

SC7021  
WASSCE 2021  
FOODS AND  
NUTRITION 1  
Objective  
1 hour

1

- ❖ PAST QUESTIONS
- ❖ QUIZZES
- ❖ REVISION NOTES
- ❖ SYLLABUS / CHIEF EXAMINERS' REPORT
- ❖ LESSON NOTES
- ❖ FREE COURSES
- ❖ CAREER / SCHOLARSHIP OPPORTUNITIES
- ❖ STUDENT NEWS

THE WEST AFRICAN EXAMINATIONS COUNCIL

West African Senior School Certificate Examination  
for School Candidates

SC 2021

FOODS AND NUTRITION 1

1 hour

OBJECTIVE TEST  
[60 MARKS]

1. Use **HB** pencil throughout.
2. If you have got a blank answer sheet, complete its top section as follows.
  - (a) In the space marked *Name*, write in capital letters your **surname** followed by your **other names**.
  - (b) In the spaces marked *Examination*, *Year*, *Subject* and *Paper*, write '**WASSCE**', '**SC 2021**', '**FOODS AND NUTRITION**', and '**1**' respectively.
  - (c) In the box marked *Index Number*, write your **index number** vertically in the spaces on the left-hand side. There are numbered spaces in line with each digit. Shade carefully the space with the same number as each digit.
  - (d) In the box marked *Paper Code*, write the digits **702113** in the spaces on the left-hand side. Shade the corresponding numbered spaces in the same way as for your index number.
  - (e) In the box marked *Sex*, shade the space marked **M** if you are **male**, or **F** if you are **female**.
3. If you have got a pre-printed answer sheet, check that the details are correctly printed, as described in 2 above. In the boxes marked *Index Number*, *Paper Code* and *Sex*, **reshade** each of the shaded spaces.
4. An example is given below. This is for a male candidate whose *name* is Adams Smith ACKAH whose *index number* is 5251102068 and who is offering *Foods and Nutrition 1*.

THE WEST AFRICAN EXAMINATIONS COUNCIL

PRINT IN BLOCK LETTERS.		GHA	
Name: <u>ACKAH ADAMS SMITH</u>		Year: _____	
Examination: <u>WASSCE</u>		Paper: <u>SC 2021</u>	
Subject: <u>FOODS AND NUTRITION</u>			

INDEX NUMBER	PAPER CODE	SEX	
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<b>For Supervisors only</b> If candidate is absent shade this space. <input type="checkbox"/>			

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 ]

~~[ C ]~~

[ 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. The golden brown substance obtained from heating sugar is called

- A. caramel.
- B. glaze.
- C. treacle.
- D. syrup.

ggghhh

2. The **third** agency in the consumer network chain is the

- A. hawker.
- B. retailer.
- C. wholesaler.
- D. manufacturer.

3. Which of the following group of vegetarians would eat milk, milk products and plant foods?

- A. Vegans
- B. Ovo vegetarians
- C. Lacto-ovo-vegetarians
- D. Lacto vegetarians

4. An example of root vegetable is

- A. onion.
- B. carrot.
- C. okro.
- D. parsely.

5. Which of the following nutrients will speed up oxidation of food in the body?

- A. Vitamin A
- B. Vitamin B<sub>2</sub>
- C. Vitamin B<sub>6</sub>
- D. Vitamin C

6. An example of dishes prepared from batter includes

- A. biscuit.
- B. bread.
- C. meat pie.
- D. pancake.

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ggghhh

7. The process by which the end products of digestion pass through the lining of digestive tract is termed

A. ingestion.  
B. assimilation.  
C. absorption.  
D. utilisation.

8. The general behaviour of people at table is referred to as

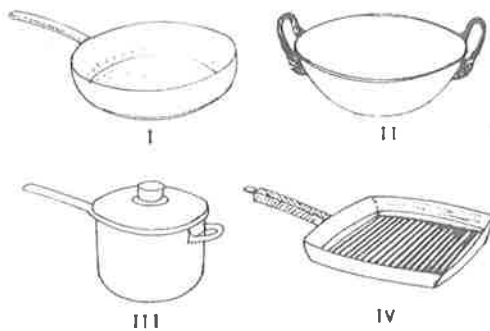
A. rules.  
B. regulations.  
C. actions.  
D. etiquettes.

