1. Which of the following dishes is the BEST source of iron?

(A) Pickled green bananas
(B) Fried liver with onions
(C) Oatmeal porridge
(D) Potato pie

2. Human beings CANNOT digest

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

Item 3 refers to the table below which contains sets of food values labelled A, B, C and D.

	Calories	Water %	Protein gm	Fat gm
(A)	15	95	0.7	0.1
(B)	15	75	3.2	0.6
(C)	15	85	7.0	5.0
(D)	15	80	8.5	6.5

3. Which set of food values in the table is MOST likely contained in 100 gm of cucumber?

4. Which of the following conditions may be improved by increasing the amount of milk in the meals of the elderly?

(A) Poor eyesight
(B) Loss of calcium in bones
(C) Wrinkling of skin
(D) Loss of hair

5. Extra iron is needed in the diet of

(A) women, adolescents and athletes
(B) adolescents, senior citizens and sedentary workers
(C) growing children, convalescents and manual workers
(D) vegetarians, invalids and athletes

Item 6 refers to the following menu.

Grilled White Fish with Lemon and Parsley
Grilled Tomato
String Beans
Creamed Potatoes
*****
Natural Yogurt and Fresh Fruit

6. The menu above is MOST suitable for

(A) a weight watcher
(B) an athlete
(C) a pregnant mother
(D) a teenager

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

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

8. Which of the following guidelines is NOT appropriate for feeding a toddler?

(A) Give a second helping if necessary.
(B) Allow plenty of time for meals.
(C) Introduce spicy foods occasionally.
(D) Prepare small and attractive portions.

9. People suffering from hypertension should avoid

(A) skim milk, pork, green beans
(B) lettuce, fish, carrots
(C) coconut water, spinach, pumpkin
(D) bacon, margarine, sausage

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, anaemia, rickets

11. Thirst, frequent urination, hunger and tiredness are symptoms of

(A) diabetes
(B) anaemia
(C) high blood pressure
(D) anorexia nervosa

12. A non-stick frying pan is BEST cleaned with soapy water and

(A) steel wool
(B) coconut husk
(C) a soft cloth
(D) very fine ashes

13. Which of the following groups of foods is MOST suitable for an obese person?

(A) Fried fish, boiled rice, peanut punch
(B) Grilled fish, steamed vegetables, sponge cake
(C) Lamb stew, creamed breadfruit, chocolate cake
(D) Steamed fish, fried potato chips, ice cream

14. A disorder in which water accumulates in the tissues of the body and causes swelling is

(A) anaemia
(B) dehydration
(C) obesity
(D) oedema

15. Which of the following characterizes a strong durable pot?

(A) Thick base and sides
(B) A good conductor of heat
(C) A flat base
(D) A long handle

16. A convalescent should be served well-balanced, easily-digested meals.

Which of the following menus BEST satisfies this meal-planning guideline for a convalescent?

(A) Fried Fish
Peas and Rice
Lettuce, Tomato and Carrot Salad
Ice cream

(B) Stewed Pork
Boiled Sweet Potato
Buttered Christophene (Cho-Cho)
Guava Pie

(C) Grilled Steak
Creamed Yam
Shredded Lettuce and Cabbage Salad
Mango Fool

(D) Steamed Fish
Boiled Eddoes
Buttered Pumpkin and Squash
Fresh Fruit Salad

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

I. Safe to use
II. Easy to regulate
III. Serves 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 features of a stove or 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

19. The MOST suitable material for packaging chicken to be frozen is

(A) foil
(B) brown paper
(C) plastic
(D) wax paper

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

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

21. What is the MOST likely cause of gastroenteritis?

(A) Harmful bacteria in the environment
(B) Consumption of too many starchy foods
(C) Energy - protein malnutrition
(D) Mosquito bites

22. Which of the following conditions is NOT caused by contamination of food?

(A) Dysentery
(B) Diarrhoea
(C) Constipation
(D) Typhoid

23. Food contamination occurs when micro-organisms

(A) destroy enzymes quickly
(B) multiply rapidly
(C) transfer faeces to food
(D) develop unsavoury smells

24. John ate pork that was NOT properly cooked. He began to vomit and complained of stomach ache.

His symptoms were MOST likely caused by

(A) yeast
(B) salmonella
(C) clostridium botulinum
(D) clostridium perfringens

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

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

26. The MAIN reason for preserving food is to

(A) avoid waste
(B) improve its appearance
(C) develop its flavour
(D) retain its nutrients

27. Which of the following vitamins is MOST LIKELY to be destroyed during storage of vegetables?

(A) A
(B) B_2
(C) C
(D) D

28. Freezing is a preservation method which

(A) kills pathogenic organisms
(B) destroys spoilage organisms
(C) accelerates enzyme activity
(D) retards microbial growth

29. Mary makes a bottle of apple jam. She notices that it is poorly set. Which of the following factors may have contributed to the consistency of the jam?

I. Lime was added.
II. Insufficient sugar was added.
III. The fruits were damaged.
IV. The fruits contained insufficient pectin.

