

**FOOD AND NUTRITION 1**  
**0540**

**GENERAL CERTIFICATE OF EDUCATION BOARD**  
General Certificate of Education Examinations

**JUNE 2025**

**ORDINARY LEVEL**

Centre Number	
Centre Name	
Candidate Identification Number	
Candidate Name	

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

**MULTIPLE CHOICE QUESTION PAPER**

**Duration: 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. 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]

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 your rough work in this booklet using the blank spaces in the question booklet.
11. **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. The chemical elements that make up food are arranged in the form of:
  - A Molecules
  - B Cells
  - C Elements
  - D Amino acids

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2. Bad breath is also described as:
  - A Periodontal disease
  - B Halitosis
  - C Gingivitis
  - D Dental caries

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3. An inadequate supply of protein and energy food is:
  - A Kwashiorkor
  - B Marasmus
  - C Protein energy malnutrition
  - D Energy deficiency

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4. Which of the following groups of food is rich in first class protein?
  - A Meat, groundnuts and cheese
  - B Cheese, eggs and nuts
  - C Fish, cheese and milk
  - D Soya beans, fish and mushroom

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5. Sucrose is found mostly in:
  - A Cereals
  - B Fruits
  - C Pulses
  - D Nuts

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6. Saturated fatty acids are greatly link to one of the following:
  - A Kwashiorkor
  - B Odema
  - C Obesity
  - D Rickets

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7. More calcium intake is needed by:
  - A Old men
  - B Old women
  - C Young people
  - D Overweight people

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8. \_\_\_\_\_ will assist in blood clotting.
  - A Iron
  - B Calcium
  - C Iodine
  - D Potassium

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9. A substance that prevents food from separation during processing is:
  - A Food additive
  - B An emulsifier
  - C An antioxidant
  - D Preservative

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10. Peas, beans and lentils belong to a family known as:
  - A Nuts
  - B Vegetables
  - C Legume
  - D Proteins

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11. Calcium and phosphorous are highly needed for the proper functioning of:
  - A Vitamin C
  - B Vitamin D
  - C Iron
  - D Vitamin A

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12. A document that give ingredients and instruction for preparing a specific food is called:
  - A Food composition table
  - B Dietary guideline
  - C Recipe
  - D Food label

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13. Fats will emulsify during digestion in the:
  - A Mouth
  - B Stomach
  - C Ileum
  - D Duodenum

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14. Bacteria may be destroyed during digestion by:
  - A Saliva
  - B Intestinal juice
  - C Bile
  - D Hydrochloric acid

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15. The vitamin required for proper formation of bones and teeth is;
  - A Tocopherol
  - B Cholecalciferol
  - C Retinol
  - D Riboflavin

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16. Another name given to loss of memory is:
  - A Dermatitis
  - B Dementia
  - C Periodontal
  - D Plaque

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17. Select the chemical name for vitamin B<sub>12</sub>.
  - A Cobalamin
  - B Thiamin
  - C Riboflavin
  - D Niacin

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18. Which of the following lubricates joints and membranes?
  - A Vitamin
  - B Mineral
  - C Protein
  - D Water

