the chemical composition of protein.  4. Attempt any five parts. (i) Define Balanced diet. (ii) Write the reasons of rickets disease. (iii) Explain interpretation food labels. (iv) What is meant by undernutrition? (v) What are the signs of fresh fish? (vi) Write the principles of purchase. (vi) Write two sources of Fats. (vii) Why is iodine essential for human body?  SECTION-II (viii) Write the importance of balanced diet.  Write the importance of balanced and unbalanced diet.  (vi) Write the importance and unbalanced diet.  Explain interpretation food labels. (iii) Explain interpretation food labels. (iv) What are the signs of fresh fish? (vi) Write the principles of purchase. (vi) Write the principles of purchase. (vii) Write two sources of Fats.  SECTION-II  SECTION-II  Differentiate between balanced and unbalanced diet.	(iv)	Which is called complete protein food?	م علی د	مکمل پروٹین والی غذائیں کیے کہتے ہیں؟	(iv)		
(vi) What are tresh food vitamin? (vii) What is meant by 3G's? (viii) Describe the chemical composition of protein.  4. Attempt any five parts. (i) Define Balanced diet. (ii) Write the reasons of rickets disease. (iii) Explain interpretation food labels. (iv) What is meant by undernutrition? (v) What are the signs of fresh fish? (vi) Write the principles of purchase. (vi) Write two sources of Fats. (vii) Why is iodine essential for human body?  SECTION-II (viii) Write the importance of balanced diet.  Write the importance of balanced and unbalanced diet.  (vi) Write the importance and unbalanced diet.  Explain interpretation food labels. (iii) Explain interpretation food labels. (iv) What are the signs of fresh fish? (vi) Write the principles of purchase. (vi) Write the principles of purchase. (vii) Write two sources of Fats.  SECTION-II  SECTION-II  Differentiate between balanced and unbalanced diet.	(v)	Describe the sources of Vitamin A and Vitamin D.	SUIT.O	وٹامناے اور وٹامن ڈی کےذرائع بیان کریں۔	(v)		
(viii) Describe the chemical composition of protein.  4. Attempt any five parts.  (i) Define Balanced diet.  (ii) Write the reasons of rickets disease.  (iii) Explain interpretation food labels.  (iv) What is meant by undernutrition?  (v) What are the signs of fresh fish?  (vi) Write the principles of purchase.  (vii) Write two sources of Fats.  (viii) Why is iodine essential for human body?  SECTION-II  SECTION-II  SECTION-II  SECTION-II  SECTION-II  SUMPLY ATTEMATICAL STATE ATTEMATICAL STAT	(vi)	What are fresh food vitamin?		فریش فوڈ وٹامن کیا ہوتے ہیں؟	(vi)		
4. Attempt any five parts.  (i) Define Balanced diet.  (ii) Write the reasons of rickets disease.  (iii) Explain interpretation food labels.  (iv) What is meant by undernutrition?  (v) What are the signs of fresh fish?  (vi) Write the principles of purchase.  (vii) Write two sources of Fats.  (viii) Why is iodine essential for human body?  SECTION-II  SECTION-II  Differentiate between balanced diet.  10 = 2 x 5  10 = 2 x	(vii)	What is meant by 3G's?			(vii)		
(i) Define Balanced diet. (i) Write the reasons of rickets disease. (ii) Explain interpretation food labels. (iii) (iv) What is meant by undernutrition? (iv) What are the signs of fresh fish? (v) (vi) Write the principles of purchase. (vi) Write the principles of Fats. (vii) Write two sources of Fats. (viii) Why is iodine essential for human body? (viii)  SECTION-II  SECTION-II  SECTION-II  SECTION-II  SUPPLIA Attempt any three questions. 18 = 6 x 3  Write the importance of balanced diet. 2 + 2 + 2 - 2  Differentiate between balanced and unbalanced diet. (viii)  Differentiate between balanced and unbalanced diet. (viii)	(viii)	Describe the chemical composition of protein.		The second of th			
