1. The first milk a mother produces is called

(A) plasma
(B) albumin
(C) colostrum
(D) cholesterol

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. Which of the following nutrients should be increased in the diet of a pregnant mother?

I. Iron
II. Protein
III. Calcium
IV. Iodine

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

4. 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

5. Excessive amounts of sodium in the diet can increase the risk of

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

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

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

7. Which of the following groups of health disorders is classified as deficiency diseases?

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

8. Which of the following is a FALSE statement?

(A) Fruit provides vitamin C.
(B) Beetroot is a rich source of iron.
(C) Scurvy is caused by a lack of ascorbic acid.
(D) Reduced calories lead to reduced weight.

9. The condition of one's health in relation to the food eaten is referred to as

(A) pH balance
(B) body dynamics
(C) basal metabolism
(D) nutritional status

10. Which of the following features on appliances is associated with the time for which frozen food may be stored?

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

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11. Which of the following characterizes a strong, durable pot?

(A) A flat base
(B) Thick base and sides
(C) A good conductor of heat
(D) Free from scratches and chips

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. Which of the following practices will assist in preventing accidents in the kitchen?

I. Wipe up spills on the floor at the end of the day
II. Hold hot pots and pans with a pot holder
III. Turn pot handles towards the centre of the hob
IV. Place knives in soapy water kept in the sink

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

14. Which of the following is the MAIN preservative in tamarind balls?

(A) Salt
(B) Sugar
(C) Garlic
(D) Pepper

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

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

16. Warm temperatures, moisture and improper storage of food may ALL contribute to

(A) food spoilage
(B) acidic food flavour
(C) reduced food flavour
(D) depletion of nutrient

17. 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

18. Before freezing, vegetables should first be

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

19. The MAIN advantage of poached food is that it is

(A) too fatty
(B) not spicy
(C) easy to digest
(D) full of vitamins

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. The elastic or stretching property of flour is due to the presence of

(A) gluten
(B) elastin
(C) gliadin
(D) collagen

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

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

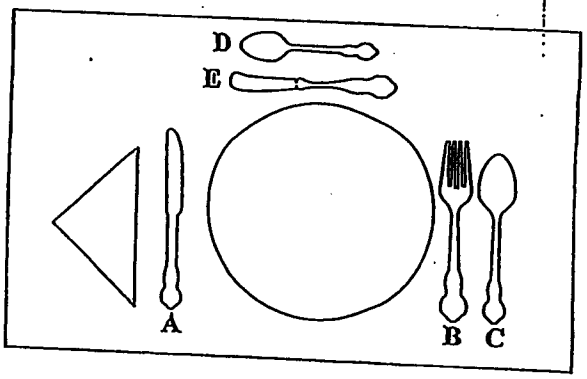
23. The trivet, safety valve and gasket are parts of

(A) a gas cooker
(B) a refrigerator
(C) an electric kettle
(D) a pressure cooker

24. Fuel can be saved during food preparation by

(A) using residual heat
(B) keeping the flame high
(C) using the oven for one dish at a time
(D) putting a small saucepan on a large burner

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



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 groups comprises all spices?

(A) Nutmeg, chives, mint, rosemary
(B) Ginger, clove, tumeric, cinnamon
(C) Thyme, mustard, basil, cinnamon
(D) Marjoram, bay leaf, parsley, thyme

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

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

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28. Which of the following factors should be considered when planning meals for large groups?

I. Foods in season
II. Equipment availability
III. Time available for preparation
IV. Money available for purchase of food

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

29. Which of the following is NOT a cereal?

(A) Sago
(B) Rice
(C) Wheat
(D) Barley

30. Which of the following 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

31. What is the MOST suitable protein source for a convalescent's lunch?

(A) Beef
(B) Chicken
(C) Oily fish
(D) White fish

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

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

33. Which of the following groups of foods is the BEST source of vitamin C?

(A) Melons, lettuce, guavas
(B) Cherries, limes mangoes
(C) Carrots, soursop, cucumber
(D) Green bananas, oranges, watercress

34. 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 pear

35. Which of the following will MOST likely result in the poor nutritional status of pre-school children?

I. Foods deficient in iron
II. Diets deficient in calories
III. Use of powdered milk
IV. Inappropriate nutritional education

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

Item 36 refers to the following menu.

