

eExam Question Bank

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|--------------------------|------------------------------------|---|---|------------------------|------------------------|------------------------|-----------------------------|--------------------------------------|
| <input type="checkbox"/> | FBQ | The food substances we eat contain various nourishing elements called <input type="text"/> | Nutrients | | | | | <input type="button" value="eExam"/> |
| <input type="checkbox"/> | FBQ | The two types of buying methods are <input type="text"/> and <input type="text"/> | Formal, informal buying methods | | | | | <input type="button" value="eExam"/> |
| <input type="checkbox"/> | FBQ | Carbohydrate is produced by plants through the process known as <input type="text"/> | Photosynthesis | | | | | <input type="button" value="eExam"/> |
| <input type="checkbox"/> | FBQ | The types of needs are classified into <input type="text"/> and <input type="text"/> | Perishable foods, staple foods, daily use needs | | | | | <input type="button" value="eExam"/> |
| <input type="checkbox"/> | FBQ | Carte du jour means <input type="text"/> | Menu of the day | | | | | <input type="button" value="eExam"/> |
| <input type="checkbox"/> | FBQ | The two main types of stock are <input type="text"/> and <input type="text"/> | White, Brown stock | | | | | <input type="button" value="eExam"/> |
| <input type="checkbox"/> | FBQ | The liquid containing some of the soluble nutrients and flavours of food which are extracted by prolonged and gentle simmering is referred to as <input type="text"/> | Stock | | | | | <input type="button" value="eExam"/> |
| <input type="checkbox"/> | FBQ | Bacteria, Moulds and Yeast are all examples of <input type="text"/> | Micro-organisms | | | | | <input type="button" value="eExam"/> |

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|--------------------------|-----|---|--|--|--|--|--|--|-------|
| <input type="checkbox"/> | | | | | | | | | |
| <input type="checkbox"/> | FBQ | The internal organs of the animal are collectively known as <input type="text"/> | offal | | | | | | eExam |
| <input type="checkbox"/> | FBQ | The major nutrient found in meat is <input type="text"/> | protein | | | | | | eExam |
| <input type="checkbox"/> | FBQ | Lean meat is made of bundles of <input type="text"/> | muscles fibres | | | | | | eExam |
| <input type="checkbox"/> | FBQ | The meat derived from domesticated birds such as fowl, guinea fowl, Turkey, and duck is referred to as <input type="text"/> | Poultry | | | | | | eExam |
| <input type="checkbox"/> | FBQ | Meat is the <input type="text"/> derived from animals after slaughtering them. | muscle | | | | | | eExam |
| <input type="checkbox"/> | FBQ | Non-perishable foods are those foods that <input type="text"/> | do not spoil easily. | | | | | | eExam |
| <input type="checkbox"/> | FBQ | Bulk purchasing is the process of <input type="text"/> | buying food stuffs in larger quantities | | | | | | eExam |
| <input type="checkbox"/> | FBQ | Standard purchasing specifications are documents which are drawn up for every commodity describing <input type="text"/> | exactly what is required for the establishment | | | | | | eExam |
| <input type="checkbox"/> | FBQ | Cooking equipment are made from different types of materials such as <input type="text"/> <input type="text"/> <input type="text"/> and <input type="text"/> | glass, wood, metals, plastic. | | | | | | eExam |
| <input type="checkbox"/> | FBQ | The sum of the processes by which our body takes in food nutrients for nourishment is called <input type="text"/> | Nutrition | | | | | | eExam |

