CANDIDATE – PLEASE NOTE!

PRINT your name on the line below and return this booklet with your answer sheet. Failure to do so may result in disqualification.

TEST CODE **01321010**

FORM TP 2026–076

MAY–JUNE 2026

CARIBBEAN EXAMINATIONS COUNCIL

CARIBBEAN SECONDARY EDUCATION CERTIFICATE® EXAMINATION

FOOD, NUTRITION AND HEALTH

Paper 01 – Technical Proficiency

1 hour 30 minutes

04 JUNE 2026 (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) carbohydrates

   Sample Answer

   ● (B) (C) (D)

   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. The World Health Organization defines 'health' as not merely the absence of disease or infirmity but as a complete state of well-being that is physical and

(A) mental
(B) spiritual
(C) mediation
(D) psychosocial

2. Dietary fibre is important in the diet because it prevents

(A) scurvy
(B) diabetes
(C) anaemia
(D) constipation

3. Which of the following persons, due to the nature of their work, require a large amount of energy-giving foods in their diet?

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

4. Which of the following dietary practices promote good nutritional status?

I. Reducing fatty foods
II. Eating balanced meals
III. Consuming more fruits and vegetables

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

5. One way to conserve vitamins in vegetables during preparation is to

(A) prepare vegetables in advance
(B) keep foods covered after cooking
(C) avoid cooking vegetables for long periods
(D) soak vegetables in water for long periods

6. Which of the following conditions is NOT a form of malnutrition?

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

7. Which of the following are functions of food additives?

I. Preventing foods from decaying
II. Improving the flavour of foods
III. Enhancing the colour of foods

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

8. Which of the following refers to the state of the human body, the nutrients a person consumes and how the body uses these nutrients?

(A) Physical status
(B) Lifestyle disease
(C) Nutritional status
(D) Biochemical assessment

9. Which of the following groups of food contains excellent sources of protein?

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

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

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

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Item 11 refers to the following label.

ILL'S GUAVA JAM

Ingredients: Guava pulp, sugar, pectin
Net Weight: 4
Manufacture Date: 2018-11-08
Use by Date: 2020-05-08

11. Which piece(s) of information on the label above is/are inadequate for consumers?

I. Net weight
II. Manufacture date
III. Ingredients

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

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

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

13. Which of the following types of vegetarians include eggs in their diets?

(A) Vegans
(B) Pescatarians
(C) Lacto-vegetarians
(D) Lacto-ovo vegetarians

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. A mango ripens very quickly after harvesting due to the action of

(A) yeast
(B) bacteria
(C) enzymes
(D) moisture

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16. When bottling foods for the purpose of preservation, heat treatment, for the bottles, should 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

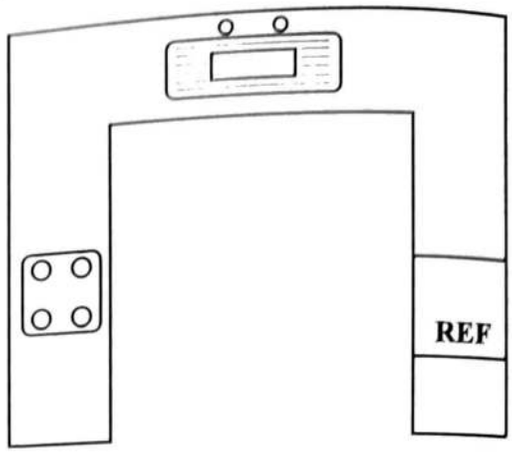
17. Which of the following symptoms indicate food poisoning?

(A) Fever, diarrhoea, runny nose and stomach cramps
(B) Fever, diarrhoea, vomiting and stomach cramps
(C) Fever, profuse sweating, intense itching and vomiting
(D) Runny nose, intense itching, vomiting and diarrhoea

18. Which feature on an appliance informs consumers about the energy efficiency of the appliance?

(A) Thermometer
(B) Thermostat
(C) Star rating
(D) Pilot light

Item **19** refers to the following layout of a kitchen.



19. The layout of the kitchen may BEST be described as

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

20. A DISADVANTAGE of the 'one-wall kitchen layout' is that it

(A) is inexpensive to design
(B) is easy to design and plan
(C) has limited counter space
(D) allows for unimpeded workflow

21. The correct procedure for treating a minor burn is to apply

(A) butter
(B) alcohol
(C) cold water
(D) a firm bandage

22. Which of the following describes the term 'marbling'?

(A) Tenderness of meat
(B) Fat layer near the kidney
(C) Fat that can be easily seen
(D) Fat deposits between the muscle

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23. Which of the following options does NOT describe the 'use-by' date?

(A) Last date the manufacturer vouches for the product's quality
(B) Date the product spoils and may no longer be eaten safely
(C) Last date the manufacturer wants the product to be sold
(D) Last date stores are to display the product for sale

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

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

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25. The disease scurvy is caused by a lack of

(A) calcium
(B) vitamin A
(C) vitamin C
(D) carbohydrates

26. 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

27. Which of the following techniques is a moist method of cooking?

(A) Frying
(B) Grilling
(C) Roasting
(D) Poaching

28. Which of the following ingredients used in the preparation of shortcrust pastry contributes both flavour and colour to the pastry?

