

## SOUTH WEST REGIONAL MOCK EXAMINATION GENERAL EDUCATION

The Teachers' Resource Unit (TRU) in collaboration with the Regional Pedagogic Inspectorates and the Subject Teachers' Association (STA)	<b>Subject Code</b> 0740	<b>Paper Number</b> 1
CANDIDATE NAME ..... CANDIDATE NUMBER ..... CENTRE NUMBER .....	<b>Subject Title</b>  FOOD SCIENCE AND NUTRITION (FS&N)	
ADVANCED LEVEL	<b>DATE: Tuesday</b> 29/03/2022	

**Time Allowed: One hour thirty minutes**

### INSTRUCTIONS TO CANDIDATES:

1. USE A SOFT HB PENCIL THROUGHOUT THIS 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 "Advanced Level – 0740 Food Science and Nutrition, Paper 1".
4. Insert the information required in the spaces provided above.
5. Without opening the booklet, pull out the answer sheet carefully from inside the front cover of this booklet. Take care that you do not crease or fold the answer sheet or make any marks on it other than those asked for in these instructions.

6. Insert the information required in the spaces provided on the answer sheet using your HB pencil:  
**Candidate Name, Centre Number, Candidate Number, Subject Code Number and Paper Number.**

**How to answer questions in this examination:**

7. Answer ALL the 50 questions in this examination. All questions carry equal marks.
8. Non-programmable calculators are allowed.
9. For each question there are 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

10. Mark only one answer for each question. If you mark more than one answer, you will score zero for that question. If you change your mind about an answer, erase the first mark carefully, and then mark your new answer.
11. Avoid spending much time on any question. If you find a question difficult, move to the next question. You can come back to this question later.
12. Do all rough work in this booklet using, where necessary, the blank spaces in the question booklet.
13. Mobile phones are **NOT ALLOWED** in the examination room.
14. You must not take this booklet and answer sheet out of the examination room. All question booklets and answer sheets will be collected at the end of the examination.



1. Pickling and poaching are similar in that;  
A Occurs at temperatures of about 110°C  
B Vinegar and salt are necessary  
C Coagulation is involved  
D All methods of preserving fruits

2. A vitamin associated with blood clotting is;;  
A Vitamin B2  
B Vitamin B6  
C Vitamin K  
D Vitamin B3

3. A group of elements associated with bone health  
A Calcium, phosphorus, fluorine and zinc  
B Calcium, phosphorus, iron and fluorine  
C Calcium, fluorine, iron and zinc  
D Calcium, magnesium, fluorine and iron

4. Cooking roux for 2 -- 3 minutes gives;  
A Blond roux  
B Brown roux  
C Golden roux  
D White roux

5. The description that fits the positive grease spot test is;  
A Translucent spot on paper  
B Transparent spot on paper  
C Red stain on paper  
D Oily mark on paper

6. Painful bones and spontaneous fractures are associated with;  
A Too much calcium in the diet  
B Less sunlight exposure  
C Scurvy  
D Osteomalacia

7. Lipids in which one fatty acid molecule is replaced by a phosphate molecule is called;  
A Triglyceride  
B Waxes  
C Phospholipid  
D Phosphates

8. Mucus, lysozyme and salivary amylase are components of;  
A Stomach juices  
B Saliva  
C Pancreatic amylase  
D Bile

9. Given that 100g edible portion of meat supplies 18g of protein, how many grams of meat would supply 7g of protein  
A 25g  
B 126g  
C 38.88g  
D 527.14g

10. A typical class of food that promotes allergies is;

- A Lipids  
B Proteins  
C Sugars  
D Roughages

11. Which of these groups of vitamins have antioxidant Capacity?

- A Vitamin K, C and D  
B Vitamin A, E and C  
C Vitamin A, E and D  
D Vitamin C, K and E

12. The main underlying determinant of house hold food is;

- A Food shortage  
B Wages  
C Consumer behaviour  
D Illiteracy

13. Identify a level of food security

- A Market level  
B Income level  
C National level  
D Level of technology

14. Which of the following glands is associated with goitre?

- A Salivary gland  
B Gastric gland  
C Thyroid gland  
D Pituitary gland

15. Enzymes that catalysis the breakdown of large molecules to smaller ones are called;

- A Lyases  
B Reductase  
C Isomerases  
D Hydrolases

16. Rancidity may be prevented by the addition of;

- A Antioxidants  
B Stabilizers  
C Preservatives  
D Emulsifiers

17. Most flour made from wheat grain come from the;

- A Aleurone  
B Endosperm  
C Embryo  
D Scutellum

18. Co-factors are substances that;

- A Inhibit enzyme action  
B Destroyed by high temperatures  
C Must be present for enzymes to perform their functions  
D Distort the active site so that enzyme-substrate complex is formed

