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

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

2. Human beings CANNOT digest

(A) liquids
(B) starches
(C) proteins
(D) cellulose

3. Which of the following dishes is MOST suitable for a person on a low-fat diet?

(A) Cheese and tomato sandwiches
(B) Cucumber and tomato salad
(C) Fresh fruit salad and ice cream
(D) Cream of pumpkin soup and rolls

4. The first milk a mother produces is called

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

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

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

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

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

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

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

8. Which of the following foods should be avoided by teenagers who suffer from acne?

I. Fried chicken and chips
II. Steamed white fish
III. Rich pastries
IV. Citrus fruits

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

9. In order to increase the amount of fibre in the diet, one should

I. drink fruit juice daily
II. eat raw, fresh vegetables
III. eat more peas and beans
IV. use more ground provisions

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

10. 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) High blood pressure, scurvy, scabies, colour-blindness
(D) Protein-energy imbalance, night-blindness, anemia, rickets

11. Which of the following in NOT a form of malnutrition?

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

Item 12 refers to the following menu.

Menu

Green banana pie
Tossed salad
Fresh fruit salad

12. Which of the following dishes should be added to the menu above to make it a THREE-course meal?

(A) Fruit punch and carrot cake
(B) Split pea soup and grilled liver
(C) Baked custard and fried chicken
(D) Sautéed vegetables and coconut jelly

13. Which of the following factors should be considered when choosing a cooker?

I. The size in relation to space available
II. The cost in relation to your budget
III. Special features required
IV. Type of fuel required

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

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

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

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

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

16. The BEST time to defrost a freezer is when

I. food stock is low
II. the electricity is turned off
III. the thickness of frost reaches more than ½"
IV. food begins to spoil

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

17. Which of the following are features of well-designed utensils?

I. Safe to use
II. Easy to regulate
III. Serve many purposes
IV. Easy to clean

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

18. Which of the following are the MOST important considerations when purchasing a cooker/stove for the Food and Nutrition laboratory?

I. Colour
II. Type of fuel required
III. Cost
IV. Size

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

19. 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

20. Which of the following substances is NOT a food preservative?

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

21. Fires in the kitchen can be prevented by

(A) using pot holders to remove hot dishes
(B) keeping the cooker free from grease
(C) turning pot handles inwards
(D) using dry hands to operate electrical appliances

22. Which of the following micro-organisms can cause food spoilage?

I. Yeasts
II. Bacteria
III. Moulds

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

23. Which of the following is the BEST method for preserving a surplus of tomatoes?

(A) Freezing
(B) Pickling
(C) Bottling
(D) Making jam

24. The substance in fruits which plays an important part in the 'setting' of jams and jellies is called

(A) dextrin
(B) insulin
(C) pectin
(D) rennin

25. The nutrition information on some margarine wrappers includes vitamins A and D. This means that the margarine

(A) is fortified with vitamins A and D
(B) has vitamins A and D added for flavour and colour
(C) is enriched with vitamins A and D
(D) has vitamins A and D added as preservatives

26. Which of the following is NOT a characteristic of convenience foods?

(A) Easy to prepare
(B) Save fuel
(C) Lack nutritive value
(D) Useful for emergencies

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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. In terms of unit pricing, which of the following jars of coffee would be the best buy?

(A) 50 g jar of coffee at $ 6.95
(B) 100 g jar of coffee at $14.00
(C) 200 g jar of coffee at $27.00
(D) 400 g jar of coffee at $36.95

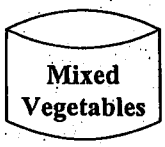
29. Each of the following cans contains 8 oz. of vegetables. In which can should a consumer expect to find the greatest proportion of carrots?

