

BOARD OF INTERMEDIATE AND SECONDARY EDUCATION, MULTAN.
OBJECTIVE KEY FOR INTERMEDIATE ANNUAL EXAMINATION, 2022'

Name of Subject: Food & Nutrition Session: A/22

(144)
23/06/22

Q.Nos	Paper Code 4771	Paper Code 4773	Paper Code 4775	Paper Code 4777
1	A	C	A	C
2	A	A	A	B
3	C	A	C	A
4	B	D	A	A
5	A	C	A	C
6	A	D	D	A
7	C	B	C	A
8	A	B	D	D
9	A	C	B	C
10	D	C	B	D
11	C	A	C	B
12	D	A	C	B
13	B	A	A	C
14	B	C	A	C
15	C	B	A	A
16	C	A	C	A
17	A	A	B	A
18				
19				
20				

سرٹیفکیٹ بابت تصحیح سوالیہ پرچہ مارکنگ Key

ہم نے مضمون Food & Nutrition پرچہ HOME ECONOMICS (انٹرمیڈیٹ سالانہ امتحان 2022ء کا سوالیہ پرچہ انشائیہ و معروضی (Subjective & Objective) کو بنظر عین چیک کر لیا ہے یہ پرچہ 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: 27-06-22

S.#	Name	Designation	Institution	Mobile No	Signature
1	MRS. POONAM KHURAM	A.P	Govt. Graduate College of Home Economics	03336854971	
2	MRS. SABA MAQBOOL	LECTURER	"	03236287403	
3					

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۔

1				
2				

تاریخ 27-06-22

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 Food.
- (ii) Name the nutrients deficient in milk.
- (iii) Define Nutrition and nutrients.
- (iv) Make a flow chart for the preparation of jelly.
- (v) Write some protective measures of gardening.
- (vi) Write a note on Vitamin B3 deficiency.
- (vii) What happen if we do not have enough water?
- (viii) Write two functions of Vitamin C.
- (ix) Write two advantages of Vitamin A.
- (x) Name major minerals used in body.
- (xi) What is the nutritional value of an egg?
- (xii) Write nutritional value of leafy vegetables.

3. Write short answers to any eight parts.

8 × 2 = 16

- (i) Write two uses of blenders and mixers.
- (ii) Why "time" is an important factor regarding planning and preparation of meals.
- (iii) Write two methods of poultry cookery.
- (iv) What are two methods of vegetable cookery?
- (v) Which works are included in light activities?
- (vi) How caramel is made?
- (vii) Describe the uses and benefits of herbs.
- (viii) Which points are important while planning diet for family?
- (ix) Write down the names of essential amino acids.
- (x) What are essential fats? Give examples.
- (xi) Define food fads and fallacies.
- (xii) Define sautéing.

4. Write short answers to any six parts.

6 × 2 = 12

- (i) Describe nutritional value of foods produced at home.
- (ii) Define chili pesticide spray.
- (iii) State two measures for protecting the garden.
- (iv) Define tea or coffee spray.
- (v) Write method to store any one fruit.
- (vi) Define pressure cooking.
- (vii) Difference between stunting and wasting.
- (viii) Write difference between kwashiorkor and marasmus.
- (ix) What is the role of carbohydrates in the body?

SECTION-II

NOTE: Attempt any three questions.

3 × 8 = 24

5. Define food. Explain how nutrients are classified? 8
6. What is malnutrition? Describe protein energy malnutrition. 8
7. Write functions and sources of Vitamin B. 8
8. What are the principles of meat and poultry cookery? 8
9. Discuss nutritional, recreational and educational care and use of fresh home produced food. 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) Albumin is known as _____.
☒ (A) egg white (B) egg yolk (C) shell (D) air sack
- (2) Fresh cow milk contains water _____.
☒ (A) 80% (B) 82% (C) 84% (D) 87%
- (3) For middle age men with light activity, calories intake is _____.
 (A) 1000 (B) 2000 ☒ (C) 3000 (D) 4000
- (4) Means of food cooking is to make it _____.
 (A) shrink ☒ (B) digestible (C) tanned (D) hard
- (5) Vitamin A is soluble in _____.
☒ (A) Fats (B) Water (C) Milk (D) Curry
- (6) Water regulates the _____ processes.
☒ (A) body (B) food (C) outer (D) liquid
- (7) Vitamin destroyed at low temperature is _____.
 (A) A (B) B ☒ (C) C (D) D
- (8) Vitamins are classified into _____ groups.
☒ (A) 2 (B) 3 (C) 4 (D) 5
- (9) Vitamin C make _____ in body.
☒ (A) collagen (B) fats (C) minerals (D) carbohydrates
- (10) The part of mouth used for chewing is _____.
 (A) skin (B) hair (C) ear ☒ (D) teeth
- (11) Calcium is necessary for growth of teeth and _____.
 (A) color (B) damage ☒ (C) bones (D) destruction
- (12) Iron helps in the formation of _____.
 (A) zinc (B) potassium (C) phosphorus ☒ (D) hemoglobin
- (13) _____ nutrients carbohydrates, fats and protein.
 (A) micro ☒ (B) macro (C) big (D) small
- (14) _____ are compounds of carbon, hydrogen, oxygen.
 (A) Protein ☒ (B) Carbohydrates (C) Fats (D) Minerals
- (15) Sugar provides us _____.
 (A) protein (B) fats ☒ (C) carbohydrates (D) amino acids
- (16) Major function of protein is to _____.
 (A) blood circulation (B) heat up ☒ (C) growth and repair (D) give energy
- (17) The _____ amino acids needed by our body are 8.
☒ (A) essential (B) non-essential (C) basic (D) required

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