1. Which of the following statements about protein is TRUE?

(A) Protein is not necessary in the diet of the elderly.
(B) Excess protein is stored in the kidneys.
(C) Most Caribbean diets lack protein.
(D) Extra protein is broken down in the liver.

2. A deficiency of water in the diet may result in

(A) constipation
(B) dizziness
(C) dehydration
(D) tiredness

3. 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

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

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

5. 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

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

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

7. As a result of the growth spurt, adolescents require increased amounts of

(A) energy and protein
(B) iron and protein
(C) fats and carbohydrates
(D) vitamins and minerals

8. Which of the following, if included in the diet, could cause a high level of cholesterol?

(A) High saturated fatty acids
(B) High unsaturated fatty acids
(C) Peas and carrots
(D) Corn and avocado pear

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Items 9 - 10 refer to the following menus.

**Menus**

| Meal I | Meal II |
|---|---|
| Steamed fish | Fried fish |
| Creamed yams | Peas and rice |
| Tomato slices | Tomato slices |
| Stewed fruit with chocolate sauce | Jam tarts |
| Orange juice | Lemonade |

9. Which of the following statements is TRUE?

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

10. Meal II is MOST suitable for a

(A) toddler
(B) manual worker
(C) strict vegetarian
(D) sedentary worker

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

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

12. A teenager was instructed to increase her intake of milk, cheese and hard water. Which of the following nutrients was lacking in her diet?

(A) Carbohydrates
(B) Vitamin E
(C) Fat
(D) Calcium

13. Which of the following meals is MOST suitable for a convalescent recovering from a **stomach** ailment?

(A) Curried chicken, curried peas, boiled rice, tossed salad, ice cream
(B) Chicken puffs, crescent rolls, buttered beans, coconut tart
(C) Baked fish, steamed vegetables, baked potatoes, stewed prunes and custard
(D) Fried fish and chips, cole slaw, candied sweet potato and fruit salad

14. Which of the following diseases or disorders can BEST be cured through appropriate diet?

I. Obesity
II. Chicken pox
III. Kwashiorkor
IV. Anaemia

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

15. Which of the following conditions may result if a person's diet is deficient in vitamin A?

(A) Poor blood circulation
(B) Bowed legs
(C) Poor digestion
(D) Night blindness

16. 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.

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

(A) Run the motor for short periods.
(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.

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

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

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

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

20. Which of the following is the MAIN preservative in tamarind balls?

(A) Salt
(B) Sugar
(C) Garlic
(D) Pepper

21. 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

22. 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

23. John ate pork that was NOT properly cooked. He complained of a stomach ache and vomited.

Which of the following micro-organisms MOST likely caused his symptoms?

(A) Yeast
(B) Salmonella
(C) Clostridium botulinum
(D) Clostridium perfringens

24. Which of the following characteristics is NOT desirable in a cut of beef for roasting?

(A) Lean and a bright, red colour.
(B) Fat is creamy white.
(C) Flesh is springy when touched.
(D) Fat is thick and abundant.

25. The MAIN reason for preserving food is to

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

26. Ripe fruit may form a gel when boiled with sugar because of the presence of

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

27. Which of the following statements BEST describes food additives?

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

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

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

29. The MOST suitable method for preserving coffee, rice and oatmeal is

(A) dehydration
(B) pasteurization
(C) sterilization
(D) refrigeration

30. Which of the following can help persons to reduce the cost of nutritionally well-balanced meals?

I. Making use of foods that are in season
II. Knowing the nutritional value of foods
III. Using more starchy foods
IV. Growing one's own fruits and vegetables

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

31. One of the functions of a consumer 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

32. The expiry date on a carton of milk means that the

(A) milk was packaged on that date
(B) quality is best if used before that date
(C) nutrients in the milk are lost by that date
(D) milk should be thrown away on that date

33. Which of the following is NOT likely to be listed on a food label?

(A) Size or weight
(B) The brand name
(C) Cost of the contents
(D) Contents or composition

34. The freshness of fish may be indicated by

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

35. 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

36. Which of the following practices are used to introduce air into the 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

37. 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.

38. Which of the following methods may be used for tenderising meat?

I. Pounding the meat fibres
II. Cooking on a high flame
III. Adding slices of green pawpaw
IV. Using a commercial meat tenderiser

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

39. Which of the following should NOT be stored in the refrigerator?

(A) Cherry cake
(B) Apple pie
(C) Yellow bananas
(D) Ripe guavas

40. You prepared scrambled eggs for breakfast. The eggs were overcooked. Which of the following BEST describes what took place in the dish?

I. The eggs gelatinized.
II. The eggs over-coagulated.
III. The ova albumen became rubbery.
IV. The ovotransferrin dextrinized.

