FOOD AND NUTRITION SSC-II
SECTION – A (Marks 12)

Q. 1 Circle the correct option i.e. A / B / C / D. Each part carries one mark.

(i) Excessive cooking destroys _________ in vegetables.
   A. Vitamins
   B. Nutrients
   C. Both A and B
   D. None of these

(ii) Body is a _________
   A. Complex machine
   B. Part
   C. Tool
   D. None of these

(iii) The dietary requirements of a teenage boy are greater than the average dietary requirements of _________
   A. Old people
   B. Infants
   C. Patient
   D. None of these

(iv) Hair should be _________ properly while working in the kitchen.
   A. Tied B. Washed C. Dyed D. None of these

(v) _________ help(s) in maintaining acid-base balance of the body.
   A. Vegetables
   B. Meat
   C. Milk
   D. Egg

(vi) Foods rich in _________ lose a large amount of their vitamins if exposed to the sunlight for long duration.
   A. Minerals
   B. Proteins
   C. Calcium
   D. Vitamin C

(vii) Most of the vegetables have _________ calories.
   A. Very high
   B. High
   C. Zero
   D. Low

(viii) Which of the following gives flavour and aroma to the food?
   A. Sugar
   B. Almonds
   C. Fat
   D. Spices

(ix) Yeast produces _________ in food.
    A. Water
    B. Carbon Dioxide
    C. Oxygen
    D. None of these

(x) Chemical and physical changes in food cause _________
    A. Preservation
    B. Contamination
    C. Taste
    D. Colour

(xi) A child requires _________ daily.
    A. Food
    B. Water
    C. Fruit
    D. Two to three cups of milk

(xii) What is the time required to cook a hard boiled egg?
    A. 8 – 10 minutes
    B. 2 – 3 minutes
    C. 5 – 8 minutes
    D. 3 – 6 minutes

For Examiner's use only:

Total Marks: 12
Marks Obtained: _______
سوال ب: 20 ہیکٹر

(1)

(2)

(3)

(4)

(5)

(6)

(7)

(8)

(9)

(10)

(11)

(12)

(13)

(14)

(15)

(16)

(17)

(18)

(19)

(20)
FOOD AND NUTRITION SSC-II

Time allowed: 2:40 Hours
Total Marks Sections B and C: 53

NOTE:- Answer any eleven parts from Section ‘B’ and any two questions from Section ‘C’ on the separately provided answer book. Use supplementary answer sheet i.e. Sheet-B if required. Write your answers neatly and legibly.

SECTION – B (Marks 33)

Q. 2 Attempt any ELEVEN parts. The answer to each part should not exceed 3 to 4 lines. (11 x 3 = 33)

(i) What is meant by contamination of food?
(ii) Write any three principles of cooking vegetables.
(iii) Define Infant.
(iv) What steps would you take to minimize nutritive loss while cooking?
(v) Why is it necessary to cook food?
(vi) What points would you keep in mind while cooking milk products?
(vii) What is meant by Oxidation?
(viii) Define Germs.
(ix) Write a short note on the dietary requirements of Pre-school age children.
(x) What is the importance of cleanliness before serving the meals?
(xi) How can the germs be controlled?
(xii) Write down the basic principles of cooking meat.
(xiii) What do you know about the importance of cleanliness in cooking?
(xiv) List any three methods of cooking food.
(xv) Write about the nutritive needs of pregnant and lactating mothers.

SECTION – C (Marks 20)

Note: Attempt any TWO questions. All questions carry equal marks. (2 x 10 = 20)

Q. 3 Write down the principles of cooking pulses.

Q. 4 Compare and contrast the dietary requirements of Adolescent and Normal adult.

Q. 5 Write a detailed note on the food-borne diseases.

(11x3=33)

(2x10=20)