CANDIDATE – PLEASE NOTE!

PRINT your name on the line below and return this booklet with the answer sheet. Failure to do so may result in disqualification.

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FORM TP 2016071

TEST CODE **01221010**

MAY/JUNE 2016

CARIBBEAN EXAMINATIONS COUNCIL

CARIBBEAN SECONDARY EDUCATION CERTIFICATE® EXAMINATION

FOOD AND NUTRITION

Paper 01 – General Proficiency

1 hour 15 minutes

06 JUNE 2016 (a.m.)

READ THE FOLLOWING INSTRUCTIONS CAREFULLY.

1. This test consists of 60 items. You will have 1 hour and 15 minutes to answer them.

2. In addition to this test booklet, you should have an answer sheet.

3. Each item in this test has four suggested answers lettered (A), (B), (C), (D). Read each item you are about to answer and decide which choice is best.

4. On your answer sheet, find the number which corresponds to your item and shade the space having the same letter as the answer you have chosen. Look at the sample item below.

Sample Item

Meat is an important source of

(A) protein
(B) minerals
(C) vitamin D
(D) carbohydrate

Sample Answer

● Ⓑ Ⓒ Ⓓ

The BEST answer to this item is "protein", so (A) has been shaded.

5. If you want to change your answer, erase it completely before you fill in your new choice.

6. When you are told to begin, turn the page and work as quickly and as carefully as you can. If you cannot answer an item, go on to the next one. You may return to that item later.

DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO.

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1. Which of the following factors affect the nutritive value of foods?

I. Storage of foods
II. Shape of foods
III. Food preparation practices

(A) I and II only
(B) I and III only
(C) II and III only
(D) I, II and III

2. Which of the following is true about the chalaza in eggs?

(A) It holds the yolk in place.
(B) It strengthens the egg yolk.
(C) It gives eggs their freshness.
(D) It provides food for the chick.

3. Which of the following is a source of vegetable protein?

(A) Lentil
(B) Cabbage
(C) Pumpkin
(D) Cucumber

4. Which of the following nutrients is required in greater quantities by women than by men?

(A) Fats
(B) Iron
(C) Iodine
(D) Protein

5. Which of the following is NOT a form of malnutrition?

(A) Obesity
(B) Diarrhoea
(C) Marasmus
(D) Kwashiorkor

6. Which of the following nutrients, when lacking in the diet, results in anaemia?

(A) Iron
(B) Protein
(C) Calcium
(D) Vitamin C

7. Which of the following diseases is prevented by an adequate intake of foods rich in vitamin A?

(A) Scurvy
(B) Pellagra
(C) Beriberi
(D) Night blindness

8. Which of the following groups of health disorders are classified as deficiency diseases?

(A) Bulimia, rickets, sore eyes, jaundice
(B) Pellagra, beriberi, eczema, arthritis
(C) Protein-energy imbalance, night blindness, anaemia, rickets
(D) High blood pressure, scurvy, scabies, colour-blindness

9. During convalescence, the body has a decreased need for

(A) protein
(B) vitamins
(C) minerals
(D) carbohydrates

Item **10** refers to the following special features on appliances.

(A) Star rating
(B) Fan
(C) Griddle
(D) Pilot light

10. Which feature indicates the length of time for which frozen food may be stored?

GO ON TO THE NEXT PAGE

11. Which of the following is NOT a function of a blender?

(A) Chopping nuts
(B) Puréeing foods
(C) Beating batters
(D) Chopping vegetables

12. Which of the following are symptoms of food poisoning?

(A) Vomiting, diarrhoea, stomach cramps and fever
(B) Runny nose, itching, vomiting and diarrhoea
(C) Fever, sweating, itching and vomiting
(D) Diarrhoea, runny nose, stomach cramps and fever

13. Which of the following is the correct procedure for treating a minor burn?

(A) Applying butter
(B) Applying alcohol
(C) Bandaging firmly
(D) Applying cold water

