

2018 WASSCE FOODS AND NUTRITION OBJECTIVES

1. During Million's test, the precipitate formed on heating turns
 - A. pink
 - B. reddish brown
 - C. yellow
 - D. golden brown
2. Which of the following options describe an effective kitchen layout?
 - A. Arrangement of kitchen equipment
 - B. Sizes of the kitchen equipment
 - C. Colour scheme of the kitchen
 - D. Size of the kitchen
3. The best flour for bread is
 - A. strong wheat flour
 - B. soft wheat flour
 - C. self-raising flour
 - D. composite flour
4. An example of a meat dish is
 - A. kedgerree
 - B. croquette
 - C. yam ball
 - D. sausage roll
5. In order to prevent food poisoning, a caterer should
 - A. store food can after opening
 - B. wash hands thoroughly before handling food
 - C. keep leftover food in the cupboard
 - D. return thawed food to the freezer
6. A suitable method for preparing sponge cake is
 - A. rubbing-in method
 - B. creaming method
 - C. whisking method
 - D. melting method



7. Which of the following statements are true of beverages?

- I. They refresh and quench thirst
- II. They are nourishing
- III. They are stimulants
- IV. They protect the body

- A. II, III and IV only
- B. I, III and IV only
- C. I, II and IV only
- D. I, II and III only

8. When choking occurs, food is trapped in the

- A. trachea
- B. diaphragm
- C. oesophagus
- D. intestines

9. A shopping list is a/the

- A. list of items and their prices
- B. guide used when purchasing items
- C. list of ingredients and their quantities
- D. total number of items to buy

10. The common food poisoning bacteria in chicken is

- A. *Salmonella typhimurium*
- B. *Staphylococcus aureus*
- C. *Clostridium botulinum*
- D. *Bacillus cereus*

11. Which of the following substances is responsible for the stimulating effect in tea?

12. A disadvantage of convenient foods is that they

- A. expire quickly
- B. are processed foods
- C. are expensive
- D. have prolonged cooking time



13. In order to save time and energy during cooking, the appropriate material for a saucepan is

- A. earth
- B. enamel
- C. stainless steel
- D. galvanized iron

14. Addition of sugar to fruits improves the

- A. texture
- B. colour
- C. flavour
- D. appearance

15. Which of the following fruits is the least source of Vitamin C?

- A. Orange
- B. Banana
- C. Mango
- D. Guava

16. Caffeine in coffee gives a/an

- A. satiety effect
- B. aromatic effect
- C. stimulating effect
- D. sedative effect

17. An example of a ready to serve convenience food is

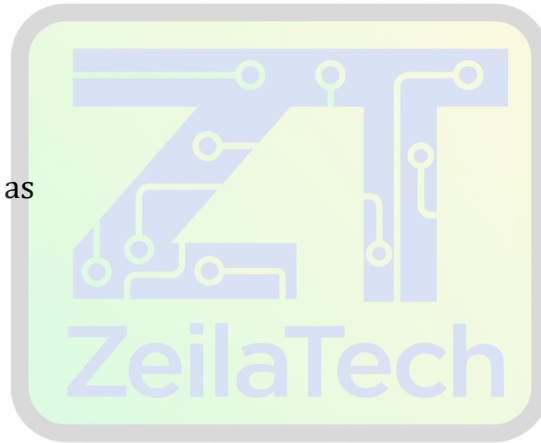
- A. instant tea
- B. canned fish
- C. coffee
- D. cake mix

18. An appropriate material for wrapping turnovers for sale is

- A. cling film
- B. aluminium foil
- C. waxed paper
- D. paper envelop



19. Foods prepared from unwholesome ingredients with the aim of maximizing profit are said to be
- A. adulterated
 - B. misbranded
 - C. enriched
 - D. fortified
20. The most effective means of collecting data from villagers on lesser-known dishes is
- A. survey
 - B. administration of questionnaire
 - C. observation and participation
 - D. interview
21. Which of the following food items has been preserved by a combination of salting and smoking?
- A. tuna flakes
 - B. fermented fish
 - C. stock fish
22. Réchauffé is best explained as
- A. economy of cooking
 - B. leftover food
 - C. leftover cooker
 - D. warming food
23. Dry, canned and bottled foods should be kept in a
- A. refrigerator
 - B. cupboard
 - C. warmer
 - D. freezer
24. In the kitchen, tea towels are used for
- A. wiping washed dishes
 - B. holding hot saucepans
 - C. lining serving trays
 - D. wiping dirty surfaces



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25. The best cookware for rockbuns is a

