Answer **all** *the questions.*

Each *question is followed by* **four** *options lettered* A *to* D. *Find the correct option for* **each** *question and* ***shade*** **in pencil,** *on your answer sheet, the answer space which bears the same letter as the option you have chosen. Give only* **one** *answer to* **each** *question. An example is given below.*

An energy-giving food is rich in

A. calcium.
B. protein.
C. carbohydrate.
D. vitamins.

The correct answer is carbohydrate, *which is lettered* C *and therefore answer space* C *would be shaded.*

[A] [B] [D]

Think carefully before you shade the answer spaces; erase completely any answer(s) you wish to change.

Do **all** *rough work on this question paper.*

Now answer the following questions.

1. A child was diagnosed by a doctor to have paleness of skin, eyes and fingernails. These symptoms are as a result of deficiency of
   A. Calcium.
   B. Iron.
   C. Iodine.
   D. Zinc.

2. The edge of pasties are pressed to
   A. let out air.
   B. let the pasty relax.
   C. make it attractive.
   D. seal the filling in.

3. The oven temperature of a short crust meat pie prepared with fresh shredded meat is reduced after **fifteen** ***minutes*** in order to
   A. obtain an even coloured crust.
   B. get the filling thoroughly cooked.
   C. prevent the filling from becoming dry.
   D. develop the flavours and prevent shrinkage.

4. An example of a fermented fruit beverage is
   A. gin.
   B. wine.
   C. beer.
   D. whisky.

5. An example of a material for making cookware that is light weight, corrosion resistant and less expensive is
   A. stainless steel.
   B. enamel.
   C. aluminium.
   D. ceramic.

6. An **advantage** of an oven-to-table cookware is that
   A. food cooked in it are attractive.
   B. it is best for cooking sweet dishes.
   C. savoury foods cooked in it take a very short time.
   D. a course of a meal can be completely cooked in it.

7. The **best** sugar to use for creamed cakes is
   A. castor sugar.
   B. brown sugar.
   C. granulated sugar.
   D. icing sugar.

8. A cooking method that makes use of all modes of heat transfer is
   A. steaming.
   B. grilling.
   C. baking.
   D. boiling.

9. In addition to using the correct proportion of ingredients, the perfection of a cake also depends on
   A. addition of liquid and quality of ingredients.
   B. quality of ingredients and cooking time.
   C. oven temperature and cooking time.
   D. addition of liquid and oven temperature.

10. The **best** way to store dried meat in a home without a refrigerator is by keeping it in
   A. the oven compartment of a cooker.
   B. a meshed kitchen cupboard.
   C. an airtight container.
   D. a plastic basket.

11. The addition of palm oil, carrot and fish liver oil in the diet of the elderly helps to
   A. prevent constipation.
   B. reduce insomnia.
   C. improve vision.
   D. boost haemoglobin.

12. Preparation of particular dishes by a distinct group of people helps to identify their
   A. status.
   B. religion.
   C. family.
   D. ethnicity.

13. A type of beverage that can be prepared by infusion is
   A. instant coffee.
   B. green tea.
   C. cocoa powder.
   D. chocolate powder.

The diagram in **Fig. 1** is an illustration of a human digestive system. *Study it and answer questions* **14 - 17**.

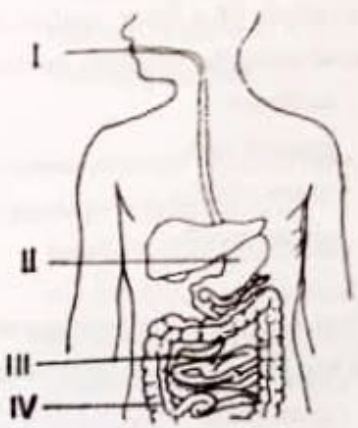


Fig. 1

14. The enzyme amylase is produced in the part labelled
   A. **I**.
   B. **II**.
   C. **III**.
   D. **IV**.

15. The digestion of beef egusi soup will start from the part labelled
   A. **IV**.
   B. **III**.
   C. **II**.
   D. **I**.

16. The part where the action of gastric juice is stopped is labelled
    A. I.
    B. II.
    C. III.
    D. IV.

17. Absorption of nutrients occur in the part labelled
    A. IV.
    B. III.
    C. II.
    D. I.

18. An **advantage** of convenience foods is that they
    A. are inexpensive.
    B. are nutritious.
    C. are tasty and colourful.
    D. save time and energy.

19. An example of a flour confectionery that is prepared using the whisking method is
    A. rockbuns.
    B. genoise cake.
    C. queen cake.
    D. ginger bread.

20. The type of icing made from egg albumen, icing sugar and lemon juice is referred to as
    A. glaze icing.
    B. butter icing.
    C. royal icing.
    D. almond icing.

21. In preparing yam balls, egg is **mainly** used as
    A. a thickening agent.
    B. a raising agent.
    C. a binding agent.
    D. an emulsifying agent.

22. The difference between *whole milk* and *skimmed milk* is that
    A. skimmed milk contains less fat than whole milk.
    B. skimmed milk contains more minerals than whole milk.
    C. whole milk contains less fat compared to skimmed milk.
    D. whole milk contains more vitamins compared to skimmed milk.

23. The functions of carbohydrates in the body include
    I. sparing the use of protein for energy
    II. necessary for the normal oxidation of fat.
    III. acting as co-enzyme in glucose metabolism.
    IV. adding bulk to diets.

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

24. When testing for the presence of protein in food, the substance that forms a complex with the peptide bonds and makes it turn purple is
    A. iodine.
    B. biuret solution.
    C. sudan III solution.
    D. ethanol.

25. Wrong opinions about how certain foods affect some individuals in the society is referred to as food
    A. habits.
    B. fads.
    C. fallacies.
    D. taboos.

26. Varying temperatures of the different parts of a refrigerator allows for
    A. different food items to be stored in it.
    B. adequate air circulation within it.
    C. foods to be stored at a constant temperature.
    D. fast flow of electric current within it.

27. A baked flour dish having a soapy taste indicates the presence of
    A. baking powder.
    B. yeast.
    C. palm wine.
    D. bicarbonate of soda.

28. The acceptable behaviour of people at a dining table is referred to as
    A. etiquette.
    B. curt.
    C. impropriety.
    D. conduct.

29. In experimental cookery, information for local dishes can **best** be obtained from
    A. hotels and canteens.
    B. electronic and print media.
    C. people from different continents.
    D. people from the community.

30. The addition of substances to food which lowers food quality in order to deceive consumers and to increase profit is known as food
    A. fortification.
    B. adulteration.
    C. contamination.
    D. misbranding.

31. A **major** factor to consider when selecting a packaging material is the
    A. type of item to be packaged.
    B. quantity of packaging material needed.
    C. cost of the packaging material.
    D. cost of the item to be packaged.

32. When preparing food for special occasions, the **most** important consideration is the
    A. equipment needed.
    B. duration of the occasion.
    C. number of people expected.
    D. laying of the table.

33. Fish meal is usually added to foods prepared for toddlers because it is a good source of protein and
    A. Iron.
    B. Calcium.
    C. Iodine.
    D. Magnesium.

34. Iron is found in the blood as a compound called
    A. globin.
    B. ferrous.
    C. haem.
    D. ferric.

35. In the preparation of ginger bread, ingredients are mixed by
    A. creaming method.
    B. melting method.
    C. rubbing-in method.
    D. whisking method.

36. The consumption of steamed bean cake with hot corn porridge is referred to as
    A. insoluble fibre combination.
    B. soluble fibre combination.
    C. protein supplementation.
    D. protein complementation.

37. The maintenance of the epithelial lining in the body is dependent on
    A. Retinol.
    B. Cobalamine.
    C. Riboflavin.
    D. Cholecalciferol.

38. In the preparation of fruit salads, banana and apples are cut and added just when the salad is to be served in order to prevent
    A. loss of taste.
    B. change in colour.
    C. loss of moisture.
    D. change in texture.

39. People who only take in milk and its products together with foods of plant origin are referred to as
    A. lacto vegetarians.
    B. fruitarians.
    C. lacto-ovo vegetarians.
    D. vegans.

The diagram in **Fig. 2** is an illustration of the different parts of a refrigerator. *Study it and answer questions* **40 - 43**.



Fig. 2

40. Boiled fish is **best** stored in the part labelled
    A. IV.
    B. III.
    C. II.
    D. I.

41. A food item that is **best** stored in the part labelled I is
    A. milk.
    B. cheese.
    C. egg.
    D. cabbage.

42. The part labelled II is **most appropriate** for storing
    A. water.
    B. sugar.
    C. vegetables.
    D. milk.

43. The **appropriate** part to store leftover milk is labelled
    A. I.
    B. II.
    C. III.
    D. IV.

44. The **major** areas of a kitchen are
    A. storage, mixing and cooking centres.
    B. storage, washing up and cooking centres.
    C. cooking, serving and eating centres.
    D. cooking, serving and washing up centres.

45. The **appropriate** utensil for fruit flan is a
    A. sauce pan.
    B. pie dish.
    C. casserole dish.
    D. double boiler.

46. The proportion of sugar to fruit in marmalade making is
    A. 1 *kg* sugar to 1 *kg* fruit.
    B. 1½ *kg* sugar to 1 *kg* fruit.
    C. 2 *kg* sugar to 1 *kg* fruit.
    D. 2½ *kg* sugar to 1 *kg* fruit.

47. The limiting amino acid in cereals is
    A. leucine.
    B. valine.
    C. isoleucine.
    D. lysine.

48. An **appropriate** breakfast porridge for an elderly woman with difficulty in bowel movement is
    A. wheat flour porridge.
    B. oatmeal porridge.
    C. rice porridge.
    D. corn flour porridge.

49. To ensure accuracy, measuring jugs should be
    A. placed on a slanted surface before taking the reading.
    B. filled to the brim before taking the reading.
    C. held at eye-level and filled before taking the reading.
    D. placed on a flat surface and reading taken at eye-level.

50. The term "cured fish" refers to fish that has been
    A. cleaned, cut up or smoked.
    B. salted, filleted or pickled.
    C. smoked, salted or pickled.
    D. cleaned, filleted or cut up.

51. When using a non-stick frying pan for the first time, it is **best** to pre-condition it with
    A. oil.
    B. cold water.
    C. salt.
    D. hot water.

52. A factor to consider when buying fresh fish is
    A. firm flesh.
    B. brown gills.
    C. sunken eyes.
    D. few scales.

53. Essential amino acids are obtained from
    A. groundnut.
    B. soya beans.
    C. peas.
    D. cowpea.

54. The meat of a young cattle is known as
    A. lamb.
    B. pork.
    C. game.
    D. veal.

55. The preserve that uses only vinegar in its preparation is
    A. pickles.
    B. mango chutney.
    C. mayonnaise.
    D. tomato ketchup.

56. Adding fruit juice containing acid to milk makes the milk
    A. coagulate.
    B. separate.
    C. sour.
    D. curdle.

57. To prevent contamination, left over foods should be stored when it is
    A. very hot.
    B. very cold.
    C. warm.
    D. cool.

58. Digestion of carbohydrate is hindered in the stomach because of its
    A. alkaline content.
    B. acidic content.
    C. ptyalin action.
    D. rennin action.

59. A fish slice is used during
    A. boiling.
    B. steaming.
    C. stewing.
    D. poaching.

60. A good source of nicotinic acid for the body is
    A. egg.
    B. milk.
    C. maize.
    D. cabbage.

END OF PAPER