14. Which of the following are desirable features of well-made jams and jellies?

I. A clear, bright colour
II. A fruity, distinct flavour
III. A stiff texture

(A) I and II only
(B) I and III only
(C) II and III only
(D) I, II and III

15. The polysaccharide present in the cell walls of fruits that causes jams and jellies to set is called

(A) pectin
(B) gelatin
(C) dextrin
(D) cellulose

16. Which of the following information should be included on a food label?

I. The name of the product
II. The cost of the product
III. The net weight of the product

(A) I and II only
(B) I and III only
(C) II and III only
(D) I, II and III

17. Which of the following instructions for the care and use of a blender is INCORRECT?

(A) Rinse the goblet after use.
(B) Run the motor for short periods.
(C) Wash the goblet with warm water and detergent.
(D) Immerse the motor unit in warm water to wash.

18. Which of the following is described by the term 'marbling'?

(A) Tenderness of meat
(B) Fat layer near the kidney
(C) Fat that can be easily seen
(D) Fat deposits in and between the muscle

19. Which of the following are advantages of a gas stove/cooker?

I. The heat of the oven is evenly distributed.
II. It cooks faster than an electric stove.
III. It allows for economical use of fuel.

(A) I and II only
(B) I and III only
(C) II and III only
(D) I, II and III

GO ON TO THE NEXT PAGE

20. Which of the following BEST contributes to saving time in food preparation?

(A) Roasting pan
(B) Tiered steamer
(C) Pressure cooker
(D) Heavy duty saucepan

21. Which of the following guidelines should be followed when storing eggs?

I. Pointed and downwards
II. Just above −2 °C, (28 °F)
III. Wash before storing

(A) I and II only
(B) I and III only
(C) II and III only
(D) I, II and III

22. Which of the following factors influence the planning of family meals?

I. Age
II. Sex
III. Occupation

(A) I and II only
(B) I and III only
(C) II and III only
(D) I, II and III

23. Hors d'oeuvres consist of a variety of colourful, well-seasoned foods served as

(A) desserts
(B) appetizers
(C) main dishes
(D) accompaniments

24. Croutons are

(A) thick sauces used to bind ingredients
(B) bunches of herbs added to soups and stews
(C) small, diced, fried bread used to garnish soup
(D) slices of toasted bread served with ham and cheese

25. Which of the following is a moist method of cooking?

(A) Frying
(B) Grilling
(C) Poaching
(D) Roasting

Items **26–27** refer to the ingredients used in the preparation of short-crust pastry.

(A) Cold water
(B) Margarine
(C) Shortening
(D) Flour

In answering Items **26–27**, each option may be used once, more than once or not at all.

Which of the above ingredients

26. contributes both flavour and colour to the pastry?

27. binds the ingredients together into a dough?

28. Which of the following should comprise the MAIN course of a one-course meal?

(A) Protein, carbohydrate, dessert
(B) Protein, dessert, raw vegetables
(C) Protein, carbohydrate, raw non-starchy vegetables
(D) Protein, cooked non-starchy vegetables, raw non-starchy vegetables

29. The process by which oils become solid is known as

(A) preservation
(B) hydrogenation
(C) pasteurization
(D) homogenization

GO ON TO THE NEXT PAGE

30. Which of the following is NOT considered when planning menus for large-scale food preparation?

(A) The size of space for eating
(B) The amount of decorations to be used
(C) The type of people to consume the food
(D) The type of kitchen equipment available

31. Which of the following statements is NOT true?

(A) Legumin is found in beef pies.
(B) Lactoglobulin is found in milk.
(C) Myosin is found in chicken puffs.
(D) Gelatin is found in most meat products.

