

**OBJECTIVE KEY FOR INTERMEDIATE 1st ANNUAL EXAMINATION, 2026'**

Name of Subject: Food & Nutrition

Group: Home Economics

| Q. Nos      | Paper Code | Correct Answer         | Paper Code | Correct Answer         | Paper Code | Correct Answer         | Paper Code | Correct Answer         |   |   |   |   |   |   |   |   |
|-------------|------------|------------------------|------------|------------------------|------------|------------------------|------------|------------------------|---|---|---|---|---|---|---|---|
|             | 4771       |                        | 4773       |                        | 4775       |                        | 4777       |                        |   |   |   |   |   |   |   |   |
| 1           | ✓ A ✓      | Carotene               | B ✓        | 4 K CAL                | B ✓        | Red meat               | C ✓        | Oranges                |   |   |   |   |   |   |   |   |
| 2           | ✓ C ✓      | 2500                   | A ✓        | in breads & cereals    | C ✓        | calcium                | A ✓        | Nutrient               |   |   |   |   |   |   |   |   |
| 3           | ✓ D ✓      | Kwashiorkor            | D ✓        | All of these           | B ✓        | Deficiency of proteins | D ✓        | cardiovascular disease |   |   |   |   |   |   |   |   |
| 4           | ✓ B ✓      | provide energy         | C ✓        | Folic acid             | D ✓        | Breads & cereals       | C ✓        | vitamin D              |   |   |   |   |   |   |   |   |
| 5           | ✓ C ✓      | oranges                | A ✓        | poly saccharides       | A ✓        | carotene               | B ✓        | 4 Kcal                 |   |   |   |   |   |   |   |   |
| 6           | ✓ A ✓      | Nutrient               | B ✓        | Red Meat               | C ✓        | 2500                   | A ✓        | in breads              |   |   |   |   |   |   |   |   |
| 7           | ✓ D ✓      | cardiovascular disease | C ✓        | calcium                | D ✓        | Kwashiorkor            | D ✓        | All of these           |   |   |   |   |   |   |   |   |
| 8           | ✓ C ✓      | vitamin D              | B ✓        | Deficiency of proteins | B ✓        | provide energy         | C ✓        | Folic acid             |   |   |   |   |   |   |   |   |
| 9           | ✓ B ✓      | 4 K CAL                | D ✓        | Bread & cereals        | C ✓        | Oranges                | A ✓        | polysaccharides        |   |   |   |   |   |   |   |   |
| 10          | ✓ A ✓      | Breads & cereals       | A ✓        | carotene               | A ✓        | Nutrient               | B ✓        | Red Meat               |   |   |   |   |   |   |   |   |
| 11          | ✓ D ✓      | all the above          | C ✓        | 2500                   | D ✓        | cardiovascular disease | C ✓        | calcium                |   |   |   |   |   |   |   |   |
| 12          | ✓ C ✓      | Folic acid             | D ✓        | Kwashiorkor            | C ✓        | vitamin D              | B ✓        | Deficiency of proteins |   |   |   |   |   |   |   |   |
| 13          | ✓ A ✓      | poly saccharides       | B ✓        | provide energy         | B ✓        | 4 Kcal                 | D ✓        | Breads and cereals     |   |   |   |   |   |   |   |   |
| 14          | ✓ B ✓      | Red meat               | C ✓        | oranges                | A ✓        | in breads & cereals    | A ✓        | carotene               |   |   |   |   |   |   |   |   |
| 15          | ✓ C ✓      | calcium                | A ✓        | Nutrient               | D ✓        | All of these           | C ✓        | 2500                   |   |   |   |   |   |   |   |   |
| 16          | ✓ B ✓      | deficiency of proteins | D ✓        | cardiovascular disease | C ✓        | Folic acid             | D ✓        | Kwashiorkor            |   |   |   |   |   |   |   |   |
| 17          | ✓ D ✓      | Breads & cereals       | C ✓        | vitamin D              | A ✓        | poly saccharide        | B ✓        | provide energy         |   |   |   |   |   |   |   |   |
| 18          |            |                        |            |                        |            |                        |            |                        |   |   |   |   |   |   |   |   |
| 19          |            |                        |            |                        |            |                        |            |                        |   |   |   |   |   |   |   |   |
| 20          |            |                        |            |                        |            |                        |            |                        |   |   |   |   |   |   |   |   |
| Cross Check | A          | B                      | C          | D                      | A          | B                      | C          | D                      | A | B | C | D | A | B | C | D |
| Total       | 4          | 4                      | 5          | 4                      | 4          | 4                      | 5          | 4                      | 4 | 4 | 5 | 4 | 4 | 4 | 5 | 4 |

