

MARCH 2022
EBS 112
FUNDAMENTALS IN HOME ECONOMICS
30 MINUTES

Candidate's Index Number:
Signature:

UNIVERSITY OF CAPE COAST
COLLEGE OF EDUCATION STUDIES
SCHOOL OF EDUCATIONAL DEVELOPMENT AND OUTREACH
INSTITUTE OF EDUCATION

COLLEGES OF EDUCATION
FOUR-YEAR BACHELOR OF EDUCATION (B.ED)
FIRST YEAR, FIRST SEMESTER MID-SEMESTER QUIZ, MARCH 2022

MARCH 18, 2022 FUNDAMENTALS IN HOME ECONOMICS 12:00 PM – 12:30 PM

Answer ALL the questions.
[20 MARKS]

For items 1 to 18, each stem is followed by four options lettered A to D. Read each item carefully and circle the letter of the correct or best option.

1. Which one of the following factors will make meals appealing and acceptable to all family members regardless of their food preferences?
 - A. Nutritional Adequacy.
 - B. Satiety value of meal.
 - C. Seasonal availability.
 - D. Variation in texture.

2. Which one of the following statements is an adequate description of a balanced diet? It comprises a combination of a variety of

 - A. animal foods in right amounts.
 - B. both plant and animal foods.
 - C. foods in their right amounts.
 - D. plants foods in right amounts.

3. Rate the following factors in order of importance when planning meals.
 - I. Equipment
 - II. Money
 - III. Nutrition
 - IV. Satiety
 - A. Money, Equipment, Nutrition, Satiety.
 - B. Money, Nutrition, Satiety, Equipment.
 - C. Nutrition, Money, Satiety, Equipment.
 - D. Nutrition, Satiety, Money, Equipment.

4. All the following are activities performed by mixing tools **except**
 - A. beating.
 - B. grinding.
 - C. stirring.
 - D. whisking.

5. What would you do if you have to feed a group of people with different nutritional demands with the same meal?
 - A. Change the amount of nutrients, consistency, and flavour of the meal.
 - B. Increase or decrease the number of times a meal is taken by the group members.
 - C. Increase or decrease the portion sizes of meals eaten by the group members.
 - D. Increase the number of meals eaten by individuals in the group in a day.

6. A meal manager was contemplating as to whether to cook jollof or make fufu and soup for the family considering the food budget available. This thought processing is referred to as decision.
 - A. irrational.
 - B. mutual.
 - C. natural.
 - D. rational.

7. At what point in meal planning is “delegation” and “organisation” very important?
 - A. Evaluation.
 - B. Implementation.
 - C. Planning.
 - D. Supervision.

8. Planning psychologically and physiologically satisfying meals requires a basic knowledge of food
 - A. food acceptability.
 - B. food and nutrition.
 - C. food preparation.
 - D. food presentation.

9. The tools that aid in cutting, chopping, shredding and peeling of ingredients are referred to as tools.
 - A. baking
 - B. cutting
 - mixing
 - 'nding

10. Expressly warranty can be a necessary evil to the customer. It
 - A. assures the costumer of the authenticity of a product.
 - B. assures the costumer of the value for money.
 - C. has clauses that are not fully understood by customers.
 - D. offers the customer the opportunity to return the product.

11. Which one of the following fuels is the odd one out?
 - A. Charcoal.
 - B. Electricity.
 - C. Fire wood.
 - D. Kerosene.

12. Whisks are used for all the following purposes **except** to
- A. beat to achieve a consistency.
 - B. blend ingredients into a mixture.
 - C. disintegrate air from mixtures.
 - D. incorporate air into mixtures.
13. Fibres made from cellulose esters derived from cellulose then modified is known as fibres.
- A. artificial
 - B. natural
 - C. regenerated
 - D. synthetic
14. What type of carbohydrate makes up synthetic fibres?
- A. Cellulose.
 - B. Monomer.
 - C. Polymer.
 - D. Spandex.
15. What is the smallest indivisible unit of a textile?
- A. Fibre.
 - B. Selvedge.
 - C. Weft.
 - D. Yarn.
16. Rayon and Viscose are fibres.
- A. animal
 - B. artificial
 - C. natural
 - D. plant
17. Which fibre identification test shows the structure of a fibre? test.
- A. burning
 - B. feeling
 - C. microscopic
 - D. staining

Item 18 to 20 are statements followed by True and False options. Read each statement carefully and indicate whether it is True or False by circling the letter of the correct option.

18. Nutritious foods are always tasty.
- A. True
 - B. False
19. A burn test can be used to distinguish plant fibre (cellulose) from animal fibre (protein).
- A. True
 - B. False
20. Wool is best used in summer.
- A. True
 - B. False

