

JULY 2023
EBS 307
FOOD HANDLING AND PRESERVATION
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)
THIRD YEAR, FIRST SEMESTER MID-SEMESTER QUIZ, JULY 2023

25TH JULY 2023

FOOD HANDLING AND PRESERVATION

8:00 AM – 8:30 AM

Answer ALL the questions.
(20 MARKS)

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. The following are all principles of reducing microbial spoilage in food **except**
 - A. inhibiting the growth of contaminating microflora.
 - B. killing the contaminating microorganisms.
 - C. maximizing the level of microbial contamination onto the food.
 - D. removing the contaminating microorganisms.
2. The following statements are all benefits of fermenting foods **except**
 - A. improve sensory properties of unappealing produce.
 - B. increase in nutritional value and digestibility of foods.
 - C. increase in toxicity.
 - D. lower cooking times.
3. All the following factors affect fruits after harvesting **except**
 - A. atmosphere gas.
 - B. humidity.
 - C. pH.
 - D. temperature.
4. Which one of the following techniques does **not** preserve food?
 - A. Blanching
 - B. Cooking
 - C. Freezing
 - D. Thawing

5. To retain the safety of carcass, it must be treated with
- A. detergent mixed with water.
 - B. hot water.
 - C. soap.
 - D. warm water.
6. Which of the following is **not** an important reason for fish cleaning and freezing right after harvest?
It
- A. deteriorates once it leaves the water.
 - B. gets dehydrated easily.
 - C. has high moisture content that makes it go bad easily.
 - D. has microbes in the offal that makes it go bad easily.
7. Which of the following gases is **not** utilized in food preservation?
- A. Carbon dioxide
 - B. Ethylene
 - C. Nitrogen
 - D. Oxygen
8. Why would you discourage slow freezing of meat rather than fast freezing?
- A. Avoid spoilage.
 - B. Maintain freshness and quality of meat.
 - C. Maintain freshness of meat.
 - D. Prevent dehydration and stiffening.
9. The following are means of reducing cross-contamination in food **except**
- A. avoid cutting meat and vegetables on the same surface.
 - B. avoid separating foods.
 - C. buying processed foods and vegetables before fish and meat.
 - D. immediately cleaning and freezing vegetables and meat separately.
10. During storage, bruised fruits
- A. are unable to ripen.
 - B. become dehydrated.
 - C. become hardened.
 - D. go bad quickly.
11. When fish becomes unwholesome, it has
- A. bright red eyelids and dark gills.
 - B. bright red gills and slimy skin.
 - C. dark red eyelids and gills.
 - D. shiny skin or scales and bright red eyelids.
12. In curing meat, the main ingredients that give the pink colour are
- A. salt and sodium nitrite.
 - B. salt and sugar.
 - C. smoke and salt.
 - D. smoke and sugar.

13. What role does cooling play in the preservation of food? microorganisms.
- A. Increases reaction of enzymes and
 - B. Increases the growth and reproduction of
 - C. Slows down the action of both enzymes and
 - D. Slows down the growth of
14. The following are all types of pasteurization **except**
- A. batch pasteurization.
 - B. continuous pasteurization.
 - C. out-package pasteurization.
 - D. pasteurization prior to packaging.
15. Heat processing affects major nutritional components **except**
- A. carbohydrate.
 - B. dry matter.
 - C. minerals.
 - D. water soluble vitamins.
16. Which one of the following methods is considered the **best** commercial pretreatment for fruits?
- A. Blanching
 - B. Steaming
 - C. Sulfuring
 - D. Syrup
17. Why does cooking make fruits and vegetables easier to eat?
- A. cellulose changes much.
 - B. cellulose hardens as it gelatinizes.
 - C. pectin becomes less soluble and undissolved.
 - D. pectin becomes more soluble and dissolve.
18. Which one of the following is a basic principle of reducing microbial spoilage of food?
- A. Add contaminating microorganisms
 - B. Grow the contaminating microorganisms
 - C. Promote the growth of the contaminating micro flora
 - D. Remove the contaminating microorganisms
19. Irradiation of food is the exposure of food to
- A. ionizing radiation.
 - B. multiple ionizing radiation.
 - C. non ionizing radiation.
 - D. radiation.
20. The following are all dry heat methods of cooking **except**
- A. baking.
 - B. grilling.
 - C. poaching.
 - D. roasting.