سرٹیفکیٹ بابت تصحیح سوالیہ پرچہ امارنگ Key

[illegible]

**Prepared & Checked By:**

Dated: 21-05-2026

| S.# | Name          | Designation | Institution                       | Mobile No    | Signature |
|-----|---------------|-------------|-----------------------------------|--------------|-----------|
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| 3   |               |             |                                   |              |           |
| 4   |               |             |                                   |              |           |
| 5   |               |             |                                   |              |           |

|                                                                                                       |            |                   |
|-------------------------------------------------------------------------------------------------------|------------|-------------------|
| 2026 (1 <sup>st</sup> -A) INTERMEDIATE PART-II (12 <sup>th</sup> Class)                               |            | Roll No:          |
| 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. Write answers of any eight parts.

- |        |                                                             |            |
|--------|-------------------------------------------------------------|------------|
| (i)    | Write demand the characteristics of water soluble vitamins. | 8 × 2 = 16 |
| (ii)   | Define Micro nutrients.                                     |            |
| (iii)  | Write food sources of potassium.                            |            |
| (iv)   | Explain the concept of balanced diet.                       |            |
| (v)    | What are the functions of fats in our body?                 |            |
| (vi)   | Explain Emulsification.                                     |            |
| (vii)  | Write two benefits of meat consumptions.                    |            |
| (viii) | What is high biological value?                              |            |
| (ix)   | Define Nutritional status.                                  |            |
| (x)    | Name water soluble vitamins.                                |            |
| (xi)   | Write symptoms of vitamin C deficiency.                     |            |
| (xii)  | Define malnutrition.                                        |            |

#### 3. Write answers of any eight parts.

- |        |                                                         |            |
|--------|---------------------------------------------------------|------------|
| (i)    | What are the functions of carbohydrates?                | 8 × 2 = 16 |
| (ii)   | What is the role of fibre in digestion?                 |            |
| (iii)  | Write a short note on vitamin B-12 deficiency.          |            |
| (iv)   | How can salt intake be reduced?                         |            |
| (v)    | Define pasteurization.                                  |            |
| (vi)   | Define stewing.                                         |            |
| (vii)  | Write any four benefits of milk.                        |            |
| (viii) | What points should be considered while planning a diet? |            |
| (ix)   | Write importance of Meal planning.                      |            |
| (x)    | Define Health.                                          |            |
| (xi)   | Write food sources of vitamin D.                        |            |
| (xii)  | Write two functions of proteins.                        |            |

#### 4. Write answers of any six parts.

- |        |                                                    |            |
|--------|----------------------------------------------------|------------|
| (i)    | What are the benefits of herbs?                    | 6 × 2 = 12 |
| (ii)   | What do you mean by RDA?                           |            |
| (iii)  | What are basic food groups?                        |            |
| (iv)   | How many calories are provided by one gram of fat? |            |
| (v)    | Enlist four dry-heating methods.                   |            |
| (vi)   | How and why does Xerophthalmia develop?            |            |
| (vii)  | Enlist four essential amino acids.                 |            |
| (viii) | What is Beriberi?                                  |            |
| (ix)   | What are food sources of calcium?                  |            |

### SECTION-II

#### NOTE: Write answers of any three questions.

- |    |                                                                                |            |
|----|--------------------------------------------------------------------------------|------------|
| 5. | Write a detailed note on different cooking methods.                            | 3 × 8 = 24 |
| 6. | What are the types of carbohydrates?                                           |            |
| 7. | Discuss functions and deficiency disease of Folic acid and Iron.               |            |
| 8. | Discuss composition of Meat. Explain its nutritive value in detail.            |            |
| 9. | How vegetables, fruits and flowers can be protected from pests, heat and bugs? |            |