32. Which group of nutrients is supplied by a bread and butter pudding?

(A) Protein, iodine, fat
(B) Calcium, carbohydrate, fat
(C) Vitamin E, potassium, iodine
(D) Vitamin B2, vitamin C, potassium

33. Mary is breast-feeding as well as feeding her six-month old son with food from the family pot. This is an example of

(A) exclusive breast-feeding
(B) inclusive feeding
(C) alternative feeding
(D) complementary feeding

34. To help prevent anaemia, expectant mothers should consume increased amounts of

(A) milk and cheese
(B) bread and butter
(C) liver and oranges
(D) oranges and coconuts

35. Which of the following combinations of foods will provide the BEST quality protein?

(A) Bread and jam
(B) Rice and peas
(C) Ochro (okra) and rice
(D) Cornmeal and ochro (okra)

Item **36** refers to the following meals.

Meal I	Meal II
Steamed fish Creamed yams Tomato slices Stewed fruit with chocolate sauce Orange juice	Fried fish Peas and rice Tomato slices Jam tarts Lemonade

36. Which of the following statements is true?

(A) Meal II is suitable for an obese girl.
(B) Meal II is suitable for a diabetic.
(C) Meal I is suitable for a lacto-vegetarian.
(D) Meal I is suitable for an elderly person.

37. Which of the following meals is BEST suited for a strict vegetarian?

(A) Rice and pigeon peas, tomato salad, banana
(B) Pizza with cheese and sausage, fruit salad
(C) Yoghurt, ham sandwich, stewed guavas
(D) Split pea soup, peanut butter sandwich, egg custard

GO ON TO THE NEXT PAGE

38. Which of the following foods are recommended for an individual suffering from goiter?

(A) Sea food
(B) Citrus fruit
(C) Dairy product
(D) Peas and bean

39. Which of the following is the BEST source of dietary fibre?

(A) Cupcakes and fruit punch
(B) Polished rice and fruit salad
(C) Stewed chicken and macaroni pie
(D) Whole-wheat sandwich and fruit salad

40. Which of the following is the correct procedure to follow when lighting a gas stove?

(A) Turn on the main tap, set the control knob and light the match.
(B) Turn on the main tap, light the match and set the control knob.
(C) Light the match, set the control knob and turn on the main tap.
(D) Light the match, turn on the main tap and set the control knob.

41. Which of the following pieces of equipment is MOST suitable to use when cooking tough cuts of meat?

(A) Iron pot
(B) Saucepan
(C) Enamel pot
(D) Pressure cooker

42. Which of the following practices should NOT be observed when someone uses a blender?

(A) Fill to the recommended capacity.
(B) Clean thoroughly after every use.
(C) Once started, run the motor until job is done.
(D) Store covered in a dry place when not in use.

43. Which of the following is NOT important in ensuring food safety when purchasing food?

(A) Choose foods that look fresh.
(B) Buy from reputable suppliers .
(C) Check for the expiry date on packets and cans.
(D) Select expensive foods since these are of a better quality.

Item **44** refers to the following first-aid treatment.

I. Cover area with a clean cloth to reduce risk of infection.
II. Cool the whole area with cold water to reduce risk of blistering.
III. Remove jewellery if possible as the area may swell.
IV. Protect blisters, do not burst them.

44. The steps are MOST likely used to treat

(A) a cut
(B) bleeding
(C) a scald and burn
(D) an electrical shock

45. Which of the following is the BEST type of pot for boiling pineapple jam?

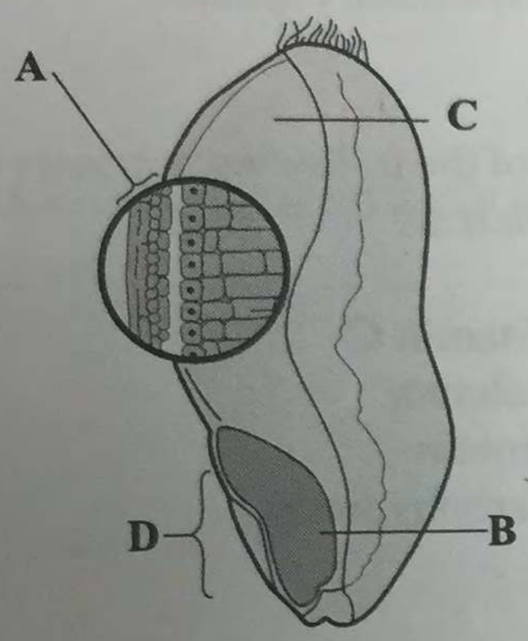
(A) Iron
(B) Enamel
(C) Aluminium
(D) Stainless steel

GO ON TO THE NEXT PAGE

46. Thyme leaves were picked from the garden and placed in a warm oven for three days. They became dry and brittle. This method of preservation is known as

(A) heating
(B) pickling
(C) blanching
~~(D)~~ dehydration

Item 47 refers to the following diagram of a wheat grain.



