



**FOOD NUTRITION AND HEALTH 1**  
**5035**

**JUNE XXXX**

**INTERMEDIATE LEVEL**

Centre No. & Name	
Candidate No.	
Candidate Name	

Mobile phones are **NOT** allowed in the examination room.

**5035 FOOD NUTRITION AND HEALTH 1: MULTIPLE CHOICE QUESTION PAPER**

**1 hour 30 minutes**

**INSTRUCTIONS TO CANDIDATES**

*Read the following instructions carefully before you start answering the questions in this paper. Make sure you have a soft HB pencil and an eraser for this examination.*

1. USE A SOFT HB PENCIL THROUGHOUT THE EXAMINATION.
2. DO NOT OPEN THIS BOOKLET UNTIL YOU ARE TOLD TO DO SO.

*Before the examination begins:*

3. Check that this question booklet is headed “**Intermediate Level – 5035 FOOD NUTRITION AND HEALTH 1.**”
4. Insert the information required in the spaces above.
5. Insert the information required in the spaces provided on the answer sheet using your HB pencil:

**Candidate Name, Exam Session, Subject Code, Centre Number and Candidate Number.**

Take care that you do not erase or fold the answer sheet or make any marks on it other than those asked for in these instructions.

*How to answer the questions in this examination:*

6. Answer **ALL** the **50** questions in this Examination. All questions carry equal marks.
7. Each question has **FOUR** suggested answers: **A, B, C** and **D**. Decide which answer is correct. Find the number of the question on the Answer Sheet and draw a horizontal line across the letter to join the square brackets for the answer you have chosen.  
For example, if **C** is your correct answer, mark **C** as shown below:  
[A] [B] [C] [D]
8. Mark only one answer for each question. If you mark more than one answer, you will score a zero for that question. If you change your mind about an answer, erase the first mark carefully, then mark your new answer.
9. Avoid spending too much time on any one question. If you find a question difficult, move on to the next question. You can come back to this question later.
10. Do all rough work in this booklet, using, where necessary, the blank spaces in the question booklet.
11. **You must not take this booklet and the answer sheet out of the examination room. All question booklets and answer sheets will be collected at the end of the examination.**

*Turn Over*

1. Which of the following is important for strong bones and teeth ?

A	Vitamin B <sub>2</sub>
B	Vitamin B <sub>1</sub>
C	Vitamin E
D	Vitamin D

2. Which of these is necessary for the normal clotting of blood ?

A	Vitamin B
B	Vitamin A
C	Vitamin K
D	Vitamin C

3. The protein found in the milk of a Cow is ?

A	Vitamin
B	Casein
C	Livetin
D	Albumin

4. The main function of protein in the body is ;

A	Repairs and energy production
B	Energy production and growth
C	Growth and maintenance
D	Maintenance and energy production

5. Two examples of monosaccharide's are ;

A	Glucose and fructose
B	Glucose and maltose
C	Glucose and dextrin
D	Glucose and cellulose

6. The human uses carbohydrates in the form of ;

A	Glucose
B	Starch
C	Maltose
D	Glycogen

7. H.B.V means

A	High Bean Value
B	High Biological Value
C	High Broth Value
D	High Beverage Value

8. Which enzyme breaks down food in the stomach ?

A	Salivary Amylase
B	Maltase
C	Lipase
D	Pepsin

9. Consumption of much alcohol can result to

A	Tipsiness
B	Malnutrition
C	Dehydration
D	Liver damage

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10. I A A S means

A	Insufficient amino acids
B	Indispensable amino acids
C	Inadequate amino acids
D	Inactive amino acids

11. The major reasons for including a beverage in a meal is to provide a/an

A	Liquid
B	Stimulant
C	Energy
D	Water

12. Foods which an individual takes at a particular time and at one sitting.

A	Diet
B	Course
C	Menu
D	Meal

13. Identify a term that refers to diseases caused by incorrect intake of nutrients

A	Malnutrition
B	Over nutrition
C	Under nutrition
D	Incomplete nutrition

14. Sort out from the following the number of essential amino acids

A	8
B	10
C	22
D	12

15. People who do not eat flesh of animals can be called

A	Carnivorous
B	Vegans
C	Invalids
D	patients

16. It helps to prevent constipation

A	Roughage
B	Starch
C	Proteins
D	Oils

17. Identify a raising agent that acts as a microscopic living fungus

A	Yeast
B	Baking powder
C	Air
D	Baking soda

18. it is a deficiency disease of Retinol

A	Rickets
B	Beriberi
C	Osteomalacia
D	Night blindness

19. Excessive weight gain is referred to as :

A	Anorexia
B	Obesity
C	High blood
D	High Iriglycerides

20. Two conditions that promotes the growth of bacteria are ;

A	Moisture and heat
B	Spores and light
C	Moisture and warmth
D	Warmth and colony

21. These three main organisms causes food spoilage

A	Bacteria, Mould, Fungi
B	Mould, Lactobacillus, Bacteria
C	Bacteria, Fungus, Yeast
D	Bacteria, Mould Yeast

