

SEPTEMBER 2023  
 EBS 162  
 INTRODUCTION TO FOOD AND NUTRITION  
 1 HOUR 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, END-OF-SECOND SEMESTER EXAMINATION, SEPT./OCT. 2023

29<sup>TH</sup> SEPTEMBER 2023 INTRODUCTION TO FOOD AND NUTRITION 12:30 PM – 2:00 PM

SECTION B  
 (40 MARKS)

Answer TWO questions from this Section.

Please, note that if you answer more than two questions, only the first two will be marked.

1. Copy and complete the table below by providing **one** key missing nutrient, **two** symptoms of each disease and **one** food source of the required nutrient to help with the condition. (20 marks)

No.	Condition	Key Nutrient	Symptom(s)	Food Sources
1.	Anemia			
2.	Scurvy			
3.	Beriberi			
4.	Pellagra			
5.	Goitre			

- 2.
- a. Provide **six** examples each of dry and moist methods of cooking. (5 marks)
  - b. Give **two** reasons as to whether or not dry cooking method produces healthier food than moist cooking method. (2 marks)
  - c.
    - i. How are food recipes developed? (2 marks)
    - ii. Identify **three** characteristics of a good recipe? (3 marks)

- d. Why is it necessary to develop guidelines for food safety and good sanitation practices? **(3 marks)**
- e.
- i. Why are the personal cleanliness and hygienic practices of people who prepare food critical? **(1 mark)**
  - ii. What is the use of a sanitation plan in any food service preparation? **(2 marks)**
  - iii. Regular exercise is said to be vital for people with chronic disease. Why? **(2 marks)**
- 3.
- a. Provide **two** minerals important for teeth rigidity and strength. **(2 marks)**
  - b. Ohui is a 25-year-old lady who has a low Hb and has developed goitre.
    - i. Provide a mineral each which will help improve the low Hb and goitre. **(2 marks)**
    - ii. Identify **two** sources of food that will improve the low Hb in the shortest possible time. **(2 marks)**
    - iii. Identify **four** food sources for each of the minerals referred to in question 2a above. **(4 marks)**
    - iv. List **two** ways in which Zinc is important to children. **(2 marks)**
    - v. List **four** food sources of Zinc. **(2 marks)**
  - c.
    - i. Write the **three** categories of cooking methods. **(3 marks)**
    - ii. Briefly describe what each of the methods is. **(3 marks)**
- 4.
- a. Explain the following culinary terms. **(10 marks)**
    - i. Baste
    - ii. Fillet
    - iii. Drizzle
    - iv. Al dente
    - v. Braise
    - vi. Glaze
    - vii. Marinate
    - viii. Dollop
    - ix. Dredge
    - x. Poach
  - b. Explain any **five** factors that contribute to weight gain or loss? **(10 marks)**