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

29. The process of adding dry heat to sugar to a point where the sugar changes into a dark brown liquid is known as

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

30. Which of the following is NOT an ethnic Caribbean dish?

(A) Callaloo
(B) Curry chicken
(C) Ackee and saltfish
(D) Spaghetti and meatballs

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Item 31 refers to the following food items which a preschooler took to school for lunch.

Cookies, chicken sandwich, peanut punch, chocolate cupcake

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

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

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 ice cream
(C) Cheese and tomato sandwiches
(D) Cream of pumpkin soup and breadrolls

33. Which of the following areas is addressed by community nutrition?

(A) Incidence, distribution and control of diseases
(B) Types of nutrients and how they are used by the body
(C) Delivery of nutrition-related programmes and services
(D) Variation of disease rates among different population groups

34. Which of the following situations is NOT likely to affect food security?

(A) An outbreak of disease among farm animals
(B) An increase in the death rate of a population
(C) An increase in the birth rate of a population
(D) An increase in hurricane activity during the hurricane season

35. Which of the following combinations of food is an inexpensive source of protein for a family?

(A) Ham and turkey
(B) Cheese and shrimp
(C) Fresh eggs and salted fish
(D) Beans and canned sardines

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

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

Item 37 refers to the following table representing types of nutrients.

Sodium	Protein
Carbohydrate	Calcium
Potassium	Magnesium

37. Which of the following nutrients are represented in the table?

(A) Less essential nutrients
(B) Nutrients that are vital for life
(C) Nutrients needed in large quantities
(D) Nutrients required in small quantities

38. Osteoporosis results from a diet deficient in which of the following minerals?

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

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39. During the secondary processing of a cherry june plum (golden apple) juice developed for a beverage company, vitamin C was lost. Which of the following processes can BEST improve the nutritive value?

(A) Enrichment
(B) Restoration
(C) Fortification
(D) Supplementation

40. Which of the following menus is suitable for a vegan?

(A) Chicken Orange Salad
Breadsticks

(B) Cheesy Macaroni Pie
Stewed Red Beans
Boiled Rice

(C) Fried Chicken Tenders/Tomato Sauce
Duchess Potatoes
Vegetable Chow Mein

(D) Stewed Soya Chunks
Saffron Rice
Callaloo
Tossed Salad

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41. Which of the following foods would be recommended for an individual suffering from goitre?

(A) Seafood
(B) Citrus fruits
(C) Dairy products
(D) Peas and beans

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42. 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

Item **43** refers to the following meals.

Meal I	**Meal II**
Steamed fish Creamed yam Tomato slices Stewed fruit with chocolate sauce Orange juice	Fried fish Peas and rice Tomato slices Jam tarts Lemonade

43. Which of the following statements is true?

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

Item **44** 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.

44. 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

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45. The leavening of a sponge cake is MAINLY due to

(A) air
(B) yeast
(C) baking powder
(D) bicarbonate of soda

46. 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

47. Which method of heat transfer is used when baking a cake?

I. Convection
II. Conduction
III. Radiation

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

Item **48** refers to the following menu.

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

48. Which of the following groups of ingredients is MOST suitable for enhancing the presentation of the meal?

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

49. Which of the following practices should NOT be observed when using a blender?

(A) Clean thoroughly after every use.
(B) Fill to the recommended capacity.
(C) Store covered in a dry place when not in use.
(D) Once started, run the motor until the job is done.

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. 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) water boils faster in a pressure cooker
(D) boiling water is the cooking medium

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

(A) Preparing the national budget
(B) Buying foods which are in season
(C) Preparing the family's food budget
(D) Educating the public on healthy eating practices

53. Mary is preparing a meal of rice pilaf, 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

Items **54** and **55** refer to the following ways in which a family can spend wisely.

(A) Buying in bulk
(B) Comparative shopping
(C) Preparing a shopping list
(D) Investigating new products

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

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

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Item **56** refers to the following label found on a snack.

	% Daily Value*
Total Fat 9 g	**12%**
Saturated Fat 4.5 g	**23%**
Trans Fat 0 g	
Cholesterol 35 mg	**12%**
Sodium 850 g	**37%**
Total Carbohydrate 34 g	**12%**
Dietary Fibre 4 g	**14%**
Total Sugars 6 g	
Includes 0 g Added Sugars	**0%**
Protein 15 g	
Vitamin D 0 mcg	0%
Calcium 320 mg	25%
Iron 1.6 mg	8%
Potassium 510 mg	10%

56. Simone reads the label after eating the snack and becomes concerned because of a disease which she has. Based on the label, Simone is concerned because she is MOST likely suffering from

(A) cancer
(B) scurvy
(C) anaemia
(D) hypertension

57. A crêpe is a very thin pancake that originated in

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

58. Which of the following garnishes would NOT be suitable for beverages?

(A) Nuts
(B) Mint
(C) Lime
(D) Orange

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

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

60. Which of the following dishes is the LEAST expensive to prepare?

(A) Sushi
(B) Pelau
(C) Fried dolphin
(D) Grilled salmon

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END OF TEST

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