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

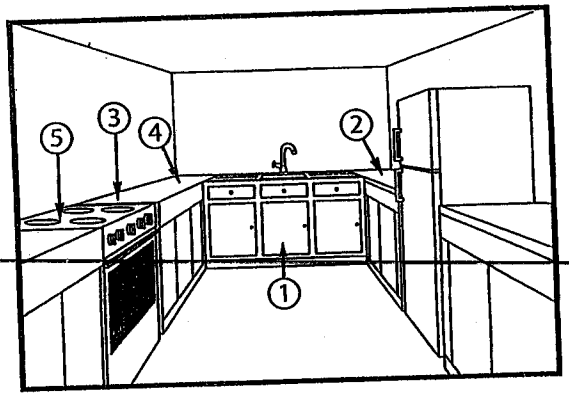
41. Fuel can be saved during food preparation by

(A) keeping the flame high
(B) using residual heat
(C) using the oven for one dish at a time
(D) putting a small saucepan on a large burner

42. A cook can save fuel when boiling rice by

(A) using the oven for cooking the rice
(B) cooking quickly on a very high flame
(C) boiling in a small saucepan on a large burner
(D) lowering the flame after it reaches boiling point

Items 43 - 45 refer to the following layout of a kitchen.




43. Which of the following areas would be MOST convenient for the storage of cleaning agents?

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

44. In the above diagram, number 5 represents a

(A) window
(B) stove
(C) counter top
(D) dish washer

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

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

46. Which of the following menus is NOT a two-course meal?

(A) Chicken broth and toast
Roasted beef and brown gravy
Rice and peas
Lettuce and tomato salad

(B) Grilled pork chops
Creamed potatoes
Arranged vegetable salad
Cherry drink

(C) Fried chicken and gravy
Pumpkin rice
Lettuce and tomato salad
Sweet potato pudding

(D) Beef balls in tomato sauce
Plain rice
Lettuce and carrot salad
Fruit salad

47. An individual bread and butter (side) plate should be placed

(A) to the left of the dinner plate
(B) in the centre of the dinner plate
(C) near the tip of the knife
(D) to the right of the water glass

48. Which of the following foods has the GREATEST amount of protein?

(A) Corn
(B) Bread
(C) Yams
(D) Red beans

Items 49 - 50 refer to the table below which gives a list of the main ingredients used in preparing three local dishes.

| Split-pea soup | Pelau | Chicken roti |
|---|---|---|
| Green split-peas<br>Fresh beef<br>Dumplings<br>Green plantains<br><br>Herbs and spices | Chicken<br>Rice<br>Dried pigeon peas<br><br>Herbs and spices | Chicken<br>Roti (shells/skins)<br>Potatoes<br><br>Curry<br>Seasonings |

49. When cooked, the meals listed above are deficient in

(A) iron
(B) vitamin C
(C) protein
(D) vitamin B

50. The food value of the above dishes may be improved by

(A) including a fresh fruit
(B) increasing the fat content
(C) serving an additional staple
(D) increasing the vitamin D content

51. Which of the following groups 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

Item 52 refers to the following luncheon menu.

| |
|---|
| Baked fish in tomato sauce |
| Vegetable rice |
| Garden salad |
| Golden apple pie |

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

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

53. In which of the following cooking methods is leaching of vitamins MOST likely to occur?

(A) Roasting
(B) Grilling
(C) Baking
(D) Stewing

54. Which of the following foods should be cooked before it is used to make a gelatine dessert?

(A) Mango
(B) Pawpaw
(C) Pineapple
(D) Ripe banana

55. Which of the following factors should be considered when planning meals for large groups?

I. Foods in season
II. Equipment availability
III. Time available for preparation
IV. Money available for purchase of food

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

56. Which of the following groups of foods, in the correct proportions, can represent a balanced diet?

(A) Fruits, green vegetables, cereals and animal foods
(B) Cereals, fruits, starchy vegetables and fats
(C) Cereals, leafy vegetables and fruits
(D) Fruits, green vegetables and animal foods

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

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

58. Excessive amounts of sodium in the diet can increase the risk of

(A) dry skin
(B) sore gums
(C) hypotension
(D) hypertension

59. The BEST definition of the term '*à la Carte*' is a

(A) meal at a fixed price
(B) list of dishes served at a meal
(C) choice of individually-priced dishes on a menu
(D) meal at which guests serve themselves

60. Which of the following quantities of ingredients would produce twenty-four cup cakes?

(A) 6 oz butter, 6 oz sugar, 3 eggs, 8 oz flour
(B) 8 oz butter, 8 oz sugar, 4 eggs, 10 oz flour
(C) 10 oz butter, 10 oz sugar, 5 eggs, 12 oz flour
(D) 12 oz butter, 12 oz sugar, 6 eggs, 14 oz flour

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