2014

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

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

2. Which of the following groups of foods is an excellent source of protein?

(A) Cheese, peanuts, fish, soya beans
(B) Beef, milk, coconut, string beans
(C) Beans, milk, double cream, cheese
(D) Beef, eggs, breadfruit, vegetarian cheese

3. Whole-wheat flour is preferred to white flour because whole-wheat flour has

(A) more protein
(B) a longer shelf life
(C) more natural vitamins
(D) a higher fibre content

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5. Which of the following dieting practices will promote good nutritional status?

I. Reduce fatty foods.
II. Eat balanced meals.
III. Eat fast foods frequently.
IV. Increase use of fruits and vegetables.

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

6. Which of the following mineral deficiencies in the diet of children can cause rickets?

(A) Iron
(B) Iodine
(C) Sodium
(D) Calcium

7. Which of the following CANNOT be digested by human beings?

(A) Fats
(B) Starches
(C) Proteins
(D) Cellulose

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

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

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

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

10. 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.

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11. Foods placed in a refrigerator should be covered in order to

(A) prevent drying out of food and transfer of strong odours
(B) maintain recommended storage temperature
(C) facilitate close packing of dishes and bowls
(D) prevent formation of ice crystals on food

12. Fruits high in pectin are usually

(A) sour
(B) spicy
(C) bland
(D) sweet

13. Which 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 practices is NOT acceptable during food preparation?

(A) Wash hands before handling food.
(B) Cover hair with a clean hair covering.
(C) Dry hands on a rag kept in your pocket.
(D) Keep fingernails short, clean and free of nail polish.

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

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

16. Before freezing, vegetables should FIRST be

(A) sautéed
(B) clarified
(C) sterilized
(D) blanched

17. Which of the following factors should be considered when choosing a refrigerator?

I. Size and capacity according to need
II. Largest, most modern model
III. Storage arrangements inside the refrigerator
IV. Space available in the kitchen

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

18. 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

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

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

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

I. The name of the product
II. A list of ingredients
III. The net weight
IV. The cost of the product

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

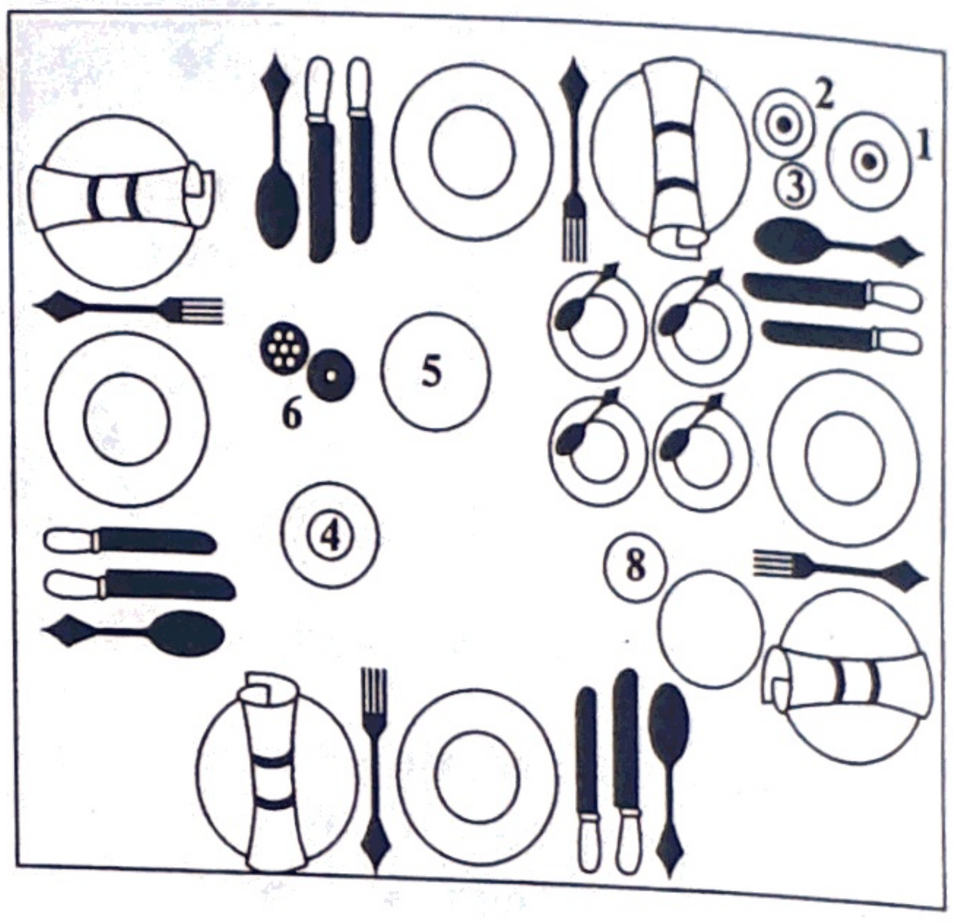
21. Sweet potatoes are BEST stored in

(A) the refrigerator
(B) a cool dark container
(C) a plastic bag at room temperature
(D) a moisture-free area at room temperature

22. Which part of the pressure cooker prevents steam from escaping?

(A) Gasket
(B) Safety plug
(C) Pressure gauge
(D) Pressure control valve

Item 23 refers to the following diagram.



