

KITH AND KIN INTERNATIONAL COLLEGE

7/11 Kaoli Olusanya Street, Owode Ibeshe, Ikorodu, Lagos State.

THIRD TERM EXAMINATION 2023/2024 ACADEMIC SESSION

NAME					
SUBJECT	FOODS AND NUTRITION	CLAS S	SS 2	DURATION	2 HOURS

SECTION-A- OBJECTIVE(20MARKS)

INSTRUCTION: ANSWER ALL QUESTION



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Use the above picture to answer question

1. The picture above is a
A. barn
B. rhombus
C. cribs
D. granary
2. Convenience foods include
A. powdered milk
B. fresh fruit salad
C. pounded yam
D. fresh vegetable salad
4. The study of all the processes of growth, maintenance and repair of living bodies which depend on the intake of food is _____
A. malnutrition
B. metabolism
C. nutrition
D. under nutrition
5. Strengthening of bones and teeth is a function of calcium and
A. sodium

- B. phosphorous
C. Iron
D. iodine

6. As a result of malnutrition, the ability of the body system to fight against infections is _____
A. reduced
B. improved
C. increased
D. develop
7. Sinks, electric cooker, refrigerator and cabinets are _____
A. small fixed equipment
B. labour saving equipment
C. large fixed equipment
D. large movable equipment
8. Lack of iron in the diet results in
A. kwashiorkor
B. obesity
C. anaemia
D. marasmus
9. The nutritional needs of human beings vary according to _____
A. society, physiological stage and health
B. physiological stage, age and health condition
C. method of cooking and age
D. food in season, age and condition
10. The last group in the chain of production and distribution of goods and services are the
A. consumers
B. manufacturers
C. retailers
D. wholesalers

11. Which method of food preservation involves decomposition of some of the food components?
- Brining
 - Fermentation
 - Sterilization
 - Pasteurization

12. Lack of cellulose in the diet causes
- frequent stool
 - dysentery
 - constipation
 - diarrhea



I



II



III



IV

Use the picture above to answer question 13-16

13. An appropriate material for for Marmalade is labelled _____
- I
 - II
 - III
 - IV
14. A disadvanta
- 14.
17. Eggs can be preserved by _____
- burying in sand
 - refrigeration
 - bottling
 - greasing

18. A food prepared from inferior ingredient with the objective of maximizing profit is said to be
- adulterated
 - misbranded
 - damaged
 - fortified
19. It is easy for a lacto-vegetarian to get a balanced diet because he can eat _____
- Fish, egg and milk
 - cheese, eggs and chicken
 - meat, cheese and milk
 - milk, cheese and beans
20. An effect of cooking on fruit is that
- vitamin C is destroyed
 - vitamin C is increased
 - vitamin E is added
 - vitamin D is destroyed
21. Accidents can be prevented in the kitchen by _____
- using modem equipment
 - arranging the kitchen equipment correctly
 - arranging the equipment in an L-Shape
 - cleaning the working tables
22. A kitchen floor should be _____
- none-slippery
 - absorbent
 - greasy
 - non-resilient
23. How can Vitamin C be provided in a reheated meal? By _____
- adding flavoring and seasonings
 - adding a carbonated drink
 - serving fresh fruits and vegetables
 - adding milk with sugar
- with it
24. Meat from bush animals is called _____
- pork
 - game
 - mutton
 - veal
25. One of the advantages of convenience food is that, it
- saves lime and energy
 - saves money and food
 - is delicious and costly
 - is quicker and expensive
26. High heat is required for baking yeast bread because it will _____
- improve the taste
 - improve the texture

- C. stop the action of the leavening agent
D. decrease the size of the bread
27. When heat is applied to protein foods, they _____
A. decompose
B. shrink
C. gelatinize
D. caramelize



Use the picture above to answer question 28 & 29

28. The picture above is an example of
A. dehydrated convenience food
B. canned convenience food
C. bottled convenience food
D. packed meal convenience food
29. It gives the body
A. good growth
B. vitality
C. energy
D. strong bones
30. The main nutritive value of legumes is _____
A. protein
B. fat
C. carbohydrate
D. mineral salt
31. An appropriate method of cooking fish for a toddler is _____
A. grilling
B. frying
C. steaming
D. baking
32. Bottling in food preservation includes
A. exclusion of air alone
B. leaching and sterilization
C. sterilization, exclusion of air, adding of edible substances
D. exclusion of air, dehydration, addition of edible substance
33. The scientific name for Vitamin D is _____

