

**NOVEMBER 2023
EBS 334
FOOD AND CULTURE
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, SECOND SEMESTER MID-SEMESTER QUIZ, NOVEMBER 2023**

23RD NOVEMBER 2023 FOOD AND CULTURE 8:00 AM – 8:30 AM

**Answer ALL the questions.
(20 MARKS)**

For items 1 to 16, each stem is followed by four options lettered A to D. Read each item carefully and circle the letter of the correct or best option.

1. When healthy food is provided for both present and future generations, it is referred to as system.
A. food
B. sustainable
C. sustainable food
D. unsustainable food
2. Why is food sustainability important? It is important because it provides
A. food for all.
B. healthy environment and food.
C. healthy environment.
D. healthy food for all.
3. What would you call preparation, production and consumption of different foods? eating.
A. Optimal
B. Proper
C. Sustainable
D. Unsustainable
4. All the following are key insights to food systems analyses **except**
A. causes of dietary imbalances in different regions.
B. creates interaction between food system stakeholders and food system dynamics.
C. do not operationalize opportunities for engaging stakeholders in policies and practices.
D. identifies innovative solutions to support outcomes.

5. What is the symbolic meaning of bread?
 - A. Bad luck
 - B. Disease
 - C. Poverty
 - D. Sharing

6. Which of the following countries is considered having the best food in the world?
 - A. America
 - B. Britain
 - C. Italy
 - D. Spain

7. What cuisine is heavily influenced by seafood? cuisine.
 - A. Indian
 - B. Italian
 - C. Spanish
 - D. Turkish

8. Which one of the following is characteristic of Chinese cuisine?
 - A. Conforming
 - B. Diverse
 - C. Identical
 - D. Uniform

9. The following are all drivers of food systems **except**
 - A. climate change.
 - B. creation of natural resources.
 - C. depletion of natural resources.
 - D. growing wealth.

10. Which one of the following is a benefit of the food system?
 - A. Animal and human health issues.
 - B. High level of food loss and waste.
 - C. Increased incidence of food safety.
 - D. Widening of food choices beyond local staples.

11. The following are all solutions for meeting the limitations of the food system **except**
 - A. adopting a food system approach to address the limitation.
 - B. creating awareness of trade-offs to be made.
 - C. discouraging development practitioners to understand the need for a systems approach.
 - D. encouraging development policymakers to see a bigger picture.

12. The following are all ways of increasing food availability to individuals **except**
 - A. improving calorific and nutrient utilisation.
 - B. improving distribution and access.
 - C. increasing food loss.
 - D. prolonging the shelf life of food.

13. The following are natural elements of the food system **except**
 - A. air.
 - B. climate.
 - C. ecosystems.
 - D. laws.

14. The following are all important when it comes to ethical eating **except**
- A. avoid land degradation and preserve farmlands.
 - B. maximize climate change by the use of synthetic fertilizers.
 - C. preserve waterways from contamination by industries.
 - D. promote animal and plant organic farming which produces safe food.
15. What are the 3 important dimensions of sustainability? dimensions.
- A. Cultural, Social and Economic
 - B. Economic, Human and Environmental
 - C. Economic, Social and Environmental
 - D. Human, Animal and Environmental
16. At which level will one use the Value Chain Development Approach to evaluate food systems? level.
- A. Continental
 - B. Global
 - C. Local
 - D. National

Items 17 to 20 are statements followed by True and False options. Read each statement carefully and indicate whether it is True or False by circling the letter of the correct option.

17. Food is associated with hospitality and expression of friendship.
- A. True
 - B. False
18. Fats are the body's main form of stored energy.
- A. True
 - B. False
19. Occupation plays a significant role in the food selection.
- A. True
 - B. False
20. Food is often used as a means of retaining our cultural identity.
- A. True
 - B. False