

DECEMBER 2023
EBS 334
FOOD AND CULTURE
1 HOUR 40 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, END-OF-SECOND SEMESTER EXAMINATION, DECEMBER 2023

12TH DECEMBER 2023

FOOD AND CULTURE

9:40 AM – 11:00 AM

SECTION B
[40 MARKS]

Answer any TWO questions from this Section.

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

1.
 - a. Explain the relationship between food and culture using the following concept: (8 marks)
 - i. Food pattern
 - ii. Religion
 - iii. Communication
 - iv. Tradition
 - b. What is a sustainable food system? (3 marks)
 - c. Provide the **first five** principles of nutrition (5 marks)
 - d. What does continuous to making food from a culture for family meals symbolize in a traditional cuisine? (5 marks)
 - e. What do Barthes consider food as? (2 marks)

2.
 - a.
 - i. Identify **three** Regions in Ghana and state the main traditional foods associated with each. (6 marks)
 - ii. List the instructions for preparing one of the meals listed in (2ai) above. (9 marks)

- b. Which principle of nutrition states that apart from spoilt or poisonous food, all foods can be good if eaten in moderation? **(2 marks)**
- c. Outline **three** ways to make healthy food choices. **(3 marks)**
- 3.
- a. Identify **three** direct-controlled municipalities in China and state **any three** traditional foods. **(6 marks)**
- b. Which group of people eats pupusas? **(2 marks)**
- c. What are food choices? **(3 marks)**
- d. Provide the **last five** principles of nutrition. **(5 marks)**
- e. List **four tips** for eating sustainably. **(4 marks)**
- 4.
- a. Why do nutrition recommendations to the public change with time **(3 marks)**
- b. How does food and culture relate through values and beliefs? **(2 marks)**
- c. How do social factors influence food choices? **(2 marks)**
- d. Differentiate between sustainable food culture and food security. **(4 marks)**
- e. Traditional cuisine is passed down from one generation to the next generation to express **(1 mark)**
- f. With an example, how is food used as an expression of thanksgiving? **(4 marks)**
- g. With an example, how is food used as hospitality and expression of friendship? **(4 marks)**