|                                                    |                                                                                                                                                                                                                                                                                                              |                                |                               |                           |                               |
|----------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|-------------------------------|---------------------------|-------------------------------|
| PAPER CODE: 4771                                   |                                                                                                                                                                                                                                                                                                              | 2026 (1 <sup>st</sup> -A)      |                               | Roll No:                  |                               |
| INTERMEDIATE PART-II (12 <sup>th</sup> Class)      |                                                                                                                                                                                                                                                                                                              |                                |                               |                           |                               |
| 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                                                  | _____ is yellow and orange pigment in plants.                                                                                                                                                                                                                                                                | Carotene<br>✓ A                | Retinol                       | Lycopene                  | Fructose                      |
| 2                                                  | _____ calories are needed by an adult man to work properly.                                                                                                                                                                                                                                                  | 3200                           | 2300                          | 2500 C<br>✓               | 1200                          |
| 3                                                  | _____ is called the disease of a displaced child.                                                                                                                                                                                                                                                            | Pellagra                       | Diarrhea                      | Anemia                    | Kwashiorkor<br>D B            |
| 4                                                  | The primary function of carbohydrates in the body is to:                                                                                                                                                                                                                                                     | Build muscles                  | Provide energy<br>✓ B         | Regulate body temperature | Aid in digestion              |
| 5                                                  | Which one of the given is a good source of Vitamin C?                                                                                                                                                                                                                                                        | Milk                           | Eggs                          | Oranges<br>✓ C            | Bread                         |
| 6                                                  | A substance needed by the body for growth, energy, repair and maintenance is called a:                                                                                                                                                                                                                       | Nutrient<br>✓ A                | Carbohydrates                 | Calorie                   | Fatty acids                   |
| 7                                                  | A diet high in saturated fats can be linked to which one of the given?                                                                                                                                                                                                                                       | Kidney failure                 | Pellagra                      | Beriberi                  | Cardiovascular disease<br>✓ D |
| 8                                                  | Which vitamin is primarily obtained from sunlight?                                                                                                                                                                                                                                                           | Vitamin A                      | Vitamin B                     | Vitamin D<br>✓ C          | Vitamin C                     |
| 9                                                  | How much energy do proteins provide per gram?                                                                                                                                                                                                                                                                | 2 Kcal                         | 4 Kcal<br>✓ B                 | 6 Kcal                    | 8 Kcal                        |
| 10                                                 | Where are carbohydrates found?                                                                                                                                                                                                                                                                               | In breads and cereals<br>✓ A   | In meat                       | In fats                   | None of these                 |
| 11                                                 | What effects the dietary needs of a person?                                                                                                                                                                                                                                                                  | Age                            | Gender                        | Physical activity         | All of these<br>✓ D           |
| 12                                                 | Neural tube defects are caused due to deficiency of _____                                                                                                                                                                                                                                                    | Copper                         | Calciferol                    | Folic acid<br>✓ C         | Thiamin                       |
| 13                                                 | Complex carbohydrates are also known as _____                                                                                                                                                                                                                                                                | Polysaccharide<br>✓ A          | Monosaccharide                | Maltose                   | Lactose                       |
| 14                                                 | Which one of the given is a food source of iron?                                                                                                                                                                                                                                                             | Oranges                        | Red meat<br>✓ B               | Milk                      | Tomatoes                      |
| 15                                                 | Dairy products are rich in _____                                                                                                                                                                                                                                                                             | Iron                           | Sodium                        | Calcium<br>✓ C            | Vitamin B                     |
| 16                                                 | Marasmus is caused by:                                                                                                                                                                                                                                                                                       | Excess of proteins in the body | Deficiency of proteins<br>✓ B | Deficiency of minerals    | Overfeeding                   |
| 17                                                 | _____ are on the base of food pyramid.                                                                                                                                                                                                                                                                       | Fats                           | Vegetables                    | Water                     | Breads and cereals<br>✓ D     |

