

STUDENT'S ID NO: _____ SIGNATURE: _____



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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| Q4. | iv. Over nutrition | 2 marks |
| 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 |