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19. Identify the energy that helps in the transmission of nervous impulse.  
 A Electrical energy  
 B Heat energy  
 C Chemical energy  
 D Mechanical energy
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20. The main component of tendon is:  
 A Collagen  
 B Muscles  
 C Fibres  
 D Lipids
- 
21. An example of fresh water fish is:  
 A Cod  
 B Salmon  
 C Herring  
 D Mackerel
- 
22. The 'shelf-life' of food is:  
 A How best the food taste  
 B How long the food can last  
 C How long the nutrients can last  
 D How long the food can be kept in a shop
- 
23. Food is being labeled to:  
 A Keep the taste intact  
 B Prevent contamination  
 C Give useful information to customers  
 D Preserve the flavour
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24. Appetite and the desire to eat food is affected by:  
 A Food that are available  
 B Climate conditions  
 C Taste, smell and texture  
 D Time and facilities
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25. Choose the enzyme that completes protein digestion.  
 A Pepsin  
 B Erepsin  
 C Trypsinogen  
 D Rennin
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26. Modern kitchens usually have drainage system for:  
 A Running water  
 B Waste water  
 C Standing water  
 D Stagnant water
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27. \_\_\_\_\_ is stored in the liver as reserved energy.  
 A Glucose  
 B Glycogen  
 C Sucrose  
 D Lactose
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28. \_\_\_\_\_ is an example of a savory dish.  
 A Mauses  
 B Fruit juice  
 C Fish pastries  
 D Fruit salad
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29. A three course meal consist of:  
 A Breakfast, lunch and dinner  
 B Starter, main meal and dessert  
 C Appetizer, lunch and dinner  
 D Breakfast, snacks and lunch
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30. A meal that starts with the main dish and ends with dessert is:  
 A Hons d'oeuvre  
 B Savory meal  
 C Second course meal  
 D Two course meal
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31. Plunging vegetable rapidly in boiling water and rapidly cooling is described as  
 A Blanching  
 B Pickling  
 C Boiling  
 D Steaming
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32. Which of the followings are heat preservative methods?  
 A Pasteurization and bottling  
 B Dehydration and sterilization  
 C Oxidation and sterilization  
 D Irradiation and dehydration
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33. Pick out a separate base unit.  
 A Wall units  
 B Peninsular units  
 C Tall units  
 D Island units
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34. Cookers also have some additional features like:  
 A Oven light and hob  
 B Griddle and spit roaster  
 C Automatic timer and knobs  
 D Oven timer and oven
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35. The warmest part of the cabinet of a refrigerator is:  
 A Bottom shelves  
 B Middle shelves  
 C Door shelves  
 D Top shelves
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36. One way of heat transfer in a microwave oven is by:  
 A Conduction  
 B Convection  
 C Radiation  
 D Irradiation
-



37. Cooking method whereby water does not come in direct contact with food is?  
 A Braising  
 B Stewing  
 C Steaming  
 D Boiling
- 
38. Experiencing double vision after eating food could be a symptom of:  
 A Salmonella bacteria  
 B Clostridium bacteria  
 C Staphylococcus aureus  
 D Clostridium botulinum
- 
39. Bacteria will grow rapidly under temperature ranges from:  
 A  $15^{\circ}\text{C} - 52^{\circ}\text{C}$   
 B  $10^{\circ}\text{C} - 12^{\circ}\text{C}$   
 C  $9^{\circ}\text{C} - 14^{\circ}\text{C}$   
 D  $10^{\circ}\text{C} - 14^{\circ}\text{C}$
- 
40. Cake that has risen and cracked on the top indicates a fault arising from:  
 A Much sugar  
 B Excess liquid  
 C Excess heat  
 D Excess water
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41. Soups made from pulse vegetables and other types of vegetables are known as:  
 A Broth  
 B Puree  
 C Pottage  
 D Gravy
- 
42. Two foods necessary for cocktail parties are:  
 A Dodo and fried egg  
 B Jellof rice, pancake  
 C Butter biscuit, scotch egg  
 D Scones, jellof rice
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43. Formal invitations are used for which ceremonies?  
 A Birthday and religious crusades  
 B Religious crusades and installation of leaders  
 C Ordinations and religious crusades  
 D Wedding and ordinations
- 
44. Which of the following services are suitable for a sick person in bed?  
 A Kitchen service  
 B Buffet service  
 C Tray service  
 D Formal service
- 
45. The best flower arrangement for a dining table is?  
 A Vertical  
 B Crescent  
 C Triangular  
 D Oval
- 
46. Which of the following kitchen equipment is used for straining vegetables and pasta?  
 A Vegetable basket  
 B A sieve  
 C A colander  
 D A strainer
- 
47. Breast milk is nutritionally important to babies because it:  
 A Has the right temperature  
 B Is cheap  
 C Contains antibodies  
 D Is nutritionally balanced
- 
48. Blood flow from a cut in the finger can be stopped by:  
 A Tying with a bandage  
 B Washing with water  
 C Application of iodine  
 D Covering with a gauze
- 
49. Milk is called a perfect food because it:  
 A Is a creamy liquid  
 B Is easily digested  
 C Contains protein and vitamin  
 D Contains all the essential food nutrient
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50. How many table spoons will make up a standard measuring cup?  
 A 4  
 B 8  
 C 6  
 D 2
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**STOP**  
**GO BACK AND CHECK YOUR WORK**