1. Which of the following are classified as offal?

I. Liver
II. Bones
III. Tripe
IV. Tongue

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

2. Which of the following groups of foods can assist in preventing anaemia in adolescents?

I. Eggs, kidneys, raisins
II. Green bananas, sugar, cucumber
III. Chocolate, black eye peas, liver
IV. Beetroot, biscuits, carrots

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

3. The group of foods providing the MOST nutrients consists of

(A) bread, cheese, butter, coffee
(B) bread, fried fish, milk
(C) potato chips, fried plantain, fried eggs, milk
(D) toast, butter, guava jelly, tea

4. A roux may be used

(A) in the making of dough for bread
(B) as a thickening for soups and sauces
(C) in the preparation of pancakes
(D) as a basis for salad dressings

5. When a boiled egg-custard curdles, the protein molecules have been

(A) denatured
(B) bonded
(C) coiled
(D) dextrinised

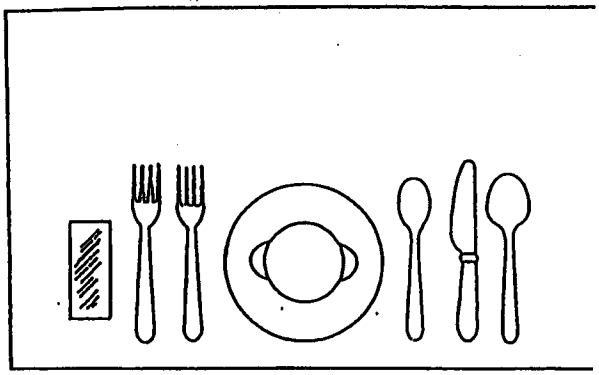
6. The discoloration of green bananas during food preparation is caused by

(A) moisture loss
(B) the presence of iron
(C) bacterial activity
(D) enzyme action

7. To help prevent anaemia, expectant mothers should take increased amounts of

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

Item 8 refers to the following diagram.



8. The cover in the diagram above is set for a meal consisting of

(A) fruit, fish course and dessert
(B) soup, meat course and dessert
(C) fruit cocktail, meat course and dessert
(D) Soup, meat course, fish course

9. Gluten is a protein found in

(A) eggs
(B) legumes
(C) meat
(D) wheat

10. Which of the following is the MOST suitable fish dish for a patient recovering from a stomach ailment?

(A) Baked tuna
(B) Steamed snapper
(C) Fried herring
(D) Crab salad

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

(A) Protien
(B) Iron
(C) Iodine
(D) Fat

12. Which of the following conditions may be improved by increasing milk in the meals of the elderly?

(A) Loss of teeth
(B) Decalcifying bones
(C) Wrinkled skin
(D) Reduced metabolism

13. The balance of sugar in the blood is partly controlled by

(A) bile
(B) saliva
(C) pepsin
(D) insulin

14. Caribbean children who do not get enough protein in their diet may suffer from

(A) kwashiorkor
(B) scurvy
(C) beri beri
(D) pellagra

Item 15 refers to the following menu.

Grilled White Fish with Lemon and Parsley
Grilled Tomato
String Beans
Creamed Potatoes
*****
Natural Yogurt and Fresh Fruit

15. The menu above is MOST suitable for a/an

(A) weight watcher
(B) athlete
(C) pregnant mother
(D) teenager

16. Which of the following menus is MOST appropriate for an obese person?

(A) Baked chicken, lettuce and tomato salad, boiled potato, orange slices
(B) Fried chicken, curried rice, lettuce and tomato salad, melon balls
(C) Grilled chicken, macaroni and cheese, lettuce and tomato, mango, ice cream
(D) Baked chicken, macaroni and cheese, cole slaw, low fat yoghurt

17. Fish is more easily digested than beef because fish

(A) has more protein and less tissue
(B) contains less connective tissue
(C) contains vitamins and oil
(D) provides iron and vitamins

18. Symptoms of diabetes include

(A) high fever and itching
(B) excessive thirst and urinating
(C) vomitting and diarrhoea
(D) headaches with severe neck pains