19. Select the group which is known as artificial additives



- A Ginger and nutmeg
- B Thyme and curry powder
- C Onion and cinnamon
- D Garlic and pepper

20. The two components of starch are;

- A Amylopectin and Amylase
- B Amylopectin and Pectin
- C Amylose and Amylopectin
- D Cellulose and Pectin

21. A trace mineral associated with sperm production is;

- A Fluorine
- B Selenium
- C Zinc
- D Copper

22. Lack of folate and vitamin B<sub>12</sub> are associated with the following types of anaemia;

- A Megaloblastic and pernicious
- B Aplastic and pernicious
- C Megaloblastic and haemolytic
- D Sickle cell and Aplastic

23. The lipid used in the synthesis of Vitamin D is;

- A Waxes
- B Steroids
- C Cholesterol
- D Phosphoglycerol

24. The three major cereals commonly consumed in Cameroon can be ranked as;

- A Millet, oats and rice
- B Maize, wheat and millet
- C Wheat, maize and rice
- D Wheat, millet and rice

25. The ultimate goal of food quality control is to;

- A Provide quality
- B Ensure fair trade practices
- C Ensure food is fit for consumption
- D Ensure fair prices for all commodities

26. A quality of an entrepreneur is that;

- A He/she provides free services
- B He/she takes risks
- C He/she provides balance between the rich and poor
- D He/she creates order

27. The accumulation of uric acid in joints is associated with;

- A Kidney stones
- B Type II diabetes
- C Gout
- D Osteoporosis

28. Food allergies are classified as;

- A Food intolerances
- B Malabsorption of nutrients
- C Immune mediated reactions

D Absence of particular enzymes

29. During digestion the breakdown of lipids by lipases produces;

- A Fats and oils
- B Fatty acids and glycerol
- C Glyceraldehyde groups
- D Smaller fatty acid chains

30. The measures to test, assess and evaluate if a final product meets its intended characteristics is called;

- A Product integrity
- B Quality test
- C Quality assurance
- D Test for fitness to consume

31. The process in which barley grain is germinated partially to convert its starch to sugars is;

- A Germination
- B Fermentation
- C Malting
- D Drying

32. Two vitamins added by law in the processing of margarine are;

- A A and B
- B A and C
- C A and D
- D D and E

34. Chemical reaction between amino acids and reducing sugars which gives browned foods their distinctive colour;

- A Caramelization reaction
- B Millard reaction
- C Condensation reaction
- D Esterification

35. Enzymes produced within the cell but carry their actions outside the cell are;

- A Intracellular enzymes
- B Extracellular enzymes
- C Transferases
- D Isomerases

36. A market that deals with the exchange of liquid assets.

- A Auction Market
- B Financial market
- C Black market
- D Hypermarket

37. Blood glucose levels lower than 90 mg/dl indicate;

- A Hypoglycaemia
- B Type II diabetes
- C Hyperglycaemia
- D Type 1 diabetes

38. One key principle in using food additives is that they should be used;



- A At the correct temperature
- B Under specific conditions
- C Only when such a use does not present a health hazard
- D When damage is to be reversed

39. In food test, Ethanol is used to test the presence of;

- A Fats and proteins
- B Carbohydrates and lipids
- C Fats and oils
- D Fats and carbohydrates

40. Another name for 'Vitamin E' is;

- A Biotin
- B Ascorbic acid
- C Tocopherol
- D Calciferol

41. The bacteria that causes gastritis is;

- A Escherichia coli
- B Helicobacter pylori
- C Staphylococcus botulinum
- D Clostridium botulinum

42. Both temporary and permanent hardness of water can be removed by;

- A Boiling
- B Distillation
- C Filtration
- D Decantation

43. A person suffering from high blood pressure should avoid foods rich in;

- A Sodium
- B Iodine
- C Calcium
- D Iron

44. Choose a distilled beverage from the answers below

- A Stout
- B Lager
- C Vodka
- D Sprite

45. A cooking method which involves both wet and dry method of cooking is;

- A Braising
- B Sautéing
- C Parboiling
- D Poaching

46. Antinutritional factor in tea is;

- A Phytates
- B Caffeine
- C Tannin
- D Oxalates

47. Iodine solution turns blue-black when added to food sample X, the food is likely to be;

- A Piece of soya
- B Boiled egg
- C Cup of milk
- D Slice of bread

48. An indicative sign that food has been contaminated by bacteria like Escherichia coli is;

- A Bad smell
- B Discoloration
- C No physical visible sign
- D Off taste

49. The general mechanism of enzyme action can be summarised as;

- A Increasing activation energy
- B Reducing the activation energy
- C Decreasing pH value
- D Increasing pH value

50. Protein Energy Malnutrition is mostly seen and has the most destructive consequences in;

- A Adulthood and adolescence
- B Adolescence and early childhood
- C Infancy and early childhood
- D Only infancy

END.

GO BACK AND CHECK YOUR WORK