



BOARD OF SECONDARY EDUCATION KARACHI

S.S.C (ANNUAL) EXAMINATIONS 2023

NEW MODEL QUESTION PAPER

FOOD & NUTRITION (Theory)

(For Girls Only)

CLASS IX (GENERAL GROUP)

FOR GIRLS ONLY

Time: 3 Hours

Total Marks: 60

SECTION "A" (20%)

MULTIPLE CHOICE QUESTIONS (MCQs) (12 Marks)

Q.1. 12 MCQs will be given from whole syllabus. Each carries 1 Mark.

SECTION "B" (40%)

(SHORT ANSWERS QUESTIONS) (24 marks)

Note: Answer any Eight (08) questions from this section. Each carries 3 marks.

Q2- Write down the name of basic important nutrients.

Q3- What is meant by desirable food habits?

Q4- Write down the nutritional requirements of an adolescence.

Q5- What is cellulose?

Q6- Describe the importance of water as food constituent.

Q7- Write down any four deficiency disease of calcium.

Q8- Define calories. Name the nutrients which provide most of the calories.

Q9- Describe any three types of protein.

Q10- Write the importance of Breakfast.

Q11- How many types of Vitamins are there?

SECTION- "C" 40%

(DESCRIPTIVE ANSWER QUESTIONS) (24 Marks)

Note: Attempt any THREE 3 questions from this section. All questions carry equal marks.

Q12- Write in detail about the dietary requirements of a pregnant woman.

Q13- How can desirable food habits be developed in children? Explain with examples.

Q14- What is the importance of subject 'Food and Nutrition'?

Q15- Write about the functions of food.

Q16- Write a short note on any one of the following:

- ☐ Basic five food groups
- ☐ Vitamins
- ☐ Milk as a food nutrient

**FOR CLASS-X SAME PATTERN WILL BE FOLLOWED ACCORDING
TO SYLLABUS OF CLASS-X**

SYLLABUS OF FOOD AND NUTRITION IX (Elective)

1. Importance of Food.

What is nutrition?

2. Importance of cultivating desirable food habits

3. Food nutrients and body requirements:-

Food and its nutrient, compositions, carbohydrates, fats proteins, vitamins, minerals and water.

Sources of food nutrients.

General functions of food nutrients.

4. Balanced diet.

5. Signs of deficiency diseases.

6. Body requirements of food.

7. Dietary requirements of nutrients in different conditions.

At different age group – infancy, preschool age, adolescence and normal adult.

Pregnancy and its lactation.

SYLLABUS OF FOOD AND NUTRITION (THEORY) (X)

1. Meal Services, Setting the table, Table appointments and mealtime mummings.

2. Selection of food for one's family.

3. Planning for parties.

4. Selection of food

Principles of purchasing cereals, fish, meat, eggs, fats and oils and vegetable.

5. Your food

Washing, dry cleaning and preparing of foods.

Basic principles of cooking for minimizing nutrients loses.

6. Clean and hygienic food:

Sources of contamination of food and its prevention.

7. Principles of cooking food.

8. Use of seasonal fruits and vegetables:

