

AUGUST 2022
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, AUG/SEPT. 2022

AUGUST 22, 2022 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 ONE question from Section B. Answer ALL questions in the answer booklets provided.

SECTION A
(40 MARKS)

Answer ALL the questions in this Section.

1. What is Nutrition? 1 mark
2. How will you define a calorie? 1 mark
3. What does the body do with excess calories? 1 mark
4. A nutritionally balanced diet should have “variety”, “moderation” and balance. Briefly explain these terms? 6 marks
5. Briefly differentiate between essential and non-essential amino acids. 2 marks
6. How does the human body produce amino acids? 2 marks
7. What is the basis for classifying fats into saturated and unsaturated fats? 1 mark
8. How much energy does a gram each of carbohydrate, protein, fat and alcohol produce? 4 marks
9. When the kitchen forms part the main block and may have adjoining entrances to the restaurant/dining, it is referred to as 1 mark
10. List **three** main ways of making a kitchen more efficient. 3 marks
11. What is a work centre in a kitchen? 1 mark

12. Classify kitchen equipment according to:
- a. size 3 marks
 - b. function 8 marks
13. List **six** materials commonly used in the construction of kitchen equipment. 6 marks

SECTION B

Answer any ONE question from this Section.

- 1.
- a. Identify and explain **five** factors that need to be considered when acquiring equipment for the kitchen. 10 marks
 - b. Explain the link between inadequate and excessive intake of nutrients. 2 marks
 - c. Distinguish between dry heat and moist heat methods of cooking. 2 marks
 - d. Explain the term 'balanced diet'. 4 marks
 - e. List **two** health-related problems that inadequate or excessive intake of nutrients could cause. 2 marks
- 2.
- a.
 - i. Explain the principles of any **five** of the following methods of cooking. 5 marks
 - α. frying
 - β. steaming
 - γ. stewing
 - δ. baking
 - ε. grilling
 - ζ. microwaving
 - η. boiling
 - ii. State **one** advantage **each** of the cooking methods explained in (i). 5 marks
 - b.
 - i. What is water in the body? 2 marks
 - ii. List the **five** main functions of water inside the human body? 5 marks
 - c. Differentiate between the types of carbohydrate (monosaccharide, disaccharide and polysaccharide). 3 marks

- 3.
- a. Explain **five** reasons why food is cooked? **10 marks**
 - b. If you have a piece of meat that you want to prepare for the family's dinner with an aim of increasing flavour and aroma development, which of the following methods will you use and why? Poaching, Simmering & Boiling, or Grilling & Broiling? **5 marks**
 - c. With some cooking methods, food warms up from the outside towards the inside but with the use of a microwave oven, heat moves from inside the food towards the outside. Please explain. **2 marks**
 - d. Indicate whether each of the following statements is **true** or **false**. Explain your answer. **3 marks**
 - i. Vitamin B does not dissolve in the water in which you cook food.
 - ii. It is not harmful to add a little soda to vegetables when cooking.
 - iii. Minerals are lost when the water in which the foods are cooked is thrown away.