Foods 2015.

1. Which of the following groups of foods is the BEST 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

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

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

3. The first milk a mother produces is called

(A) plasma
(B) albumin
(C) colostrum
(D) cholesterol

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

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

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 nutrients is required in greater quantities by women than by men?

(A) Iron
(B) Protein
(C) Iodine
(D) Fat

7. 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

8. Which of the following may be prevented by an adequate intake of foods rich in vitamin A?

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

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

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

10. Which of the following is NOT an advantage of a gas stove/cooker?

(A) The heat of the oven is evenly distributed.
(B) The surfaces are easily kept clean.
(C) It cooks faster than an electric stove.
(D) It allows for economical use of fuel.

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

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

12. 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.

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. Fires in the kitchen can be prevented by

(A) turning pot handles inwards
(B) keeping the cooker free from grease
(C) using pot holders to remove hot dishes
(D) using dry hands to operate electrical appliances

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

I. Helps to maintain colour
II. Helps 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

16. When bottling foods during preservation, heat treatment can 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 information should be included on a food label?

I. The name of the product
II. A list of ingredients
III. The net weight
IV. The cost of the product

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

18. Which of the following is NOT an advantage of convenience foods?

(A) Save fuel
(B) Contain chemical additive
(C) Easy to prepare
(D) Useful for emergencies

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

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

20. The process of adding dry heat to sugar to a point where it develops into a dark brown liquid is known as

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

21. Which of the following materials are suitable for cooking in a microwave oven?

I. Glass
II. Ceramic
III. Aluminium foil

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

22. The process by which oils become solid is known as

(A) preservation
(B) hydrogenation
(C) pasteurization
(D) homogenization

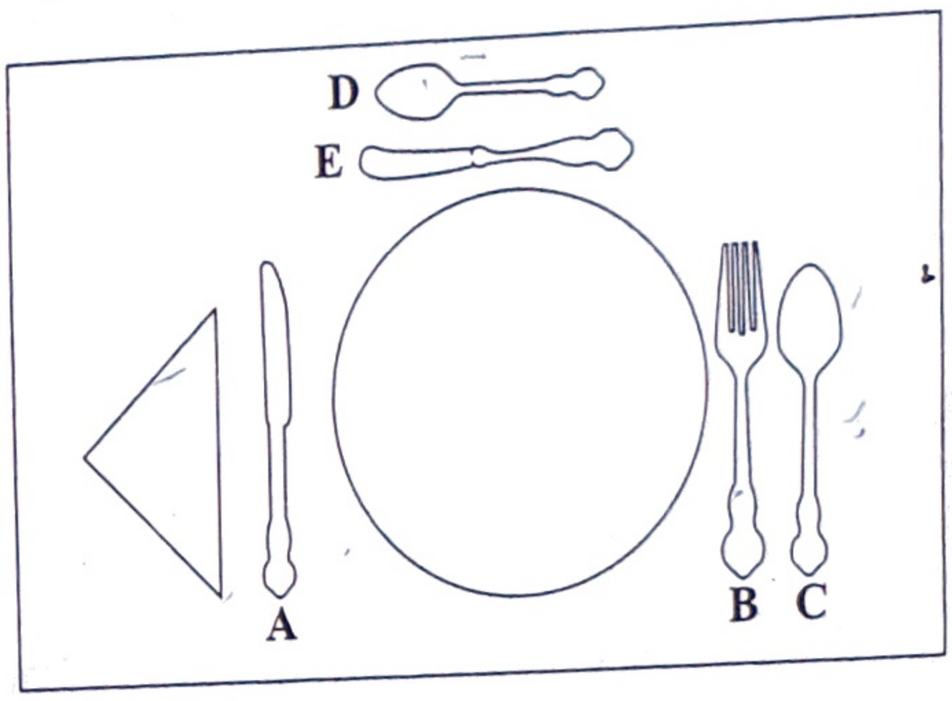
23. Which of the following groups comprises all spices?

(A) Nutmeg, chives, mint, rosemary
(B) Ginger, clove, tumeric, cinnamon
(C) Thyme, mustard, basil, cinnamon
(D) Marjoram, bay leaf, parsley, thyme

24. Which of the following dishes should comprise the MAIN course of a one-course 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 25 refers to the following diagram of a place setting.



25. Which pieces of cutlery are correctly placed?

(A) A and C only
(B) B and E only
(C) C and D only
(D) A, D and E only

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

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

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

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

28. Which of the following is NOT a cereal?

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

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

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

30. The MAIN advantage of poached food for a convalescent is that it is

(A) too fatty
(B) not spicy
(C) easy to digest
(D) rich in vitamins

Item 31 refers to the following statement.

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

31. 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

32. Peter has limited time in which he must prepare and serve a lunch menu and also clean the freezer.

Which of the following work simplification methods would BEST ensure Peter's timely completion of his tasks?

