

SC 7021  
WASSCE (SC) 2022  
FOODS AND  
NUTRITION 1  
Objective Test  
1 hour

1

Name: DIKKO CHINEDU OLADAPO

Index Number: .....

THE WEST AFRICAN EXAMINATIONS COUNCIL

West African Senior School Certificate Examination (WASSCE)  
for School Candidates, 2022

SC 2022

FOODS AND NUTRITION 1

1 hour

OBJECTIVE TEST

[60 marks]

Do not open this booklet until you are told to do so. While you are waiting, write your name and index number in the spaces provided at the top right-hand corner of this booklet and thereafter, read the following instructions carefully.

- Use HB pencil throughout.
- If you have got a blank answer sheet, complete its top section as follows.
  - In the space marked *Name*, write in capital letters your **surname** followed by your **other names**.
  - In the spaces marked *Examination, Year, Subject and Paper*, write 'WASSCE (SC)', '2022', 'FOODS AND NUTRITION' and '1' respectively.
  - In the box marked *Index Number*, write your **index number** vertically in the spaces on the left-hand side. There are numbered spaces in line with each digit. Shade carefully the space with the same number as each digit.
  - In the box marked *Paper Code*, write the digits **702113** in the spaces on the left-hand side. Shade the corresponding numbered spaces in the same way as for your index number.
  - In the box marked *Sex*, shade the space marked **M** if you are **male**, or **F** if you are **female**.
- If you have got a pre-printed answer sheet, check that the details are correctly printed, as described in 2 above. In the boxes marked *Index Number, Paper Code* and *Sex*, **reshade** each of the shaded spaces.
- An example is given below. This is for a male candidate whose name is **Chinedu Oladapo DIKKO**, whose **index number** is **4251102068** and who is offering **Foods and Nutrition 1**.

THE WEST AFRICAN EXAMINATIONS COUNCIL

PRINT IN BLOCK LETTERS

Name: DIKKO CHINEDU OLADAPO Examination: WASSCE(SC) Year: 2022  
Surname Other Names

Subject: FOODS AND NUTRITION Paper: 1

INDEX NUMBER	
4	0 1 2 3 4 5 6 7 8 9
2	0 1 2 3 4 5 6 7 8 9
5	0 1 2 3 4 5 6 7 8 9
1	0 1 2 3 4 5 6 7 8 9
1	0 1 2 3 4 5 6 7 8 9
0	0 1 2 3 4 5 6 7 8 9
2	0 1 2 3 4 5 6 7 8 9
0	0 1 2 3 4 5 6 7 8 9
6	0 1 2 3 4 5 6 7 8 9
8	0 1 2 3 4 5 6 7 8 9

For Supervisors only.  
If candidate is absent shade this space:

PAPER CODE	
7	0 1 2 3 4 5 6 7 8 9
0	0 1 2 3 4 5 6 7 8 9
2	0 1 2 3 4 5 6 7 8 9
1	0 1 2 3 4 5 6 7 8 9
1	0 1 2 3 4 5 6 7 8 9
3	0 1 2 3 4 5 6 7 8 9

SEX
Indicate your sex by shading the space marked <b>M</b> (for Male) or <b>F</b> (for Female) in this box: <input checked="" type="checkbox"/> <input type="checkbox"/>

- INSTRUCTIONS TO CANDIDATES
- Use grade **HB** pencil throughout.
  - Answer each question by choosing one letter and shading it like this: [A] [B] [C]
  - Erase completely any answer(s) you wish to change.
  - Leave extra spaces blank if the answer spaces provided are more than you need.
  - Do not make any markings across the heavy black marks at the right-hand edge of your answer sheet.

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Answer **all** the questions.

**Each** question is followed by **four** options lettered A to D. Find the correct option for **each** question and shade **in pencil**, on your answer sheet, the answer space which bears the same letter as the option you have chosen. Give only **one** answer to **each** question. An example is given below.

An energy-giving food is rich in

- A. calcium.
- B. protein.
- C. carbohydrate.
- D. vitamins.

The correct answer is carbohydrate, which is lettered C and therefore answer space C would be shaded.

[A]                      [B]                       [C]                      [D]

Think carefully before you shade the answer spaces; erase completely any answer(s) you wish to change.

Do **all** rough work on this question paper.

Now answer the following questions.

1. Different ways of preserving staple foods could be investigated through
  - A. data collection.
  - B. research.
  - C. survey.
  - D. marketing.
2. The license obtained by a restaurant owner that gives him/her the right to use another restaurant's recipe for a period of time is called
  - A. permit.
  - B. partnership.
  - C. branding.
  - D. franchise.
3. A parallel kitchen design is recommended for a room
  - A. with narrow windows.
  - B. that has fixed equipment.
  - C. with scanty equipment
  - D. that is small and narrow.
4. Guidelines for wise shopping includes
  - A. buying on impulse.
  - B. comparing quality of goods.
  - C. neglecting information on labels.
  - D. buying on credit.
5. Examples of monosaccharides include
  - A. starch and cellulose.
  - B. glucose and fructose.
  - C. sucrose and lactose.
  - D. maltose and starch.
6. The presence of protein in food is tested using
  - A. Sudan III solution.
  - B. million's reagent.
  - C. iodine solution.
  - D. ethanol.

