



FUNDAMENTALS OF FOOD & NUTRITION HSSC-I

(Pre-Home Economics Group)
SECTION - A (Marks 10)

Time allowed: 15 Minutes

Section - A is compulsory. All parts of this section are to be answered on this page and handed over to the Centre Superintendent. Deleting/overwriting is not allowed.

Do not use lead pencil.

حصہ اول لازمی ہے۔ اس کے جوابات اسی صفحہ پر دئے جائیں گے۔ اس کے مطابق درست دائرہ کو پر کریں۔
لکھنے کی اجازت نہیں ہے۔ سیاہی پینسل کا استعمال ممنوع ہے۔

Version No.				
3	0	6	0	1

ROLL NUMBER					

0	●	0	●	0
1	1	1	1	●
2	2	2	2	2
●	3	3	3	3
4	4	4	4	4
5	5	5	5	5
6	6	●	6	6
7	7	7	7	7
8	8	8	8	8
9	9	9	9	9

0	0	0	0	0	0
1	1	1	1	1	1
2	2	2	2	2	2
3	3	3	3	3	3
4	4	4	4	4	4
5	5	5	5	5	5
6	6	6	6	6	6
7	7	7	7	7	7
8	8	8	8	8	8
9	9	9	9	9	9

Answer Sheet No. _____

ہر سوال کے ساتھ دیے گئے، کریکولم کے مطابق درست دائرہ کو پر کریں۔
Invigilator Sign. _____

Fill the relevant bubble against each question according to curriculum:

Candidate Sign. _____

Question	A	B	C	D	A	B	C	D
1. Milk is an excellent source of _____ which is precursor of Niacin.	Tryptophan	Lysine	Valine	Alanine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Copper helps in formation of _____ pigment in skin.	Collagen	Melanin	Elastin	Keratin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. The amount of zinc present in human body is:	5-6gm	4-5gm	2-3gm	0.5-1gm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Fiber, sodium and copper inhibit _____ absorption.	Zinc	Iodine	Iron	Glucose	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. The flesh of _____ is light pink, fine grained with very little fat.	Lamb	Beef	Veal	Mutton	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. We obtain _____ calories from carbohydrates.	80 percent	70 percent	60 percent	50 percent	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. The structural part of vegetable which include _____ are valuable for bulk they give to the diet.	Lignin	Starch	Glucose	Cellulose	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Iron is essential for optimal _____ development.	Brain	Liver	Heart	Kidney	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Rancidity makes _____ content of fat inactive.	Vitamin A	Vitamin D	Vitamin C	Vitamin K	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Deficiency disease of _____ is known as Kwashiorkor.	Iodine	Protein	Fats	Vitamin C	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



FUNDAMENTALS OF FOOD & NUTRITION HSSC-I

(Pre-Home Economics Group)

Time allowed: 2:15 Hours

Total Marks Sections B and C: 40

Note: Answer any eight parts from Section 'B' and any two questions from Section 'C' on the separately provided answer book. Write your answers neatly and legibly.

SECTION – B (Marks 24)

Q. 2 Answer any EIGHT parts briefly.

(8 x 3 = 24)

- (i) Identify the difference between saturated and un saturated fatty acids.
- (ii) What is understood by the term 'Grow Foods'?
- (iii) State symptoms of 'Scurvy'.
- (iv) Recall the blood clotting mechanism and write it briefly.
- (v) Briefly classify nutrients.
- (vi) Rephrase the term 'Goitrogens'.
- (vii) Differentiate between 'Yogurt' and 'cultured milk'.
- (viii) Indicate factors affecting iron absorption.
- (ix) Review the characteristics of live poultry.
- (x) List down signs of bad nutrition.
- (xi) Report symptoms of zinc deficiency.

SECTION – C (Marks 16)

Note: Attempt any TWO questions.

(2 x 8 = 16)

- Q. 3 Highlight factors affecting nutritional needs of an individual in relation to health.
- Q. 4 Describe classification of lipids in detail.
- Q. 5 (a) Illustrate food guide pyramid.
- (b) Write in detail about different ways of using an egg.