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) In which of the following cooking methods minimum nutrients are wasted?
   A. Broiling  B. Wet Method  C. Dry Method  D. Frying

(ii) Which of the following is the biggest reason of wastage of nutrition in food?
   A. Temperature  B. Refrigeration  C. Washing with water  D. Salting

(iii) Young people can be divided into ________ groups.
   A. 4  B. 3  C. 5  D. 2

(iv) The boys require more ________ in their food as compared to the girls.
   A. Carbohydrates  B. Vitamins  C. Proteins  D. Salts

(v) What should be avoided in the supper (بپات کا چھاکان؟)?
   A. Oily foods  B. Pulses  C. Vegetables  D. Sweet dish

(vi) Skimmed milk and/or lassi lack:
   A. Nutrition  B. Salts  C. Carbohydrates  D. Germs

(vii) The deficiency of ________ in blood causes anaemia.
   A. Haemoglobin  B. Iodine  C. Vitamins  D. Protein

(viii) The incorporation of air while cooking vegetable may causes the loss of:
   A. Vitamin A  B. Vitamin E  C. Vitamin D  D. Vitamin K

(ix) Rice should be cooked in the same ________ in which these have been submerged.
   A. Oil  B. Vinegar  C. Water  D. Milk

(x) Foods and vegetables are more prone to the attacks of:
   A. Oxygen  B. Yeast and fungi  C. Moulds  D. Acidity

(xi) Fresh meat can be identified by its ________ colour.
   A. Yellow  B. White  C. Brown  D. Red

(xii) Salt hinders the growth of ________ in foods.
   A. Moulds and yeast  B. Rancidity  C. Chlorophyll  D. Enzymes

For Examiner’s use only:

Total Marks: 12

Marks Obtained: ____________________

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Q. 1: What is the difference between cooking methods?

(i) Wet Method
(ii) Broiling
(iii) Frying
(iv) Dry Method
(v) Grilling
(vi) Steam
(vii) Boiling
(viii) Administration of Anemia
(ix) Food contains K
(x) Food contains E
(xi) Food contains P
(xii) Food contains C

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Total: 20 marks

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FOOD AND NUTRITION SSC – II

Time allowed: 2:40 Hours

Total Marks: Sections B and C: 53

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 Answer any ELEVEN parts. The answer to each part should not exceed 3 to 4 lines. (11 x 3 = 33)

(i) Why is it necessary to include fruits and vegetable in diet?
(ii) Write down the advantages of milk and milk products?
(iii) Explain the wet method of cooking.
(iv) What is oxidation?
(v) Which type of diet should be given to children?
(vi) Write down the dietary requirement of old people.
(vii) Define food habits.
(viii) Plan a day’s menu for a patient.
(ix) Why is it necessary to preserve food?
(x) Briefly describe the principles of washing and preparing fish.
(xi) Write down the name of agents causing food contamination.
(xii) What is meant by personal hygiene?
(xiii) Where does “moulds” grow?
(xiv) Why is food necessary?
(xv) What points would you keep in mind while cooking pulses?

SECTION – C (Marks 20)

Note: Attempt any TWO questions. All questions carry equal marks. (2 x 10 = 20)

Q. 3 Discuss in detail about the importance of Cleanliness while preparing and serving meal.

Q. 4 What is meant by menu planning? Write in detail about its importance and advantages.

Q. 5 Write in detail about the factors affecting dietary requirement of pregnant and lactating women.