

**SOUTH WEST REGIONAL MOCK EXAMINATION  
GENERAL EDUCATION**

The Teachers' Resource Unit (TRU) in collaboration with the Subject Teachers' Association (STA)	Subject code <b>0540</b>	Paper number <b>1</b>
CANDIDATE NAME .....	Subject title <b>FOOD AND NUTRITION</b>	
CANDIDATE NUMBER .....		
CENTRE NUMBER .....		
<b>ORDINARY LEVEL</b>	<b>DATE: Wednesday 19/3/2025</b>	

**Time Allowed: One hour thirty minutes**

**INSTRUCTIONS TO CANDIDATES:**

1. USE A SOFT HB PENCIL THROUGHOUT THIS 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, Paper 1".
4. Insert the information required in the spaces provided above.
5. Without opening the booklet, pull out the answer sheet carefully from inside the front cover of this booklet. 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.
6. Insert the information required in the spaces provided on the answer sheet using your HB pencil:

**Candidate Name, Centre Number, Candidate Number, Subject Code Number and Paper Number**

**How to answer questions in this examination:**

7. Answer ALL the 50 questions in this examination. All questions carry equal marks.
8. Calculators are allowed.
9. For each question there are four suggested answers, A, B, C, and D. Decide 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 )

10. Mark only one answer for each question. If you mark more than one answer, you will score zero for that question. If you change your mind about an answer, erase the first mark carefully, and then mark your new answer.
11. Avoid spending much time on any question. If you find a question difficult, move to the next question. You can come back to this question later.
12. Do all rough work in this booklet using, where necessary, the blank spaces in the question booklet.
13. Mobile phones are **NOT ALLOWED** in the examination room.
14. You must not take this booklet and answer sheet out of the examination room. All question booklets and answer sheets will be collected at the end of the examination.

1. The simplest sugar is in the form of

- A Lactose
- B Sucrose
- C Glucose
- D Galactose

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2. Proteins are made from:

- A Peptones
- B Amino acids
- C Pepsin
- D Peptides

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3. The uptake of digested materials by the cells is termed:

- A Metabolism
- B Catabolism
- C Absorption
- D Digestions.

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4. A food service where little or no cutlery is been used is called:

- A Cocktail party
- B Buffet party
- C Luncheon
- D Dinner party

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5. An example of a two course meal is:

- A Fruit salad and pancake
- B Vegetable salad and jellof rice
- C Ekwang and fruit salad
- D Kwacoco bible and plain cake

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6. Perishable foods easily rot because they contain:

- A Large amount of water and salt
- B Large amount of water and proteins
- C Large amount of water with less salt
- D Large amount of water and nutrients

7. Adolescent girls need more iron in their food because it helps to:

- A Improve blood flow
- B Prevent blood clots
- C Prevent cramps
- D Prevent anaemia

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8. Which of the following is a poor method to care for a modern kitchens?

- A Mopping the flour
- B Sweep down cobweb
- C Wash the sink
- D Oil the walls

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9. All of the following are large kitchen equipment except :

- A Freezer
- B Microwave
- C Fridge
- D Dish washer

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10. Leafy vegetables are green because of the presence of:

- A Carotenoids
- B Chlorophyll
- C Xanthophyll
- D anthocyanins

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11. The protein found in cow's milk is

- A Collagen
- B Casein
- C Gluten
- D Soy

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12. Which vitamin is easily lost during boiling?

- A Vitamin B1
- B Vitamin C
- C Vitamin D
- D Vitamin B3

13. Identify the body requirement for good health;

- A Carbohydrates
- B Calorie
- C Glycerol
- D Nutrients

14. A child suffering from scurvy is deficient of;

- A Vitamin B<sub>1</sub>
- B Vitamin C
- C Vitamin D
- D Vitamin E

15. Catabolism is defined as:

- A Chemical reactions during rest
- B Chemical breakdown of food
- C Chemical reactions of foods
- D Chemical reactions in the body

16. Two examples of monosaccharide's are :

- A Glucose and fructose
- B Glucose and maltose
- C Glucose and Sucrose
- D Glucose and Lactose

17. A severe deficiency of vitamin D in adults results to

- A Arthritis
- B Osteomalacia
- C Osteoporosis
- D Rickets

18. Sores and swollen gums are symptoms of

- A Scurvy
- B Thrust
- C Goitre
- D Tooth aches

19. Cooking food below the boiling point is termed:

- A Simmering
- B Poaching
- C Par-boiling
- D Braising

20. The end products of digested carbohydrates is stored in the body in form of :

- A Glycogen
- B Maltose
- C Starch
- D Glucose

21. A person suffering from prolonged illness is known as:

- A Convalescence
- B Sick person

- C Sicklier
- D Invalid

22. Two vital organs that are protected by fats are:

- A Colon and heart
- B Liver and colon
- C Heart and kidney
- D Pancreas and kidney