9. When hot water is poured over coffee grains to extract flavour, it is referred to as

A. percolation.  
B. diffusion.  
C. infusion.  
D. filtration.

ggghhh

The diagrams in **Figure 1** are kitchen utensils. Study them and answer questions 10 to 12.



**Figure 1**

10. The utensil labelled **II** is a

A. saucepan.  
B. frying pan.  
C. casserole.  
D. wok.

ggghhh

11. Which of the utensils is **suitable** for cooking fritters?

A. **I**  
B. **II**  
C. **III**  
D. **IV**

12. The utensil that is **suitable** for grilling is

A. **I**.  
B. **II**.  
C. **III**.  
D. **IV**.

13. A sieve is basically used for

A. straining.  
B. streaming.  
C. draining.  
D. sifting.

14. The function of pectin in jam making is to

A. improve its taste.  
B. set the jam.  
C. enhance its colour.  
D. moisten it.

15. A tool required for icing a birthday cake is

A. fish slice.  
B. ladle.  
C. spatula.  
D. palette knife.

16. The end product of carbohydrates digestion is

A. galactose.  
B. fatty acid.  
C. glucose.  
D. amino acid.

17. Which of the following is a nourishing beverage?

- A. Instant coffee
- B. Lemon tea
- C. Egg nog
- D. Fruit punch

ggghhh

18. Goitre is a deficiency of

- A. iron.
- B. iodine.
- C. vitamin C.
- D. vitamin D.

19. Heat is transferred within a liquid medium by

- A. conduction.
- B. convection.
- C. radiation.
- D. evaporation.

20. A general term that describes all eating and servicing utensils is

- A. dinner ware.
- B. flat -ware.
- C. crockery.
- D. cutlery.

ggghhh

21. To make the **most** of a food budget, a homemaker should

- A. make a shopping list.
- B. buy perishables in bulk.
- C. buy non-perishables in bulk.
- D. shop as often as possible.

22. In the digestive tract, digestion of food does **not** take place in the

- A. large intestine.
- B. mouth.
- C. small intestine.
- D. stomach.

ggghhh

23. One of the functions of fruits in the body is to

- A. stimulate muscle contraction.
- B. aid digestion.
- C. give energy.
- D. maintain body tissues.

24. Which of the following **mostly** affect food habits?

- A. Customs and taboos
- B. Family size
- C. Kitchen size
- D. Social circle

25. When a consumer checks the expiry dates on food packages, it is an aspect of

- A. kitchen hygiene.
- B. personal hygiene.
- C. food safety.
- D. environmental safety.

26. A well-labelled food package should indicate the

- A. nutritional content.
- B. serving portion of food.
- C. guarantee statement.
- D. flavour of food.

27. Which of the following **best** describes a kitchen?  
A workshop where

- A. food preparation and cooking is done.
- B. crockery and cutlery are washed.
- C. friends and relations gather to eat.
- D. food is served and stored.

28. A *two-course* meal consists of

- A. main meal and an appetizer.
- B. main meal and sweet.
- C. an appetizer and tea.
- D. sweet and coffee.

