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| LOGO | Federal Board HSSC-I Examination  Fundamentals of Food & Nutrition Model Question Paper |

Version Number

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**SECTION – A**

Time allowed: 15 minutes Marks: 10

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| Note: Section-A is compulsory. All parts of this section are to be answered on the separately provided OMR Answer Sheet which should be completed in the first 15 minutes and handed over to the Centre Superintendent. Deleting/overwriting is not allowed. Do not use lead pencil. |

**Q.1 Choose the correct answer i.e. A / B / C / D by filling the relevant bubble for each question on the OMR Answer Sheet according to the instructions given there. Each part carries one mark.**

1. Malic acid is found in:

A. Grapes B. Apples

C. Oranges D. Tomatoes

2. Glucose is simplest form of \_\_\_\_\_\_\_\_\_\_ circulating in the blood.

A. Carbohydrates B. Lipoproteins

C. Fatty Acids D. Vitamin

3. The human body has \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of copper.

A. 100-150mg B. 80-120mg

C. 150-300mg D. 300-350mg

4. Premature infants are more susceptible to \_\_\_\_\_\_\_\_ than full term.

A. Rickets B. Osteomalacia

C. Tetany D. Marasmus

5. Vitamin D is also known as:

A. Calciferol B. Retinol

C. Tocopherol D. Riboflavin

6. Nutrients that supply energy are \_\_\_\_\_\_\_\_\_\_\_ and are known as Go Food.

A. Fats and carbohydrates B. Vitamins and carbohydrates

C. Minerals and Vitamins D. Minerals and Carbohydrates

7. Prothrombin made by the \_\_\_\_\_\_\_\_\_\_\_ is a precursor of thrombin.

A. Kidney B. Brain

C. Liver D. Lungs

8. Deficiency disease of \_\_\_\_\_\_\_\_\_ is known as Scurvy.

A. Ascorbic Acid B. Riboflavin

C. Phosphorous D. Thiamin

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9. Average life cycle of red blood cell is:

A. 90 days B. 120 days

C. 10 days D. 150 days

10. The flesh of \_\_\_\_\_\_\_ is dark red and fat content will be hard white solid and brittle.

A. Mutton B. Lamb

C. Veal D. Camel

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Time allowed: 2.15 hours Total Marks: 40

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| Note: Sections ‘B’ and ‘C’ comprise one page and questions therein are to be answered 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 24)

Q.2 Attempt any **EIGHT** parts from the following. All parts carry equal marks. (8 × 3 = 24)

i. Identify the difference between Dry and Wet Beriberi.

ii. What do you understand by the term “Anemia”?

iii. State the symptoms of Goiter.

iv. Recall the blood clotting mechanism.

v. Briefly classify vitamins.

vi. Rephrase term Organic Acids?

vii. Differentiate between emulsification and Saponification?

viii. Indicate factors effecting Nutritional need of an individual.

ix. Review the factors effecting fat content of meat.

x. List down signs of Good Nutrition.

xi. Report symptoms of Riboflavin.

**SECTION – C** (Marks 16)

**Note:** Attempt any **TWO** questions. All questions carry equal marks. (8 × 2 = 16)

**Q.3** Describe classification of carbohydrates in detail. (8)

**Q.4** Highlight the characteristics of Balanced Diet and its impact on health. (8)

**Q.5** a. Illustrate the layers of cereal grain. (3)

b. Write in detail about the selection and care of fish. (5)

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| Description: LOGO | Federal Board HSSC Examination  Fundamentals of Food & Nutrition  Practical Model Question Paper |

**Time allowed: 3 hours Total Marks: 25**

Write and prepare the dish allotted to you. (15)

Viva Voce = 5 Marks

Practical Note Book = 5 Marks

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