(A) Clustering
(B) Overlapping
(C) Dovetailing
(D) Sequencing

33. Which of the following minerals when deficient in the diet leads to the disease osteoporosis?

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

34. Which of the following persons would require a recommended daily intake of 2 500 calories?

(A) A teenage boy
(B) An overweight girl
(C) A 10-month-old infant
(D) A 75-year-old woman with a sedentary lifestyle

35. Which of the following does NOT result in the poor nutritional status of pre-school children?

I. Foods deficient in iron
II. Diets deficient in calories
III. Use of powdered milk
IV. Inappropriate nutritional education

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

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36. Which of the meals listed below is BEST suited for a vegan or strict vegetarian?

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

37. Which of the following 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

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

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

39. A suitable nutritious snack for an obese person is

(A) paw paw
(B) potato chips
(C) coconut cake
(D) chocolate fudge

40. Which of the following is NOT a correct guideline for the care of a heat-resistant glass dish?

(A) Put dish in a microwave oven.
(B) Wash dish with mild detergent.
(C) Remove food with a plastic spatula.
(D) Do not put hot dish on cold surface.

41. Which of the following features of a stove or a cooker would be MOST useful for a busy, working mother?

I. Self-cleaning oven
II. Built-in griddle
III. Automatic timer

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

42. Which of the following is LEAST important when choosing a cooker?

(A) Ease of cleaning
(B) Colour of the cooker
(C) Kind of fuel available
(D) Durability of material

43. Which of the following is the correct sequence for preparing green beans for freezing?

I. Blanch and drain
II. Clean, wash and trim
III. Cut into suitable sizes

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

44. 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.

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

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

Items **46–47** refer to 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 **46–47**, each option may be used once, more than once or not at all.

Which of the above ways is given the MOST consideration when

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

47. items are used in large quantities?

Item **48** refers to the following first aid treatments.

I. Cover area with a clean cloth to reduce the risk of infection.
II. Cool the whole area with cold water to reduce the risk of blistering.
III. Remove jewellery if possible, as the area may swell.
IV. Protect blisters, do not burst them.

48. The activities are MOST likely used to treat

(A) a cut
(B) bleeding
(C) an electrical shock
(D) a scald and burn

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

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

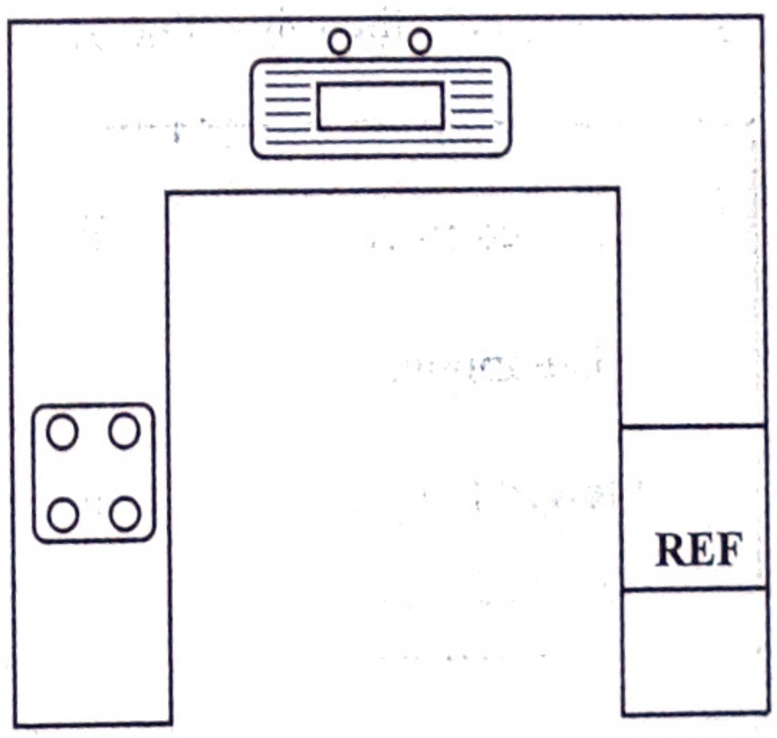
50. Which of the following is the MOST suitable for frying doughnuts?

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

51. Which of the following combinations is an appropriate source of protein for a low-income family?

(A) Ham and turkey
(B) Cheese and shrimp
(C) Eggs and fresh fish
(D) Beans and canned sardines

Item **52** refers to the following layout of a kitchen.



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

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

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53. Which of the following meals could 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

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

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

Item **55** refers to the following herbs which are used in food preparation.



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

55. Which of the above herbs is commonly called thyme?

Item **56** refers to the following typical luncheon menu.

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

56. The menus 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 **57** refers to the following menu.

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

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

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

58. Which of the following nutritional needs are closely linked to the growth spurt in adolescents?

(A) Iron and protein
(B) Phosphorus and protein
(C) Fat and carbohydrates
(D) Vitamin C and iodine

59. The function of eggs in fish cakes is to

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

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

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

END OF TEST

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