FOOD AND NUTRITION SSC–II

SECTION – A (Marks 12)

Time allowed: 20 Minutes

NOTE:- Section-A is compulsory. All parts of this section are to be answered on the question paper itself. It should be completed in the first 20 minutes and handed over to the Centre Superintendent. Deleting/overwriting is not allowed. Do not use lead pencil.

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

(i) What does Yeast produce in food?
   A. Water     B. Oxygen     C. Carbon Dioxide     D. None of these

(ii) When egg is cooked on high flame its proteins becomes ___________.
    A. Coagulate     B. Contaminated     C. Hard     D. No change

(iii) Excessive cooking destroys __________ in vegetables.
     A. Vitamins     B. Nutrition     C. Nothing     D. Both A and B

(iv) Lactating women need ________ extra calories than a common woman.
     A. 500     B. 400     C. 200     D. 100

(v) Which of the following Vitamins is wasted while cooking food by adding Soda Bi-Carb in it?
    A. Vitamin K     B. Vitamin E     C. Vitamin C     D. Vitamin B

(vi) The dietary requirements of teenage boys are greater than the average dietary requirements of ________.
     A. Old people     B. New born babies     C. Patient     D. None of these

(vii) What per cent animal protein should be included in the children diet?
     A. 44 %     B. 55 %     C. 66 %     D. 77 %

(viii) What is the preliminary days breast milk called?
      A. Colostrum     B. Cholesterol     C. Glucose     D. Cellulose

(ix) Vegetables should be cut in __________ pieces.
    A. Small     B. Large     C. Medium     D. None of these

(x) Which of the following can not be digested without cooking?
    A. Vegetables     B. Fruit     C. Cereals     D. Milk

(xi) Semi solid food should be introduced to infants at the age of ________.
     A. 1-2 months     B. 6-12 months     C. 4-6 months     D. One year

(xii) What do the physical and chemical changes in food cause?
     A. Safety / Preservation     B. Contamination     C. Flavour     D. Colour

For Examiner's use only:

Total Marks: 12

Marks Obtained: [ ]

---2SA-1114---
غذا اور غذائیت - ایس ایس سی-11

حصہ اول (پندرہ 12)

وقت: 20 دنیا

سوال 1:
دیگے کی ایک ایسی فل سیہ تم میں سے مستقیم کے نظارے دیکھنا کیکیا جا سکتی ہے?
(i)
الف- پنندی
ب- اس کا کچھ دیگر
پریشانی کا رد
(ii)
الف- کر
ب- اس کا کچھ دیگر
پریشانی کا رد
(iii)
الف- کر
ب- اس کا کچھ دیگر
پریشانی کا رد
(iv)
الف- 500 پر
ب- 400 پر
پریشانی کا رد
(v)
الف- دوپارے کے
ب- دیگر
پریشانی کا رد
(vi)
الف- پنندی
ب- اس کا کچھ دیگر
پریشانی کا رد
(vii)
الف- 77
ب- 66
پریشانی کا رد
(viii)
الف- کولور
ب- کولور
پریشانی کا رد
(ix)
الف- پنندی
ب- اس کا کچھ دیگر
پریشانی کا رد
(x)
الف- کولور
ب- کولور
پریشانی کا رد
(xi)
الف- کولور
ب- کولور
پریشانی کا رد
(xii)
الف- کولور
ب- کولور
پریشانی کا رد

|-- 12 |

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FOOD AND NUTRITION SSC-II

Time allowed: 2:40 Hours

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) Write down the dietary requirements of Pre-school children.
   (ii) How many methods of cooking food are there? Also write their names.
   (iii) What is the importance of cleanliness before serving the meals?
   (iv) What are the principles of cooking pulses?
   (v) What is meant by daily dietary requirements?
   (vi) Write a short note on personal cleanliness in cooking food.
   (vii) What is the importance of cleanliness after serving meals?
   (viii) Why is food cooked?
   (ix) How can the germs be controlled?
   (x) Write down the principles of cooking meat.
   (xi) Write down the dietary requirements of the adults.
   (xii) List the methods of tendering meat.
   (xiii) What is the importance of cleanliness of kitchen during the food preparation?
   (xiv) What is the effect of cooking on cereals?
   (xv) What is "Homogenization"?

SECTION – C (Marks 20)

Note: Attempt any TWO questions. All questions carry equal marks. (2 x 10 = 20)
Q. 3 Write down the dietary requirements of Pregnant and Lactating women.
Q. 4 Write in detail the factors causing food contamination.
Q. 5 Write down the principles of cooking vegetables.