19. Which of the following menus can be prepared using the LEAST amount of fuel?

(A) Pot roast, stewed red beans, duchesse potatoes and coleslaw
(B) Baked fish, baked potatoes, coleslaw, steamed pineapple pudding
(C) Stewed peas, macaroni pie, raw vegetable salad
(D) Fruit cocktail, fish and vegetable salad, coconut cream jelly

20. If the electricity goes off for one day, a joint of meat which has been defrosted should be

(A) thrown away
(B) seasoned and cooked immediately
(C) quickly returned to the refrigerator
(D) replaced in the freezer compartment

21. A teenager was instructed to increase her intake of milk, cheese and hard water. Which of the following nutrients was lacking in her diet?

(A) Carbohydrates
(B) Vitamin E
(C) Fat
(D) Calcium

22. A bottle of jam has crystallised. This could be due to

(A) poor quality fruit
(B) incorrect storage
(C) too much sugar
(D) too little sugar

23. Which of the following foods are included in the diet of lacto-vegetarians?

(A) Milk, cheese, butter
(B) Meat, milk, eggs
(C) Cheese, buter, seafood
(D) Meat, milk, butter

24. Which of the following guidelines are important for the care of a convalescent?

I. Meals should be served regularly.
II. Fresh fruits and vegetables should be used.
III. Fried foods should be served for energy.
IV. Tender and easily digested foods should be served.

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

25. Which of the following groups of nutrients would be present in a bread and butter pudding?

(A) Calcium, carbohydrate, fat
(B) Protein, iodine, fat
(C) Vitamin E, potassium, iodine
(D) Vitamin B_{12}, vitamin C, potassium

26. Which of the following persons would require the GREATEST daily energy intake?

(A) A 10-month-old infant
(B) An overweight girl
(C) A teenage boy
(D) A 75-year-old woman with a sedentary lifestyle

27. Given equal quantities, which of the following is the richest source of vitamin C?

(A) Cherry (West Indian)
(B) Guava
(C) Grapefruit
(D) Tomato

28. The crust of a loaf of bread is usually brown. This is due to

(A) caramelization
(B) dextrinization
(C) crystallization
(D) gelatinization

29. Which of the following factors are important in the prevention of food-borne illnesses?

I. Storage of food
II. Cooking methods
III. Waste disposal
IV. Personal hygiene

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

30. Excessive amounts of sodium in the diet can lead to

(A) dry skin
(B) sore gums
(C) hypertension
(D) hypotension

31. Which of the following guidelines is NOT recommended for a consumer to follow?

(A) Always prepare a shopping list.
(B) Read all labels carefully.
(C) Always take advantage of food sales.
(D) Consult your menu plan before shopping.

32. In jam-making, fruit should be simmered gently before adding to sugar in order to

(A) soften it and release the pectin
(B) give the jam a sticky quality
(C) increase the shelf life of the jam
(D) sweeten and thicken the fruit

33. Which of the following is NOT a preservative?

(A) Salt
(B) Sugar
(C) Vinegar
(D) Oil

34. Bacteria that need air in order to thrive or grow are classified as

(A) anaerobic
(B) low acid
(C) high acid
(D) aerobic

35. Which of the following qualities are important when choosing a joint of beef for roasting or baking?

I. Small proportion of fat and bone
II. Fresh smell and moist appearance
III. Bright red lean with some marbling
IV. White and firm fat

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

36. Given equal quantities, which of the following groups of food would provide the MOST vitamin D?

(A) Margarine, oily fish, liver, butter
(B) Meat, fish, corn oil, skimmed milk
(C) Egg yolk, kidney, sardine, soyabean oil
(D) Ice cream, coconut oil, salmon, milk

37. All of the following are different forms of malnutrition EXCEPT

(A) diarrhoea
(B) kwashiorkor
(C) marasmus
(D) obesity

38. Which of the following factors would MOST contribute to the demand for convenience foods?

(A) Low prices of these foods
(B) Lack of time to prepare meals
(C) Better quality of these foods
(D) Modern consumer tastes

39. What item of information is NOT likely to be listed on a food label?

(A) Size or weight
(B) The brand name
(C) Cost of the contents
(D) Contents or composition

