

BOARD OF INTERMEDIATE AND SECONDARY EDUCATION, MULTAN.
OBJECTIVE KEY FOR INTERMEDIATE 1ST ANNUAL EXAMINATION, 2025

Name of Subject: Food and Nutrition Group: II

Q. Nos	Paper Code	Correct Answer	Paper Code	Correct Answer	Paper Code	Correct Answer	Paper Code	Correct Answer
1	4771	Carbon.		fig				
2	B	41kcal						
3	A	Polysaccharides.						
4	C	Glucose						
5	D	22						
6	A	peptide bond.						
7	C	Soyabean.						
8	B	khawishkhor						
9	D	fatty acids						
10	A	Alkalies.						
11	C	Tocopherol						
12	B	Carotene						
13	A	Vit. D.						
14	C	Thiamin						
15	D	Iodine						
16	B	87						
17	A	Boiling ^{Simmering}		fig				
18								
19								
20								
Cross Check	A	B	C	D	A	B	C	D
Total								

سرٹیفکیٹ بابت صحیح سوالیہ پرچہ / مارکنگ Key

ہم نے مشہور Food & Nutrition پرچہ II گروپ انٹرمیڈیٹ پہلا سالانہ امتحان 2025 کا سوالیہ پرچہ انتظامیہ و سرمنسٹر (Subjective & Objective) کو منظرِ پیش چیک کر لیا ہے یہ پرچہ Syllabus کے تین 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 سرمنسٹر (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 بخور 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: 30-4-25

S.#	Name	Designation	Institution	Mobile No	Signature
1	Mrs. Saima Iqbal	AP	Govt. Islamia Graduate College (W) Lahore Cantt.	0324-7864100	
	Mrs. Faiza Shaukat	Lecturer	Government Associated College Kacha Khur	0301-6608838	
	Mrs. Poonam Khuram	AP	Govt. Graduate College of Home Economics Multan	0333-6054971	

2025 (1 st -A)		Roll No: _____
INTERMEDIATE PART-II (12 th Class)		
FOOD AND NUTRITION (HOME ECONOMICS GROUP) PAPER-II		
TIME ALLOWED: 2.40 Hours	SUBJECTIVE	MAXIMUM MARKS: 68
NOTE: Write same question number and its parts number on answer book, as given in the question paper.		
SECTION-I		
2. Attempt any eight parts.		8 × 2 = 16
(i)	Define Nutrition.	
(ii)	Define Health.	
(iii)	Define Macronutrients.	
(iv)	Write a short note on fruits.	
(v)	Write two functions of fats.	
(vi)	Write symptoms of Vitamin A deficiency.	
(vii)	Write food sources of Vitamin D.	
(viii)	Write a short note on Beri-Beri.	
(ix)	Write a short note on Polysaccharides.	
(x)	Write characteristics of water soluble vitamins.	
(xi)	What are main functions of Thiamine?	
(xii)	Write deficiency symptoms of Riboflavin.	
3. Attempt any eight parts.		8 × 2 = 16
(i)	Write functions of ascorbic acid.	
(ii)	Explain Emulsification.	
(iii)	Write a note on scurvy.	
(iv)	What are food sources of Iron?	
(v)	Write a note on water as nutrient.	
(vi)	Write a note on staple foods.	
(vii)	Write importance of Meal planning.	
(viii)	Which colour is imparted by flavonoid pigment in vegetables?	
(ix)	How does activity level affect nutritional requirement?	
(x)	What are carbohydrate requirement for teenagers?	
(xi)	How meal should meet nutritive needs of the family?	
(xii)	Write two benefits of Meat consumption.	
4. Attempt any six parts.		6 × 2 = 12
(i)	How and why does Xerophthalmia develop?	
(ii)	What are three main parts of eggs? Explain.	
(iii)	How milk is a complete diet?	
(iv)	Enlist four dry heat methods.	
(v)	What are brittles?	
(vi)	Name two vegetables which require large surface to grow but yield a small return.	
(vii)	What are benefits of herbs?	
(viii)	How to make fruit leather?	
(ix)	What is the benefit of garlic oil spray?	
SECTION-II		
NOTE: Attempt any three questions.		3 × 8 = 24
5.	Write a detailed note on protein classification, functions and requirements. Also mention disorders due to protein deficiency.	
6.	Discuss function and deficiency disease of zinc and calcium.	
7.	Discuss composition and nutritive value of eggs.	
8.	Discuss nutritional needs for teenagers in detail.	
9.	Write short notes on the following: (a) Home Made Sprays (b) Plant selection	

Paper Code Number: 4771		2025 (1st-A) INTERMEDIATE PART-II (12th Class)		Roll No: _____	
FOOD AND NUTRITION (HOME ECONOMICS GROUP) PAPER-II					
TIME ALLOWED: 20 Minutes		OBJECTIVE		MAXIMUM MARKS: 17	
Q.No.1		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.			
S.#	QUESTIONS	A	B	C	D
1	Organic nutrients contain _____ and produce energy.	Nitrogen	Iodine	Iron	Carbon
2	Each gram of carbohydrates when oxidized yield _____.	5 Kcal	4 Kcal	8 Kcal	9 Kcal
3	Complex carbohydrates are also known as _____.	Polysaccharide	Monosaccharide	Maltose	Lactose
4	_____ is called dextrose, blood sugar, corn sugar.	Fructose	Galactose	Glucose	Maltose
5	_____ number of amino acids are commonly present in proteins.	24	25	20	22
6	In proteins amino acids are joined with special linkage called _____.	Peptide bond	Ionic bond	Covalent bond	Amylopectin
7	Only plant protein with high biological value is _____.	Chickpea	Lentils	Soya bean	Rice
8	Edema is characterized by protein deficiency of _____.	Marasmus	Kwashiorkor	Anemia	Goiter
9	_____ are the building blocks of fats.	Glycerol	Carbon	Oxygen	Fatty acid
10	Fats form soaps when combined with _____.	Alkalis	Acid	Salts	Proteins
11	Scientific name of vitamin E is _____.	Retinol	Calciferol	Tocopherol	Phylloguionone
12	_____ is yellow and orange pigment in plants.	Lycopene	Carotene	Anthocynine	Chloroplasts
13	Vitamin _____ is important for bone growth.	D	C	A	E
14	Beriberi is deficiency disease of _____.	Riboflavin	Niacin	Thiamine	Biotin
15	_____ is important for production of thyroid hormone.	Calcium	Phosphorus	Iron	Iodine
16	_____ % water is present in milk.	70	87	80	65
17	Cooking at a temperature that is slightly below boiling is _____.	Simmering	Canning	Poaching	Stewing