1. 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

2. Which of the following practices would MOST likely result in the poor nutritional status of preschool children?

I. Diets deficient in iron
II. Diets deficient in calories
III. Diets that include powdered milk

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

3. Which of the following persons require a large amount of energy-giving foods in their diet?

(A) Electricians
(B) Secretaries
(C) Teachers
(D) Masons

4. Which of the following are basic dietary guidelines for the Caribbean?

I. Maintain your ideal body weight
II. Use of sugar in moderation
III. Eliminate fat from the diet

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

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 diseases may be prevented by an adequate intake of foods rich in vitamin A?

(A) Night blindness
(B) Beri-beri
(C) Pellagra
(D) Scurvy

7. Which of the following minerals is required in increased amounts in young girls and women during the menstrual cycle?

(A) Zinc
(B) Iron
(C) Calcium
(D) Potassium

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

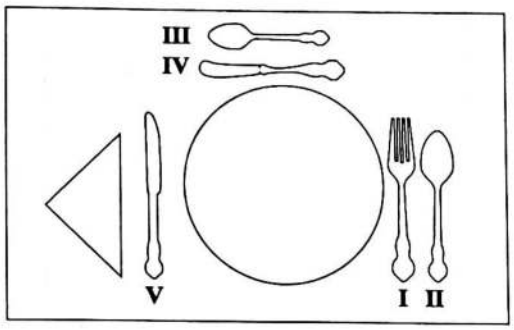
(A) Obesity
(B) Diarrhoea
(C) Marasmus
(D) Kwashiorkor

9. Which of the following groups of foods contains excellent sources 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

GO ON TO THE NEXT PAGE

Item 10 refers to the following diagram of a place setting.



10. Which pieces of cutlery are correctly placed?

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

11. Which of the following 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. Hors d'oeuvres consist of a variety of colourful, well-seasoned foods served as

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

13. Which of the following factors influence the planning of family meals?

I. Age
II. Sex
III. Occupation

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

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

I. To maintain colour
II. To keep microorganisms alive
III. To facilitate extended storage

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

15. Warm temperatures, moisture and improper storage of food may all contribute to

(A) an unhealthy diet
(B) dehydration of food
(C) food contamination
(D) accidents in the home

16. Additives are added to food to

I. improve taste
II. leaven foods
III. sweeten foods

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

GO ON TO THE NEXT PAGE

17. When cooking a cheese pastry, which of the following coagulates upon heating?

(A) Caseinogen
(B) Legumin
(C) Collagen
(D) Elastin

18. 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.

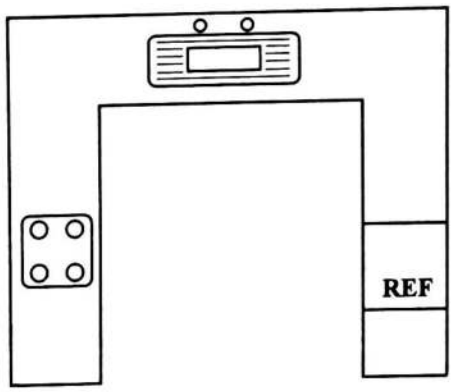
19. The trivet, safety valve and gasket are parts of a

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

20. Which of the following regional organizations is MOST likely to conduct nutrition education sessions in communities?

(A) UNESCO
(B) CARPHA
(C) Bureau of Standards
(D) Food and Drugs Division

Item 21 refers to the following layout of a kitchen.



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

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

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

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

23. Which of the following actions is the correct procedure for treating a minor burn?

(A) Applying butter
(B) Applying alcohol
(C) Bandaging firmly
(D) Applying cold water

GO ON TO THE NEXT PAGE

24. 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

25. The correct storage conditions for fresh eggs is

(A) in a dry store in boxes at room temperature
(B) in a dark, dry store with adequate ventilation
(C) in a refrigerator at less than 4° Celsius in packaging
(D) in a refrigerator 10° Celsius pointy end up

26. The freshness of fish may be indicated by

(A) soft flesh
(B) pale, white gills
(C) bright, raised eyes
(D) ammonia-like smell

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

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

Items **28–29** refer to the following ingredients used in the preparation of short-crust pastry.

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

In answering Items **28–29**, each option may be used once, more than once or not at all.

Which of the above ingredients

28. contributes both flavour and colour to the pastry?

29. binds the ingredients together into a dough?

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

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

31. Which of the following combinations 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

GO ON TO THE NEXT PAGE

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

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

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

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

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

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

Item 35 refers to the following table which gives a list of the main ingredients used in preparing three local dishes.

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

35. In which of the following nutrients are the dishes above deficient?

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

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

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

Item 37 refers to the following food items which a preschooler took to school for lunch.

Cookies, chicken sandwich, peanut punch, chocolate cupcake

37. In which of the following nutrients was the lunch deficient?

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

Item 38 refers to the following table.

	Door	Crisper	Freezing Compartment
I.	Lettuce	Eggs	Beef
II.	Lettuce	Beef	Eggs
III.	Eggs	Lettuce	Beef
IV.	Eggs	Beef	Beef

38. 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

Item 39 refers to the following list of dishes.

- Roast beef
- Boiled rice
- Candied sweet potato
- Homemade ice cream
- Tossed vegetable salad

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

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

40. Bread rolls, croutons, dumplings and potato chips are accompaniments for

(A) fish
(B) soups
(C) meats
(D) sauces

41. Which of the following breakfast menus is written in the correct order?

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

GO ON TO THE NEXT PAGE

42. Which of the following meals is BEST suited for a vegan or strict vegetarian?

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

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

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

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

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

45. Which of the following raising agents is NOT used commercially?

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

46. 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

Item 47 refers to the following statement.

Hazel is preparing to deep-fry chicken when she observes a burst of flames coming from the fat in the saucepan.

47. The temperature which the fat reached when it burst into flames is referred to as the

(A) flash point
(B) frying point
(C) smoke point
(D) boiling point

48. Which of the following is true for the auto-shift option in a slow cooker?

(A) It allows only low and high heat settings.
(B) It allows for automatic shutdown of cooker.
(C) It starts on low, then gradually increases in temperature.
(D) It starts on high, then shifts automatically to low.

GO ON TO THE NEXT PAGE

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

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

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

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

51. Which of the following guidelines is NOT important in ensuring food safety when purchasing food?

(A) Choose foods that look fresh.
(B) Buy from reputable suppliers.
(C) Check the expiry dates on packets and cans.
(D) Select expensive foods since these are of a better quality.

52. 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

Items **53–54** refer to the 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 **53–54**, each option may be used once, more than once or not at all.

Which of the factors above is given the MOST consideration when

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

54. items are used in large quantities?

55. A crepe is a type of very thin pancake that originated in

(A) Mexico
(B) France
(C) India
(D) Italy

56. Mary is preparing a meal of rice pilaff, fish and green beans. Which of the following pieces of equipment would be BEST for saving fuel and time?

(A) Rice cooker
(B) Tiered steamer
(C) Pressure cooker
(D) Saucepan steamer

GO ON TO THE NEXT PAGE

57. Shirley's baked pastry shell had lost its shape due to shrinkage. Which of the following actions would prevent shrinkage?

(A) Measure fat correctly.
(B) Ensure fat is evenly rubbed in.
(C) Use correct oven temperature.
(D) Avoid stretching pastry while rolling out.

58. The function of eggs in fish cake batter is to

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

59. 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

Item **60** refers to the following menu.

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

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

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

END OF TEST

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