

PRINCESS SHEKINAH INTERNATIONAL SCHOOL, IHIAGWA.

**SECOND TERM FIRST CONTINUOUS ASSESSMENT EXAMINATION FOR
2019/2020 SESSION.**

SUBJECT: FOODS AND NUTRITION

CLASS: YEAR 10

1. ----- is the production center where food preparation takes place.
 - a. Home Economics laboratory
 - b. Foods and Nutrition laboratory
 - c. The kitchen
 - d. The cooking center
 - e. All of the above
2. There are ----- types of kitchen.
 - a. 7
 - b. 4
 - c. 1
 - d. 2
 - e. 3
3. The type of kitchen found in hotels, restaurants, hospitals etc. is called -----

 - a. Institutional kitchen
 - b. Economical kitchen
 - c. Modern kitchen
 - d. Large kitchen
 - e. Technological kitchen
4. The type of kitchen built outside the main building with all cooking and storage facilities is known as -----
 - a. Modern kitchen
 - b. Industrial kitchen
 - c. Small kitchen
 - d. Traditional kitchen

e. Economical kitchen

5. The main fuel used in the modern family kitchen is -----, -----
----- and -----
- a. Gas, firewood, kerosene
 - b. Electricity, sawdust, kerosene
 - c. Firewood, electricity, gas
 - d. Kerosene, gas, charcoal
 - e. Gas, electricity, kerosene
6. The type of kitchen where equipment and appliances are fixed against opposite walls is known as -----
- a. L- shaped
 - b. Straight type
 - c. U- shaped
 - d. Curved type
 - e. Corridor type
7. The type of kitchen where equipment and appliances are fixed along two opposite walls along the connecting wall is called -----
- a. U- shaped
 - b. Curved type
 - c. L- shaped
 - d. Straight type
 - e. Corridor type
8. The type of kitchen where equipment and appliances are arranged along two adjoining walls is known as -----
- a. Corridor type
 - b. Curved type
 - c. Straight type
 - d. L- shape
 - e. U- shape
9. ----- are used for storing equipment/tools in the kitchen.
- a. Cupboards/ cabinets
 - b. Storage carts
 - c. Caboards

- d. Closets
 - e. Storage space
10. The kitchen should be well ventilated to remove-----
- a. Fumes and gas
 - b. Flies from spreading
 - c. Fumes and odour
 - d. Steams and flying insects
 - e. None of the above
11. All of the following are advantages of a well-planned kitchen EXCEPT
- a. It is comfortable to work in.
 - b. Equipment last longer
 - c. It is expensive
 - d. It is easy to keep clean
 - e. It reduces fatigue
12. ----- are items/ materials needed to carry out tasks in the kitchen.
- a. Kitchen equipment
 - b. Kitchen tools
 - c. Kitchen equipment and tools
 - d. Kitchen tools and spared parts
 - e. Kitchen equipment and tools
13. ----- are usually not removed once they are installed in the kitchen.
- a. Kitchen tools
 - b. Kitchen machines
 - c. Kitchen work tools
 - d. Kitchen engines
 - e. Kitchen equipment
14. ----- are often moved about in the kitchen when needed.
- a. Cooking pots
 - b. Kitchen tools
 - c. Kitchen equipment
 - d. Kitchen engines
 - e. Kitchen work tools

15. ----- is not an example of measuring items in the kitchen.
- Measuring cups/ spoons
 - Spring scale
 - Proportion scale
 - Balance scale
 - Scales
16. The pieces of equipment that reduce the physical task involved in carrying out some cooking process are called -----
- Labour fighting devices
 - Labour strengthening devices
 - Labour saving devices
 - laboiur timing devices
 - Labour efficiency devices
17. ----- are used for pureeing and grinding ingredients.
- Orange squeezer
 - blender
 - mixer
 - yam pounder
 - meat grinder
18. Cooking utensils are made from the following EXCEPT-----
- Aluminum
 - Iron
 - Enamel
 - Steel
 - Brass
19. The effect of heat on plastic is that -----
- It burns food faster
 - It scorches easily
 - It may crack
 - It melts
 - It maintains heat longer
20. The chemicals that aid the washing and cleaning of kitchen equipment and utensils are called ---
- Cleaning agents

- b. Scrubbing agents
- c. Abrasives
- d. Washing agents
- e. Beautifying

THEORY (10 MARKS)

1. Explain 4 factors to consider when planning a kitchen **(2marks)**
2. Outline 6 materials used in producing kitchen equipment and tools **(2marks)**
3. State 3 large and small equipment indicating one use and care each. **(6marks)**