

BOARD OF INTERMEDIATE EDUCATION, KARACHI
INTERMEDIATE EXAMINATION 2016 (ANNUAL)

Date: 07.05.2016
9:30 a.m. to 9:50 a.m.

FOOD & NUTRITION
(Home Economics Group)

Max. Marks: 10
Time: 20 minutes

The correct answers are
highlighted in red colour.

SECTION 'A'
(MULTIPLE CHOICE QUESTIONS) – (M.C.Qs.)

Code : FN-05

Write this Code No. in Answerscript.

NOTE:

- i) This section consists of 20 part questions and all are to be answered. Each question carries ½ mark.
- ii) Do not copy the part question in your answerscript. Write only the answer in full against the proper of the question and its part.
- iii) The Code of your question paper must be mentioned **in bold letters** in the beginning of your answerscript.

1. Choose the correct answer for each from the given options:

- i) These nutrients are required in large quantity by the body:
* Meganutrients * **Macronutrients** * Micronutrients * none of these
- ii) Carrots and mangoes are rich sources of:
* Iron * Vitamin K * Fats * **Carotene**
- iii) The protein found in egg white is:
* **Albumin** * Elastin * Myosin * Casein
- iv) The deficiency disease of iron is:
* Beri Beri * Rickets * **Anemia** * Goiter
- v) Body weight more than the average is a sign of:
* undernutrition * Good nutrition * **Overnutrition** * Healthy nutrition
- vi) Silicone dioxide is used to make:
* Nylon * Ceramics * **Glass** * Plastic
- vii) The yellow orange color in fruits and vegetables is due to the presence of:
* **Carotenoids** * Anthoxanthins * Anthocyanins * Chylorophyll
- viii) This is a good conductor of heat:
* Plastic * **Iron** * Wood * Nylon
- ix) The temperature of domestic refrigerator should be kept below:
* **7° C** * 10° C * 18° C * 12° C
- x) 2 Kilogram is equal to:
* 4.8 lbs * 5 lbs * 5.4 lbs * **4.4 lbs**
- xi) Fat is dispersed into minute globules through this process:
* **Emulsification** * Hydrogenation * Decomposition * Oxidation
- xii) 1 cup is equal to:
* 255 ml * 260 ml * **240ml** * 230ml
- xiii) This is a rich source of cholesterol:
* Fish * Chicken * Milk * **Egg yolk**
- xiv) This has a very important role in carbohydrate metabolism:
* **Thiamine** * Pyridoxine * Choline * Vitamin B₁₂
- xv) Gluten is present in:
* Rice * Oats * **Wheat** * Bran
- xvi) Vitamin D is essential for the absorption of:
* Iron * Phosphorus * **Calcium** * Iodine
- xvii) These fatty acids have more than two double bonds:
* Mono-unsaturated * **Poly-unsaturated** * Saturated *
- xviii) The basic unit of Protein is:
* **Amino acid** * Ascorbic acid * Fatty acid * Folic acid
- xix) Vitamin B complex is:
* **Water soluble** * Fat soluble
* Protein soluble * Carbohydrate soluble
- xx) The disease Goiter affects the:
* Gums * Liver * **Thyroid glands** * Salivary glands

-----XXXXXXXXXX-----