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| <input type="checkbox"/> | | | | | | | | | |
| <input type="checkbox"/> | FBQ | Customer profile, time of the year and location of restaurant are part of the considerations in <input type="text"/> | Menu planning | | | | | | eExam |
| <input type="checkbox"/> | FBQ | The two main types of menu are <input type="text"/> and <input type="text"/> | table d' hôte, a la carte | | | | | | eExam |
| <input type="checkbox"/> | FBQ | A list of the various dishes served in a food service establishment is called <input type="text"/> | Menu | | | | | | eExam |
| <input type="checkbox"/> | FBQ | Chilling and Freezing involve the application of <input type="text"/> | low temperature | | | | | | eExam |
| <input type="checkbox"/> | FBQ | Drying, freezing and smoking are all methods of <input type="text"/> | Food preservation | | | | | | eExam |
| <input type="checkbox"/> | FBQ | Those foods which begin to deteriorate almost immediately unless preserved in some way are called <input type="text"/> | Perishable foods | High moisture foods | | | | | eExam |
| <input type="checkbox"/> | FBQ | Small organisms that can be seen only through a microscope are called <input type="text"/> | Micro-organisms | | | | | | eExam |
| <input type="checkbox"/> | FBQ | Undesirable changes that take place in the food which eventually leads to its rejection is called <input type="text"/> | Spoilage | | | | | | eExam |
| <input type="checkbox"/> | FBQ | The edible or the usable part of a food item which is available after preparation, and cooking is called <input type="text"/> | Yeild | | | | | | eExam |
| <input type="checkbox"/> | FBQ | Foods which are completely or partly prepared by the manufacturers are <input type="text"/> | Convenience foods | | | | | | eExam |
| <input type="checkbox"/> | FBQ | Tossing food lightly in a small amount of fat or oil is called <input type="text"/> | Sautéing | | | | | | eExam |

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| <input type="checkbox"/> | | | | | | | | | |
| <input type="checkbox"/> | FBQ | Braising, Poaching and Steaming are all <input type="text"/> methods | Cooking | | | | | | eExam |
| <input type="checkbox"/> | FBQ | Dirty kitchens will attract disease carrying flies which can cause <input type="text"/> | food contamination | | | | | | eExam |
| <input type="checkbox"/> | FBQ | The types of kitchen often found in hotels, restaurants, institutions is <input type="text"/> | industrial kitchen | | | | | | eExam |
| <input type="checkbox"/> | FBQ | The family kitchen is found in <input type="text"/> | our homes | | | | | | eExam |
| <input type="checkbox"/> | FBQ | The production centre where all cooking takes place is the <input type="text"/> | Kitchen | | | | | | eExam |
| <input type="checkbox"/> | FBQ | <input type="text"/> is the service of food from the kitchen to the restaurant through the waiter or waitress. | Kitchen service | | | | | | eExam |
| <input type="checkbox"/> | FBQ | The cook responsible for the production of all dishes of meat, poultry and game cooked by boiling, poaching steaming, stewing, etc is the <input type="text"/> | Chef Saucier | sauce cook | | | | | eExam |
| <input type="checkbox"/> | FBQ | Another name for the Head Chef is <input type="text"/> | Chef de Cuisine | | | | | | eExam |
| <input type="checkbox"/> | FBQ | The number of different sections necessary to ensure the efficient operation of a kitchen is decided by the <input type="text"/> | head chef | | | | | | eExam |
| <input type="checkbox"/> | FBQ | Kitchen organisation may be defined as <input type="text"/> | arrangement of staff and all allocation of duties so that all the sections integrate and work as one. | | | | | | eExam |

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|--------------------------|-----|---|--|--|--|--|--|--|-------|
| <input type="checkbox"/> | | | | | | | | | |
| <input type="checkbox"/> | FBQ | Carbohydrate is made up of <input type="text"/> <input type="text"/> and <input type="text"/> | Carbon, Hydrogen, Oxygen | | | | | | eExam |
| <input type="checkbox"/> | FBQ | Refrigerators, Food Mixers and Mashers are types of <input type="text"/> | Mechanical equipment | | | | | | eExam |
| <input type="checkbox"/> | FBQ | The three categories of kitchen equipment are <input type="text"/> <input type="text"/> and <input type="text"/> | Large, mechanical, light equipment | | | | | | eExam |
| <input type="checkbox"/> | FBQ | Bathing and washing of hands are aspects of <input type="text"/> | personnel hygiene | | | | | | eExam |
| <input type="checkbox"/> | FBQ | Persons who are not clean, and suffering from ill-health should not <input type="text"/> | handle food | | | | | | eExam |
| <input type="checkbox"/> | FBQ | Iron, calcium, and phosphorous are examples of <input type="text"/> | Minerals | | | | | | eExam |
| <input type="checkbox"/> | FBQ | <input type="text"/> is often called the anti- scurvy vitamin | Vitamin C | | | | | | eExam |
| <input type="checkbox"/> | FBQ | Pyridoxine is a form of <input type="text"/> | Vitamin B complex | | | | | | eExam |
| <input type="checkbox"/> | FBQ | A disease in which a person's blood does not clot properly is called <input type="text"/> | Haemophilia | | | | | | eExam |
| <input type="checkbox"/> | FBQ | <input type="text"/> vitamin is essential for blood clotting. | Vitamin K | | | | | | eExam |
| <input type="checkbox"/> | FBQ | Deficiency of vitamin D in children results in <input type="text"/> | Rickets | | | | | | eExam |

