1. The discoloration of green bananas during food preparation is caused by

(A) bacterial activity
(B) enzyme action
(C) moisture loss
(D) the presence of iron

2. Tara's bottle of jam had crystallized. This could be due to

(A) incorrect storage
(B) poor quality fruit
(C) too little sugar
(D) too much sugar

3. 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

4. Which one of the following foods may show noticeable shrinkage when dehydrated?

(A) Bananas
(B) Mango
(C) Paw Paw
(D) Pineapple

5. Which of the following conditions is caused by contamination of food?

(A) Constipation, anemia, nausea
(B) Dysentery, Escherichia coli, vomiting
(C) Gastro enteritis, cholera, nausea
(D) Typhoid, fever, diarrhea

6. Food contamination occurs when micro-organism

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

7. John ate pork that was NOT properly cooked. He began to vomit and complain of stomach ache. His symptoms were most likely caused by

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

8. The MAIN reason for preserving food is to

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

9. Freezing is a preservation method that

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

10. Mary made a bottle of pineapple jam. She noticed that it was poorly set. Which of the following factors may have contributed to the consistency of the jam?

i. Insufficient sugar was added
ii. Lime was added.
iii. The fruits contained insufficient pectin.
iv. The fruits were damaged

(A) i and iii only
(B) ii and iii only
(C) iii and iv only
(D) ii, iii and iv only

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11. Which of the following conditions will contribute to the spoilage of food?

    i. Incomplete thawing and cooking of food
    ii. Improper storage of food
    iii. Leaving cooked foods unrefrigerated for long periods
    iv. Constant reheating leftover foods.

    (A) i and ii only
    (B) ii and iii only
    (C) i, ii and iv only
    (D) i, ii, iii and iv

12. The preservative that draws moisture from meat by osmotic action is

    (A) alcohol
    (B) citric acid
    (C) salt
    (D) vinegar

13. Some ripe fruit may form a gel when boiled with sugar because of the presence of

    (A) acid
    (B) gelatin
    (C) pectin
    (D) starch

14. Which one of the following statements BEST describes food additives?

    (A) Agents which improve the nutritive value of foods
    (B) Chemicals which prevent foods from deteriorating
    (C) Flavorings, which improve the attractiveness of foods without misleading the buyer.
    (D) Substances which improve the appearance, taste and freshness of foods.

15. Which one of the following is the BEST method for a housewife to preserve a surplus of cucumbers?

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

16. Which of the following processes does NOT affect the nutritive value of frozen pigeon peas?

    (A) Harvesting practices
    (B) Method of blanching
    (C) Packing material used
    (D) Storage time before processing

17. Dip a clean, dry wooden spoon into a jelly. Allow to cool lightly. Let jelly run gently over the side of the spoon. The statement above refer to the

    (A) cold plate test
    (B) flake test
    (C) thermometer test
    (D) wrinkle test

18. Vegetables and fruits are blanched before freezing in order to

    (A) ensure that they remain firm
    (B) kill bacteria and stop enzyme action
    (C) prevent ice crystals from forming
    (D) retain flavor in the food

19. The MAIN cause of food spoilage is

    (A) oxidation
    (B) rancidity
    (C) the action of enzymes
    (D) the action of micro-organisms

20. Fruits must be thoroughly cooked when making jam in order to

    i. improve the colour
    ii. soften the fruit
    iii. prevent crystallization
    iv. extract pectin

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(A) i and ii only
(B) ii and iii only
(C) ii and iv only
(D) i, ii and iv only

21. Which one of the following processes does NOT affect the nutritive value of frozen string beans?

(A) Harvesting practices
(B) Storage time before processing
(C) Method of blanching
(D) Package material used

22. Human beings CANNOT digest

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

23. _____ is a slow, moist method of cooking.

(A) Grilling
(B) Boiling
(C) Braising
(D) Stewing

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

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

25. Eggs, fish, split- peas, cheese. ALL of these foods are excellent sources of

(A) protein
(B) iron
(C) carbohydrate
(D) fat

26. 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.

27. 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

28. To which food group does channa belong?

(A) Food from animals
(B) Legumes
(C) Green vegetables
(D) Fruits

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

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

30. Which one 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 bread fruit, chocolate cake
(D) Steamed fish , fried potato chips, ice cream

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31. Which of the following is an unsafe practice in the kitchen?

(A) Using sharp knives carefully
(B) Turning long pot- handles away from flame
(C) Allowing enough gas to flow before striking match
(D) Using non- flammable aprons when cooking.