(ii) Write the reasons of rickets disease.  (iii) Explain interpretation food labels.  (iv) What is meant by undernutrition?  (v) What are the signs of fresh fish?  (vi) Write the principles of purchase.  (vii) Write two sources of Fats.  (viii) Why is iodine essential for human body?  (viii) Write two sources of Fats.  (viii) Why is iodine essential for human body?  (viiii) Why is iodine essential for human body?  (viiii) Write the importance of balanced diet.  (viiii) Write the importance of balanced and unbalanced diet.  (viiii) Write the importance and unbalanced diet.  (viii) Write the importance of balanced and unbalanced diet.	4. A	ttempt any five parts.	$10 = 2 \times 5$	4۔ کوئی سے پانچ اجزا کے جوابات تحریر سیجھے۔	سوال نمبر		
(iii) Explain interpretation food labels.  (iv) What is meant by undernutrition?  (v) What are the signs of fresh fish?  (vi) Write the principles of purchase.  (vii) Write two sources of Fats.  (viii) Why is iodine essential for human body?  (viii) Write two sources of Fats.  (viii) Why is iodine essential for human body?  (viii) SECTION-II  (viii) Write the importance of balanced diet.  (viii) Write the importance of balanced diet.  (viii) Write the importance and unbalanced diet.	(i)	Define Balanced diet.		5 <b>*</b> 05 1	(i)		
(iv) What is meant by undernutrition?  (v) What are the signs of fresh fish?  (vi) Write the principles of purchase.  (vii) Write two sources of Fats.  (viii) Why is iodine essential for human body?  (viii) Write two sources of Fats.  (viii) Why is iodine essential for human body?  SECTION-II  حصروم  NOTE: Attempt any three questions.  18 = 6 x 3   2 + 2 + 2 + 2   Differentiate between balanced diet.  (iv)  (vi)  (vi)  (vii)	(ii)	Write the reasons of rickets disease.			(ii)		
(v) What are the signs of fresh fish?  (vi) Write the principles of purchase.  (vii) Write two sources of Fats.  (viii) Why is iodine essential for human body?  (viii) SECTION-II  عمدوم  SECTION-II  عمدوم  NOTE: Attempt any three questions.  18 = 6 x 3  عراب عراب عراب عراب عراب عراب عراب عراب	(iii)	Explain interpretation food labels.			(iii)		
(vi) Write the principles of purchase.  (vii) Write two sources of Fats.  (viii) Why is iodine essential for human body?  SECTION-II  عصووم  NOTE: Attempt any three questions.  18 = 6 x 3  عصوالات کے جوابات تحریر کیجیے۔  Write the importance of balanced diet.  2 + 2 + 2 عنوان عذا کی ایمیت تحریر کیریں۔ نیز متواز ن اور غیر متواز ن اور غیر متواز ن اور غیر متواز ن اور غیر متواز ن افزایس تفز کین کریں۔ کی در متواز ن اور غیر متواز ن اور غیر متواز ن افزایس تفز کین کریں۔ کا کی سے متواز ن اور غیر متواز ن اور غیر متواز ن افزایس تفز کین کریں۔ کا کی سے متواز ن اور غیر متواز ن افزایس تفز کین کریں۔ کا کی سے متواز ن اور غیر متواز ن افزایس تفز کین کریں۔ کا کی سے متواز ن اور غیر متواز ن افزایس تفز کین کریں۔ کا کی سے متواز ن افزایس تفز کین کریں۔ کا کی سے متواز ن افزایس تفز کین کریں۔ کا کی سے متواز ن افزایس تفز کین کریں۔ کا کی سے متواز ن افزایس تفز کین کریں۔ کا کی سے متواز ن افزایس تفز کین کریں۔ کا کی سے متواز ن افزایس تفز کین کریں۔ کا کی سے متواز ن افزایس تفز کین کی سے متواز ن افزایس تفز کین کی سے متواز ن افزایس تفز کین کے سے متواز ن افزایس تفز کین کے متواز ن افزایس تفز کین کے متواز ن افزایس تفز کین کے متواز ن افزایس کے متواز ن افزایس کے متواز ن افزایس کے متواز ن افزایس کے متواز ن اور کی متواز ن افزایس کے متواز ن افزایس کے متواز ن اور کی متواز ن افزایس کے متواز ن اور کی کے متواز ن اور کین کے متواز ن افزایس کے متواز ن افزای	(iv)	What is meant by undernutrition?		غذا کی کمی ہے کیامراد ہے؟	(iv)		