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| <input type="checkbox"/> | | | | | | | | |
| <input type="checkbox"/> | FBQ | The fat-soluble vitamins are <input type="text"/> , <input type="text"/> , <input type="text"/> and <input type="text"/> | Vitamins A,D, E, K | | | | | eExam |
| <input type="checkbox"/> | FBQ | Vitamins are classified as <input type="text"/> and <input type="text"/> soluble. | Fat, Water | | | | | eExam |
| <input type="checkbox"/> | FBQ | The main classes of fat are <input type="text"/> and <input type="text"/> fats. | Vegetable, animal | Plant, Animal | | | | eExam |
| <input type="checkbox"/> | FBQ | The nutrient that provides the most concentrated form of energy is <input type="text"/> | Fats and oil | | | | | eExam |
| <input type="checkbox"/> | FBQ | Deficiency of protein results in a condition known as <input type="text"/> | Kwashiorkor | | | | | eExam |
| <input type="checkbox"/> | FBQ | Proteins of vegetable/plant origin are classified as <input type="text"/> | Second class proteins | | | | | eExam |
| <input type="checkbox"/> | FBQ | Proteins of high biological value are classified as <input type="text"/> | First class proteins | | | | | eExam |
| <input type="checkbox"/> | FBQ | The primary function of carbohydrates is to provide the body with <input type="text"/> and <input type="text"/> | Heat, energy | | | | | eExam |
| <input type="checkbox"/> | FBQ | The three levels of markets are <input type="text"/> , <input type="text"/> and <input type="text"/> | Primary, secondary, tertiary markets | | | | | eExam |
| <input type="checkbox"/> | FBQ | Any liquid or solid material, which when eaten and digested, can provide the body with nourishment is <input type="text"/> | Food | | | | | eExam |

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| <input type="checkbox"/> | | | | | | | | |
| <input type="checkbox"/> | MCQ | One of the following is a micronutrient | vitamins | carbohydrates | proteins | lipids | A | eExam |
| <input type="checkbox"/> | MCQ | One of the following is a reason for cooking food: | cooking reduces the size of food | cooking makes the food softer and more digestible | cooking changes the colour of food | cooking makes food look better | B | eExam |
| <input type="checkbox"/> | MCQ | Which of the underlisted are all nutrients | carbohydrates, proteins, minerals | water, phytochemicals, vitamins | haemoglobin, lipids, glucose | protein, vitamins, sucrose | A | eExam |
| <input type="checkbox"/> | MCQ | Monosacharides are types of: | lipids | proteins | vitamins | carbohydrates | D | eExam |
| <input type="checkbox"/> | MCQ | The term 'au lait' means: | with sauce | with juice | with milk | with gravy | C | eExam |
| <input type="checkbox"/> | MCQ | Portion control is: | controlling the size or quantity of food to be served | controlling the number of portions to serve | controlling the portion yield | controlling the portions of ingredients to use | A | eExam |
| <input type="checkbox"/> | MCQ | The term 'baste' means: | to bake in an oven | to eggwash | to ladle dripping over meat being cooked as roast | to cover an item with fat | C | eExam |
| <input type="checkbox"/> | MCQ | Standard yields, standard recipes and standard portion size are stages of controlling: | preparation for service | preparation of food and beverage | maintaining the kitchen | getting the staff ready for work | B | eExam |
| <input type="checkbox"/> | MCQ | Which of the following are types of convenience foods: | pre-assembly convenience | pre-service convenience | full service convenience | all of the listed | D | eExam |
| <input type="checkbox"/> | MCQ | One of the following is a method of portion control: | preparation of standard recipee | dishing to favour | disregard to protion charts | none of the listed | A | eExam |
| <input type="checkbox"/> | MCQ | Which of these vitamins are water soluble: | vitamins A and E | vitamins B and C | vitamins B and D | vitamins A and D | B | eExam |
| <input type="checkbox"/> | MCQ | Which of these factors are considered in the use of convenience foods: | labour | time | quality | all of the listed | D | eExam |
| <input type="checkbox"/> | MCQ | A continental breakfast consists of: | cooked breakfast items | juices, bread, spread and beverage | chips, bread, egg and beverage | egg, liver and kidney, beverage | B | eExam |
| <input type="checkbox"/> | MCQ | Cooking methods include: | cooking in water | cooking in air | cooking in sand | none of the listed | A | eExam |
| <input type="checkbox"/> | MCQ | Meat can be preserved by all the following except: | freezing | canning | salting | boiling | D | eExam |
| <input type="checkbox"/> | MCQ | Examples of convenience foods include: | canned foods | dry mixes | frozen foods | all of the listed | D | eExam |
| <input type="checkbox"/> | MCQ | Two types of kitchen are: | family and industrial kitchen | economic and banquet kitchen | roast and grill kitchen | bakery and pastry kitchen | A | eExam |