- A. retinol
B. riboflavin
C. cholecalciferol
D. tocopherol
34. Wooden equipment should be cleaned by scrubbing with _____
A. lime against the grain
B. a brush along the grain
C. a brush against the grain
D. sand along the grain
35. Cereals and beans should be kept in air-tight metal containers to _____
A. prevent over heating
B. arrest enzymes
C. shorten the period of storage
D. prevent pest attack
36. No person should sell any article of food or drug which is _____
A. adulterated
B. processed
C. prepared
D. preserved
37. Consumer education deals with
A. how to rely on mass advertising
B. keep up with neighbour
C. how to return bought goods
D. how to buy goods
38. Dehydration in preservation is synonymous with
A. freezing
B. hanging
C. drying
D. grilling
39. Which of the following is not a guideline for wise shopping?
A. compare prizes
B. make a shopping
C. check expiry date
D. buy fruits to store
40. Occasionally, the refrigerator should be cleaned by _____
A. using detergent
B. using bicarbonate of soda with warm water to rinse
C. washing thoroughly with soap and water
D. daily defrosting and cleaning
41. The following are rights of a consumer EXCEPT the right to
A. redress
B. to be informed
C. to destroy products
D. be heard

42. For the optimum conservation of nutrient in food _____
A. care must be taken
B. additives must be used
C. use science of nutrition
D. use appropriate method of processing
43. Buying food by merely seeing it and not out of need is called
A. unrestricted buying
B. impulsive buying
C. restricted buying
D. quick buying
46. The best source of Vitamin C is _____
A. avocado pears
B. skimmed milk
C. citrus fruit
D. garden egg
47. Which of the following is prepared using deep frying method?
A. Omelet
B. Doughnut
C. Pancake
D. meat pie
48. Which of the following dish is not suitable for cocktail parties _____
A. yam and stew
B. fried meat
C. sausage rolls
D. scotch egg
49. A good hostess is someone who
A. ensures the satisfaction of quests
B. ensures exhibitions of good table manner
C. honours the invitation
D. respects seat arrangement
50. Which of the following is a biological raising agent?
A. vinegar
B. yeast
C. baking powder
D. baking soda
51. The major function of WHO is to
A. assist in agriculture. economics, fisheries e.t.c
B. strenghten world health issues
C. provide emergency feeding in war devastated countries
D. solve world food problems
52. When planning the family budget, the most important factor to consider is
A. net income
B. taste of the family members
C. composition of the family
D. housing
53. Bulk buying when planned and executed is
A. extravagant
B. economical
C. expensive
D. excessive
54. Poor bone development is a deficiency symptom of _____
A. calcium
B. sodium
C. phosphorus
D. magnesium
55. The study of various nutrients in relation to their effects upon the human body is called _____
A. diet
B. science
C. food
D. nutrition
56. Examples of oily seeds are _____
A. melon seed and beans
B. corn and Soya beans
C. groundnuts and melon seeds
D. rice and beans
57. A good budget should include all the _____
A. items to be purchased
B. planning and implementation
C. items to be purchased and the cost
D. planning and timing of purchase
58. _____ are sick people often confirmed to the bed.
A. Invalids
B. Convalescents
C. Adults
D. The aged
59. Bulk purchasing is better than buying in smaller quantities because the former
A. encourages variety in meal preparation
B. leads to crises when food runs out of stock
C. makes food available in the house
D. leads to food wastage
60. Which of the following organizations is responsible for more production of foods?
A. Food and Agricultural Organization
B. World Health Organization
C. United Nations Children Fund
D. Food and Drink Administration

SECTION B

Answer any four questions from this section. No 1 is compulsory.

- 1a. What is budgeting? 2marks
b. The table below shows a budget of a family that has 100,000 naira allocated for food. Calculate the amount budgeted for some foodstuff. 4marks

S/N	FOOD ITEMS	FOOD ITEMS BUDGETED FOR	AMOUNT(#)
1	Rice	20	
2	Spaghetti		5000
3	Provisions	2.5	
4	Maggi	2	2000
5	Pepper		10000
6	Gas	9	9000
7	Groundnut oil	2.5	
8	Yam	10	10000
9	Cereals		12500
10	Beans		10000
11	Meat	10	10000
12	Fish	5	5000
13	Salt	1.5	
14	TOTAL	100	#100,000

- c. State four factors to consider when planning a food budget. 4marks
- 2a. Explain the following with four features of each.
i. Supermarket
ii. Open market 4marks
- b. State four advantages and disadvantages each of piece meal purchase. 4marks
- c. Briefly explain the need for family budget 2marks
- 3a. Explain the three groups food can be classified into with two examples of each 4marks
b. State four principles underlying food preservation food 4marks
c. List four agents causes of food preservation. 2marks
- 4a. With the aid of a chart present the distribution process of consumerism. 6 marks
b. State two importance of consumer education 2 marks
c. List four bodies involved in the regulation of food production. 2marks
- 5a. Food can be stored based on two aspects. Explain briefly three methods of post-harvest storage 6marks
b. State four factors influencing choice of storage. 4marks
- 6a. Explain the following terms used in the preparation and production of food.
i. Net weight
ii. Brand name
iii. Gross weight
iv. Food list

v. Commercial food

10marks