23. The diagram above represents a

(A) buffet table for a lunch party
(B) lunch table laid for four people
(C) dinner tray laid for a disabled person
(D) breakfast table laid for four people

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. When a boiled egg-custard curdles, this means that the protein molecules have been

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

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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. A MAJOR consideration for a caterer should be

(A) bulk buying
(B) buying at sales
(C) selling food at high prices
(D) buying cheap, low-quality foods

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

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

30. Which of the following is NOT a commercial raising agent?

(A) Air
(B) Yeast
(C) Baking powder
(D) Bicarbonate of soda

31. The leavening of flaking pastry is mainly due to

(A) chemical action
(B) folding and rolling
(C) rubbing fat into flour
(D) the use of self-raising flour

32. Which of the following features of a stove/ cooker would be MOST useful for a busy, working mother?

I. Self-cleaning oven
II. Rotisserie
III. Oven light
IV. Automatic timer

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

33. Peter has limited time in which he must prepare and serve a lunch menu and also clean the freezer.

Which of the following work simplification methods would BEST ensure Peter's timely completion of his tasks?

(A) Clustering
(B) Overlapping
(C) Dovetailing
(D) Sequencing

34. To help prevent anaemia, expectant mothers should take 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)

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36. Which of the following groups of foods is NOT recommended for people suffering from hypertension?

(A) Lettuce, fish, fresh fruit
(B) Bacon, full cream milk, sausage
(C) Coconut water, spinach, pumpkin
(D) Skim milk, margarine, green beans

37. Which of the following foods supplies the MOST carbohydrates?

(A) Yam pie
(B) Beef burger
(C) Split pea pie
(D) Curried chicken

38. 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 B_2, vitamin C, potassium

Items 39–40 refer 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

39. 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.

40. Which of the following lists of foods should NOT be given to a person who is on a weight loss program?

(A) Liver, lean meats, cereals, dark green leafy vegetables
(B) Avocado, butter, margarine, cheese
(C) Pawpaw, pork, chocolate, milk
(D) Cheese, chicken, cassava, spinach

41. Which of the following foods can be considered as a healthy snack for an obese person?

(A) Apples
(B) Beef patties
(C) Hamburgers
(D) Avocado pears

42. Which of the following menus is MOST suitable for persons who wish to reduce their fat intake?

(A) Fried fish, boiled rice, peanut punch
(B) Steamed fish, fried potato chips, ice cream
(C) Lambstew, breadfruit cou cou, bread pudding
(D) Grilled fish, steamed vegetables, sponge cake

43. Jenny made a batch of pumpkin jam and decided to test it for setting by pouring some on a cold plate and leaving it to cool. When cooled, she pushed it with a finger. She was carrying out the

(A) flake test
(B) setting test
(C) wrinkle test
(D) temperature test

44. Which of the following is NOT a correct guideline for the care of a heat-resistant glass dish?

(A) Put dish in a microwave oven.
(B) Wash dish with mild detergent.
(C) Remove food with sharp spatula.
(D) Use dish at high temperatures.

45. 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.

46. Which of the following combinations is a good source of protein for a low income family?

(A) Ham and turkey
(B) Cheese and shrimp
(C) Eggs and fresh fish
(D) Beans and canned sardines

47. Which of the following is LEAST important when choosing a refrigerator?

(A) Colour
(B) Size of family
(C) Money available
(D) Kitchen space available

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Items **48–49** refer to the diagram which shows methods that ensure food safety.



48. In making food safe, all of the methods are used to destroy or inactivate

(A) pests
(B) insects
(C) bacteria
(D) rodents

49. What is the most suitable temperature at which the food should be chilled?

(A) 35°F (2°C)
(B) 45°F (7°C)
(C) 55°F (13°C)
(D) 65°F (18°C)

50. In the dehydration of foods, the growth of microorganisms can be prevented if

I. no water is present
II. sufficient water is present
III. temperatures are high
IV. foods are chilled

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

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

(A) Prepare the national budget
(B) Buy foods which are in season
(C) Prepare the family food budget
(D) Educate the public on food standards

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.

Which of the above factors is given the MOST consideration when

52. different brands of the same food are sold at supermarkets?

53. items are used in large quantities?

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54. Your mother's favourite cake recipe served 10 persons. She wanted to increase the recipe to serve 20 persons.

What conversion factor is to be used?

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

55. Protein may be added to a dish of creamed spinach by garnishing it with

(A) chopped celery
(B) sliced red pepper
(C) sliced tomato and parsley
(D) ground peanuts and diced tomato

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 items which a preschooler took to school for lunch:

cookies, chicken sandwich, peanut punch, chocolate cup cake

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

(A) Cookies
(B) Chicken sandwich
(C) Peanut punch
(D) Chocolate cup cake

58. Which of the following nutrients was the lunch deficient in?

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

59. Which of the following is the correct amount of fat for making 250 g (8.8 oz) of short crust pastry?

(A) 50 g (1.8 oz)
(B) 75 g (2.6 oz)
(C) 125 g (4.4 oz)
(D) 500 g (17.6 oz)

60. Reduced cooking time is achieved when using a pressure cooker because

(A) steam is forced through the food
(B) steam is released through the vent
(C) boiling water is the cooking medium
(D) water boils faster in a pressure cooker

END OF TEST

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