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| <input type="checkbox"/> | MCQ | What is the difference between fats and oil: | fat is sweeter than oil | it is easier to use fat than oil | fat yields more energy than oil | fat is solid while oil is liquid at room temperature | D | eExam |
| <input type="checkbox"/> | MCQ | Barbecue means | to cook over the embers of an open fire | to cook in an oven | to roast inside fire | to cook with microwave | A | eExam |
| <input type="checkbox"/> | MCQ | Which of these is a good source of protein: | beef and Egg | yam and Rice | beans and corn | fufu and ewedu soup | A | eExam |
| <input type="checkbox"/> | MCQ | Cream soups are soups in which..... have been added | stock | puree | cream | thickener | C | eExam |
| <input type="checkbox"/> | MCQ | Which one of these is a macronutrient? | minerals | carbohydrates | water | vitamins | B | eExam |
| <input type="checkbox"/> | MCQ | A sauce is a liquid which has been thickened by: | yam | roux | tomato puree | flour | B | eExam |
| <input type="checkbox"/> | MCQ | Carbohydrate is derived from one of the following foods: | beef | fish | yam | beans | C | eExam |
| <input type="checkbox"/> | MCQ | Chicken, turkey and ducks belong to the group of meat called: | beef | game | offal | poultry | D | eExam |
| <input type="checkbox"/> | MCQ | A menu displaying individually priced dishes is called: | table d' hôte | banquet menu | special party menu | à la carte | D | eExam |
| <input type="checkbox"/> | MCQ | The internal organs of an animal are called: | sirloin | steak | offal | flank | C | eExam |
| <input type="checkbox"/> | MCQ | Food spoilage can be caused by | action of micro-organisms | negligence | over cooking | under cooking | A | eExam |
| <input type="checkbox"/> | MCQ | The major nutrient found in meat is: | fat | carbohydrates | water | protein | D | eExam |
| <input type="checkbox"/> | MCQ | Food spoilage is: | non-preservation of food | keeping food outside the refrigerator | undesirable changes that take place in the foods we eat | browning reactions in food | C | eExam |
| <input type="checkbox"/> | MCQ | Meat from pig is known as: | mutton | veal | beef | pork | D | eExam |
| <input type="checkbox"/> | MCQ | One of these is an advantage of convenience foods: | shorter shelf life | utilizes more time | saves labour | not easy to locate | C | eExam |
| <input type="checkbox"/> | MCQ | Market types for purchasing include all except: | primary market | tertiary market | secondary market | infant market | D | eExam |
| <input type="checkbox"/> | MCQ | A roux is a combination of..... cooked together | starch and fat | flour and water | starch and water | flour and fat | D | eExam |
| <input type="checkbox"/> | MCQ | Some reasons for good purchasing include: | fresh and wholesome foodstuff | nutrients are increased | the foodstuff deteriorate easily | delay in preparation | A | eExam |