32. Obesity is described as

(A) Less than 10% ideal body weight
(B) Less than 20% ideal body weight
(C) More than 10% ideal body weight
(D) More than 20% ideal body weigh

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

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

34. The main nutrient found in the food group, food from animals is?

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

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

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

36. A fillet of fish, though appetizing, was unsafe to eat because of spoilage resulting from

(A) yeast growth
(B) rancidity
(C) bacterial growth
(D) mould growth

37. "Single units of sugar." This statement BEST describes

(A) monosaccharide
(B) disaccharides
(C) starches
(D) polysaccharides

38. Which of the following symptoms are MOST commonly associated with food poisoning?

(A) Headache and cramps
(B) Stomach pains and diarrhoea
(C) Fever and fainting
(D) Dizziness and chills

39. Patients with high blood sugar are often advised to

(A) lower their salt intake
(B) reduce their sugar intake
(C) take insulin
(D) increase their calorie intake

40. Dietary fiber prevents?

(A) Colds
(B) Constipation
(C) Fainting
(D) Headaches

41. How many cups of flour are equivalent to 100grams?

(A) 1
(B) 2
(C) 3
(D) 4

42. Your cake batter requires 1 cup of milk. This is equivalent to

(A) 2 fluid ounces
(B) 4 fluid ounces
(C) 8 fluid ounces
(D) 12fluid ounces

43. Foods from the 'staples' food groups are:

(A) Milk, eggs, cheese
(B) Lettuce, bodi, carrots
(C) Cornmeal, rice, oats
(D) Butter, margarine, oil

44. You have a limited period for preparing a sponge mixture using 3oz (75 grams) of flour. Which of the following pieces of equipment is MOST suitable for use?

(A) Blender
(B) Hand mixer
(C) Rotary beater
(D) Food processor

45. The MAIN cause of food spoilage is

(A) the action of enzymes
(B) oxidation
(C) rancidity
(D) the action of micro- organisms

46. Which of the following factors greatly influence(s) the food choices of adolescents?

i. Advertising
ii. Peer Pressure
iii. Desire to eat healthy foods
iv. . Available income

(A) i and ii only
(B) iii only
(C) iv only
(D) i and iv only

47. Which of the following combination of foods provide 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

48. Yeast grows MOST rapidly on foods that are

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

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

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

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

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

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51. Which one of the following utensils is the BEST choice for making a stew?

(A) A heavy iron pot
(B) A light sauce pan
(C) An enamel pot
(D) An aluminum sauce pan

52. Iron is important to the body because it

(A) supplies the body with heat and energy
(B) helps in the formation of bones and teeth
(C) aids in the formation of haemoglobin
(D) is essential for the proper functioning of the thyroid gland

53. Which of the following combinations of foods will provide the BEST quality protein?

(A) Ochro and rice
(B) Rice and peas
(C) Cornmeal and ochro
(D) Bread and jam

54. Which of the following instructions for the care and use of the blender is INCORRECT?

(A) Run the motor for short period
(B) Rinse the goblet after use
(C) Wash the goblet with warm water and detergent
(D) Immerse the motor unit in warm water to wash

55. If a gas leak is suspected in your kitchen the BEST procedure is to

(A) have a gas company technician check outlets immediately
(B) apply a soapy solution to repair the leak
(C) examine the cylinder of gas for a faulty valve
(D) have safety taps fitted to your cooker

56. One of the functions of a customer association is to help consumers to

(A) get value for money
(B) pay for goods bought
(C) buy foods that are cheap
(D) choose and prepare meals correctly

57. Which of the following occurs when an egg is boiled for three minutes?

(A) The protein coagulates
(B) The yolk becomes hard
(C) Vitamins A and D are destroyed
(D) The colour around the yolk darkens

58. Which of the following group of herbs and spices is MOST suitable for making a bouquet garni?

(A) Cloves, ginger, thyme, celery
(B) Cinnamon, nutmeg, cloves, mace
(C) Bay leaves, thyme, celery, parsley
(D) Chive, black pepper, parsley, paprika

59. Excessive amounts of sodium salts in the diet can increase a person's risk of
(A) dry skin
(B) sore gums
(C) hypotension
(D) hypertension

60. What is the BEST definition of the term a la carte?
(A) Meal at a fixed price
(B) List of dishes served at a meal
(C) Choice of individually –priced dished on a menu
(D) Meal at which guests serve themselves

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