

BOARD OF INTERMEDIATE AND SECONDARY EDUCATION, MULTAN.
OBJECTIVE KEY FOR INTERMEDIATE ANNUAL EXAMINATION, 2021'

Name of Subject: 4771 Session: 2021

Food AND NUTRITION

Q.Nos	Paper Code	Paper Code	Paper Code	Paper Code
	4771			
1	B			
2	B			
3	C			
4	C			
5	A			
6	A			
7	ABCD			
8	B			
9	B			
10	D			
11	B			
12	D			
13	A			
14	A			
15	D			
16	B			
17	A			
18				
19				
20				

سرٹیفکیٹ بابت تفصیح سوالیہ پرچہ مارکنگ Key

ہم نے مضمون **غذا اور غذائیت** پرچہ **II** گروپ **ہوم سائنس** انٹر میڈیٹ پارٹ سیکنڈ سالانہ امتحان 2021ء کا سوالیہ پرچہ انشائیہ و معروضی (Subjective & Objective) کو بنظر عمیق چیک کر لیا ہے یہ پرچہ ALP Syllabus کے عین مطابق Set کیا گیا ہے۔ اس سوالیہ پرچہ میں کسی قسم کی کوئی غلطی نہ ہے۔ ہم نے سوالیہ پرچہ کا اردو اور انگریزی Version بھی چیک کر لیا ہے۔ یہ Version آپس میں مطابقت رکھتے ہیں۔ نیز اس پرچہ کی معروضی (MCQs) Key کی بابت تصدیق کی جاتی ہے کہ اس میں بھی کسی قسم کی کوئی غلطی نہ ہے۔ مزید یہ کہ ہم نے Key بنانے سے متعلق دفتر کی جانب سے تیار کردہ ہدایات وصول کر کے ان کا بغور مطالعہ کر لیا ہے اور ان کی روشنی میں Key بنائی ہے۔ نیز سب ایگزامینرز کیلئے تفصیلی مارکنگ ہدایات / مارکنگ سکیم / Rubrics بھی تیار کر دی گئی ہیں۔

Prepared & Checked By:

Dated: 27.07.2021

MRS. ANILA CHUDRY PRINCIPAL **GCH, MULTAN** 03006332156 *Anil Ch*

S.#	Name	Designation	Institution	Mobile No	Signature
1	MRS Payyaba Parleem	Lecturer	GCH, Multan	0331-7040635	<i>[Signature]</i>
2	Poonam Khuram	AP	GCH Multan	03336054971	<i>[Signature]</i>
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Re-Checked By ہم نے درج بالا سوالیہ پرچہ (انشائیہ + معروضی) معروضی "Key" اور ہدایات کے حوالہ سے مکمل طور پر تلی کر لی ہے۔ کسی قسم کی کوئی غلطی نہ ہے۔

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تاریخ 27.07.2021

INTERMEDIATE PART-II (12th CLASS)**FOOD AND NUTRITION (HOME ECONOMICS GROUP) PAPER-II**

TIME ALLOWED: 2.40 Hours

MAXIMUM MARKS: 68

SUBJECTIVE

NOTE: - Write same question number and its part number on answer book, as given in the question paper.

