

GENERAL CERTIFICATE OF EDUCATION BOARD

General Certificate of Education Examination

0740 FOOD SCIENCE & NUTRITION 1

JUNE 2023

ADVANCED LEVEL

Centre No.	
Centre Name	
Candidate Identification No	
Candidate Name	

Mobile phones are NOT allowed in the examination room.

MULTIPLE CHOICE QUESTION PAPER

One (1) hour Thirty Minutes

INSTRUCTIONS TO CANDIDATES

Read the following instructions carefully before you start answering the questions in this paper. Make sure you have a soft HB pencil and an eraser for this examination.

1. USE A SOFT HB PENCIL THROUGHOUT THE EXAMINATION.
2. DO NOT OPEN THIS BOOKLET UNTIL YOU ARE TOLD TO DO SO.

Before the examination begins:

3. Check that this question booklet is headed "Advanced Level – 0740 Food Science and Nutrition 1"
4. Fill in the information required in the spaces below.
5. Fill in the information required in the spaces provided on the answer sheet using your HB pencil:
Candidate Name, Exam Session, Subject Code and Candidate Identification Number.
Take care that you do not crease or fold the answer sheet or make any marks on it other than those asked for in these instructions.

How to answer the questions in this examination

6. Answer ALL the 50 questions in this Examination. All questions carry equal marks.
7. Calculators are allowed.
8. Each question has FOUR suggested answers: A, B, C and D. Decide on which answer is correct. Find the number of the question on the Answer Sheet and draw a horizontal line across the letter to join the square brackets for the answer you have chosen.

For example, if C is your correct answer, mark C as shown below:

[A] [B] ☒ [C] [D]

9. Mark only one answer for each question. If you mark more than one answer, you will score a zero for that question. If you change your mind about an answer, erase the first mark carefully, then mark your new answer.
10. Avoid spending too much time on any one question. If you find a question difficult, move on to the next question. You can come back to this question later.
11. Do all rough work in this booklet, using, where necessary, the blank spaces in the question booklet.
12. At the end of the examination, the invigilator shall collect the answer sheet first and then the question booklet after. DO NOT ATTEMPT TO LEAVE THE EXAMINATION HALL WITH IT.

0740/1
©GCEB2023



Turn Over

1. Select the phrase that best describes Amylose;
 - A Branched molecule
 - B Forms brittle films
 - C Retrogrades slowly
 - D Linear molecule
2. A balanced diet is referred to as food which;
 - A Has proteins and give fullness
 - B Is tasteful and attractive
 - C Gives much energy
 - D Contains all nutrients
3. The table that presents a guide to daily food choices is called;
 - A Food group guides
 - B Food composition table
 - C Food guide pyramid
 - D Food exchange lists
4. Select two types of polysaccharides below;
 - A Wax and steroids
 - B Galactose and complex sugars
 - C Disaccharides and single sugars
 - D Starches and double sugars
5. The main importance of vitamins in the body;
 - A Regulates body temperature and aids blood circulation,
 - B Functions in boosting the immune system and gives energy
 - C Clears the digestive system and aids in ingestion
 - D Mainly for energy production and body regulation
6. They are covalent complexes of fat with protein;
 - A Lipoprotein
 - B Apoprotein
 - C Cholecystokinin
 - D Chylomicrons
7. The correct colour change when testing for protein using millon's reagent is
 - A Purple
 - B Violet
 - C Red
 - D Blue
8. Identify the compound responsible for the blue-complex when Iodine is added to starch solution;
 - A Pectin
 - B Amylose
 - C Amylopectin
 - D Dextrin
9. A fruit contains 25g of protein, how much energy can be obtained from proteins if the fruit is eaten?
 - A 30kcal
 - B 25kcal
 - C 10kcal
 - D 12kcal
10. Calculate the percentage of protein in a food item containing carbohydrates, fats and proteins in the ratio of 3:2:5 respectively.
 - A 10%
 - B 70%
 - C 50%
 - D 80%
11. Chemical digestion of fats occur in;
 - A Large intestine
 - B Ileum
 - C Stomach
 - D Duodenum
12. A straight collapsible tube that provides a passage way for substances from the pharynx to the stomach is;
 - A Esophageal hialus
 - B Alimentary canal
 - C Mucous glands
 - D Esophagus
13. A group of poorly absorbed sugars when ingested are;
 - A Starchyose and fructose
 - B Starchyose and sucrose
 - C Raffinose and starchyose
 - D Raffinose and sucrose
14. The Alimentarius commission (CODEX) functions in;
 - A Providing relief supplies during disasters
 - B Subsidizing agricultural inputs
 - C Protecting health via fair trade practices
 - D Providing vaccination programmes during outbreaks
15. Food security is for;
 - A Healthy people
 - B Poor people
 - C Sick people
 - D All people
16. The act of writing wrong information on food labels is termed;
 - A Misbranding black
 - B Adulteration
 - C Labelling
 - D Fraud
17. A food law is divided into the following parts;
 - A A basic law and amendments
 - B Standard quantities and penalties
 - C A basic food act and regulations
 - D Basic terminologies and act