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

30. In jam-making, fruit should be simmered gently before adding to sugar in order to

(A) soften it and release the pectin
(B) give the jam a sticky quality
(C) increase the shelf life of the jam
(D) sweeten and thicken the fruit

31. Which of the following qualities are important in a joint of beef that is to be roasted or baked?

I. Small proportion of fat and bone
II. Fresh smell and moist appearance
III. Bright-red lean with some marbling
IV. Firm, white fat

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

32. Fresh fish may be considered wholesome if it has

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

33. Which of the following breakfast menus is written in the CORRECT order?

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

34. Convenience foods are often used in meal planning MAINLY because they

(A) are inexpensive
(B) have a long shelf-life
(C) are easy to prepare
(D) are nutritious

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_{12}, vitamin C, potassium

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

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

37. Which protein gives flour mixtures the ability to stretch and hold their shape?

(A) Gelatin
(B) Gluten
(C) Legumin
(D) Elastin

38. The process of adding dry heat to sugar until it becomes a dark brown liquid is known as

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

39. The level of sugar in the blood is partly controlled by

(A) bile
(B) saliva
(C) pepsin
(D) insulin

40. The MOST suitable temperature for yeast growth is

(A) 2°C (36°F)
(B) 30°C (86°F)
(C) 60°C (140°F)
(D) 80°C (176°F)

41. Which of the following guidelines should be followed when planning a kitchen lay-out?

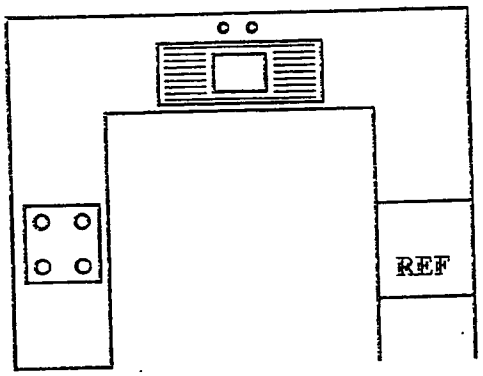
I. The washing machine should be near the sink.
II. The cupboards should be within easy reach.
III. The work surfaces should be at least 94 cm (3 ft) high.
IV. The cooker should be placed under the window.

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

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

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

Item 43 refers to the following layout of a kitchen.



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

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

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. The MOST suitable meal for a strict vegetarian is a

(A) fish burger and baked potato
(B) soya-beef burger and potato balls
(C) soya burger and french fries
(D) chicken burger and potato chips

46. Which of the following consumer practices are recommended?

I. Use a shopping list.
II. Read labels and check weight in relation to price.
III. Compare prices in various shops.
IV. Always purchase special offers.

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

47. When fish is cooked which of its components is changed to gelatin?

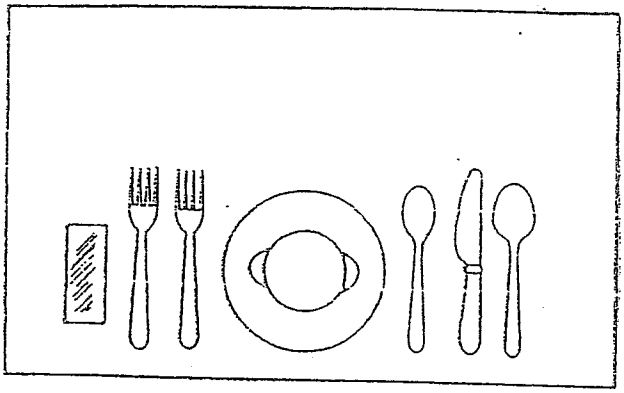
(A) Collagen
(B) Tendons
(C) Elastin
(D) Fibres

48. Which of the following methods are used to introduce air into a mixture during cake-making?

I. Sieving
II. Creaming
III. Whisking
IV. Rubbing-in

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

Item 49 refers to the following diagram.



49. The cover in the diagram above is set for a meal consisting of

(A) fruit, fish course and dessert
(B) soup, meat course and dessert
(C) fruit cocktail, meat course and dessert
(D) soup, meat course and fish course

50. Which of the following combinations of foods provides the BEST variety of texture and colour?

(A) Grated carrots, sliced beets, shredded cabbage and cucumber
(B) Sliced beet, squash, string beans and sweet peppers
(C) A bed of lettuce, sliced cucumber, cauliflower and chopped celery
(D) Lettuce and bean salad with french dressing

51. Yeast grows MOST rapidly on foods that are

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

52. Protein may be added to a dish of creamed spinach by garnishing it with

(A) sliced tomato and parsley
(B) sliced red pepper
(C) chopped celery
(D) ground peanuts and diced tomato

53. Leaching of vitamins is MOST likely to occur in

(A) roasting
(B) stewing
(C) baking
(D) grilling

54. Which of the following processes occur during the making of white sauce?

I. A thick paste is formed.
II. Starch, fat and milk are heated together.
III. The starch grains absorb the liquid.
IV. The starch grains swell and gelatinize.

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

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

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

56. Which of the following foods is NOT a cereal?

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

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

Item 59 refers to the following list of dishes.

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

59. In the above list of dishes there is likely to be an excessive amount of

(A) protein
(B) carbohydrates
(C) fat
(D) fibre

60. Bread rolls, croutons, grated cheese and parsley are accompaniments for

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

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