Grilled White Fish/Lemon and Parsley
Creamed Potatoes
Grilled Tomato
String Beans

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Natural Yogurt and Fresh Fruit

36. This menu is BEST suited for a

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

Item 37 refers to the following menu for a meal.

Fried Fish
Peas and Rice
Tomato Slices
Jam Tarts
Lemonade

37. The meal is MOST suitable for a

(A) toddler
(B) manual worker
(C) strict vegetarian
(D) sedentary worker

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. Which of the following groups of persons need 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

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

(A) Do not put hot dish on cold surface.
(B) Put dish in a microwave oven.
(C) Wash dish with mild detergent.
(D) Remove food with metal spatula.

41. Which of the following is the BEST method for a homemaker to preserve a surplus of cucumbers?

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

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

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

43. 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. Built-in griddle
IV. Automatic timer

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

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. Tariq 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, he pushed it with a finger. He was carrying out the

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

In answering items 46–47, each option may be used once, more than once or not at all.

Which of the above ways is given the MOST consideration when:

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

47. items are used in large quantities?

Item 48 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.

48. The activities are MOST likely used to treat

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

49. Janet dipped the chicken in beaten egg, then rolled it in crumbs before frying. This shows the use of eggs in

(A) glazing
(B) binding
(C) coating
(D) garnishing

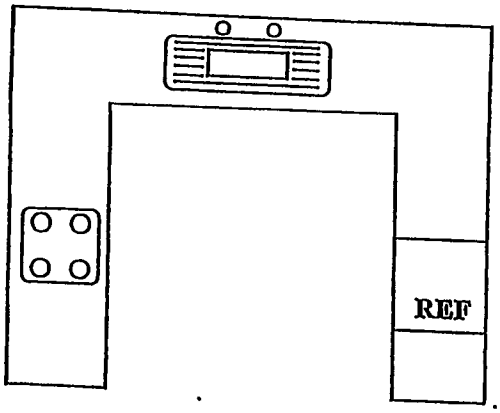
50. Which of the following is the MOST suitable product for frying doughnuts?

(A) Butter
(B) Corn oil
(C) Margarine
(D) Ground nut oil

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

(A) Rice
(B) Beef
(C) Egg
(D) Banana

Item 52 refers to the following layout of a kitchen.



52. The layout of the kitchen is BEST described as

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

Item 53 refers to the following list of dishes.

I. Roast beef
II. Boiled rice
III. Candied sweet potato
IV. Homemade ice-cream
V. Tossed vegetable salad

53. Which of the following nutrients can be found in excessive amounts in the dishes above?

(A) Fat
(B) Protein
(C) Vitamins
(D) Carbohydrates

54. Which of the following meals could be prepared using the LEAST amount of fuel?

(A) Stewed chicken, baked potatoes, tossed salad, steamed custard
(B) Grilled fish, baked potatoes, tossed salad, steamed pudding
(C) Fried fish, buttered green bananas, coleslaw, fruit salad
(D) Roast chicken, rice and peas, coleslaw, sweet potato pudding

55. Which of the following foods should be cooked before it is used to make a gelatine dessert?

(A) Mango
(B) Pawpaw
(C) Pineapple
(D) Ripe banana

56. Eggs are an important component of mayonnaise dressing because they act as an agent for

(A) glazing
(B) binding
(C) thickening
(D) emulsifying

Item 57 refers to the following typical luncheon menu.

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

57. 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

Item 58 refers to the table below.

	Door	Crisper	Freezing Compartment
I.	lettuce	eggs	beef
II.	lettuce	beef	eggs
III.	eggs	lettuce	beef
IV.	eggs	beef	beef

58. Which row in the table shows the food items correctly placed in the different positions of the refrigerator?

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

59. Which of the following foods is LEAST suitable for grilling?

(A) Tomato
(B) Spinach
(C) Sausage
(D) Chicken breast

60. Which of the following can help persons to reduce the cost of nutritionally well-balanced meals?

I. Making use of foods that are in season
II. Knowing the nutritional value of foods
III. Using more starchy foods
IV. Growing one's own fruit and vegetables

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

END OF TEST