18. The overall objective of quality control is to;
A Present wholesome and healthy food to the consumer
B Maintain all quality control records
C Solve various problems caused by poor quality
D Develop and perform tests for raw material
-
19. This is a risk taking activity and a challenging task;
A Entrepreneur
B Entrepreneurship
C Entrepreneurial skills
D Entrepreneurial career
-
20. Chronic liver diseases, characterized by loss of functional cells, with fibrous and nodular regeneration is called;
A Cirrhosis
B Feter hepaticas
C Hepatitis
D Viral hepatitis
-
21. Phenylketonuria is caused by;
A Absence of phenylalanine in the diet
B Consuming too little phenylalanine
C The ability to dispose excess phenylalanine
D Lack of phenylalanine hydroxylase
-
22. Ripening and browning of fruits and vegetables leading to spoilage could be as a result of;
A Moisture loss
B Enzyme action
C Microbial growth
D Bacteria action
-
23. The removal of polyphenolic compounds in beer is brought about by the enzyme;
A Pectinase
B Amylase
C Maltase
D Tannase
-
24. During wine making, the 'must' is cold-soak with the grape skin to enhance;
A Flavour and sweetness
B Red colour and flavour
C Alcoholic content and flavour
D Sweetness and alcoholic content
-
25. A drink containing 14% alcohol by volume will most certainly be classified as;
A Lager
B Stout
C Wine
D Spirits
-
26. Which of the following food constitutes water-in-oil (w/o) emulsion?
A Butter
B Milk
C Ice cream
D French dressing
-
27. The production of margarine from liquid oil to solid fat is achieved by;
A Churning
B Neutralizing
C Deodorization
D Hydrogenation
-
28. In the production of margarine, which process come first?
A The aqueous blend
B The oil blend
C Homogenization
D Emulsification
-
29. Select a fatty acid that is gotten from diary products;
A Butyric acid
B Oleic acid
C Steric acid
D Lauric acid
-
30. Fatty acid derivatives responsible for the synthesis of vitamin D in the body;
A Triglyceride
B Cholesterol
C Lecithin
D Glycerol
-
31. A cereal with the largest grain is;
A Maize
B Wheat
C Sorghum
D Barley
-
32. Identify the correct sequence of milling wheat grains into flour;
A Conditioning-grinding-separating
B Separating-breaking-grinding
C Grinding-conditioning-separating operation
D Breaking-grinding-separating operation
-
33. The most common symptom of food poisoning is;
A Body weakness
B Constipation
C Stomach disorder
D Body rashes
-
34. Bacteria that produce toxins or poisons outside their cells are called;
A Exotoxins
B Microbial food poisoning
C Food intoxication
D Endotoxin
-



Turn Over

35. Plants used as food additives and have medicinal properties are term;
A Spices
B Condiments
C Seeds
D Herbs
-
36. A condition in which an additive is said to be justified is when;
A Trade mark is not disclosed
B Legalized by government or accepted as safe for use
C Faulty processing and handling techniques are disguised
D Additives used are not very pure
-
37. One advantage of using vinegar in salad preparation is that, it;
A Reduces loss of vitamin C
B Promote the milliard reaction
C Is a nutritional supplement
D Retains the colour of vegetables
-
38. In a community, pregnant women are called;
A Gravida
B Primigravida
C Nulligravida
D Post gravida
-
39. Foods with a shelf-life duration of less than sixty days are classified as;
A Semi perishable foods
B Perishable foods
C Shelf stable foods
D Low water activity foods
-
40. The manner in which food is obtained, eaten and discarded refers to as food;
A Presentation
B Production
C Cultivation
D Habits
-
41. Which population in a community serves as custodians of culture and traditions?
A Men
B Youths
C Elderly
D Women
-
42. Prohibition placed on the consumption of certain foods due to beliefs could cause;
A Depletion in energy levels
B Immigration
C Malnutrition
D Food fads
-
43. Which population group is most vulnerable to the development of Kwashiorkor?
A Children
B Infants
C Recently weaned children
D Recently weaned toddlers
-
44. Persons who consume a lot of salt are predisposed to;
A Obesity
B Hypertension
C Gout
D Anaemia
-
45. A suitable source of protein to someone suffering from lactose intolerance is;
A Soya bean milk
B Gelatin
C Milk drink
D Yoghurt
-
46. One way to improve the quality of pipe born water to a community is;
A Harnessing water from a lake
B Running water through copper coated pipes
C Increasing pumping pressure of water through pipes
D Regular cleaning and chlorination of water catchments
-
47. Water required for industrial purposes is often treated by removing;
A Calcium ions
B Sodium ions
C Calcium and magnesium ions
D Sodium and magnesium ions
-
48. Protein-Energy-malnutrition (PEM) could be by;
A Insufficient proteins
B Lack of balance diet
C Insufficient carbohydrates
D Insufficient vitamins
-
49. Which ingredient contributes in shortening a dough by weakening the gluten network?
A Butter
B Sugar
C Baking powder
D Baking soda
-
50. Semolina obtained from durum wheat is used in making;
A Pies
B Pasta
C Cakes
D Pastries
-



STOP
GO BACK AND CHECK YOUR WORK