

**CAMEROON GENERAL CERTIFICATE OF EDUCATION BOARD** General  
Certificate of Education Examination

**0540 FOOD AND NUTRITION 1**  
**JUNE 2018**

**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 (1 1/2) 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 AN 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 “**0540 Food & Nutrition 1 - Ordinary Level**”.
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** questions in this examination. All questions carry equal marks.
7. Calculators are allowed.
8. Each question has FOUR suggested answers: **A, B, C** and **D**. Decide on 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]
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 and 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.  
**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**

- What does “DRVs” mean?  
A Dietary recommended values  
B Daily requirement values  
C Dietary reference values  
D Daily recommended values
2. An adult form of ricket is known as?  
A Tetany  
B Dementia  
C Osteomalacia  
D Osteoporosis
- 
3. Which of the following is an example of pro-vitamin?  
A Ascorbic acid  
B Beta-carotene  
C Thiamin  
D Niacin
- 
4. Which of the following is solid at room temperature?  
A Fatty acid  
B Fat  
C Oil  
D Lipids
- 
5. Which colour does protein give with the Biuret's test?  
A Purple  
B White  
C Gold  
D Pink
- 
6. Vitamin C aids in the absorption of:  
A phosphorus  
B iodine  
C fluorine  
D iron
- 
7. Complex collection of chemical reactions is called  
A anabolism  
B catabolism  
C metabolism  
D metabolic reactions
- 
8. Why is water called a nutrient?  
A Transports nutrients  
B Controls temperatures  
C It acts as a solvent  
D It is vital to life
- 
9. What does IA As mean?  
A Inadequate amino acids  
B Indispensable amino acids  
C Inactive amino acids  
D Insufficient amino acids
- 
10. In what product does protein coagulate rapidly to a rubbery texture?  
A meat  
B milk  
C cheese  
D egg
11. Which of these is an example of primary processing?  
A Making margarine from oil  
B Making bread from flour  
C Skimming cream from milk  
D Making cakes from flour
12. UHT means  
A Ultra Homogenized Treated  
B Ultra Homogenized Treatment  
C Ultra Heat Treated  
D Ultra Hygienic Treated
13. An example of Blue - veined cheese is:  
A Blue stilton  
B Blue cheddar  
C Blue curd cheese  
D Blue cottage cheese
14. The yoke of an egg is supported by  
A inner membrane  
B yolk membrane  
C chalazae  
D thick white
15. Leafy vegetables are green because of the presence of  
A carotenoids  
B chlorophyll  
C anthocyanins  
D cellulose
16. Periodontal disease is the name given to  
A gum  
B nerves  
C tooth  
D muscles
17. Pellagra is generally common in a \_\_\_\_\_ eating population.  
A maize  
B rice  
C pasta  
D potatoes
18. Which group has a higher metabolic rate?  
A children  
B women  
C men  
D pregnant women

10. Proteins are broken down in to smaller chains of amino acids called  
A Pepsin  
B Trypsin  
C Peptides  
D Peptones
11. The most commonly used form of sugar in cookery is  
A Fructose  
B Sucrose  
C Lactose  
D Glucose
12. When nutrients have been absorbed, the waste products and food residues are collected in  
A the stomach  
B the large intestine  
C the small intestine  
D The rectum
13. The movement of foods along the large intestine is by a process called  
A mastication  
B Chyme C  
Peristalsis D  
bowel
14. Cereals are \_\_\_\_\_ of cultivated grasses.  
A Grains or wheat  
B Herbs or pulses  
C Seeds or grains  
D Wheat or seeds
15. Cereals should be stored in \_\_\_\_\_  
A Cool dry conditions  
B Very moist conditions  
C Domestic freezers  
D Very humid conditions
16. Food handlers and cooks should always  
A mop their kitchen  
B Brush their teeth  
C Trim nails D  
Wear clean apron
17. The use of clean utensils for preparing, cooking and serving food is a \_\_\_\_\_  
A Personal hygiene rule  
B House hygiene rule  
C Food hygiene rule  
D Kitchen hygiene rule
18. One of the parts of a pressure cooker is  
A metal case  
B vacuum seal  
C trivet  
D cork
19. What causes mould growth on top of jam?  
A Poor quality fruit used  
B Insufficient boiling of jam  
C Insufficient sugar used  
D Over cooking of jam
20. Which group of microorganisms can contaminate food through the nose, skin, sores and cuts?  
A Campylobacter jejuni  
B Listeria monocytogenes  
C Staphylococcus aureus  
D Clostridium botulinum
21. A vitamin that is destroyed by intensive heating could be \_\_\_\_\_  
A Retinol  
B Cholecalciferol  
C tocopherol  
D ascorbic acid
31. Whe sugar is heated dry,  
A It dextrinizes and burns  
B It first dissolves then forms syrup  
C It first absorbs water, swells and caramelizes  
D It first melts, then caramelizes
32. The process of putting food in a flavouring liquid in order to cook is known as  
A glazing  
B scalding  
C frosting  
D marinading
33. Gelatine is protein from;  
A cattle meat  
B fish  
C plant  
D bird
34. Milk that is heated to 63° C for half an hour,  
A ultra heat treated  
B sterilized method  
C pasteurized method  
D holder method
35. Instant foods are examples of  
A ready — to — eat foods  
B dehydrated foods  
C canned foods  
D prepared foods
36. The fat around the vital organs is  
A Lard  
B Dripping  
C Suet  
D Marine oils

37. Which rice has the round grains?  
A patna  
B Carolina  
C flaked  
D polished
38. A kitchen equipment that can be best used for cooking oxtail is  
A Gas cooker  
B Microwave cooker  
C Electric cooker  
D Pressure pot
39. A cooking method that combines roasting and stewing is .....  
A simmering  
B basting  
C Braising  
D frying
40. An additive that improves the texture of yoghurt is  
A stabilizers  
B antioxidant  
C emulsifier  
D gelatine
41. State how air is incorporated into a cake mixture.  
A Sieving, whisking, creaming  
B Sieving, kneading, creaming  
C Whipping, kneading, folding  
D Baking, steaming, sieving
42. One of the illnesses listed below is caused wrong use of food additives:  
A obesity  
B eczema  
C beriberi  
D goiter
43. Rancidity is a type of spoilage associated with  
A Frozen beef  
B Tomato sauce  
C Cakes  
D Milk pudding
44. Which of the following in order of occurrence makes up a two course meal?  
A Appetizer and dessert  
B Main dish and dessert  
C Appetizer and main dish  
D Main dish and cake
45. Heat can be transferred rapidly in liquids gases through  
A conduction  
B radiation  
C convection  
D electromagnetic waves
46. A person who studies nutrients in relation to health is \_  
A nutritionist  
B food biochemist  
C food scientist  
D dietician
47. The art of entertaining which involves the minimum use of cutlery is called:  
A cocktail  
B buffet party  
C wedding party  
D tea party
48. A man who serves customers at their tables a restaurant or in a party is  
A caterer  
B a receptionist  
C a steward  
D a waiter
49. Table linens are made up of.....  
A Table- cloth and napkins  
B Tables cloth and tea cloths  
C Tea cloth and napkins  
D Serviette and table mat.
50. Kitchen units that are fixed to the walls and floors are?  
A Tall units  
B Peninsular units  
C Island units  
D Based units

**STOP**

**GO BACK AND CHECK YOUR WORK**