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CAMEROON GENERAL CERTIFICATE OF EDUCATION BOARD
General Certificate of Education Examination

0540 FOOD AND NUTRITION 1

JUNE 2017 **ORDINARY LEVEL**

Centre Number	
Centre Name	
Candidate Identification No.	
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.
7. Calculators are allowed.
8. Each question has FOUR suggested answers: A, B, C and D. Decide on 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 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 ANY.

Turn Over

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1. Malnutrition means an incorrect or unbalanced intake of:
A Nutrition.
B Macronutrients.
C Micronutrients.
D Nutrient.

2. Tubers include:
A Carrots, Cassava, and cocoyams.
B Cassava, cocoyams, and sweet potatoes.
C Cassava, Yams, and Sweet potatoes.
D Cassava, Yams and cocoyams.

3. The pigment anthocyanins give vegetable a colour which is:
A Green/red.
B Orange/ blue.
C Red/yellow.
D Red/blue.

4. Which of these dehydration methods is used for liquid foods?
A Spray drying.
B Sun drying.
C Accelerated freeze drying.
D Irradiation.

5. The part of wheat grain rich in iron, vitaminB, and fat is:
A Endosperm.
B Scutellum.
C Germ.
D Aleuron layer.

6. The complex sugar which aid ejection of solid waste is:
A Maltose.
B Sucrose.
C Cellulose.
D Dextrin.

17 The meaning of metabolism is:
A Chemical reactions during rest.
B Chemical activities in the body during. Meals.
C Chemical activities during digestions.
D All chemical reactions in the body.

8. The emulsifying agent component of mayonnaise:
A Gelatin.
B Pectin.
C Vinegar.
D Lecithin.

9. The two main parts of metabolism are: A Catabolism and assimilation.
B Anabolism and catabolism.
C Catabolism and excretion.
D Anabolism and assimilation.

10. What is the deficiency disease of ascorbic acid?
A Ricket.
B Pellagra.
C Scurvy.
D Beri-beri.

11 VitaminB$_{12}$ is also called:
A Thiamin.
B Riboflavin.
C Cobalamin.
D Biotin.

12. Milk is deficient in:
A Phosphorus.
B Carbohydrate.
C Lipids.
D Iron.

13. The transformation of food by a series of actions is known as:
A Food manufacture.
B Food technology.
C Food processing.
D Food production.

14. One of the causes of eating disorder is:
A Emotional shock or grief.
B Eating a variety of food.
C Leads to loss of muscle instead of fat.
D Indiscriminate Eating of food

15. Which of these statements best define cereals?
A Contain seeds or grains of grass family
B Contain all the component of the original grain.
C Contain 85% of the original grain with 15% discarded as bran.
D Contain 70% of original grain, with most of the bran removed.

16. The most efficient form of carbohydrate that the body uses for energy is:
A Reactor.
B Glucose.
C Maltose.
D Lucozed.

17. Choose a group of low biological protein (LB VP):
A Nuts, seeds, cereal and pulses.
B Beans, bulbs, cereals and lobsters.
C Nuts, pulses, cereals and lentils.
D Cockles, periwinkles, yoghurt and cheese.

18. Starch is stored in the body in the form of:
A Glycogen.
B Glucose.
C Galactose.
D Fructose.

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19. Jewish food customs and dietary laws are set out in the old testament of the Bible in:
A Deuteronomy.
B Leviticus.
C Exodus.
D Numbers.

20. Which of the following diets provides approximately 18% of the total calories (k.cal) from fat?
A 41 grams of fat, 2.385kcal.
B 67grams of fat, 3.268kcal.
C 36 grams of fat, 1.154kcal.
D 17 grams of fat, 2.392kcal.

21. Strict vegan will benefit by taking a supplement containing:
A VitaminB_1
B VitaminB_{12}
C Vitamin B_2
D Vitamin E.

22. Carotenoids are associated with a decrease risk of:
A Some cancer.
B Tooth decay.
C Neural tube defects.
D Osteoporosis.