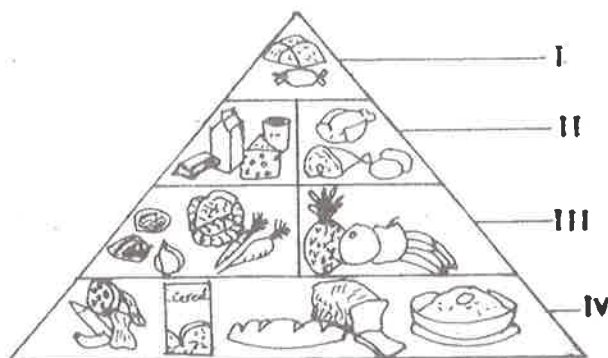
29. The tenderness and type of meat is determined by
- fat cells and protein content.
  - colour and thickness of muscle fibres.
  - extractives and elasticity of delicate fibres.
  - connective tissues and flavour.

30. For the body to effectively utilise calcium and phosphorus, an individual's food should contain

- vitamin D.
- vitamin C.
- vitamin B.
- vitamin A.

ggghhh

The diagram in **Figure 2** is a food pyramid.  
Study it and answer questions 31 to 35.



**Figure 2**

31. The part labelled **I** is referred to as
- fats, oils and sweets.
  - pasta and sweets.
  - cheese and sweets.
  - fats, nuts and sweets.
32. How many servings of foods in the part labelled **III** is recommended for an adult?
- 1 - 2
  - 3 - 5
  - 5 - 7
  - 6 - 11

ggghhh

33. The foods that are referred to as staples is labelled

- I.**
- II.**
- III.**
- IV.**

34. Which of the parts should have the **highest** number of servings in a diet?

- I**
- II**
- III**
- IV**

35. The foods responsible for repair and maintenance of body tissues is labelled

- I.**
- II.**
- III.**
- IV.**

ggghhh

36. The vitamin that is lost when palm oil is bleached is

- tocopherol.
- retinol.
- cholecalciferol.
- phylloquinone.

37. The translucency test is for testing the presence of

- protein.
- carbohydrate.
- fat.
- sugar.

38. Kitchen hygiene can be maintained by

- leaving used utensils unwashed.
- keeping the equipment clean.
- emptying waste bins once a week.
- emptying leftovers directly into the bin.

39. A toddler's meal can be enriched by adding
- condensed milk.
  - corn meal.
  - powered fish.
  - cod-liver oil.
40. The **first** step in the preparation of short crust pastry is to
- roll the dough.
  - cut fat into flour. *ggghhh*
  - add liquid to mixture.
  - relax the dough.
41. A sugar-free diet is recommended for an individual suffering from
- ulcer.
  - hypertension.
  - malaria.
  - diabetes.
42. A colander is used for *ggghhh*
- sifting.
  - dredging.
  - washing.
  - draining.
43. Aerated batter mixture should be used immediately to prevent the product from becoming
- heavy.
  - lumpy.
  - sodden.
  - dry.
44. An example of a dish that can be served as both appetizer and dessert is
- salad.
  - drink.
  - stuffed avocado.
  - shrimp cocktail.
45. Which of the following cakes is made from egg, sugar and flour **only**?
- Madeira
  - Gingerbread
  - Swiss roll
  - Genoise
46. In réchauffé, crisp foods are sometimes added to soft dishes in order to
- reduce cooking time.
  - vary texture.
  - improve flavour.
  - make them tasty.
47. In the preparation of bread sandwich, the second stage is the
- slicing of bread.
  - preparation of filling.
  - buttering of bread.
  - trimming of bread.
48. A meal of fish groundnut soup is slow to digest because
- it is a thick soup.
  - its calorie value is low.
  - the fat content is high.
  - the protein value is low.
49. The **most** appropriate cleaning agent for aluminium utensil is *ggghhh*
- wood ash and sponge.
  - pawpaw leaves and sand.
  - steel wool and soap.
  - iron sponge and soap.

ggghhh

50. One of the factor to be considered when choosing poultry is that the
- A. bird should be tall, heavy and featherless.
  - B. weight of feathers should be more than that of the body.
  - C. weight of the body should be more than that of the feathers.
  - D. comb and wattles should be big and brown.

51. The micro-nutrient responsible for blood clotting is vitamin

- A. K.
- B. E.
- C. D.
- D. A.

