

FOODS AND NUTRITION

EXAMINATION SCHEME

There will be three papers, Papers 1, 2, and 3. Papers 1 and 2 will be combined in a composite paper and will be taken at one sitting,

Paper 1: This will comprise fifty multiple choice questions to be answered in 1 hour for 50 marks.

Paper 2: This will comprise six essay questions out of which candidates will answer five within 1 hour 50 minutes for 50 marks.

Paper 3: This will be a practical test of 3 hours which will be conducted by a visiting examiner that will be appointed by WAEC. The paper will carry 100 marks.

SAMPLE QUESTIONS

PAPER 1 **(OBJECTIVE)**

1. Which of the following is a legume?
 - A. Maize
 - B. Rice
 - C. Sorghum
 - D. Beans
2. The most appropriate equipment for removing particles from flour is
 - A. dredger.
 - B. colander.
 - C. strainer.
 - D. sieve.

3. Which of the following is a moist method of cooking?
- A. Baking
 - B. Steaming
 - C. Grilling
 - D. Roasting
4. The common food poisoning bacteria is called
- A. salmonella.
 - B. staphylococcus.
 - C. botulism.
 - D. clostridium.
5. Which of the following is a labour saving device?
- A. Soup laddle
 - B. Wooden mortar
 - C. Electric blender
 - D. Frying spoon
6. What happens when starch is cooked in water? It
- A. gelatinizes.
 - B. caramelizes.
 - C. dextrinizes.
 - D. coagulates.
7. Which of the following fruits is suitable for making marmalade?
- A. Guava
 - B. Pineapple
 - C. Orange
 - D. Pawpaw

PAPER 2
(ESSAY)

1. (a) Explain the difference between *food storage* and *food preparation*.

(b) Suggest the **most** appropriate method of storing the following food items:
 - (i) rice;
 - (ii) flour;
 - (iii) beans;
 - (iv) agushi/egusi/melon.

2. (a) State **four** qualities of a good short crust pastry.

(b) Explain the use of the following in a short crust pastry:
 - (i) soft plain flour;
 - (ii) margarine;
 - (iii) cold water.

PAPER 3
(PRACTICAL)

Your diabetic pregnant sister is spending the day with you.

- (a) Prepare, cook and serve a two-course lunch for her.
- (b) Prepare a snack dish for her.
- (c) Set the lunch table.