23. Two vital organs protected by fat are: A Kidney and pancreas.
B Colon and heart.
C Liver and colon.
D Heart and kidney.

24. The main cause of natural decay is:
A Heat loss.
B Enzyme action.
C Oxidation.
D Ripening.

25. Two conditions for bacterial growth are: A Moisture and warmth.
B Moisture and heat.
C Warmth and colony.
D Spores and light

26. Perishable foods spoil quickly because they contain:
A Large amount of water and salt.
B Large amount of water and protein
C Large quantity water and less salt.
D Large amount of water and nutrient.

27. An example of a two course meal is:
A Fruit salad and pancake.
B Vegetable salad and 'jollof rice.
C 'Ekwang' and fruit salad.
D 'Kwacoco' bible and plain cake.

28. When placed in cold salted water, (brine solution) fresh eggs will:
A trapair.
B Float.
C Sink.
D Stale.

29. The best method of preparing eggs for invalids is by:
A Poaching.
B Scrambling.
C Boiling.
D Stewing.

30. Practices that lead to loss of nutrients are:
A Soaking and steaming.
B Pressure cooking and heating.
C Exposure to sun light and steaming.
D Exposure to sun light and soaking.

31. What is obtained by pulverizing granulated sugar to fine powder?
A Castor sugar.
B Brown sugar.
C Demerara sugar.
D Icing sugar.

32. Locking lid, safety valve and control valve are features of:
A Pressure cooker.
B Microwaves cooker.
C Stepped steamer.
D Electric steamers.

33. In what products do proteins coagulate rapidly to a rubbery texture?
A Meat.
B Milk.
C Cheese.
D Egg white.

34. An example of saturated fatty acids is:
A Laurie acid.
B Oleic acid.
C Linoleic acid.
D Linolenic acid.

35. What does I.A.A_2 means?
A Inadequate amino acids.
B Indispensable amino acids.
C Inactive amino acids.
D Insufficient amino acids.

36. The smaller chains of amino acids in the stomach are:
A Pepsin.
B Trypsin.
C Peptides.
D Peptones.

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37. What is connected to the lymphatic system?
A Blood capillaries.
B Glycerol.
C Lacteal.
D Villus.

38. Foods that fulfill the requirement of the Jewish laws are called:
A Yom kippur.
B Purim.
C Kosher.
D Hanukkah.

39. Which rice has the round grain?
A Patna.
B Carolina.
C Flaked.
D Brown.

40. Milk that is heated to 63°C for half an hour, then cooled rapidly is known as:
A Ultra heat treated milk.
B Sterilized milk.
C Pasteurized milk.
D Homogenized milk.

41. Which milk is preserved by the addition of sugar?
A Evaporated milk.
B Dried milk.
C Condensed milk.
D Skimmed milk.

42. Instant foods are examples of:
A Ready to eat foods.
B Dehydrated foods.
C Canned foods.
D Frozen foods.

43. Liquid and gases are poor conductors of heat and heat can be transferred rapidly through them by:
A Microprocessor.
B Radiation.
C Convection.
D Electromagnetic waves.

44. When vegetables or fruits are harvested and kept, they:
A Perspire.
B Respire.
C Shrink.
D Decay.

45. Parasites can survive in one of the following methods:
A Pasteurizing.
B Freezing.
C Sterilizing.
D Marinating.

46. Energy is released in a reaction between:
A Glucose and oxidation.
B Glucose and fatty acid.
C Glucose and carbondioxide.
D Glucose and oxygen.

47. In types of kitchen units, the one that is fixed to the wall and floor is called:
A Tall unit.
B Peninsular unit.
C Island unit.
D Base unit.

48. A host/hostess is the person who?
A Entertains the guest.
B Serves the food.
C Comes to share the joy.
D Receives the guests.

49. Meal service whereby guests serve themselves is called:
A Dinner.
B Cocktail.
C Buffet.
D Luncheon.

50. Which one of the following food service best for wedding ceremonies?
A Informal service.
B Plate service.
C Buffet service.
D Formal service.

STOP

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