

**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-09*  
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) Body weight more than the average is a sign of:  
\*      **undernutrition**                      \*      Good nutrition                      \*      **Overnutrition**                      \*      Healthy nutrition
- ii) Silicone dioxide is used to make:  
\*      **Nylon**                      \*      Ceramics                      \*      **Glass**                      \*      Plastic
- iii) The yellow orange color in fruits and vegetables is due to the presence of:  
\*      **Carotenoids**                      \*      Anthoxanthins                      \*      Anthocyanins                      \*      Chylorophyll
- iv) This is a good conductor of heat:  
\*      **Plastic**                      \*      **Iron**                      \*      Wood                      \*      Nylon
- v) The temperature of domestic refrigerator should be kept below:  
\*      **7° C**                      \*      10° C                      \*      18° C                      \*      12° C
- vi) 2 Kilogram is equal to:  
\*      4.8 lbs                      \*      5 lbs                      \*      5.4 lbs                      \*      **4.4 lbs**
- vii) Fat is dispersed into minute globules through this process:  
\*      **Emulsification**                      \*      Hydrogenation                      \*      Decomposition                      \*      Oxidation
- viii) 1 cup is equal to:  
\*      255 ml                      \*      260 ml                      \*      **240ml**                      \*      230ml
- ix) This is a rich source of cholesterol:  
\*      **Fish**                      \*      Chicken                      \*      Milk                      \*      **Egg yolk**
- x) This has a very important role in carbohydrate metabolism:  
\*      **Thiamine**                      \*      Pyridoxine                      \*      Choline                      \*      Vitamin B<sub>12</sub>
- xi) Gluten is present in:  
\*      **Rice**                      \*      Oats                      \*      **Wheat**                      \*      Bran
- xii) Vitamin D is essential for the absorption of:  
\*      **Iron**                      \*      Phosphorus                      \*      **Calcium**                      \*      Iodine
- xiii) These fatty acids have more than two double bonds:  
\*      Mono-unsaturated                      \*      **Poly-unsaturated**                      \*      Saturated                      \*
- xiv) The basic unit of Protein is:  
\*      **Amino acid**                      \*      Ascorbic acid                      \*      Fatty acid                      \*      Folic acid
- xv) Vitamin B complex is:  
\*      **Water soluble**                      \*      Fat soluble  
\*      Protein soluble                      \*      Carbohydrate soluble
- xvi) The disease Goiter affects the:  
\*      Gums                      \*      Liver                      \*      **Thyroid glands**                      \*      Salivary glands
- xvii) These nutrients are required in large quantity by the body:  
\*      Meganutrients                      \*      **Macronutrients**                      \*      Micronutrients                      \*      none of these
- xviii) Carrots and mangoes are rich sources of:  
\*      **Iron**                      \*      Vitamin K                      \*      Fats                      \*      **Carotene**
- xix) The protein found in egg white is:  
\*      **Albumin**                      \*      Elastin                      \*      Myosin                      \*      Casein
- xx) The deficiency disease of iron is:  
\*      **Beri Beri**                      \*      Rickets                      \*      **Anemia**                      \*      Goiter

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