47. Which part of the wheat grain contains fat and fat-soluble vitamin E?

48. The leavening of a sponge cake is mainly due to

~~(A)~~ air
(B) yeast
(C) baking powder
(D) bicarbonate of soda

49. Which of the following will be MOST affected if icecream is refrozen after thawing?

(A) Odour
(B) Colour
~~(C)~~ Texture
(D) Flavour

50. Mary is preparing a meal of rice pilaff, fish and green beans. Which of the following pieces of equipment will be MOST appropriate for saving fuel and time?

(A) Rice cooker
(B) Tiered steamer
~~(C)~~ Pressure cooker
(D) Saucepan steamer

51. Which of the following BEST illustrates the role of consumer organizations in relation to food and nutrition?

(A) Prepares the national budget
(B) Buys foods which are in season
(C) Prepares the family food budget
~~(D)~~ Educates the public on healthy eating practices

Items **52–53** refer to following ways by which a family can spend wisely.

(A) Buying in bulk
(B) Comparative shopping
(C) Preparing a shopping list
(D) Investigating new products

In answering Items **52–53**, each option may be used once, more than once or not at all.

52. Which of the above ways BEST describes the practice of looking at different brands of the same foods when shopping at supermarkets?

53. Which of the above ways is given the MOST consideration when items are used in large quantities?

54. A mother's favourite cake recipe serves 10 persons. She wants to increase the recipe to serve 20 persons.

What conversion factor should be used?

~~(A)~~ 2
(B) 5
(C) 10
(D) 20

Item **55** refers to the following typical luncheon menu.

Baked Fish/Tomato Sauce
Vegetable Rice
Garden Salad
Golden Apple Pie

55. Which of the following is MOST suitable for enhancing the presentation of the meal?

(A) Breadcrumbs, sliced tomatoes, mayonnaise
(B) Lime wedges, chopped onions, sliced tomatoes
~~(C)~~ Lime butterflies, chopped parsley, glacé cherries
(D) Tomato cups, chopped parsley, French dressing

56. Bread rolls, croutons, dumplings and potato chips are accompaniments for

(A) fish
~~(B)~~ soups
(C) meats
(D) sauces

Items **57–58** refer to the following food items which a preschooler took to school for lunch.

Cookies, chicken sandwich, peanut punch, chocolate cupcake

57. Which food item will help with the development of strong bones and teeth?

(A) Cookies
(B) Chicken sandwich
~~(C)~~ Peanut punch
(D) Chocolate cupcake

58. In which of the following nutrients was the lunch deficient?

~~(A)~~ Vitamin C
(B) Calcium
(C) Protein
(D) Carbohydrate

59. Shirley's baked pastry shell had lost its shape due to shrinkage. Which of the following would prevent shrinkage?

(A) Measure fat correctly.
(B) Use correct oven temperature.
(C) Ensure fat is evenly rubbed in.
~~(D)~~ Avoid stretching pastry while rolling out.

60. Which is the correct sequence for making a mango sauce?

I. Wash, peel and cut up fruits.
II. Add sugar to taste and heat, stirring for 1–2 minutes.
III. Purée
IV. Cook in water and add butter until soft.

(A) I, III, IV, II
(B) I, IV, III, II
~~(C)~~ I, II, IV, III
(D) I, II, III, IV

END OF TEST

IF YOU FINISH BEFORE TIME IS CALLED, CHECK YOUR WORK ON THIS TEST.