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

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

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

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

3. Which of the following organizations is involved in community nutrition?

(A) United Nations Development Programme
(B) United Nations Children Education Fund
(C) World Food Alliance
(D) Central Government

4. The World Health Organization defines 'health' as a complete state of

(A) physical and social wellbeing and not just the absence of disease
(B) physical and psychosocial well-being and not just the absence of disease or infirmity
(C) physical, mental and social wellbeing and not merely the absence of disease or infirmity
(D) physical and spiritual wellbeing and not merely the absence of disease or infirmity

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

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

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. Whole-wheat flour is preferred to white flour because whole-wheat flour has

(A) more protein
(B) a longer shelf life
(C) a higher fibre content
(D) more natural vitamins

8. Which of the following groups consists of diseases classified as deficiency diseases?

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

9. 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

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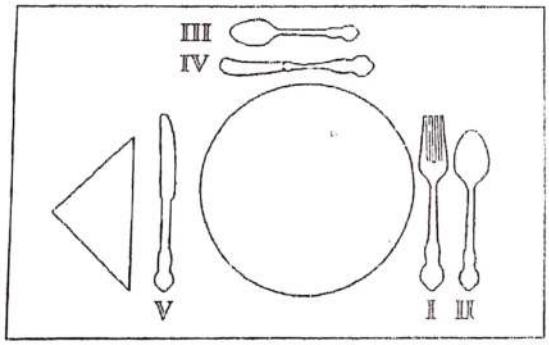
Steamed, stewed and poached foods are MOST suitable for the elderly because in this age group

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

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

Item 12 refers to the following diagram of a place setting.



12. Which pieces of cutlery are correctly placed?

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

13. 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

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

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

16. 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

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

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

18. Food placed in a refrigerator should be covered in order to

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

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. Which of the following instructions for the care and use of a 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.

21. Which of the following designs will shorten the walking distance in a kitchen?

(A) Parallel
(B) L-shaped
(C) One wall
(D) U-shaped

22. Which of the following is NOT done using a blender?

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

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

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

24. 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

25. 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

26. An unplanned decision to buy a product or service is known as

(A) bulk buying
(B) impulsive buying
(C) co-operative buying
(D) comparative buying

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27. A date marked on a perishable product indicating the recommended time by which it should be sold is called the

(A) sell by date
(B) expiry date
(C) use by date
(D) best by date

28. 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

29. Which of the following is NOT considered when planning menus for large-scale food preparation?

(A) The size of the space for eating
(B) The amount of decorations to be used
(C) The type of people who will consume the food
(D) The type of kitchen equipment available

30. Which of the following foods is/are prepared by using conservative cooking?

(A) Egg
(B) Rice
(C) Peas
(D) Cabbage

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

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

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

33. Which of the following will MOST likely result in the poor nutritional status of preschool children?

I. Foods deficient in iron
II. Diets deficient in calories
III. Use of powdered milk

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

34. 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.

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

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

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

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

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

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

38. Which of the following groups of persons requires a diet which consists of extra iron?

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

Item 39 refers to the following list of dishes.

I. Roast beef
II. Boiled rice
III. Candied sweet potato
IV. Homemade icecream
V. 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. Which of the following is the correct procedure to follow when lighting a gas stove?

(A) Turn on the main tap, set the control knob and light the match.
(B) Turn on the main tap, light the match and set the control knob.
(C) Light the match, set the control knob and turn on the main tap.
(D) Light the match, turn on the main tap and set the control knob.

41. 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

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

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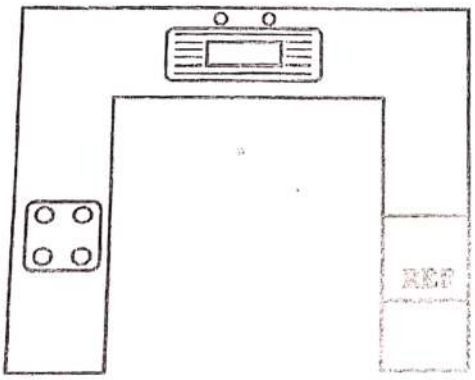
Item 43 refers to the following typical luncheon menu.

Stewed Beef	Baked Chicken	Curried Chicken
Dumplings	Boiled Rice	Roti (Shells/Skins)
Stewed Lentils	Stewed Pigeon Peas	Curried Potato or Channa or Chickpeas

43. The menu above may be improved by adding a

(A) vegetable soup
(B) vanilla milk shake
(C) raw vegetable salad
(D) serving of an additional staple

Item 44 refers to the following layout of a kitchen.



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

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

45. Which of the following foods are recommended for an individual suffering from goiter?

(A) Sea food
(B) Citrus fruit
(C) Dairy product
(D) Peas and beans

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

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47. 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

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

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

49. 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.

Item 50 refers to the following table.

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

50. 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

51. 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 healthy eating practices.

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

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

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Items 53–54 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

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?

Item 55 refers to the following typical luncheon menu.

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

55. 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

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

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

Items 57–58 refer to the following food items which a preschooler took to school for lunch.

Cookies, chicken sandwich, peanut punch, chocolate cupcake

57. Which food item will help with the development of strong bones and teeth?

(A) Cookies
(B) Chicken sandwich
(C) Peanut punch
(D) Chocolate cupcake

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

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

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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 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

60. Which of the following statements is true?

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

END OF TEST

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

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