

# GENERAL CERTIFICATE OF EDUCATION BOARD

General Certificate Of Education Examination

0540 FOOD AND NUTRITION 1

JUNE 2022

ORDINARY LEVEL

Centre Number	
Centre Name	
Candidate Identification Number	
Candidate Name	

Mobile phones are NOT allowed in the examination room.

## MULTIPLE CHOICE QUESTION PAPER

One and a half hours

### 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 "ORDINARY LEVEL – 0540 FOOD AND NUTRITION 1"
4. Fill in the information required in the spaces above.
5. Fill in the information required in the spaces provided on the answer sheet using your HB pencil: **Candidate Name, Exam Session, Subject Code and Candidate Identification Number.** 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.

How to answer the questions in this examination

6. Answer ALL the 50 questions in this Examination. All questions carry equal marks.
7. Non-programmable Calculators are allowed.
8. Each question has FOUR suggested answers: A, B, C and D. Decide which answer is appropriate. 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]
9. 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.
10. 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.
11. Do all your rough work in this booklet using the blank spaces in the question booklet.
12. At the end of the examination, the invigilator shall collect the answer sheet first and then the question booklet. DO NOT ATTEMPT TO LEAVE THE EXAMINATION HALL WITH IT.

Turn Over

1. Which equipment is suitable for weighing food items?
- A Scale balance
  - B Measuring spoon
  - C Measuring bowls
  - D Measuring cup

2. High intake of iron during pregnancy prevents
- A Kwashiorkor
  - B Anemia
  - C Beriberi
  - D Pellagra

3. The use of rays to preserve food is called :
- A Pasteurisation
  - B Osmotic dehydration
  - C Irradiation
  - D Radiation

4. The first step in bread making is:
- A Setting the sponge
  - B Kneading
  - C Creaming the yeast
  - D Mixing the dough

5. A clear soup containing beef is known as:
- A Broth
  - B Mixed soup
  - C Thin soup
  - D Thick soup

6. Which is the best location for a kitchen bin?
- A Beside the window
  - B Behind the exit door
  - C Behind the entry door
  - D Under the sink unit

7. Food is packed before being frozen to prevent
- A Dehydration
  - B Wetting
  - C Scattering
  - D Discolouring

A course of a meal is:

- A List of dishes served
- B Meals containing balanced diet
- C Dishes eaten as part of a meal
- D Foreign foods adding to the diet

9. An example of a macro nutrient is:---
- A Calcium
  - B Iodine
  - C Iron
  - D Zinc

10. Most carbohydrates in wheat are found in:
- A The germ
  - B The bran
  - C The endosperm
  - D The scutellum

11. Heat transfer in corn roasting is by means of:
- A Conduction
  - B Convection
  - C Microwaves
  - D Radiation

12. Foods to be fried could be prevented from scattering by
- A Frying dry
  - B Coating
  - C Steaming
  - D Cooking in little oil

13. The stage at which wheat is milled into flour is known as?
- A Food processing
  - B Primary processing
  - C Food technology
  - D Secondary processing

14. Energy used for movement of muscles is?
- A Heat energy
  - B Chemical energy
  - C Mechanical energy
  - D Electrical energy

15. Identify a sedentary worker from below:
- A A plumber
  - B An office secretary
  - C A bus conductor
  - D A builder

16. Which of the following foods are of high energy value?
- A Bread and tea
  - B Beans and corn
  - C Eggs and ice-cream
  - D Banana and water melon

17. A foetus needs ----for brain development
- A Vitamin A
  - B Protein
  - C Vitamin E
  - D Essential fatty acids

18. The action of pepsin in the duodenum is stopped by ---
- A Hydrochloric acid
  - B Trypsinogen
  - C Invertase
  - D Bile