52. The **best** methods for cooking reducing diets are

- A. frying, grilling and roasting.
- B. baking, boiling and frying.
- C. grilling, steaming and boiling.
- D. braising, baking and pot roasting.

53. The **main** reason for adding milk to tea is to

- A. change its colour.
- B. reduce its caffeine content.
- C. enrich it.
- D. improve its taste.

54. Important factors to be considered when buying a saucepan are

- A. size, colour and durability.
- B. cost, efficiency and size.
- C. family size, weight and cost.
- D. colour, storage space and handle.

ggghhh

- 7  
55. Tender chunks of meat are best cooked by

- A. grilling.
- B. *saut  ing*.
- C. stewing.
- D. boiling.

56. The **commonest** source of information for consumers is

- A. advertisement.
- B. sales agents.
- C. manufacturer's handout.
- D. information sheets.

57. *Drumstick* is associated with

- A. poultry.
- B. fish.
- C. beef.
- D. mutton.

ggghhh

58. Goods bought on hire purchase are

- A. not to be used until all payments are made.
- B. not expensive.
- C. of poor quality.
- D. not owned until all payments are made.

59. In table setting, placemats, serviettes and plates are grouped as

- A. silverware.
- B. cutlery.
- C. crockery.
- D. tableware.

60. The **most** appropriate kitchen linen for handling hot patty tins is

- A. pot holder.
- B. oven glove.
- C. dish cloth.
- D. napkin.

**END OF PAPER**

SC7023  
WASSCE 2021  
FOODS AND  
NUTRITION 3  
Practical  
1 hour + 3 hrs.

3

Name .....

Index Number .....

THE WEST AFRICAN EXAMINATIONS COUNCIL  
West African Senior School Certificate Examination  
for School Candidates

FOODS AND NUTRITION 3

Preparation Time: 1 hour  
Practical Examination: 3 hours

SC 2021

PRACTICAL

Instructions to Candidates and Preparation Sheets

1. The test is on the next page.
2. Read the test carefully.
3. During the next **1 hour** you must complete this form **using the carbon paper provided** and so making two copies. When completed, carefully tear out the carbon copy for your own use during the practical examination, and hand it with the original to the Examiner.
4. In Section **A** give the:
  - (a) dishes chosen;
  - (b) reasons for your choice;
  - (c) quantity of ingredients used for **each** dish.
5. In Section **B** give the **total quantity of all** ingredients required.
6. In Section **C** give a time-plan showing the order of work; do **not** write out methods.
7. The blank pages **3** and **4** may be used for rough work.
8. There will be a preparation period of **1 hour** before the test begins. In the **3-hour** practical examination, you **must** complete the cooking, serving and washing-up. You will be expected to keep to your time-plan.



## TEST

Your sister is an ulcer patient; considering her condition:

- (a) prepare, cook and serve a three - course meal for her;
- (b) prepare and serve her a suitable drink;
- (c) set a table for two.

FOR YOUR ROUGH WORK

FOR YOUR ROUGH WORK

Name: ..... Index Number: .....

## SECTION A

DISHES CHOSEN	REASONS FOR CHOICE	CHIEF INGREDIENTS: QUANTITY

Name: ..... Index Number: .....

SECTION A (Candidate's Copy)

DISHES CHOSEN	REASONS FOR CHOICE	CHIEF INGREDIENTS: QUANTITY

## TOTAL QUANTITY OF ALL INGREDIENTS

SC/7023/21/wscnig/fad

**Turn over**

Name: ..... Index Number: .....

**SECTION B (Candidate's Copy)**

## TOTAL QUANTITY OF ALL INGREDIENTS

[illegible]

Name:.....

Index Number:.....

## SECTION C

## TIME PLAN

TIME	WORK



Name: ..... Index Number: .....

## SECTION C (Candidate's Copy)

## TIME PLAN

TIME	WORK