



BOARD OF SECONDARY EDUCATION KARACHI

S.S.C (ANNUAL) EXAMINATIONS 2023

MODEL QUESTION PAPER

FOOD & NUTRITION (Practical)

CLASS IX (GENERAL GROUP)

FOR GIRLS ONLY

(Marks:15)

1. TYPES OF BREAKFAST:

- (i) Prepare healthy breakfast for your elder brother.
- (ii) Prepare two types of breakfast one light and other medium.

2. PARTY DISHES:

- (i) Prepare two dishes for a party.

3. SANDWICHES TYPE:

- (i) Prepare two types of sandwiches.

4. ONE CARBOHYDRATE DISH & ONE PROTEIN DISH ALONG WITH SALADS:

- (i) Prepare one carbohydrate dish and one protein dish along with suitable salad.

FOOD & NUTRITION (Practical)

CLASS X (GENERAL GROUP)

(Marks: 15)

1. WINTER & SUMMER LUNCHES:

- (i) Prepare a lunch for winter season.
- (ii) Prepare a lunch for summer season.

2. PACKED LUNCH:

- (i) Prepare a packed lunch for yourself.

3. PATIENT'S DIET:

- (i) Prepare any two types of patient's diet whether liquid or semi liquid or soft diet.

4. TYPES OF BREAKFAST:

- (i) Prepare healthy breakfast for your elder brother.
- (ii) Prepare two types of breakfast one light and other medium.

5. PARTY DISHES:

- (i) Prepare two dishes for a party.

6. SANDWICHES TYPE:

- (i) Prepare two types of sandwiches.

7. ONE CARBOHYDRATE DISH & ONE PROTEIN DISH ALONG WITH SALADS:

- (i) Prepare one carbohydrate dish and one protein dish along with suitable salad.