(vii) Write two sources of Fats.  (viii) Why is iodine essential for human body?  SECTION-II  عصدوم  NOTE: Attempt any three questions.  18 = 6 x 3  وف موان غذا کی انمیت تحریر کی سے نین سوالات کے جوابات تحریر کی جے دور ان ان افران غذا کی انمیت تحریر کی سے نیز متواز ن اور غیر متواز ن غذا میں افران میں افران غذا میں افران میں میں افران میں افر	(v)	What are the signs of fresh fish?			(v)		
(viii) Why is iodine essential for human body?  SECTION-II  مصدوم  NOTE: Attempt any three questions. 18 = 6 x 3  وفت کوئی سے تین سوالات کے جوابات تحریر کیجیے۔  Write the importance of balanced diet. 2 + 2 + 2 عنوان اور غیر متواز ان افزایش آفز این کریں۔ نیز متواز ان اور غیر متواز ان افزایش آفز این کریں۔ کیز متواز ان اور غیر متواز ان افزایش آفز این کریں۔ کا	(vi)	Write the principles of purchase.			(vi)		
SECTION-II حصدوم  NOTE: Attempt any three questions. 18 = 6 x 3 وف من متعن سوالات کے جوابات تحریر کیجیے۔ 18 = 6 x 3 وف متوازن غذا کی اہمیت تحریر کریں۔ نیز متوازن غذا میں افریق کریں۔ کا درخیر متوازن غذا میں افریق کی متوازن غذا کی اہمیت تحریر کی کے درخیر کا درخیر متوازن غذا میں افریق کی متوازن غذا کی اہمیت تحریر کی درخیر کی متوازن غذا کی افریق کی درخیر کی متوازن غذا کی المیت تحریر کی درخیر کی درخی	(vii)	Write two sources of Fats.			(vii)		
NOTE: Attempt any three questions.       18 = 6 x 3       علی سے تین سوالات کے جوابات تحریر کیجے۔         5. Write the importance of balanced diet.       2 + 2 + 2       عور کریں۔ نیزمتواز ن اور غیر متواز ن اور غیر متواز ن افزایش تفزیق کریں۔       3         5. Differentiate between balanced and unbalanced diet.       3       -5	(viii)	Why is iodine essential for human body?		آ یوڈین جسم کے لیے کیوں ضروری ہے؟	(viii)		
5. Write the importance of balanced diet. $2+2+2+2$ کے متوازن غذا کی اہمیت تحریر کریں۔ نیزمتوازن غذامیں آغریق کریں۔ 2+2+2 کی Differentiate between balanced and unbalanced diet.	SECTION-II COLLEGE						
5. Write the importance of balanced diet. $2+2+2+2$ کے متوازن غذا کی اہمیت تحریر کریں۔ نیزمتوازن غذامیں آغریق کریں۔ 2+2+2 کی Differentiate between balanced and unbalanced diet.	NO	ΓΕ: Attempt any three questions.	$18 = 6 \times 3$	کوئی سے تین سوالات کے جوابات تحریر سیجیے۔	نوٹ۔		
	5.	Write the importance of balanced diet.					
6. Write the criteria for purchasing vegetables and fruits		Differentiate between balanced and unbalanced of	liet.	8 (8)			
	6.	Write the criteria for purchasing vegetables and fr	uits.	ىبزيول اور پچلول كى خرىدارى كاطريقه كارقلمبند تيجيـ	<b>-</b> 6		

NOTE. Attempt any times questions.		10 - 0 x 3			
5.	Write the importance of balanced diet.	2 + 2 + 2	میں تفریق کریں۔	متوازن غذا کی اہمیت تحریر کریں۔ نیز متواز ن اور غیر متواز ن غذا؛	<b>-</b> 5
	Differentiate between balanced and unbalanced diet.				
6.	Write the criteria for purchasing vegetables and fr			سبزيوں اور پھلوں کی خریداری کا طریقہ کارقلمبند سیجیے۔	<b>-</b> 6
7.	Write the important Minerals' functions		ي- ريا	اہم معدنی نمکیات کے جسم میں کام اوران کی کمی کے اثر اتجریرکر	_7

8. Why food nutrition effects on physical health and mental health? غذاجسمانی اور دین صحت پر کیونکر اثر انداز ہوتی ہے؟ غذاؤل كوسي طريقة ب شاوركرنا كيول ضروري ب؟ \_9

9. Why foods must be properly stored?

in body and their deficiency effects.

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