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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TEST CODE

FORM TP

MAY/JUNE 2017

CARIBBEAN EXAMINATIONS COUNCIL

CARIBBEAN SECONDARY EDUCATION CERTIFICATE® EXAMINATION

FOOD, NUTRITION AND HEALTH

Paper 01 – Technical Proficiency

1 hour 30 minutes

02 JUNE 2017 (p.m.)

READ THE FOLLOWING INSTRUCTIONS CAREFULLY.

1. This test consists of 60 items. You will have 1 hour and 30 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 is NOT a form of malnutrition?

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

2. 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

3. Steamed, stewed and poached foods are MOST suitable for the elderly because in this age group

(A) physical activity declines
(B) basal metabolism is lower
(C) digestive problems may be present
(D) the energy intake should be reduced

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

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

5. A deficiency in which of the following minerals in the diet of children may cause rickets?

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

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

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

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

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

8. 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

9. Which of the following groups of foods is the BEST 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

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

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

11. Which of the following dishes should comprise the MAIN course of a 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

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

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

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

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

14. Which of the following are reasons for blanching vegetables before freezing?

I. Helps to maintain colour
II. Helps to keep microorganisms alive
III. Facilitates extended storage

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

15. When bottling foods during preservation, heat treatment can be carried out in

I. the oven
II. the sun
III. a water-bath on the hob

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

16. Food additives are used in foods to

(A) improve or enhance the flavour, colour and texture of food
(B) disguise the microbial properties and keeping quality of food
(C) improve the microbial properties and keeping quality of food
(D) preserve the nutritive value, microbial properties and texture of food

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

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

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

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

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19. 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

20. The process of adding dry heat to sugar to a point where it develops into a dark brown liquid is known as

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

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

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

22. Which of the following pieces of 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

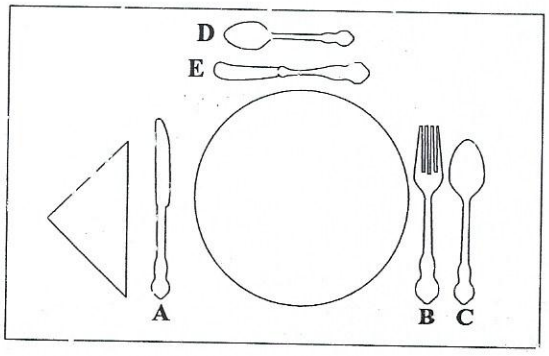
23. Which of the following is described by the term 'marbling'?

(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

24. 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

Item 25 refers to the following diagram of a place setting.



25. Which pieces of cutlery are correctly placed?

(A) A and C only
(B) B and E only
(C) C and D only
(D) A, D and E only

26. Which of the following types of batter is used when frying poultry?

(A) Thin
(B) Coating
(C) Fritter
(D) Binding

27. When buying food, which of the following practices will NOT ensure efficiency?

(A) Buy sale items only
(B) Prepare a market list
(C) Select to satisfy needs
(D) Choose foods that are in season

28. 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

Items **29–30** refer to the ingredients used in the preparation of short-crust pastry.

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

In answering Items **29–30**, each option may be used once, more than once or not at all.

Which of the above ingredients

29. contributes both flavour and colour to the pastry?

30. binds the ingredients together into a dough?

Item **31** 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

31. Which of the following statements is TRUE?

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

32. Which of the following meals 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

33. Which of the following minerals, when deficient in the diet, leads to the disease osteoporosis?

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

34. Which of the following factors can affect food security and cause undernutrition in infants?

(A) Chronic diseases
(B) Lifestyle diseases
(C) Infectious diseases
(D) Non-communicable diseases

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

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

36. Which of the meals listed below is BEST suited for a vegan or strict vegetarian?

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

37. The carbohydrate found on the crust of toasted bread is

(A) starch
(B) dextrin
(C) cellulose
(D) glycogen

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

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

39. A suitable nutritious snack for an obese person is

(A) paw paw
(B) potato chips
(C) coconut cake
(D) chocolate fudge

40. Which of the following groups of persons needs extra iron in their diet?

(A) Vegetarians, invalids and athletes
(B) Women, toddlers and persons recovering from injuries
(C) Growing children, convalescents and manual workers
(D) Teenagers, senior citizens and sedentary workers

41. Which of the following combinations of food is an appropriate 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

42. Which of the following should first be considered when planning lunches for large groups?

(A) Main dish
(B) Dessert item
(C) Salad item
(D) Appetizer

43. Which of the following breakfast menus is written in the CORRECT order?

(A) Hot chocolate, buttered bread, orange juice, fried egg
(B) Orange juice, fried egg, buttered bread, hot chocolate
(C) Buttered bread, orange juice, hot chocolate, fried egg
(D) Orange juice, buttered bread, fried egg, hot chocolate

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44. 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

45. Which of the following will occur if too much yeast is used in a dough mixture?

(A) The dough will rise too quickly, then collapse.
(B) The dough will rise too quickly resulting in tough products.
(C) The dough will produce too much gluten causing the structure to collapse.
(D) The gluten will develop too much elasticity resulting in a flattened structure.

46. 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

Item 47 refers to the following meal.

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

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

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

48. 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

49. Which of the following is the correct sequence for preparing green beans for freezing?

I. Blanch and drain
II. Clean, wash and trim
III. Cut into suitable sizes

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

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

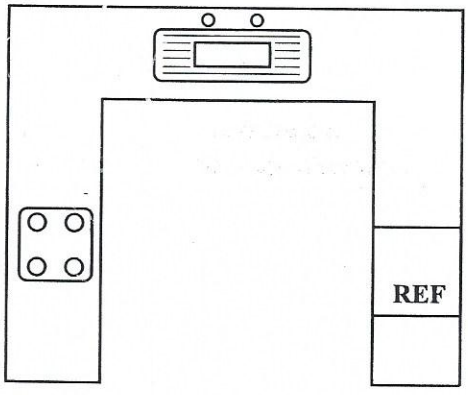
I. no water is present
II. sufficient water is present
III. temperatures are high

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

51. Which of the following is the BEST method for a homemaker to use in preserving a surplus of cucumbers?

(A) Drying
(B) Pickling
(C) Canning
(D) Freezing

Item 52 refers to the following layout of a kitchen.



52. The layout of the kitchen in the diagram may BEST be described as

(A) open
(B) galley
(C) parallel
(D) u-shaped

53. 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

54. 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

55. 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

Items **56–57** 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 **56–57**, each option may be used once, more than once or not at all.

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

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

58. The function of eggs in fish cakes is to

(A) bind
(B) lighten
(C) thicken
(D) emulsify

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.