LIVEWORKSHEETS

BEANEFIELD COMPREHENSIVE SECONDARY SCHOOL

End of year 2023

FOOD NUTRTION AND HEALTH

Paper 02 – General Proficiency

THEORY

1 Hour 15 minutes

June 2023

READ THE FOLLOWING INSTRUCTIONS CAREFULLY.

1. This paper consists of sixty multiple choice questions.
2. Attempt ALL questions.
3. Select your response by typing the letter in the box.

DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO.

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1) Which of the following is not a class of nutrients?
   (a) Alcohol
   (b) Carbohydrates
   (c) Lipids
   (d) Minerals

2) Which provides the most energy?
   (a) Carbohydrates
   (b) Proteins
   (c) Lipids
   (d) Alcohol

3) Fibres belong to the class of nutrients known as?
   (a) Carbohydrates
   (b) Lipids
   (c) Proteins
   (d) Vitamins

4) Good sources of vitamin A include all of the following <u>except</u>:
   (a) Cabbage
   (b) Milk
   (c) Butter
   (d) Eggs

5) _____ is <u>not</u> a trace mineral.
   (a) Fluorine
   (b) Calcium
   (c) Iron
   (d) Iodine

6) The energy yielding nutrients are
   (a) Fats, minerals and water
   (b) Minerals, proteins and vitamins
   (c) Carbohydrates, fats and vitamins
   (d) Carbohydrates, fats and proteins

7) _____ is the body's primary source of energy.
   (a) Glucose
   (b) Fructose
   (c) Lactose
   (d) Sucrose

8) Which vitamin can we get when the sun is in contact with our skin?
   (a) Vitamin A
   (b) Vitamin E
   (c) Vitamin C
   (d) Vitamin D

9) A deficiency of which vitamin would result in the disease, scurvy?
   (a) Vitamin D
   (b) Vitamin A
   (c) Vitamin E
   (c) Vitamin C

10). All are examples of monosaccharide <u>except</u>
   (a) Glucose
   (b) Fructose
   (c) Sucrose
   (d) Galactose

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11) Which of the following is a disaccharide?
   (a) Lactose
   (b) Galactose
   (c) Glucose
   (d) Fructose

12) Which of the following is not a function of fibre?
   (a) It provides energy
   (b) Lowers cholesterol
   (c) Prevents constipation
   (d) Adds bulk to the diet

13) Nutrition can be defined as:
   (a) The study of substances in food and their relation
   (b) Eating a well balanced diet
   (c) The way people live their lives.
   (d) The development of the human body.

14) An example of a healthy physical appearance includes:
   (a) Able to get a good night's sleep.
   (b) Able to eat and enjoy one's meal.
   (c) Good height and weight for age
   (d) Cheerful and not easily stressed.

15) An example of a feeling of well-being includes:
   (a) Moist, smooth skin
   (b) Not easily fatigued and out of breath
   (c) Well-toned muscles
   (d) Clear eyes

16) The multimix principle of meal planning includes:
   (a) Four food groups
   (b) Six food groups
   (c) Two food groups
   (d) Three food groups

17) When writing a menu you should always:
   (a) Serve a milky beverage
   (b) Not serve a beverage
   (c) Place the beverage first
   (d) List the beverage last

18) Examples of staple foods includes:
   (a) Fried plantains, bakes, carrots, pumpkin and ochro
   (b) Fried plantains, bakes, cucumber, tomato and peas
   (c) Fried plantains, bakes, cassava, oats and cornmeal
   (d) Fried plantains, bakes, cheese, eggs and cassava

19) When planning a breakfast menu:
   (a) The fruit/fruit juice must be first
   (b) The fruit/fruit juice must be last
   (c) The fruit/fruit juice must be after the meal.
   (d) The fruit/fruit juice must come before the staple

20) The main course in a menu refers to :
   (a) The food from animal, staple and vegetable only.
   (b) The dark green leafy and coloured fleshy food group.
   (c) The staple and legume food group only.
   (d) The legume or food from animal food group only.

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21) An appetizer in a meal is served:
   (a) Before the vegetable dish
   (b) At the beginning of a meal
   (c) At the end of a meal
   (d) After the dessert

22) A balanced diet is a diet which:
   (a) Contains a variety of foods from the six food groups.
   (b) Contains only four foods from the food groups.
   (c) Has all the legumes in it.
   (d) Includes the sweet foods as well

23) The heaviest meal of the day is:
   (a) Lunch
   (b) Supper
   (c) Dinner
   (d) Breakfast

24) When planning a meal the following should be considered:
   (a) The size of the kitchen and the amount of dishes to be used.
   (b) The food groups and their uses
   (c) The nutritional requirements of e.g. sex, work and health
   (d) The number of female members in the family

25) One of the food guides in the Caribbean is to:
   (a) Shop around before buying
   (b) Eat a variety of foods from all the food groups
   (c) Buy green vegetables and fruits as fresh as possible
   (d) Never cut down on money for food

26) One important function of proteins in our diet is:
   (a) To help us develop our standards of hygiene
   (b) To assist in the smoothness of our skin
   (c) To protect and regulate our bodies
   (d) To build and repair our tissues

27) The basic functions of nutrients are to:
   (a) Supply energy to support growth and maintenance of the body and to keep the body functioning.
   (b) Prevent us from getting ill and building our immunity
   (c) Keep us from getting hungry throughout the day
   (d) Ensure that we have a well balanced breakfast

28) If a nutrient is missing or is in poor supply in your diet:
   (a) You will have to eat more foods
   (b) You will have to ensure that you eat breakfast
   (c) You will suffer from a deficiency disease
   (d) You will be able to eat later in the nigh