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7. For jam to keep well, the sugar concentration should be
- 60% to other ingredients.
  - 50% to other ingredients.
  - 40% to other ingredients.
  - 30% to other ingredients.
8. When a baked loaf of bread is small and dense, it is because
- insufficient liquid was used.
  - too much baking powder was used.
  - the yeast was killed before the loaf was baked.
  - the dough was over stretched during kneading.
9. Fat is cut into flour before rubbing-in to
- introduce air into the mixture.
  - improve taste and flavour.
  - obtain the correct consistency.
  - prevent fat from melting.
10. Items that should **not** be kept in a first aid box include
- drugs and syringes.
  - scissors and clinical thermometer.
  - bandages and cotton wool.
  - ointment and tincture of iodine.
11. A good way of enriching infants' food is by adding
- vanilla essence.
  - salt.
  - sugar.
  - powdered fish.
12. The procedure for daily cleaning of a modern kitchen includes
- sweeping, dusting and wiping work surface.
  - wiping work surface, draining and sweeping.
  - mopping the floor and dusting the windows.
  - emptying the waste bin and rinsing out.

The diagrams in **Fig 1**, are kitchen appliances. Study them and answer questions **13** and **14**.

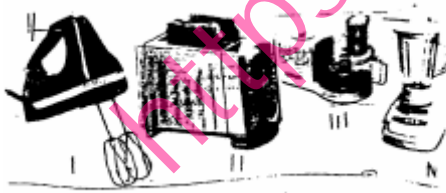


Fig 1

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13. A collective name for the diagrams labelled **I**, **II**, **III** and **IV** is
- tools.
  - utensils.
  - large equipment.
  - mechanical equipment.
14. Which of the appliances is suitable for creaming and mixing batter?
- I.
  - II.
  - III.
  - IV.

15. An example of processed meat is  
A. kippers.  
B. tofu.  
C. quiche.  
D. sausage.
16. On a set table, the cutlery should be arranged  
A. from left to right.  
B. in the middle.  
C. in order of use.  
D. from right to left.
17. The functions of sugar in a flour mixture are to  
I: sweeten the mixture;  
II: shorten the mixture;  
III: improve keeping quality;  
IV: develop colour and crispiness.
- A. I and II only.  
B. I, II and III only.  
C. I, III and IV only.  
D. III and IV only.

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ESSAY  
[40 marks]

Answer **four** questions only. **Each** questions carries **10** marks.

1. Explain five factors in a catering establishment that should be considered when planning a food fair.
2. (a) State **six** information that must be on an invitation card  
(b) State **four** points to consider when organizing a party
3. (a) What is an adequate meal?  
(b)  
(c)
4. (a) **Want More WASSCE Past Questions**  
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(b)  
(c) **WHATSAPP + 2348051311885**
5. (a)  
(b) State **four** points to consider when purchasing foods in bulk.  
(c) Mention **three** advantages of bulk purchasing
6. (a) Describe the following types of milk
  - (i) Condensed milk;
  - (ii) Evaporated milk;
  - (iii) Powdered milk;

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SC7023  
WASSCE SC 2022  
FOOD AND  
NUTRITION 3  
Practical  
1 hour + 3 hrs

3

Name:.....

Index Number:.....

**THE WEST AFRICAN EXAMINATIONS COUNCIL**  
**West African Senior School Certificate Examination**  
**for School Candidate**

FOOD AND NUTRITION 3

Preparation Time: 1 hour

Practical Examination 3 hours

SC20212

PRACTICAL

**Instruction to Candidate and Preparation Sheets**

1. The test is on the next page.
2. Read the test carefully.
3. During the next **1 hour** you must complete this form using the carbon paper provided and so making two copies. When completed, carefully tear out the carbon copy for your own use during the practical examination and hand it with the original to the Examiner
4. In Section **A** give the
  - (a) dishes chosen;
  - (b) reasons for your choice;
  - (c) quantity of ingredient used for each dish
5. In Section **B** give the **total quantity of all** ingredient required
6. In Section **C** give a time-plan showing the order of work, do **not** write out methods
7. The blank pages **3** and **4** may be used for rough work
8. These will be preparation period of **1 hour** before the test begins. in the **3-hours** practical examination, you must complete the cooking, serving and washing up.

You will be expected to keep to your time-plan



## TEST

Using the following ingredients: Yam, fresh fish, fruits, vegetables and any other ingredients.

- (a) Prepare, cook and serve a **two** course meal for a lactating mother
- (b) Prepare a snack dish
- (c) Prepare and serve a nourishing drink to accompany the snack
- (d) Set the Lunch Table