- A. loaf tin
- B. cake pan
- C. baking sheet
- D. patty tin

26. A factor to be considered when selecting meat for grilling is the

- A. water content
- B. cut
- C. fat content
- D. colour

27. A kitchen sink that is blocked by geese should be cleaned with

- A. Sulphuric acid
- B. Soapy water
- C. Boiling water
- D. Sink plunger

28. When purchasing fresh fish an indication of quality is its

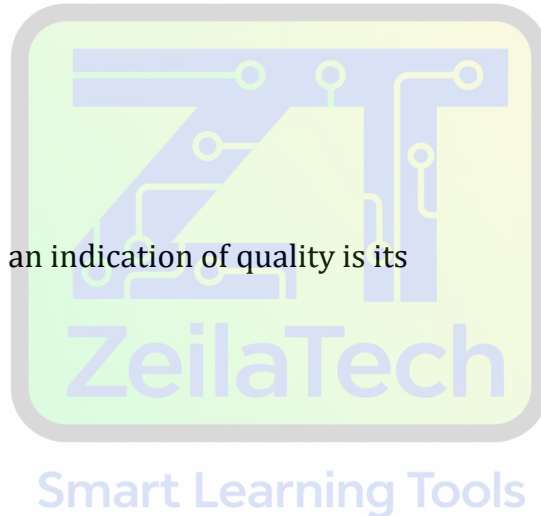
- A. deep sunken eyes
- B. flabby flesh
- C. limp tail
- D. reddish gills

29. Any food which has been cooked, cooled and turned into another dish is referred to as

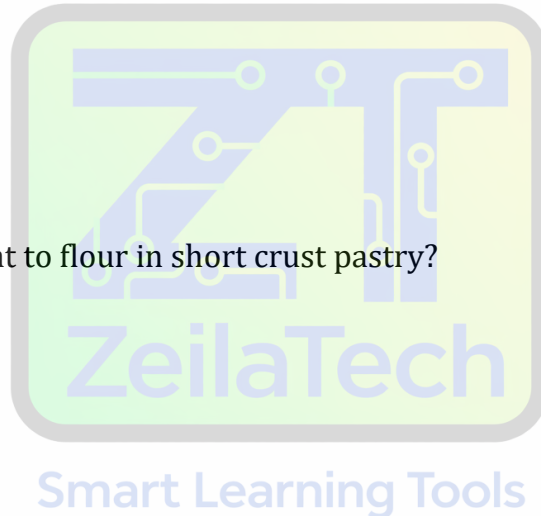
- A. recooked
- B. réchauffé
- C. reheated
- D. reboiled

30. During cooking, heat is transferred to a saucepan by

- A. conduction
- B. convection and radiation
- C. radiation and conduction
- D. radiation



31. Strengthening of bones and teeth is a function of calcium and
- A. sodium
 - B. phosphorus
 - C. iron
 - D. iodine
32. Comparison of prices and values of items before shopping enables consumers to
- A. buy on impulse
 - B. buy cheaper items
 - C. spend wisely
 - D. buy in bulk
33. The most important factor to consider when preparing family food budget is the
- A. money available
 - B. foods in season
 - C. size of the kitchen
 - D. storage facility
34. What is the proportion of fat to flour in short crust pastry?
- A. $1/2 : 1$
 - B. $1 : 1/2$
 - C. $1 : 1$
 - D. $2 : 1$
35. Fat is used to shorten baked flour products in order to make them
- A. soft and shiny
 - B. soft and crumbly
 - C. crispy and flappy
 - D. crispy and shiny
36. In cookery, the functions of flavourings and, condiments are to
- I. improves nutritive value of food
 - II. act as preservatives
 - III. improve flavour of food
 - IV. make food presentation easier
- A. I and III only
 - B. I, II and III only



- C. II, III and IV only
- D. II and IV only
37. Short crust pastry is best made
- A. Oat flour
- B. maize flour
- C. wheat flour
- D. rice flour
38. On a formal invitation card" R.S.V.P" is written at the
- A. upper left
- B. upper right
- C. centre left
- D. bottom right
39. The most effective materials for cleaning aluminium pans are
- A. wire sponge and soap
- B. sponge and sand
- C. steel wool and soap
- D. scouring pad and detergent
40. Classes of fish include
- A. white, oily and shell fish
- B. dry, fresh and shell fish
- C. bony, dry and white fish
- D. bony, fresh and oily fish
41. A child with poor teeth formation and knocked knees is deficient in
- A. calcium and vitamin K
- B. iodine and vitamin D
- C. calcium and vitamin D
- D. iodine and vitamin K
42. First class proteins are of high biological value because they
- A. contain essential amino acids
- B. repair worn out tissues
- C. are of high nutritive value