40. Which of the following methods is BEST for preventing loss of vitamin C when preparing vegetables?

(A) The conservative cooking method
(B) The covering of boiled vegetables while reheating them
(C) The steaming method
(D) The re-using of stock in which vegetables have been cooked

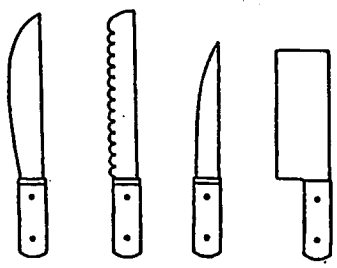
41. Which of the following components is changed to gelatin when fish is being cooked?

(A) Collagen
(B) Tendons
(C) Elastin
(D) Fibres

42. Which of the following is MOST suitable for frying doughnuts?

(A) Margarine
(B) Butter
(C) Corn oil
(D) Peanut oil

Item 43 refers to the following diagrams.



I II III IV

43. Which of the knives above are MOST suitable for peeling, slicing and chopping?

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

44. Which of the following ideas help to save time in the preparation of a buffet supper?

I. Making the desserts before hand
II. Choosing dishes which may be reheated
III. Using table mats instead of table cloths
IV. Using oven-to-table ware

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

45. Which of the following statements about the function of fat in the body is INCORRECT?

(A) Provides energy for the body
(B) Preserves body heat
(C) Protects the skeleton and internal organs
(D) Provides vitamin C and niacin

46. The MAIN function of protein in the diet is

(A) for growth and repair
(B) for energy
(C) to help in the formation of bones
(D) to help in the absorption of iron

47. Which of the following contains the BEST source of iron?

(A) Pickled green bananas
(B) Fried liver with onions
(C) Oatmeal porridge
(D) Nut cutlet

48. Which of the following factors accounts for a preference of whole wheat flour over white flour?

(A) Higher fibre content
(B) Longer shelf life
(C) More natural vitamins
(D) Higher protein content

49. Which of the following factors are important for planning meals?

I. Age of the individual
II. Nutritive value of the meal
III. Health of the individual
IV. Likes and dislikes of the individual

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

Items 50 - 51 refer to the table below which lists the main ingredients used in preparing three local dishes.

Split-peas Soup	*Pelau*	*Chicken Roti*
Green split-peas Fresh beef Dumplings Green plantains Seasonings or herbs	Chicken Rice Dried pigeon peas Seasonings or herbs	Chicken Roti (shells or skins) Potatoes Curry Seasonings

50. The meals listed above are deficient in

(A) iron
(B) vitamin C
(C) protein
(D) vitamin B

51. The food value of the dishes above may be improved by

(A) increasing the fat content
(B) decreasing the fat content
(C) serving an additional staple
(D) including a fresh fruit

52. Which of the following foods may show noticeable shrinkage when cooked?

(A) Bananas
(B) Beef
(C) Eggs
(D) Rice

53. A menu may be defined as

(A) a list of desserts written in a particular order
(B) a list of all the meals served during the day
(C) separate courses served during the day
(D) a list of dishes served at a meal

54. In which of the following cooking methods is leaching of vitamins MOST likely to occur?

(A) Roasting
(B) Grilling
(C) Baking
(D) Stewing

Item 55 refers to the following luncheon menu.

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

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

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

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

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

57. Scurvy is caused by a lack of

(A) vitamin A
(B) carbohydrates
(C) vitamin C
(D) calcium

58. An essential mineral required for prevention of dental cavities is

(A) chloride
(B) fluoride
(C) iodine
(D) iron

59. In which of the following statements is correct information provided?

I. Fish is a good brain food.
II. Brown eggs are just as nutritious as white eggs.
III. Green bananas are a good source of iron.
IV. Beetroot helps to give colour to the blood.

(A) II only
(B) IV only
(C) I and II only
(D) I and IV only

60. You are pale, listless and feel generally tired, and your doctor has recommended that you increase your intake of iron. You are likely to be suffering from

(A) anaemia
(B) obesity
(C) hypertension
(D) shortness of breath