

GENERAL CERTIFICATE OF EDUCATION BOARD

General Certificate of Education Examination

0540 FOOD AND NUTRITION 1

JUNE 2023

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

0540/1

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1. An incorrect or unbalanced intake of nutrients cause:
 A Under nutrition
 B Malnutrition
 C Over nutrition
 D Underweight
-
2. Fat from pork is called:
 A Lard
 B Dripping
 C Butter
 D Suet
-
3. Absorption takes place mainly in :
 A The stomach
 B The large intestine
 C The Villi
 D The small intestines
-
4. Fermentation is caused by:
 A Bacteria
 B Parasites
 C Fungi
 D Yeast
-
5. The transparent protective coating in an egg is
 A The chalazae
 B The Cuticle
 C The Membrane
 D The thick white
-
6. Baking powder is categorized as a:
 A Mechanical raising agent.
 B Natural raising agent
 C Chemical raising agent
 D Biological raising agent
-
7. A food service where little or no cutlery is used is called:
 A Cocktail party
 B Buffet party
 C Luncheon party
 D Dinner party
-
8. Identify a stone fruit from below:
 A Dates
 B Water melon
 C Appricot
 D Grape
-
9. The mixture of flour ,liquid and egg is called:
 A Butter
 B Dough
 C Pastry
 D Paste
-
10. Fish with little or no fats is known as:
 A White fish
 B Crustaceans
 C Molluscs
 D Herring
-
11. The carbohydrate found in the milk of mammals is known as:
 A Maltose
 B Sucrose
 C Lactose
 D Galactose
-
12. A deficiency of thiamin is known as:
 A Scurvy
 B Rickets
 C Night blindness
 D Beriberi
-
13. 1gm of carbohydrate will produce:
 A 5Kcal
 B 9Kcal
 C 4Kcal
 D 3Kcal
-
14. Movement of body muscles is controlled by:
 A Electrical energy
 B Mechanical energy
 C Heat energy
 D Chemical energy
-
15. The chemical digestion of protein starts from:
 A The small intestine
 B The stomach
 C The duodenum
 D The mouth
-
16. The name given to tooth decay is known as:
 A Dental caries
 B Periodental disease
 C Plague
 D Gingivitis
-
17. A vegan is also called:
 A Ovo vegetarian
 B Lacto-ovo vegetarian
 C Strict vegetarian
 D Lacto vegetarian
-
18. -----is a protein found in milk:
 A Ovalbumin
 B Lactogloblin
 C Mucin
 D Collagen

19. Which of the following is classified under flower vegetable?
 A Broccoli
 B Chicory
 C Celery
 D Parsley
-
20. A breakfast meal should be prepared within---
 ----- minutes:
 A 15
 B 45
 C 30
 D 25
-
21. Water soluble vitamins are greatly affected by :
 A Boiling
 B Frying
 C Poaching
 D Steaming
-
22. A method of heat transfer by direct contact is:
 A Conduction
 B Radiation
 C Electromagnetic waves
 D Convection
-
23. One of the following is a stimulating beverage:
 A Tea leaves
 B Egg nog
 C Fruit drink
 D Milk
-
24. Highly poisonous substances produced by moulds are called:
 A Spores
 B Exotoxins
 C Mycotoxins
 D Bacteria
-
25. Milk whose fats has been removed is called :
 A Condensed milk
 B Homogenized milk
 C Pasturized milk
 D Skimmed milk
-
26. The normal dough consistency for a short crust pastry is ;
 A Elastic
 B Soft
 C Hard
 D Stiff
-
27. Foods with high water content are called
 A Organic
 B Perishable
 C Dairy
 D Fruits
-
28. A method of cooking food with vapour rising from boiling water is:
 A Simmering
 B Boiling
 C Poaching
 D Steaming
-
29. The most suitable breakfast is :
 A Dodo/Fried eggs with tea
 B Spaghetti/eggs with tea
 C Pawpaw slices,tea and bread slices
 D Corn pap/Accra with mangoe juice
-
30. A good conductor of heat is :
 A Glass
 B Steel
 C Enamel
 D Earthen ware
-
31. Identify a group of legume from the following:
 A Onions, lentils ,maize
 B Cucumber, Bambara nuts, millet
 C Beans, groundnut, soya beans
 D Cowpea, rice, beans
-
32. The nutrients that provide energy for the body use :
 A Carbohydrates and Fats
 B Vitamins and Fats
 C Carbohydrates and Minerals
 D Vitamins and Proteins
-
33. Salivary amylase converts:
 A Proteins to peptides
 B Maltose to Maltose
 C Sucrose to Glucose
 D Starch to Maltose
-
34. One of the following is a spice:
 A Ginger
 B Thyme
 C Parsley
 D Bayleaf
-

Turn Over

35. The green/black ring formed on the yolk when boiled, results from the reaction between----- and ----- :
 A Iron and sulphuric acid
 B Sulphur and iron
 C Hydrogen and sulphur
 D Iron and hydrogen
-
36. The scientific name of vitamin D is:
 A Tocopherol
 B Ascorbic acid
 C Cholecalciferol
 D Retinol
-
37. The part of wheat that contributes in producing flour is:
 A Pericarp
 B Endosperm
 C Germ
 D Bran
-
38. One of the greatest factors influencing food habits is:
 A Facts
 B Habits
 C Fallacies
 D Customs
-
39. The habit of buying things not planned for is described as:
 A Credit buying
 B Hire purchase
 C Impulsive buying
 D Whole sale
-
40. Which of these are herbs?
 A Parsley and Nutmeg
 B Vanilla and Ginger
 C Tumeric and Parsley
 D Bayleaf and Garlic
-
41. The chemical reactions that take place in the body are called:
 A Digestion
 B Metabolism
 C Catabolism
 D Anabolism
-
42. Which of the following are needed in the body in relatively large amounts:
 A Micronutrients
 B Macronutrients
 C Water
 D Minerals
-
43. _____ and _____ pairs of kitchen equipment facilitates cooking when placed together:
 A Sink and Cooker
 B Cooker and Refrigerator
 C Sink and Freezer
 D Cooker and Cupboard
-
44. Ascorbic acid is also called?
 A Vitamin D
 B Vitamin B
 C Vitamin E
 D Vitamin C
-
45. A guest is a person who:
 A Comes to share the joy
 B Serves food
 C Entertains people
 D Receives people
-
46. The human body is composed of individual units called?
 A Cells
 B Organs
 C Molecules
 D Tissues
-
47. First reaction of sugar on wet heat is:
 A It absorbs
 B It dissolves
 C It forms syrup
 D It caramelizes
-
48. One of the following services is common in wedding:
 A Plate service
 B Cocktail service
 C Informal service
 D Buffet service
-
49. Which is the most common fuel used in a traditional kitchen?
 A Kerosine
 B Charcoal
 C Firewood
 D Sawdust
-
50. The two proteins found in meat are :
 A Collagen and elastin
 B Caseinogen and Mucin
 C Elastin and Gelatine
 D Myosin and zein
-

STOP

GO BACK AND CHECK YOUR WORK.