|                                                    |                                                                                                                                                                                                                                                                                                              |                                |                        |                           |                        |
|----------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|------------------------|---------------------------|------------------------|
| PAPER CODE: 4773                                   |                                                                                                                                                                                                                                                                                                              | 2026 (1 <sup>st</sup> -A)      |                        | Roll No:                  |                        |
| INTERMEDIATE PART-II (12 <sup>th</sup> Class)      |                                                                                                                                                                                                                                                                                                              |                                |                        |                           |                        |
| 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                                                  | How much energy do proteins provide per gram?                                                                                                                                                                                                                                                                | 2 Kcal                         | 4 Kcal                 | 6 Kcal                    | 8 Kcal                 |
| 2                                                  | Where are carbohydrates found?                                                                                                                                                                                                                                                                               | In breads and cereals          | In meat                | In fats                   | None of these          |
| 3                                                  | What effects the dietary needs of a person?                                                                                                                                                                                                                                                                  | Age                            | Gender                 | Physical activity         | All of these           |
| 4                                                  | Neural tube defects are caused due to deficiency of                                                                                                                                                                                                                                                          | Copper                         | Calciferol             | Folic acid                | Thiamin                |
| 5                                                  | Complex carbohydrates are also known as                                                                                                                                                                                                                                                                      | Polysaccharide                 | Monosaccharide         | Maltose                   | Lactose                |
| 6                                                  | Which one of the given is a food source of iron?                                                                                                                                                                                                                                                             | Oranges                        | Red meat               | Milk                      | Tomatoes               |
| 7                                                  | Dairy products are rich in                                                                                                                                                                                                                                                                                   | Iron                           | Sodium                 | Calcium                   | Vitamin B              |
| 8                                                  | Marasmus is caused by:                                                                                                                                                                                                                                                                                       | Excess of proteins in the body | Deficiency of proteins | Deficiency of minerals    | Overfeeding            |
| 9                                                  | _____ are on the base of food pyramid.                                                                                                                                                                                                                                                                       | Fats                           | Vegetables             | Water                     | Breads and cereals     |
| 10                                                 | _____ is yellow and orange pigment in plants.                                                                                                                                                                                                                                                                | Carotene                       | Retinol                | Lycopene                  | Fructose               |
| 11                                                 | _____ calories are needed by an adult man to work properly.                                                                                                                                                                                                                                                  | 3200                           | 2300                   | 2500                      | 1200                   |
| 12                                                 | _____ is called the disease of a displaced child.                                                                                                                                                                                                                                                            | Pellagra                       | Diarrhea               | Anemia                    | Kwashiorkor            |
| 13                                                 | The primary function of carbohydrates in the body is to:                                                                                                                                                                                                                                                     | Build muscles                  | Provide energy         | Regulate body temperature | Aid in digestion       |
| 14                                                 | Which one of the given is a good source of Vitamin C?                                                                                                                                                                                                                                                        | Milk                           | Eggs                   | Oranges                   | Bread                  |
| 15                                                 | A substance needed by the body for growth, energy, repair and maintenance is called a:                                                                                                                                                                                                                       | Nutrient                       | Carbohydrates          | Calorie                   | Fatty acids            |
| 16                                                 | A diet high in saturated fats can be linked to which one of the given?                                                                                                                                                                                                                                       | Kidney failure                 | Pellagra               | Beriberi                  | Cardiovascular disease |
| 17                                                 | Which vitamin is primarily obtained from sunlight?                                                                                                                                                                                                                                                           | Vitamin A                      | Vitamin B              | Vitamin D                 | Vitamin C              |

|                                                    |                                                                                                                                                                                                                                                                                                              |                                |                        |                           |                        |
|----------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|------------------------|---------------------------|------------------------|
| PAPER CODE: 4775                                   |                                                                                                                                                                                                                                                                                                              | 2026 (1 <sup>st</sup> -A)      |                        | Roll No:                  |                        |
| INTERMEDIATE PART-II (12 <sup>th</sup> Class)      |                                                                                                                                                                                                                                                                                                              |                                |                        |                           |                        |
| 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                                                  | Which one of the given is a food source of iron?                                                                                                                                                                                                                                                             | Oranges                        | Red meat               | Milk                      | Tomatoes               |
| 2                                                  | Dairy products are rich in _____.                                                                                                                                                                                                                                                                            | Iron                           | Sodium                 | Calcium                   | Vitamin B              |
| 3                                                  | Marasmus is caused by:                                                                                                                                                                                                                                                                                       | Excess of proteins in the body | Deficiency of proteins | Deficiency of minerals    | Overfeeding            |
| 4                                                  | _____ are on the base of food pyramid.                                                                                                                                                                                                                                                                       | Fats                           | Vegetables             | Water                     | Breads and cereals     |
| 5                                                  | _____ is yellow and orange pigment in plants.                                                                                                                                                                                                                                                                | Carotene                       | Retinol                | Lycopene                  | Fructose               |
| 6                                                  | _____ calories are needed by an adult man to work properly.                                                                                                                                                                                                                                                  | 3200                           | 2300                   | 2500                      | 1200                   |
| 7                                                  | _____ is called the disease of a displaced child.                                                                                                                                                                                                                                                            | Pellagra                       | Diarrhea               | Anemia                    | Kwashiorkor            |
| 8                                                  | The primary function of carbohydrates in the body is to:                                                                                                                                                                                                                                                     | Build muscles                  | Provide energy         | Regulate body temperature | Aid in digestion       |
| 9                                                  | Which one of the given is a good source of Vitamin C?                                                                                                                                                                                                                                                        | Milk                           | Eggs                   | Oranges                   | Bread                  |
| 10                                                 | A substance needed by the body for growth, energy, repair and maintenance is called a:                                                                                                                                                                                                                       | Nutrient                       | Carbohydrates          | Calorie                   | Fatty acids            |
| 11                                                 | A diet high in saturated fats can be linked to which one of the given?                                                                                                                                                                                                                                       | Kidney failure                 | Pellagra               | Beriberi                  | Cardiovascular disease |
| 12                                                 | Which vitamin is primarily obtained from sunlight?                                                                                                                                                                                                                                                           | Vitamin A                      | Vitamin B              | Vitamin D                 | Vitamin C              |
| 13                                                 | How much energy do proteins provide per gram?                                                                                                                                                                                                                                                                | 2 Kcal                         | 4 Kcal                 | 6 Kcal                    | 8 Kcal                 |
| 14                                                 | Where are carbohydrates found?                                                                                                                                                                                                                                                                               | In breads and cereals          | In meat                | In fats                   | None of these          |
| 15                                                 | What effects the dietary needs of a person?                                                                                                                                                                                                                                                                  | Age                            | Gender                 | Physical activity         | All of these           |
| 16                                                 | Neural tube defects are caused due to deficiency of _____.                                                                                                                                                                                                                                                   | Copper                         | Calciferol             | Folic acid                | Thiamin                |
| 17                                                 | Complex carbohydrates are also known as _____.                                                                                                                                                                                                                                                               | Polysaccharide                 | Monosaccharide         | Maltose                   | Lactose                |