SECTION-I

2. **Write short answers to any eight parts.** **8 × 2 = 16**
- (i) Define micro nutrients.
 - (ii) What is the difference between food and nutrition?
 - (iii) Define calorie.
 - (iv) Write names of different types of carbohydrates.
 - (v) Define complete protein.
 - (vi) Define incomplete protein.
 - (vii) What happens if we do not have enough fat?
 - (viii) What is the other name of vitamin C?
 - (ix) Write two advantages of vitamin D?
 - (x) Name major dietary minerals.
 - (xi) What is the nutritional value of an egg?
 - (xii) Write nutritional value of vegetables.
3. **Write short answers to any eight parts.** **8 × 2 = 16**
- (i) Write method of grilling.
 - (ii) Write two principles of meat cookery.
 - (iii) Write two methods of poultry cookery.
 - (iv) What are two methods of vegetable cookery?
 - (v) What is meal management?
 - (vi) How caramel is made?
 - (vii) Which activities are included in sedentary work?
 - (viii) Which points are important while planning diet for old age?
 - (ix) How to decide what to grow in kitchen garden?
 - (x) Write any two uses of food processor.
 - (xi) What is soil drainage and Ph level?
 - (xii) Write use of blender.
4. **Write short answers to any six parts.** **6 × 2 = 12**
- (i) Write use of juicer.
 - (ii) Define chilli pesticide spray.
 - (iii) State two measures for protecting the garden.
 - (iv) Define tea or coffee spray.
 - (v) How can we store apples?
 - (vi) Define pressure cooking.
 - (vii) Write the effect of cooking on carbohydrates.
 - (viii) Write method of making kanji or pickled carrot drink.
 - (ix) Define bottled tomatoes.

SECTION-II

NOTE: Attempt any three questions.

5. Define Food and Nutrition. Explain classification of nutrients. **3 × 8 = 24**
6. Explain types of carbohydrates and give examples. 8
7. Write functions and sources of vitamin C. 8
8. What are the principles of vegetable cookery? 8
9. Write about gardening. 8

FOOD AND NUTRITION (HOME ECONOMICS GROUP) PAPER-II

TIME ALLOWED: 20 Minutes

MAXIMUM MARKS: 17

OBJECTIVE

Note: You have four choices for each objective type question as A, B, C and D. The choice which you think is correct, fill that bubble in front of that question number, on bubble sheet. Use marker or pen to fill the bubbles. Cutting or filling two or more bubbles will result in zero mark in that question. No credit will be awarded in case BUBBLES are not filled. Do not solve question on this sheet of OBJECTIVE PAPER.

Q.No.1

- (1) Macro nutrients are carbohydrates, fats and _____.
(A) vitamins (B) protein (C) iron (D) minerals
- (2) Carbohydrates are compounds of _____.
(A) carbon, sulphur, oxygen (B) carbon, hydrogen, oxygen
(C) carbon, potassium, oxygen (D) carbon, calcium, oxygen
- (3) _____ is included in carbohydrates.
(A) protein (B) fats (C) sugar (D) amino acids
- (4) Major function of _____ is growth and repair.
(A) blood (B) heat (C) protein (D) fats
- (5) Nutrients are the _____ elements in our food.
(A) chemical (B) physical (C) new (D) old
- (6) Water regulates the _____ processes.
(A) body (B) food (C) outer (D) liquid
- (7) Vitamin C is destroyed at _____ temperature.
(A) medium (B) high (C) low (D) normal
- (8) _____ is poor source of carbohydrates.
(A) vegetables (B) meat (C) fruits (D) wheat
- (9) Vitamin A plays a vital role in _____.
(A) Blood circulation (B) Eye sight (C) Heart beat (D) None of these
- (10) Necessary for growth of teeth is _____.
(A) sodium (B) iron (C) potassium (D) fluoride
- (11) Girls need more _____ than boys to replace menstrual losses.
(A) sodium chloride (B) iron (C) fluoride (D) zinc
- (12) _____ helps in the formation of hemoglobin.
(A) Zinc (B) Potassium (C) Phosphorus (D) Iron
- (13) _____ is known as egg white.
(A) Albumin (B) Collagen (C) Shell (D) Air sack
- (14) Store in dark, cool and dry place:
(A) Potato (B) Milk (C) Cooked food (D) Boiled egg
- (15) _____ can be grown in kitchen garden.
(A) Onion (B) Cucumber (C) Coriander (D) All of these
- (16) Food is cooked to make it _____.
(A) shrink (B) digestible (C) tanned (D) hard
- (17) Fat soluble vitamin is _____.
(A) A (B) C (C) B (D) Niacin