22. Which of these cakes has been made using the whisking method?

A	Plain cake
B	Cream cake
C	Quick mix
D	Sponge cake

23. Energy levels of the body are measured in

A	Kilograms
B	Grams
C	Kilocalories
D	Milligrams

24. A reduction of energy intake from food helps in

A	Weight reduction
B	Energy reduction
C	Growth retardness
D	Muscles wasting

25. It is the only nutrient that begins its digestion in the mouth

A	Carbohydrate
B	Proteins
C	Vitamins
D	minerals

26. The only substance that is absorbed in the stomach is

A	Protein
B	Alcohol

C	Vitamins
D	Minerals

27. A name given to Sugar in ripe fruits

A	Sucrose
B	Lactose
C	Galactose
D	Fructose

28. Identify a packed meal

A	Garri with okro soup
B	Rice with stew
C	“kwacoco Bible”
D	Plantain pottage

29. The two stars (XX) on the freezer indicates what length of food storage ?

A	Up to 1 month
B	Up to 1 week
C	Up to 3 months
D	Up to 2 months

30. Every time we eat food that has gone bad and is infected by bacteria, we suffer from

A	Slow poison
B	Food spoilage
C	Food intoxication
D	Food poisoning

31. Food that can be prepared and served quickly are known as :

A	Junk food
B	Convenience food
C	Ready to eat food
D	Quickly cooked food

32. A very rich source of iodine is gotten from

A	Kidney
B	Dairy products
C	Iodized salt
D	Okro

33. Foods that are cooked over hot glowing Charcoal are

A	Baked
B	Dry cooked
C	Barbecued
D	Charred

34. A menu card serves as a/an .

A	Card for invitation
B	Inventory card
C	Access card
D	Card with dishes

35. Advance a reason for planning meals.

A	People with special needs
B	To surprise family

C	Never to repeat food
D	To buy food every day

36. It is the form of sugar formed from starch by cooking.

A	Saccharin
B	Inulin
C	Dextrin
D	Pectin

37. Name the fat made directly from pork

A	Suet
B	Lard
C	Dripping
D	Fat

38. Severe protein malnutrition in children and adults results to one of the following

A	Stunted growth
B	Dwarfs
C	Swollen face
D	Protruded stomach

39. It is the effect of dry heat on sugar

A	Dissolves
B	Syrup
C	Hardens
D	caramelizes

40. At buffet parties, the guests

A	Food is rationed
B	Food is shared to them
C	Food is served by them selves
D	Drink only water

41. This method of cooking tenderizes tough cuts of meat

A	Frying
B	Stewing
C	Poaching
D	Boiling

42. Patients with diabetes are usually advised to eat

A	Less sugar and sweet foods
B	High fat and fried foods
C	More sugar and sweet foods
D	Highly salted snacks

43. One reason why adolescent girls need more iron in their food, is to

A	Helps the blood to flow
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B	Prevents blood clots
C	Prevents anaemia
D	Prevents cramps

44. A situation in the body when nutrients are not absorbed is called

A	Poor absorption
B	Slow absorption
C	Mal absorption
D	Poor digestion

45. A combination of stewing and roasting is also called

A	Stewing
B	Simmering
C	Roasting
D	Braising

46. The deficiency disease of protein is

A	kwashiorkor
B	rickets
C	osteomalacia
D	thiamine

47. Persons who work in the office all day are called :

A	Manual workers
B	Sedentary workers
C	Office workers
D	Low energy workers

48. The end product after the digestion of carbohydrates is stored in the body in the form of ;

A	Glycogen
B	Maltose
C	Starch
D	Glucose

49. A person suffering from a prolonged illness is called a/an

A	Convalescent
B	Sick person
C	Sickler
D	Invalid

50. A lacto vegetarian will eat :

A	Animal food
B	Cray fish
C	Offals
D	Vegetable proteins