

SEPTEMBER 2023
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, SEPT./OCT. 2023

29TH SEPTEMBER 2023 INTRODUCTION TO FOOD AND NUTRITION 12:00 PM – 12:30 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 will be collected after the first 30 minutes.

SECTION A
(20 MARKS)

Answer ALL the questions in this Section.

Items 1 to 20 are stems followed by four options lettered A to D. Read each item carefully and circle the letter of the correct or best option.

1. Low Density Lipoproteins are known as cholesterol.
A. bad
B. best
C. better
D. good
2. The building blocks of proteins are amino
A. acids.
B. bases.
C. blocks.
D. protein.
3. What type of fat is Omega=3?
A. Cholesterol
B. Monosaturated fat
C. Polysaturated fat
D. Saturated fat
4. The following are all simple sugars **except**
A. fructose, glucose and galactose.
B. glucose, fructose, galactose.
C. glucose, galactose, sucrose.
D. sucrose, fructose, galactose.

5. Which one of the following are characteristics of a healthy diet?
 - A. Balance and Adequacy
 - B. Balance and Variety
 - C. Variety and Adequacy
 - D. Variety and Balance
6. Which one of the following covers the nutrition principle that “no food is good or bad”?
 - A. All foods that are bad
 - B. All foods that are good
 - C. Foods except Poisonous and spoilt foods
 - D. Foods except Poisonous foods
7. How are lipids transported through the blood?
 - A. Cholesterol
 - B. High Lipoproteins
 - C. Lipoproteins
 - D. Low Lipoproteins
8. Which one of the following has the highest energy?
 - A. Alcohol
 - B. Carbohydrate
 - C. Lipids
 - D. Proteins
9. Which one of the following nutrients passes through the gut unchanged?
 - A. Fibre
 - B. Lactose
 - C. Lipid
 - D. Sucrose
10. Which one of the following vitamins enhances the absorption of calcium from the small intestine?
 - A. A Vitamins
 - B. B Vitamins
 - C. C Vitamins
 - D. D Vitamins
11. Which one of the following vitamins is needed to prevent blood clotting?
 - A. C
 - B. D
 - C. E
 - D. K
12. Which one of the following vitamins prevents scurvy?
 - A. B
 - B. C
 - C. D
 - D. E^s
13. Which one of the following minerals helps in the formation of blood?
 - A. Calcium
 - B. Fluorine
 - C. Iodine
 - D. Iron

14. The following are all concepts of Nutrition **except**
- A. is interdisciplinary.
 - B. it is dynamic.
 - C. neither good or bad.
 - D. the study of nutrients and their relationship to health.
15. What is glycemic index?
- A. Blood lipid levels.
 - B. Blood protein levels.
 - C. Cholesterol levels in blood.
 - D. Glucose in blood levels.
16. What is nutrition? The study of
- A. food and nutrition.
 - B. food nutrients and their effect on health.
 - C. food nutrients, nutrition and health.
 - D. Foods.
17. The following are all principles **except**
- A. malnutrition involves both undernutrition and over nutrition.
 - B. may have underlying causes for all diseases.
 - C. nutrition changes with time.
 - D. People across the life cycle all take in the same foods in varying quantities.
18. The following are all examples of moist cooking **except**
- A. baking.
 - B. boiling.
 - C. broiling.
 - D. stewing.
19. The following are all characteristics of a good recipe **except**
- A. contains all required ingredients.
 - B. easily understandable.
 - C. infallible.
 - D. readable.
20. Gluten can be found in all the following **except**
- A. barley.
 - B. maize.
 - C. rye.
 - D. wheat.