

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-17

Write this Code No. in Answerscript.

NOTE:

- i) This section consists of 20 part questions and all are to be answered. Each question carries $\frac{1}{2}$ 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) | This is a rich source of cholesterol: | | | | |
| | * Fish | * Chicken | * Milk | * Egg yolk | |
| ii) | This has a very important role in carbohydrate metabolism: | | | | |
| | * Thiamine | * Pyridoxine | * Choline | * Vitamin B ₁₂ | |
| iii) | Gluten is present in: | | | | |
| | * Rice | * Oats | * Wheat | * Bran | |
| iv) | Vitamin D is essential for the absorption of: | | | | |
| | * Iron | * Phosphorus | * Calcium | * Iodine | |
| v) | These fatty acids have more than two double bonds: | | | | |
| | * Mono-unsaturated | * Poly-unsaturated | * Saturated | * | |
| | Unsaturated | | | | |
| vi) | The basic unit of Protein is: | | | | |
| | * Amino acid | * Ascorbic acid | * Fatty acid | * Folic acid | |
| vii) | Vitamin B complex is: | | | | |
| | * Water soluble | | * Fat soluble | | |
| | * Protein soluble | | * Carbohydrate soluble | | |
| viii) | The disease Goiter affects the: | | | | |
| | * Gums | * Liver | * Thyroid glands | * Salivary glands | |
| ix) | These nutrients are required in large quantity by the body: | | | | |
| | * Meganutrients | * Macronutrients | * Micronutrients | * none of these | |
| x) | Carrots and mangoes are rich sources of: | | | | |
| | * Iron | * Vitamin K | * Fats | * Carotene | |
| xi) | The protein found in egg white is: | | | | |
| | * Albumin | * Elastin | * Myosin | * Casein | |
| xii) | The deficiency disease of iron is: | | | | |
| | * Beri Beri | * Rickets | * Anemia | * Goiter | |
| xiii) | Body weight more than the average is a sign of: | | | | |
| | * undernutrition | * Good nutrition | * Overnutrition | * Healthy nutrition | |
| xiv) | Silicone dioxide is used to make: | | | | |
| | * Nylon | * Ceramics | * Glass | * Plastic | |
| xv) | The yellow orange color in fruits and vegetables is due to the presence of: | | | | |
| | * Carotenoids | * Anthoxanthins | * Anthocyanins | * Chylorophyll | |
| xvi) | This is a good conductor of heat: | | | | |
| | * Plastic | * Iron | * Wood | * Nylon | |
| xvii) | The temperature of domestic refrigerator should be kept below: | | | | |
| | * 7° C | * 10° C | * 18° C | * 12° C | |
| xviii) | 2 Kilogram is equal to: | | | | |
| | * 4.8 lbs | * 5 lbs | * 5.4 lbs | * 4.4 lbs | |
| xix) | Fat is dispersed into minute globules through this process: | | | | |
| | * Emulsification | * Hydrogenation | * Decomposition | * Oxidation | |
| xx) | 1 cup is equal to: | | | | |
| | * 255 ml | * 260 ml | * 240ml | * 230ml | |

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