(A) 

carrots
peas
corn

(B) 

corn
peas
carrots

(C) 

peas
carrots
corn

(D) 

peas
corn
carrots

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

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

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

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

32. What is the MOST suitable product for frying doughnuts?

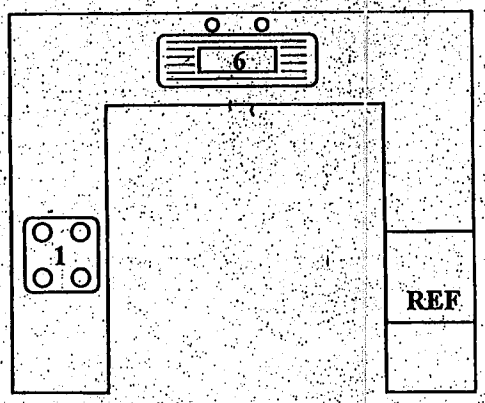
(A) Margarine
(B) Butter
(C) Corn oil
(D) Ground nut oil

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

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

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Item 34 refers to the following layout of a kitchen.



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

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

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

(A) Calcium, carbohydrate, fat
(B) Protein, iodine, fat
(C) Vitamin E, potassium, iodine
(D) Vitamin B_2, vitamin C, potassium

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

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

37. Saving fuel during food preparation can be achieved by which one of the following methods?

(A) Using residual heat
(B) Using the oven for one dish at a time
(C) Putting a small saucepan on a large burner
(D) Cooking in an uncovered pot

38. Flour is BEST stored in a

(A) covered glass jar
(B) covered cookie jar
(C) covered plastic jar
(D) sealed polythene bag

39. 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) Grilled fish, steamed vegetables, sponge cake
(C) Lambstew, breadfruit cou cou, bread pudding
(D) Steamed fish, fried potato chips, ice cream

40. 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

41. Which of the following foods are used by the body to help with the absorption of calcium?

(A) Milk and liver
(B) Margarine and lime
(C) Herring and cheese
(D) Butter and bread

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

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

Item 43 refers to the table below which gives a list of the main ingredients used in preparing three local dishes. Study the table and then answer the following questions.

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

43. In which of the following are the dishes above deficient?

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

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44. Which of the following meals can 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

45. 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

46. 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

47. Meals for a pre-school child should be

(A) bulky, with a good supply of energy foods
(B) easy to eat and carry
(C) nutritionally balanced and attractive
(D) chosen carefully to include only protein foods

48. Which of the following is TRUE about pressure cooking food?

(A) Constant attention is needed.
(B) It is a slow method of cooking.
(C) It tenderizes tough cuts of meat.
(D) It does not save fuel.

49. Which of the following groups comprises all spices?

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

50. 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

51. Yeast grows MOST rapidly on foods that are

(A) fresh
(B) fatty
(C) spicy
(D) sugary

52. Which of the following cookery methods are best suited for pork chops?

(A) Grill, fry
(B) Boil, stew
(C) Steam, stir-fry
(D) Grill, parboil

53. Which of the following flavourings, used in cooking, is NOT a herb?

(A) Mint
(B) Sage
(C) Mustard
(D) Marjoram

54. Which of the following rules is NOT important when buying large kitchen equipment?

(A) Buy the best quality that you can afford.
(B) Choose equipment that is easily cleaned and maintained.
(C) Buy attractive equipment that is very popular.
(D) Choose well-designed equipment with a durable finish.

55. A MAJOR consideration for a caterer should be

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

Item 56 refers to the following list of dishes.

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

56. In the above list of dishes, there is likely to be an excessive amount of which nutrient?

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

57. Which of the following factors are important to a caterer when planning for a large wedding reception?

I. Prices of food items
II. Number of female guests
III. Amount of money available
IV. Cutlery and crockery required

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

58. Before freezing, vegetables should first be

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

59. Which of the following is the correct amount of fat for making 250g (8 oz) of short crust pastry?

(A) 50 g (2 oz)
(B) 75 g (3 oz)
(C) 125 g (4 oz)
(D) 500 g (16 oz)

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

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

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

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