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| <input type="checkbox"/> | MCQ | Which of these factors affects kitchen planning and design: | size and extent of menu | types of equipment available | design and décor | all of the listed | D | <input type="checkbox"/> eExam |
| <input type="checkbox"/> | MCQ | Which group represents some factors to consider in menu planning: | the customer, competition and location | average spending power and modern trends in food fashion | range of dishes to offer and space and equipment in the kitchen | all of the listed | D | <input type="checkbox"/> eExam |
| <input type="checkbox"/> | MCQ | Which of these nutrients provides materials for growth and repair: | vitamins | lipids | minerals | proteins | D | <input type="checkbox"/> eExam |
| <input type="checkbox"/> | MCQ | Menu is: | product range a food service outfit offers | a display of the skills of chefs | a design and décor for the restaurant | an assembly of cooking styles | A | <input type="checkbox"/> eExam |
| <input type="checkbox"/> | MCQ | Convenience foods are: | foods in packets or containers | ready-to-eat foods | foods completely or partially prepared by manufacturers | frozen foods | C | <input type="checkbox"/> eExam |
| <input type="checkbox"/> | MCQ | One of the underlisted is a food preservation method: | chilling and freezing | frying and boiling | roasting and smoking | sorting and pickling | A | <input type="checkbox"/> eExam |
| <input type="checkbox"/> | MCQ | Which of the listed vitamins is cholecalciferol: | vitamin A | vitamin C | vitamin D | vitamin E | C | <input type="checkbox"/> eExam |
| <input type="checkbox"/> | MCQ | Meat obtained from bush animals are called: | offal | game | flank | veal | B | <input type="checkbox"/> eExam |
| <input type="checkbox"/> | MCQ | Foods which begin to deteriorate almost immediately unless preserved in some way are called: | semi-perishable foods | perishable foods | non-perishable foods | none of the listed | B | <input type="checkbox"/> eExam |
| <input type="checkbox"/> | MCQ | Portion control equipment include: | scoops and ladles | pie dishes and moulds | scales and milk dispensers | all of the listed | D | <input type="checkbox"/> eExam |
| <input type="checkbox"/> | MCQ | Canned steak, frozen pastry and fruit pie fillings are examples of: | pre-service convenience foods | full convenience foods | pre-cooking convenience foods | pre-assembly convenience foods | D | <input type="checkbox"/> eExam |
| <input type="checkbox"/> | MCQ | Which group are components of vitamin B-complex: | folate, calciferol, biotin and niacin | thiamin, riboflavin, pyridoxine and niacin | folic acid, thiamin, pentosan and arginine | niacin, lysine, leucine and thiamin | B | <input type="checkbox"/> eExam |
| <input type="checkbox"/> | MCQ | One of the following chemicals is used in food preservation: | cooked breakfast items | nitrites | phosphates | sulphates | B | <input type="checkbox"/> eExam |
| <input type="checkbox"/> | MCQ | A hint for storage of non-perishable foods is: | store foods in dry and well covered containers | store foods even when they contain weevils | refrigerators can be used for prolonged storage | store food in a humid environment | A | <input type="checkbox"/> eExam |
| <input type="checkbox"/> | MCQ | Vitamins: | regulate body processes | transport other nutrients | breakdown to yield energy | provide amino acids | A | <input type="checkbox"/> eExam |

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| <input type="checkbox"/> | MCQ | Which of the following are principles of food preservation: | destruction of micro=organisms | prevention of entry of micro-organisms | arrest of the action of food enzymes | all of the listed | D | eExam |
| <input type="checkbox"/> | MCQ | Canapé is: | a soft full-flavour ripened cheese | an item served with a ring of vegetable | a display of ready-to-eat cold and hot dishes | toasted bread covered with savory paste and garnished | D | eExam |
| <input type="checkbox"/> | MCQ | Which of these nutrients provides the most concentrated form of energy: | protein | lipids | carbohydrates | all of the listed | B | eExam |
| <input type="checkbox"/> | MCQ | Important steps to remember in food purchasing are: | establish and use specifications | determine purchasing needs | know the market | all of the listed | D | eExam |
| <input type="checkbox"/> | MCQ | The deficiency of this vitamin results in night blindness: | vitamin D | vitamin A | vitamin K | vitamin B | B | eExam |
| <input type="checkbox"/> | MCQ | Meat from young sheep is called: | mutton | pork | lamb | veal | C | eExam |
| <input type="checkbox"/> | MCQ | Which listed nutrient provides the body with heat and energy: | carbohydrates | water | vitamins | minerals | A | eExam |
| <input type="checkbox"/> | MCQ | Which of these is part of determinants of portion size: | type of customer | price charge on menu | cost of ingredients | all of the listed | D | eExam |
| <input type="checkbox"/> | MCQ | Two types of stock are: | white and brown stock | amber and white stock | brown and pink sauce | white and black sauce | A | eExam |
| <input type="checkbox"/> | MCQ | Grilling is: | cooking in dry heat | cooking in water | cooking in oil | cooking in air | A | eExam |

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