



UNIVERSITY OF GHANA

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DEPARTMENT OF TEACHER EDUCATION  
SCHOOL OF EDUCATION AND LEADERSHIP  
COLLEGES OF EDUCATION

END OF SEMESTER TWO EXAMINATIONS FOR LEVEL 200, 2022/2023  
B.ED. PROGRAMME

COURSE CODE: TEJS 282

COURSE TITLE: APPLICATION OF THEORIES AND PRINCIPLES IN FOOD AND  
NUTRITION \_\_\_\_\_

*Instruction:* Answer all questions in Section A and any three questions in Section B.

Time: 2 hours

SECTION A

[25 Marks]

Answer all the questions in this section.

1. What is the description for foods that spoil quickly because of their high moisture content?
  - a. Animal source
  - b. Nonperishable foods
  - c. Perishable foods
  - d. Plant source
2. Which of the following is a biological importance of food?
  - a. Food helps satisfy social needs.
  - b. Food is eaten or served to express love or affection.
  - c. Food protects the body against diseases.
  - d. Fosters bonds between people.
3. When food helps/ fosters and maintains love/ good relation among nations through food aids and donations, which of the following importance is being met?
  - a. Cultural importance.
  - b. Emotional importance.
  - c. Political importance.
  - d. Psychological importance.

4. Which of the following is not a fruit?
  - a. Cantaloupe
  - b. Grape
  - c. Guava
  - d. Leek
5. When the body receives or consumes the wrong amount/proportions of nutrients what disease condition is the result?
  - a. Deficiency
  - b. Malnutrition
  - c. Nutrition
  - d. Over nutrition
6. What are the chemical substances found in food which protect or sustain the body, promote growth, supply energy and regulate body processes?
  - a. Digestion
  - b. Malnutrition
  - c. Nutrient
  - d. Pro vitamins
7. What are the small units that make up proteins?
  - a. Amina acid
  - b. Amino acid
  - c. Aminu acid
  - d. Omino acid
8. To ensure that the body has a reserve of energy that can be quickly utilized, some amount of glucose is converted into \_\_\_\_\_ for temporary storage in the liver and muscles by humans and some animals.
  - a. cellulose
  - b. glucose
  - c. glycogen
  - d. Starch
9. Which of the following is not a good conductor of heat?
  - a. Aluminum.
  - b. Cast iron.
  - c. Copper.
  - d. Plastic.



10. Things or forces that urge or influence our behavior and push us to take decisions are called .....
- Goals.
  - Management.
  - Motivators.
  - Standard.
11. Anything we eat or drink which contains substances essential for proper functioning of the body is called.....
- Coenzymes
  - Enzymes
  - Food
  - Rennin
12. Which of these foods are not sources of protein?
- Breastmilk
  - Beans
  - Lentils
  - Lettuce
13. What description is given to foods that provide energy and heat to the body and help the body to move about and carry-on day-to-day activities?
- Body Building Foods
  - Body Repair Foods
  - Energy Giving Foods
  - Protective Foods
14. Which of these food groups have good quality protein?
- Animal source
  - Fats and oils source
  - Plant source
  - Vegetable source
15. What is the name given to the process of heat transfer that occurs through electromagnetic waves without involving any particles?
- Conduction
  - Convection
  - Radiation
  - Thermal
16. Which one of the is a function of proteins in the body?
- To promote growth.
  - To protect body organs.
  - To provide fiber.
  - To provide heat.
17. Which one of the following does NOT contain high biological value protein?
- Chevron

- b. Game
  - c. Gelatin (Wele)
  - d. Pork
18. Which one of the following when it is deficient in one's diet can cause night blindness?
- a. Calcium
  - b. Fats
  - c. Protein
  - d. Vitamin A
19. What is the term given to the process when protein changes from a semi solid to a solid state during cooking?
- a. Coagulation
  - b. Dextrinization
  - c. Flocculation
  - d. Condensation
20. Chemical substances that are not vitamins on their own but when consumed can be converted to active vitamins in the body are called .....
- a. Anti-Bodies
  - b. Carotenes
  - c. Coenzymes
  - d. Pro Vitamins
21. Which of the following chemical elements make up proteins?
- a. Carbon, Hydrogen, Potassium, and Nitrogen.
  - b. Carbon, Hydrogen, Oxygen, and Nitrogen.
  - c. Carbon, Potassium, Oxygen, and Sulphur.
  - d. Carbon, Sulphur, Nitrogen, and Oxygen.
22. What happens to starch when it is cooked by moist heat?
- a. It caramelizes.
  - b. It denatures.
  - c. It dextrinizes.
  - d. It gelatinizes.
23. The substance formed when food containing starch are baked or roasted is called .....
- a. Cellulose
  - b. Dextrin
  - c. Glycogen
  - d. Pectin
24. All the following are examples of white fish except .....
- a. Bream
  - b. Grouper
  - c. Sole
  - d. Tilapia



25. What a person prizes or cherishes in life are called his or her \_\_\_\_\_.

- a. goals
- b. needs
- c. standards
- d. values

## SECTION B

[75 Marks]

Answer any three questions in this section.

- |     |    |   |          |
|-----|----|---|----------|
| Q1. | a. | What is nutrition?  | 2 marks  |
|     | b. | State five reasons for cooking food.  | 5 marks  |
|     | c. | Classify the Ghanaian food groups according to their composition.             | 18 marks |
| Q2. | a. | State three ways one can effectively utilize protein in their diet            | 6 marks  |
|     | b. | Explain the following terms   | 8 marks  |
|     |    | i. Nutrients  |          |
|     |    | ii. Deficiency disease  |          |
|     |    | iii. Malnutrition   |          |
|     |    | iv. Over nutrition  |          |
|     | c. | List the mineral/vitamin whose deficiency can cause the following conditions. | 5 marks  |
|     |    | i. Rickets  |          |
|     |    | ii. Goiter  |          |
|     |    | iii. Anaemia  |          |
|     |    | iv. Night blindness   |          |
|     | d. | Differentiate between the following:  |          |
|     |    | i. Complete proteins and Incomplete protein                                   | 2 marks  |
|     |    | ii. Over nutrition and Under nutrition  | 2 marks  |
|     | e. | Mention any 2 points to consider when buying fresh fish                       | 2 marks  |
| Q3. | a. | Mention 2 ways protein can be efficiently utilized in the body                | 5 marks  |
|     | b. | Enumerate 5 signs and symptoms of a child suffering from kwashiorkor          | 10 marks |
|     | c. | Explain the following terms   |          |
|     |    | i. Nutrients  | 2 marks  |
|     |    | ii. Deficiency disease  | 2 marks  |
|     |    | iii. Malnutrition   | 2 marks  |

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|     | iv. | Over nutrition  | 2 marks  |
| Q4. | a.  | State 5 points to consider when buying quality meat                                 | 5 marks  |
|     | b.  | Explain the three types of boiling and give two examples under each.                | 10 marks |
|     | c.  | Explain the following   |          |
|     |     | i. Values   | 2 marks  |
|     |     | ii. Standards   | 2 marks  |
|     |     | iii. Needs  | 2 marks  |
|     |     | iv. Events  | 2 marks  |
|     |     | v. Goals  | 2 marks  |
| Q5. | a.  | State and explain the food groups   | 10 marks |
|     | b.  | State and explain the motivators in management                                      | 10 marks |
|     | c.  | State and explain any five vocations in Food and Nutrition (Catering Establishment) | 5marks   |