D. contain essential nutrients

43. In a menu, hors d'oeuvres serve as

A. savoury dishes

B. sweet dishes

C. appetizers

D. desserts

44. A conservative method of egg cookery is

A. boiling

B. frying

C. poaching

D. stewing

45. An example of a table linen is

A. food cover

B. tray cloth

C. tea towel

D. dish cloth

46. The tools used to gather information for research are called

A. instruments

B. sample size

C. study area

D. data

47. The type of service that is suitable for entertaining a large group of people is

A. tray service

B. buffet service

C. place service

D. formal service

48. The main aim of blanching vegetables before freezing is to

A. improve texture

B. reduce cooking time

C. maintain colour

D. stop enzymatic action



49. The enzyme that converts starch in food to maltose is

- A. pepsin
- B. ptyalin
- C. renin
- D. trypsin

50. Flaky pastry becomes tough and hard when

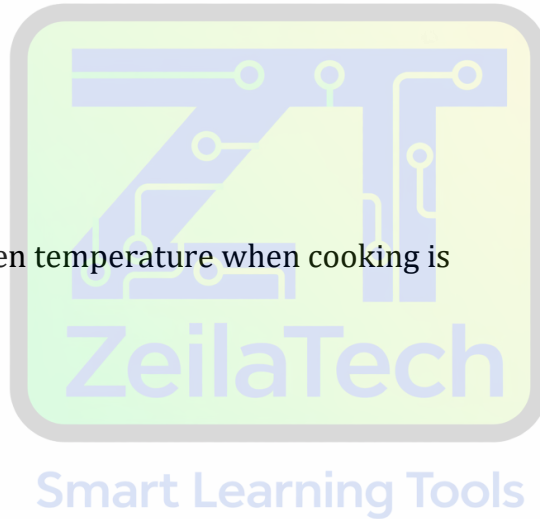
- A. cooking time is prolonged
- B. cooking time is short
- C. insufficient water is added
- D. too much water is added

51. In bread making, yeast cells are destroyed by the addition of excess

- A. sugar
- B. milk
- C. water
- D. salt

52. A dish that requires low oven temperature when cooking is

- A. rice pudding
- B. fruit cake
- C. fruit scone
- D. milk pudding



The diagrams below are kitchen utensils, study them and answer questions 53 and 54



53. Which of the utensils is suitable for creaming and mixing?

- A. I
- B. II

C. III

D. IV

54. The appropriate utensil for turning and lifting food is

A. I

B. II

C. III

D. IV

55. When consumed, which of the following dishes takes longer to digest?

A. Rice pudding

B. Groundnut soup and boiled rice

C. Vegetable soup and fufu

D. Moimoi/Oleleh

56. Which of the following methods is most suitable for cooking sirloin of beef?

A. Roasting

B. Braising

C. Boiling

D. Broiling

57. The nutrient that spares protein from being used for energy generation in the body is

A. vitamins

B. mineral salts

C. carbohydrates

D. water

58. Prevention of dry skin is a function of vitamin

A. D

B. C

C. B

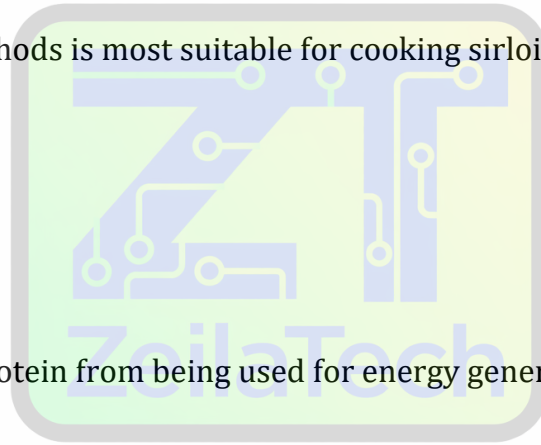
D. A

59. Which of the following vegetables would lose most of its nutrients when boiled?

A. carrot

B. tomato

C. cabbage



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D. potato

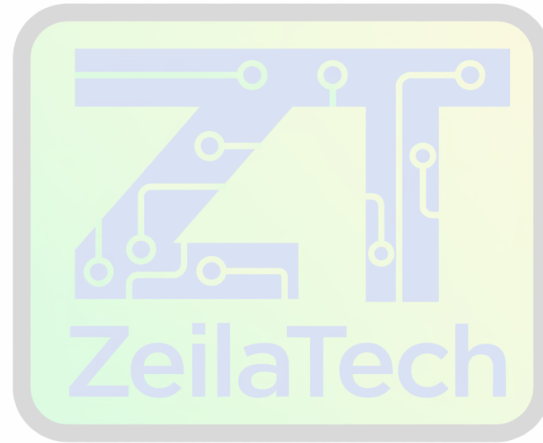
60. A suitable festive lunch for children is

A. fish stew and boiled potatoes

B. fried chicken and jollof rice

C. okro soup and fufu

D. fish stew and cassava pottage



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