

GENERAL CERTIFICATE OF EDUCATION BOARD
Technical and Vocational Education Examination

Food Nutrition And Health 1
5035

JUNE 2023

INTERMEDIATE LEVEL

Specialty Name and Acronym	HOME ECONOMICS HEC
Centre No	
Centre 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. 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, Centre Number and Candidate 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. 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. Text, notes and pre-prepared materials of any kind are also **NOT** allowed in the examination room.
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. Identify the menu which contain nutrients in their correct proportion.
 - A Special
 - B Complete
 - C Appropriate
 - D Balanced

2. Another name for the protein in cheese
 - A Caseinogen
 - B Collengen
 - C Myosin
 - D Gluten

3. Butter and margarine easy to detect in food are known as :
 - A Secret fats
 - B Visible fats
 - C Real fats
 - D Concealed fats

4. The main nutrients that supply energy to the body are ;
 - A Protein, vitamins, fats and oil
 - B Carbohydrates, proteins, vitamins
 - C Protein fast and oils, carbohydrates
 - D Fats and oil, mineral, water

5. A cooking method that uses vapour is ;
 - A Frying
 - B Steaming
 - C Boiling
 - D Grilling

6. Another name for fruit sugar is :
 - A Glucose
 - B Galactose
 - C Lactose
 - D Fructose

7. Identify from below fat-soluble vitamins
 - A A, B, C, D
 - B A, B, E, K
 - C A, D, E, K
 - D A, D, B, E

8. An adult form of rickets is known as :
 - A Ricket
 - B Osteomalacia
 - C Osteoporosis
 - D Beri beri

9. Which of the following works with calcium to build strong bones?
 - A Vitamin D
 - B Vitamin C
 - C Phosphorus
 - D Iron

10. Select a conservative method of cooking
 - A Boiling
 - B Deep frying
 - C Roasting
 - D Steaming

11. kidney, tripe, liver, heart are also known as ;
 - A Beef
 - B Mutton
 - C Offals
 - D Veal

12. It prevents constipation and adds bulk to food
 - A Carbohydrates
 - B Fibre
 - C Vegetables
 - D Fruits

13. Choose a nutrient dense food :
 - A Boiled yam
 - B Boiled rice
 - C White bread
 - D Brown bread

14. Most vegan diets are deficient in :
 - A Vitamin B12
 - B Phosphorus
 - C Vitamin D
 - D Calcium

15. This additive prevents separation in mayonnaise (salad cream)
 - A Emulsifier
 - B Solvent
 - C Humectant
 - D Anti-oxidant

16. The best way to store an opened canned food is in a ;
 - A Closed pot
 - B Plastic container in a fridge
 - C Kitchen shelf
 - D Refrigerator

17. Meat from a matured cow is called :
 - A Veal
 - B Mutton
 - C Beef
 - D Bacon

18. An equipment that helps to chill food and keep it fresh longer.
 - A Freezer
 - B Food processor
 - C Cooler
 - D Refrigerator

19. Identify the deficiency disease of retinol
 A Beri beri
 B Ricket
 C Osteoporosis
 D Night blindness
-
20. Diverticulitis a disease that affect the large intestine is linked to a diet
 A Low in dietary fibres
 B High in dietary fibres
 C High in vitamin A
 D Low in vitamin D
-
21. Eating lots of sugary foods can cause :
 A Diabetes
 B Hepatitis
 C Dental cavies
 D Coronary heart diseases
-
22. Sugars found in milk are called
 A Glucose
 B Lactose
 C Maltose
 D Fructose
-
23. A condition where nutrients are not absorbed in the body after digestion is known as ;
 A Coeliac disease
 B Mal-absorption
 C Enzyme deficiency
 D Lost of appetite
-
24. The end product of protein digestion is
 A Fatty acid
 B Glycerol
 C Glucose
 D Amino acids
-
25. Identify an enzyme that digest proteins in the stomach
 A Pepsin
 B Trypsin
 C Erepsin
 D Amylase
-
26. Choose a nutrient whose function is to supply the body with heat and energy
 A Vitamins
 B Carbohydrates
 C Proteins
 D Fat and oils
-
27. Carbohydrates are absorbed in the body in the form of
 A Galactose
 B Sucrose
 C Glucose
 D Fructose
-
28. Waste products is removed from the body by a process called
 A Defecation
 B Excreta
 C Excretion
 D Feaces
-
29. Absorption of nutrients occurs in which part of the digestive system ?
 A Stomach
 B Ileum
 C Large intestine
 D Duodenum
-
30. A nutritional disorder also known as wasting
 A Marasmus
 B Kwashiorkor
 C Beri beri
 D Pellagra
-
31. Food eaten by particular people in a particular area is called ;
 A Special food
 B Area food
 C Village food
 D Staple food
-
32. Protein in meat is called
 A Elastin mucin
 B Myosin
 C Ovalbumin
 D Gluten
-
33. Which of these nutrients protect the body against diseases ?
 A Proteins and fats
 B Carbohydrates and minerals
 C Vitamins and minerals
 D Vitamins and proteins
-
34. Rickets is a deficiency disease of
 A Calcium and vitamin D
 B Iron and phosphorus
 C Magnesium and vitamin D
 D Phosphorus and floride
-
35. Lack of protein in the diet leads to
 A Beriberi
 B Marasmus
 C Malnutrition
 D Kwashiorkor
-
36. They are made of many monosaccharide units.
 A Oligosaccharides
 B Polysaccharides
 C Disaccharides
 D Monosaccharide
-

37. A person suffering from lactose intolerance should avoid
A All dairy products
B All cereal products
C All fruits
D All meat products
-
38. Identify a trace element
A Phosphorus
B Calcium
C Iodine
D Sodium
-
39. An additive used to prevent the separation of ingredients
A Garnishes
B Lecithin
C Colourant
D Thickener
-
40. Pastries baked without a filling are called
A Grilling
B Braising
C Barbecuing
D Bake blind
-
41. The raising agent used in sponge cake is :
A Baking soda
B Yeast
C Cream of tartar
D Eggs
-
42. A deficiency disease of calcium neglected at youth that manifest at old age is
A Ricket
B Osteoporosis
C Marasmus
D Kwashiorkor
-
43. Identify a disease that causes the enlargement of the veins in the lower rectum.
A Haemorrhoid
B Hernia
C Appendicitis
D Diverticulosis
-
44. Someone recovering from an accident or operation is called a/an
A Invalid
B Handicapped
C Convalescence
D Sick person
-
45. A biological change which occurs with ageing is ;
A Firm skin
B Memory loss
C Long sight
D Insommia
-
46. Which of the following are macronutrients ?
A Calcium, carbohydrate, cobalt
B Protein, carbohydrates, fats and oil
C Vitamin, mineral, dietary fibres
D Vitamin, mineral, dietary fibres
-
47. The smaller units that make up protein molecules are known as
A Fatty acid
B Glucose
C Starch
D Amino acids
-
48. Foods that can spoil easily are said to be
A Non-perishable
B Resistable
C Perishable
D Non-resistable
-
49. Removing ice from frozen foods is also known as
A Frosting
B Thawing
C Softening
D Refined
-
50. Food suitable for diabetics
A Fruits and vegetables
B Carbohydrates
C Flavoured drinks
D White sugar
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STOP GO BACK AND CHECK YOUR WORK