

JULY/AUGUST, 2021
EBS 162
INTRODUCTION TO FOOD AND NUTRITION
2 HOURS

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, END-OF-SECOND SEMESTER EXAMINATION, JULY/AUGUST, 2021

JULY 26, 2021 INTRODUCTION TO FOOD AND NUTRITION 2:00 PM – 4:00 PM

This paper consists of two sections, A and B. Answer ALL the questions in Section A and TWO questions from Section B.

SECTION A

Answer ALL the questions in this Section.

1. Why do stocks made from animal bones and connective tissue have body and thicken when cooled? **1 mark**
2. How do lipids travel through the blood stream? **1 mark**
3. Provide the **two** main types of lipid carriers. **1 mark**
4. What roles do the **two** types of lipid carriers stated in question 3 above play in the body? **2 marks**
5. How does fibre help reduce the risk of heart diseases in humans? **3 marks**
6. Identify the **two** most common effects of undernutrition in children. **3 marks**
7. Briefly explain the term Malnutrition. **2 marks**
8. What makes a recipe good? **2 marks**
9. Why is it important to read food labels? **2 marks**
10. Why is hygiene and sanitation important? **2 marks**

SECTION B

Answer any TWO questions from this section.

- 1 a. Briefly explain why different foods have different Glycaemic Indices (GI)? **4 marks**
- b. When an individual has a sore which lasts long and is handicapped in sight, what advice will you give him/her. **2 marks**
- i. What vitamins are expected to help with the wound healing and the sight? **2 marks**
- ii. Mention **two** foods each that will help with healing of the sores and the sight? **4 marks**
- c. What vitamin aids the absorption of calcium from the intestines? **2mark**
- d. Apart from green leafy vegetables, list **four** other food sources that are rich in vitamin K. **4 marks**
- e. Mention **two** benefits of physical activity or fitness for children. **2 marks**
2. a. Mention **two** minerals important for teeth rigidity and strength. **2 marks**
- b. Low Hb and goiter development in children comes with issues.
- i. Mention a mineral each which will help improve the low Hb and goitre. **2 marks**
- ii. In what **two** ways can one improve Hb quickly? **2 marks**
- iii. Identify **four** food sources for each of the minerals referred to in question 2a above. **4 marks**
- iv. Mention **two** ways in which Zinc is important to children. **2 marks**
- v. List **four** food sources of Zinc. **2 marks**
- c. i. What are the standard methods of cooking? **3 marks**
- ii. Briefly describe what these methods are. **3marks**
- 3 a. What are growing foods and why are they called so? **2 marks**
- b. What name is given to foods that contain a lot of fat or carbohydrates and perhaps only a little protein and why? **2marks**
- c. What name is given to foods in which the most important nutrients are vitamins or minerals and why? **2 marks**
- d. Mention 6 foods that contain simple sugars and should not be eaten in large quantities by patients who have diabetes? **3 marks**
- e. Provide **five** reasons why water is essential for life. **5 marks**
- f. Provide **three** reasons why fibre is important in the diet. **3 marks**
- g. A woman asks you which is better for her family; animal fats or fish and vegetable oils and why? **2 marks**
- h. A man complains of constipation. What foods should you tell him to include in his diet? **1 mark**