23. Fat soluble vitamins are.

- A A, D and E
- B B, D and C
- C E, B<sub>1</sub> and B<sub>12</sub>
- D E, D and B

24. Energy is used in which form to maintain the body temperature?

- A Chemical energy
- B Mechanical energy
- C Heat energy
- D Electrical energy

25. Identify a group of microelements:.

- A Iodine, chlorine and zinc
- B Calcium, magnesium and sulphur
- C Iodine, fluorine and potassium
- D Zinc, manganese and copper

26. An additive that improve the texture of yoghurt is:

- A Stabilizer
- B Antioxidant
- C Emulsifiers
- D Gelatin

27. A type of flour that contains all components of the original grain and is brown in colour because of the bran is:

- A Wheat meal
- B White meal
- C Whole meal
- D Brown flour

28. Select the internal organ that produce the bile:

- A Pancreas
- B Small intestine
- C Stomach
- D Liver

29. Nutritional labeling is essential to:

- A Help people identify the product
- B Help people to be attracted to the product
- C Help people to acknowledge the source of the product
- D Help people follow the dietary goal

30. Amylase in saliva begin the digestion of carbohydrates into:

- A Glycerol
- B Polypeptides
- C Amino acids
- D Simple sugars

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31. A cooking method that combines roasting and stewing is:

- A Simmering
- B Basting
- C Braising
- D Frying

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32. Washing of peeled vegetables removes;

- A Vitamin E
- B Vitamin D
- C Vitamin C
- D Vitamin B

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33. Fruits and vegetables are usually considered as good sources of:

- A Legumes and vitamins
- B Vitamins and minerals
- C Unsaturated fats and vitamins
- D Minerals and unsaturated fats

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34. Excessive weight gain can be associated to:

- A Coronary heart disease
- B Obesity
- C High blood pressure
- D Hyperglycaemias

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35. Anorexia nervosa may be referred to as::

- A Eating disorders
- B Eating habits
- C Food habits
- D Food culture

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36. A microwave cooker is mostly designed for the purpose of:

- A Cooking food
- B Baking food
- C Reheating food
- D Grilling food

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37. Pulses are a good source of:

- A Carbohydrates
- B Proteins
- C Fats
- D Vitamins

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38. An example of fruit which is used as a preservative is:

- A Pineapple
- B Lemon
- C Oranges
- D Grapes

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39. A symptom of pellagra which involved loss of memory, confusion and depression is called.

- A Dementia
- B Nerves depletion
- C Dermatitis
- D Brain derangement.

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40. Glycerol and fatty acids are made up of:

- A Oxygen, hydrogen and nitrogen
- B Nitrogen, carbon and hydrogen
- C Oxygen, carbon and hydrogen
- D Nitrogen, oxygen and carbon

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41. Pasta is made from:

- A White flour
- B Durum flour
- C Whole meal flour
- D Brown flour

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42. Rancidity is a type of spoilage that can be easily seen in:

- A Frozen beef
- B Tomatoes source
- C Cakes
- D Milk pudding

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43. Practices that lead to loss of nutrients are:

- A Soaking and steaming
- B Pressure cooking and heating
- C Sunlight exposure and steaming
- D Sunlight exposure and soaking

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44. The consumption of liver can help to prevent:

- A Anaemia
- B Scurvy
- C Ricket
- D Beriberi

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45. One of the following is a citrus fruit.

- A Apple
- B Bananas
- C Orange
- D Mango

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46. Select the component that attach muscles to bones

- A Veins
- B Tendons
- C Tissues
- D Ligaments

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47. Bacteria that require oxygen to grow and reproduce are called:

- A Anaerobic bacteria
- B Cuboid bacteria
- C Aerobic bacteria
- D Spherical bacteria

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48. Identify a mono-unsaturated fatty acid below:

- A Oleic acid

- B Butyric acid
- C Lauric acid
- D Stearic acid

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49. A vegan is also called :

- A Ovo-vegetarian
  - B Lacto-ovo-vegetarian
  - C Strict vegetarian
  - D Lacto vegetarian
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50. The protein found in egg white is called:

- A. Lipovitelin
  - B. Caesinogen
  - C. Myosin
  - D. Ovalbumin
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**STOP!**  
**GO BACK AND CHECK YOUR WORK.**