**DEBIBI NORTH & SOUTH CIRCUITS**

**END OF FIRST TERM EXAMINATIONS**

**JHS TWO B.D.T (HOME ECONS)**

**SECTION A**

***Choose the correct option from the alternatives given.***

1. Which of the following is inexpensive to use in the rural area?

A. Coal pot B. Electric cooker

C. Gas cooker D. Kerosene stove

2. Anaemia is a condition caused by deficiency of

A. iodine B. protein

C. iron D. vitamin D

3. Portion control equipment include

A. ladle B. casserole

C. oval plate D. sauceboat

4. The plan of a cylinder is a

A. circle B. square

C. rectangle D. triangle

5. Perishable food items are best stored

A. in the kitchen B. on a tray

C. in a refrigerator D. covered with a cloth

6. One disadvantages of using charcoal as fuel in the home is…………

A. it is easy to obtain

B. it is cheap

C. it can be used everywhere

D. it produces smokes and dishes

7. All the following are chemical substances found in food except

A. carbohydrate B. nutrient

C. protein D. calcium

8. The best method to use in cooking tough cut meat is

A. boiling B. grilling

C. roasting D. stewing

9. One of the ways of making the public aware of a product is called

A. packaging B. exhibition

C. layout D. publicity

10. Which of the following pairs of food is for body building?

A. Cassava and beans B. Cocoyam and plantain

C. Meat and groundnut D. Pawpaw and yam

11. The goiter on Evelyn’s neck is caused by lack of

A. iodine B. calcium

C. vitamin D. iron

12. How many transfer of heat do we have?

A. 1 B. 2

C. 3 D. 4

13. Select the odd one.

A. Reflection B. Radiation

C. Conduction D. Convection

14. The transfer of heat through liquids and gases is termed as

A. Reflection B. Radiation

C. Conduction D. Convection

15. Which of these nutrients when lacking in a child’s diet would cause marasmus?

A. Protein and iron B. Protein and vitamins

C. Protein and potassium D. Protein and carbohydrate

16. Conduction is a

A. way of preparing food

B. method of cooking

C. method of preserving food

D. way of heat transfer

17. Margarine is a product from……. Oil.

A. Animal B. Vegetable

C. Cereal D. Fruit

18. The food item that liquid mixes with food during the process and is eaten as part of the food is one of the following foods.

A. Banku B. Yam

C. Meat D. Soup

19. The method of cooking food using few drops of oil to crease the bottom of the frying pan is

A. Frying B. Deep frying

C. Shallow frying D. Dry frying

20. The advantage of buying food in bulk is that it

A. Becomes cheaper B. Becomes abundant

C. Is easier to choose D. Is easier to store

21. All the following are moist method of cooking except

A. Frying B. Baking

C. Boiling D. Stewing

22. The classification of stitches being temporary stitches and

A. Satin stitches B. Back stitches

C. Permanent stitches D. Blanket stitches

23. Name the instrument used for drawing horizontal lines.

A. A protractor B. T-square

C. Set square D. Pair of divider

24. Which of the following is a sea-food?

A. Fish B. Milk

C. Vegetables D. Flour

25. Anaemia is a deficiency disease caused by lack of

A. Iron B. Sulphur

C. Calcium D. Iodine

26. The primary colours are

A. Red, Violet, Yellow

B. Green, Yellow, Red

C. Red, Yellow, Blue

D. Violet, Yellow, Green

27. Heat is transferred by conduction and convection when food is cooked by

A. Baking B. Grilling

C. Frying D. Steaming

28. The treatment given to foods to enable them stay fresh for sometime without going bad is known as

A. Food spoilage B. Food preservation

C. Food cooking D. Food poisoning

29. Which of the following is a small equipment in the kitchen?

A. Refrigerator B. Sink

C. Fork D. Swish oven

30. The following equipment are used in the dressmakers shop except

A. Sewing machine B. Cupboard

C. Full length mirror D. Knife

**SECTION B**

**PART ONE: CORE SKILLS (20MARKS)**

**ANSWER QUESTION ONE (1)**

**(COMPULSORY)**

1.a(i) What is ***food?*** [2mks]

(ii) Give ***four (4)*** examples of food [4mks]

b. What colour is obtained when you mix the colours below:

i. Red + Yellow =

ii. Red + Blue =

iii. Yellow + Blue = [2mks each]

c. Write one way of preserving the following food stuffs listed below:

i. cassava

ii. Rice

iii. Guava

iv. Garden eggs [2mks each]

**PART TWO**

***Answer two questions only from this section. ALL questions carry equal marks. [25mks each]***

2. a (i) What is nutrient? [2mks]

(ii) Name any four (4) food nutrients. [2mks]

b. Identify the deficiency signs for the following food nutrients.

i. Protein

ii. Vitamin D

iii. Iron

iv. Calcium [2mks each]

c. (i) What is a balanced diet? [2mks]

(ii) Give four (4) importance of balanced diet. [8mks]

d. Mention three (3) examples of stewing dishes. [3mks]

3. a (i) Explain the term ‘portion control’. [2maks]

(ii) State four (4) importance of portion control. [8mks]

b. (i) Write five (5) units for portion control. [5mks]

(ii) Explain the three kinds of boiling. [6mks]

c. (i) What is frying? [2mks]

(ii) List two (2) examples of foods that can be fried. [2mks]

4. a. In the table below, some food commodities have been provided. List one dish one dish and one cooking method each that be prepared from the food commodities. [6mks]

|  |  |  |  |
| --- | --- | --- | --- |
|  | Food commodity | Dish | Cooking method |
| I | Egg |  |  |
| ii | Yam |  |  |
| iii | Nkontomire |  |  |
| iv | Cassava |  |  |
| v | Rice |  |  |
| Vi | Maize |  |  |

b. (i) Explain the three (3) kinds of frying. [6mks]

(ii) Give one example of food cooked under each of the types of frying mention above. [3mks]

c. Explain the following kinds of heat transfer

i. Conduction

ii. Convection

iii. Radiation. [6mks]

d. Write four (4) reasons for cooking food. [4mks]