|                                                    |                                                                                                                                                                                                                                                                                                              |                                |                        |                           |                        |
|----------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|------------------------|---------------------------|------------------------|
| PAPER CODE: 4777                                   |                                                                                                                                                                                                                                                                                                              | 2026 (1 <sup>st</sup> -A)      |                        | Roll No:                  |                        |
| INTERMEDIATE PART-II (12 <sup>th</sup> Class)      |                                                                                                                                                                                                                                                                                                              |                                |                        |                           |                        |
| 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                                                  | Which one of the given is a good source of Vitamin C?                                                                                                                                                                                                                                                        | Milk                           | Eggs                   | Oranges                   | Bread                  |
| 2                                                  | A substance needed by the body for growth, energy, repair and maintenance is called a:                                                                                                                                                                                                                       | Nutrient                       | Carbohydrates          | Calorie                   | Fatty acids            |
| 3                                                  | A diet high in saturated fats can be linked to which one of the given?                                                                                                                                                                                                                                       | Kidney failure                 | Pellagra               | Beriberi                  | Cardiovascular disease |
| 4                                                  | Which vitamin is primarily obtained from sunlight?                                                                                                                                                                                                                                                           | Vitamin A                      | Vitamin B              | Vitamin D                 | Vitamin C              |
| 5                                                  | How much energy do proteins provide per gram?                                                                                                                                                                                                                                                                | 2 Kcal                         | 4 Kcal                 | 6 Kcal                    | 8 Kcal                 |
| 6                                                  | Where are carbohydrates found?                                                                                                                                                                                                                                                                               | In breads and cereals          | In meat                | In fats                   | None of these          |
| 7                                                  | What effects the dietary needs of a person?                                                                                                                                                                                                                                                                  | Age                            | Gender                 | Physical activity         | All of these           |
| 8                                                  | Neural tube defects are caused due to deficiency of                                                                                                                                                                                                                                                          | Copper                         | Calciferol             | Folic acid                | Thiamin                |
| 9                                                  | Complex carbohydrates are also known as                                                                                                                                                                                                                                                                      | Polysaccharide                 | Monosaccharide         | Maltose                   | Lactose                |
| 10                                                 | Which one of the given is a food source of iron?                                                                                                                                                                                                                                                             | Oranges                        | Red meat               | Milk                      | Tomatoes               |
| 11                                                 | Dairy products are rich in                                                                                                                                                                                                                                                                                   | Iron                           | Sodium                 | Calcium                   | Vitamin B              |
| 12                                                 | Marasmus is caused by:                                                                                                                                                                                                                                                                                       | Excess of proteins in the body | Deficiency of proteins | Deficiency of minerals    | Overfeeding            |
| 13                                                 | _____ are on the base of food pyramid.                                                                                                                                                                                                                                                                       | Fats                           | Vegetables             | Water                     | Breads and cereals     |
| 14                                                 | _____ is yellow and orange pigment in plants.                                                                                                                                                                                                                                                                | Carotene                       | Retinol                | Lycopene                  | Fructose               |
| 15                                                 | _____ calories are needed by an adult man to work properly.                                                                                                                                                                                                                                                  | 3200                           | 2300                   | 2500                      | 1200                   |
| 16                                                 | _____ is called the disease of a displaced child.                                                                                                                                                                                                                                                            | Pellagra                       | Diarrhea               | Anemia                    | Kwashiorkor            |
| 17                                                 | The primary function of carbohydrates in the body is to:                                                                                                                                                                                                                                                     | Build muscles                  | Provide energy         | Regulate body temperature | Aid in digestion       |