19. Eating high fibre is:  
 A A balance diet rule  
 B A dietary guideline rule  
 C A fat reduction rule  
 D A general health rule
- 
20. Off flavour in fatty foods are described as:  
 A Oxidation  
 B Dextrinization  
 C Rancidity  
 D Emulsification
- 
21. Puff puff can be best cooked by:  
 A Stir frying  
 B Shallow frying  
 C Deep frying  
 D Dry frying
- 
22. Foods mostly served in cocktail parties are?  
 A Main meals  
 B Drinks  
 C handpicked  
 D Cakes
- 
23. Small equipment used for eating on the dining table are collectively known as :  
 A Cookware  
 B Groceries  
 C Glassware  
 D Cutlery
- 
24. A kitchen accident arising from steam is known as:  
 A Scald  
 B Bruise  
 C Burn  
 D scratch
- 
25. Dental caries can be prevented by the intake of:  
 A Flourine  
 B Iodine  
 C Iron  
 D Zinc
- 
26. Which vitamin is essential for the coagulation of blood?  
 A Vitamin B  
 B Vitamin C  
 C Vitamin K  
 D Vitamin E
- 
27. Select a sunshine vitamin from below.  
 A Retinol  
 B Tocopherl  
 C Phylloquinone  
 D cholecalciferol
- 
28. A nutrient responsible for good vision is:  
 A Vitamin K  
 B Iron  
 C Calcium  
 D Vitamin A
- 
29. Meat from sheep is called:  
 A Veal  
 B Lamb  
 C Mutton  
 D beef
- 
30. A comfortable starter in cold weather is:  
 A Thin soup  
 B Vegetable salad  
 C Fruit slices  
 D Juices
- 
31. Oxidized enzymes causes the destruction of:  
 A Vitamin B<sub>6</sub>  
 B Vitamin D  
 C Vitamin C  
 D Vitamin E
- 
32. Spherical shaped bacteria are referred as:  
 A Bacilli  
 B Vibrio  
 C Cocci  
 D Spherical
- 
33. --- is the process by which yeast cell reproduce.  
 A Division  
 B Multiplication  
 C Budding  
 D Sporulation
- 
34. Which preservative is used to preserve pineapple juice?  
 A Pectin  
 B Sugar  
 C Acid  
 D vinegar
-

35. Left over foods should be used perfectly within:
- 24 hours
  - 72 hours
  - 48 hours
  - 12 hours
- 
36. A joint pulled out of bone results to:
- An open fracture
  - A dislocation
  - A compound fracture
  - A closed fracture
- 
37. Which unit provides useful storage space?
- Tall units
  - Base units
  - Wall units
  - Peninsular units
- 
38. Electromagnetic waves are produced by:
- Radiation
  - Transmission
  - Conduction
  - Convection
- 
39. Yeast will likely be killed by:
- Cold condition
  - Warm temperature
  - High temperature
  - Less sugar
- 
40. High biological value proteins can be obtained from:
- Lentils and mutton
  - Groundnut and fish
  - Soya beans and beef
  - Melon and Oxtail
- 
41. Food is primarily preserved to:
- Retain its colour
  - Preserve its taste
  - Prevent spoilage
  - Increase its texture
- 
42. A knife used for decoration of cakes is:
- Cooks knife
  - Palette knife
  - Pairing knife
  - Bread knife
- 
43. Food basting is necessary when:
- Grilling and stewing
  - Grilling and boiling
  - Grilling and roasting
  - Grilling and baking
- 
44. The effect of moist heat on carbohydrate food is known as:
- Dextrinization
  - Gelatinization
  - Caramelization
  - Coagulation
- 
45. One economic importance of food service is:
- Create job and increase the per capital income.
  - Act as a socializing factor
  - Create variety of cultural dishes
  - For learning and problem solving
- 
46. Malnutrition means:
- Incorrect or unbalanced intake of nutrients.
  - Incorrect or balanced intake of food
  - Unbalanced or correct intake of food
  - Correct or insufficient intake of food
- 
47. Vit D helps to promote the absorption of:
- Iodine
  - Vitamin K
  - Calcium
  - Sodium
- 
48. Scurvy can be treated with a diet rich in:
- Vitamin A
  - Iodine
  - Iron
  - Vitamin C
- 
49. Which of the following dishes is a packed meal?
- Boiled rice and meat stew
  - Bread and stewed beans
  - Sandwiches and scotch egg
  - Fish pepper soup and boiled plantain
- 
50. Staphylococcus poisoning is caused by:
- Spores multiplication in food
  - Toxin produced in food
  - Delayed refrigeration of cooked food
  - Action of insect on food

**GO BACK AND CHECK YOUR WORK**