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.

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FORM TP 2019070

TEST CODE **01321010**

MAY/JUNE 2019

CARIBBEAN EXAMINATIONS COUNCIL

CARIBBEAN SECONDARY EDUCATION CERTIFICATE® EXAMINATION

FOOD, NUTRITION AND HEALTH

Paper 01 – Technical Proficiency

1 hour 30 minutes

31 MAY 2019 (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.

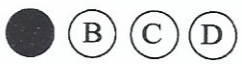
4. On your answer sheet, find the number which corresponds to your item and shade the space having the same letter as the answer you have chosen. Look at the sample item below.

   Sample Item

   Meat is an important source of

   (A) protein
   (B) minerals
   (C) vitamin D
   (D) carbohydrate

   Sample Answer

   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. 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. 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

3. Which of the following dieting practices will promote good nutritional status?

I. Reducing fatty foods.
II. Eating balanced meals.
III. Increasing the use of fruits and vegetables.

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

4. Which of the following persons require the MOST energy-giving foods in their diet?

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

5. 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

6. Which of the following groups of health disorders are classified as deficiency diseases?

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

7. Which of the following diseases is prevented by an adequate intake of foods rich in vitamin A?

(A) Scurvy
(B) Pellagra
(C) Beriberi
(D) Night blindness

8. To conserve vitamin C in sweet pepper it is BEST to

I. eat the sweet pepper in its raw state
II. prepare the sweet pepper immediately before eating
III. boil the sweet pepper for thirty minutes

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

GO ON TO THE NEXT PAGE

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

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

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

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

11. Which of the following factors influence the planning of family meals?

I. Age
II. Sex
III. Occupation

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

12. 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

13. 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

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

I. Helps to maintain colour
II. Helps to keep microorganisms alive
III. Facilitates extended storage

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

15. Which of the following are symptoms of food poisoning?

(A) Fever, sweating, itching and vomiting
(B) Runny nose, itching, vomiting and diarrhoea
(C) Diarrhoea, runny nose, stomach cramps and fever
(D) Vomiting, diarrhoea, stomach cramps and fever

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

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

17. 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 number of decorations to be used
(C) The type of people who will consume the food
(D) The type of kitchen equipment available

18. Which of the following is described by the term 'marbling'?

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

19. Which of the following BEST contributes to saving time in food preparation?

(A) Roasting pan
(B) Tiered steamer
(C) Pressure cooker
(D) Heavy duty saucepan

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

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

21. Foods placed in a refrigerator should be covered in order to

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

22. When buying foods, which of the following practices will NOT ensure efficiency?

(A) Buying sale items
(B) Preparing a market list
(C) Selecting to satisfy needs
(D) Choosing foods that are in season

23. 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

24. The freshness of fish may be indicated by

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

25. Which of the following consumer organizations offer commercial testing services to the food industry?

(A) CARPHA
(B) Bureau of Standards
(C) Consumer Affairs Division
(D) Weights and Measures Division

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

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

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

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

28. 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

Items **29–30** refer to the ingredients used in the preparation of short-crust pastry.

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

In answering Items **29–30**, each option may be used once, more than once or not at all.

Which of the ingredients above

29. contributes both flavour and colour to the pastry?

30. binds the ingredients together into a dough?

31. To help prevent anaemia, expectant mothers should consume increased amounts of

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

32. Which of the following meals 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

33. Community nutrition deals with

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

34. To avoid constipation, a pregnant woman should increase her intake of

(A) milk and cheese
(B) liver and poultry
(C) sugars and starches
(D) whole-wheat bread and fruits

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

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

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

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

37. Which of the following combinations of food 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

38. 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

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

(A) Stewed Soya Chunks
Saffron Rice
Callaloo
Tossed Salad

(B) Fried Chicken Tenders/Tomato Sauce
Duchesse Potatoes
Vegetable Chow Mein

(C) Chicken Orange Salad
Breadsticks

(D) Cheesy Macaroni Pie
Stewed Red Beans
Boiled Rice

40. Which of the following groups of persons needs extra iron in their diet?

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

Item 41 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

41. 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.

42. 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

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

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

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.

45. 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) dehydration
(B) blanching
(C) pickling
(D) heating

46. In baking a cake, heat is transferred when

I. molecules move from a warm area to a cooler one
II. hot air rises and cooler air falls
III. warm liquids rise and cooler liquids fall

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

47. The leavening of a sponge cake is mainly due to

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

48. 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.

49. Which of the following practices should NOT be done when someone uses a blender?

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

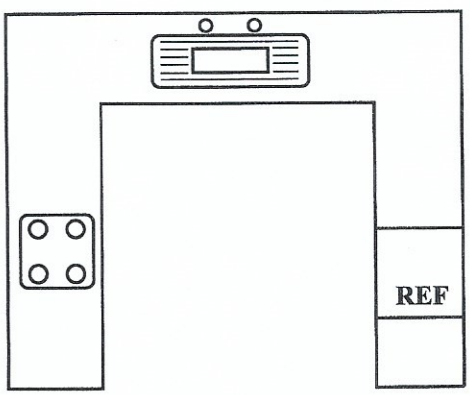
50. Which of the following meals could be prepared using the LEAST amount of fuel?

(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

51. Which of the following is the BEST method for a homemaker to use in preserving a surplus of cucumbers?

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

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

53. Shirley's baked pastry shell had lost its shape due to shrinkage. Which of the following would prevent shrinkage of the baked pastry shell?

(A) Measure fat correctly.
(B) Use correct oven temperature.
(C) Ensure fat is evenly rubbed in.
(D) Avoid stretching pastry while rolling out.

54. 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) Educate the public on healthy eating practices
(D) Prepare the family's food budget

Items **55–56** 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 **55–56**, each option may be used once, more than once or not at all.

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

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

57. The function of eggs in fish cakes is to

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

Item **58** refers to the following typical luncheon menu.

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

58. 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) Tomato cups, chopped parsley, French dressing
(D) Lime butterflies, chopped parsley, glacé cherries

59. A crepe is a type of very thin pancake that originated in

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

Item **60** refers to the following food items which a preschooler took to school for lunch.

Cookies, chicken sandwich, peanut punch, chocolate cupcake

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

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

END OF TEST

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