29) Examples of staple foods are:
   (a) Rice, pasta, dasheen, eddoes and cassava
   (b) Cornmeal, potatoes, tomatoes, string beans and roti
   (c) Cabbage, yam, sweet potatoes, red beans and nut
   d) Almond, carrots, beetroot, corn

30) Which of the following should be considered first when planning a meal for a large group?
   (a) Main dish
   (b) Dessert
   (c) salad
   (d) Appetizer

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31) The addition of too much liquid when preparing shortcrust pastry, will result in the pastry which is:
(a) Soggy
(b) Greasy
(c) Hard and tough
(d) Too fatty

32) Which of the following is an approprite combination of proteins for a low income family?
(a) Ham and Turkey
(b) Cheese and Shrimp
(c) Eggs and Fresh Fish
(d) Beans and Canned Sardines

33) Which of the following are reasons for "blanching"?
1. Removal of skins from fruits and nuts
2. Softening of vegetables
3 Halting the activity of enzymes
4. Improving flavour

(a) 1 and 3 only
(b) 2 and 4 only
(c) 1, 2 and 4 only
(d) 1, 2,3 and 4 only

34) Which of the following terms BEST describe "garnishes"?
1. Edible
2. Attractive
3. Uncooked
4. Nutritious
(a) 1 and 2 only
(b) 1, 3 and 4 only
(c) 2, 3 and 4 only
(d) 1, 2, 3 and 4 only

35) Which is a suitable smnack for an obese person?
(a) Pawpaw
(b) Potato chips
(c) Coconut cake
(d) Chocoloate Fudge

36) Which of the following is the best source of dietary fibre?
(a) cupcakes and fruit punch
(b) polished rice and fruit salad
(c) stewed chichen and macaroni pie
(d) whole wheat sandwich and fruit salad

37) To prevent anaemia, expectant mothers should take incresed amounts of
(a) liver and kidney
(b) milk and cheese
(c) bread and butter
(d) oranges and coconuts

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38) Which of the following may be corrected by an increase of retinol in the diet?
(a) Scurvy
(b) Kwashiorkor
(c) Rickets
(d) Night blindness

39) Which of the following should be the MOST important consideration when planning meals for the family?
(a) Cost
(b) Nutritive value
(c) Colour and texture
(d) Taste

40) Which of the following vitamin must be present in the diet so that iron can be absorbed?
(a) Vitamin A
(b) Vitamin B12
(c) Vitamin C
(d) Vitamin E

41) Which of the following nutrients are NOT found in meat?
(1) Vitamin B
(2) Carbohydrates
(3) Calcium
(4) Vitamin C

(a) 1 and 2 only
(b) 2 and 3 only
(c) 3 and 4 only
(d) 1, 2, 3 and 4

42) The vitamins thiamine, riboflavin and niacin are needed by the body for the:
(a) Release and utilization of food energy
(b) Healing of wounds and fractures
(c) Entry of glucose into the cells
(d) Prevention of night blindness

43) Which of the following salads would be MOST suitable for an over-weight person?
(a) Avocado pear, tomato, lettuce and French dressing
(b) Coleslaw with lettuce and tomato
(c) Watercress, tomato, cucumber and French dressing
(d) Lettuce, tomato, cucumber and mayonnaise dressing

44) Which of the following can be used as an unrestricted food by a diabetic?
(a) Fresh fruit salad and cream
(b) Raw cauliflower and christophene
(c) Egg and cheese sandwiches
(d) Potato salad and ice cream

45) Which of the following can be described as a well-balanced triple-mix meal?
(a) Green banana, cheese, spinach
(b) Yam, rice and red beans
(c) Rice, pumpkin patchoi
(d) Potato, gravy, pigeon peas

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46) Weight gain occurs when:
(a) Intake of food and output of energy are the same
(b) Output of energy exceeds intake of food
(c) Intake of food is greater than energy output
(d) Intake of food is less than energy expenditure

47) What single action would help to reduce the number of cases of diabetes in the Caribbean?
(a) Breast feeding of babies
(b) Reduction of sugar intake by those at risk
(c) Maintenance of normal weight
(d) The availability of more vision

48) The most suitable breakfast for a young child is:
(a) Orange juice, cornflakes with milk, biscuits, tea
(b) Pawpaw slice, oatmeal, bread, chocolate milk
(c) Corned beef sandwich, coffee with milk
(d) French fries, sausage, coffee with milk

49) Which of the following may be used by a diabetic to sweeten drinks?
(a) Honey
(b) Saccharin
(c) Glucose
(d) Cane sugar

50) For which of the following groups is protein MOST essential?
(a) Children in their first year
(b) Lactating women
(c) Elderly persons
(d) Adolescents

51) Which of the following is NOT important when purchasing food?
(a) Choose foods that look fresh.
(b) Buy from reputable suppliers.
(c) Check for the expiry dates on packets and cans.
(d) Select expensive foods since these are of best quality.

52) Dietary fibre is important in the diet because it helps to prevent
(a) scurvy
(b) constipation
(c) anaemia
(d) diabetes

53) Steamed, poached and stewed foods are most suitable for the elderly because in this age group
(a) the energy intake should be reduced.
(b) basal metabolic rate is lower.
(c) physical activity declines.
(d) digestive problems may be present.

54) Mary is breast-feeding as well as feeding her six month old son with food from the family pot. this is an example of
(a) exclusive breast feeding.
(b) inclusive breast feeding.
(c) alternative feeding.
(d) complementary feeding.

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