



UNIVERSITY OF EDUCATION, WINNEBA

SUBJECT AREA TEST (SAT)

FOOD AND NUTRITION/INT. HOME ECONOMICS EDUCATION

MATURE ENTRANCE EXAMINATION, NOVEMBER, 2023

INDEX NUMBER: TIME ALLOWED: 60 MINUTES

Instruction: This paper consists of 50 multiple choice questions. Choose the most appropriate answer from the list of options provided for each question.

1. A cleaning agent added to water to produce lather or foam is called A) scourer.
B) solvent.
C) silvo.
D) detergents.
2. A good school uniform fabric should be A) bright.
B) strong.
C) soft.
D) stylish.
3. Adequate nutrition is required during adolescent stage for
A) healthy growth and development.
B) to prevent defects in babies in future.
C) to enable them grow fat.
D) to show their parents are rich.
4. Anaemia is caused by lack of A) protein.
B) fat.
C) vitamin C.
D) iron.
5. Another name of Vitamin C is A) ascorbic acid.
B) amino acid.
C) fatty acid.
D) oxalic acid.
6. Authoritarian parenting style makes children A) bold.
B) selfish.
C) slow.
D) timid.
7. Buying household items require
A) keeping to personal taste maturely.
B) maintaining brand loyalty.
C) investing heavily.
D) exercising solidarity.
8. Carbohydrate foods include A) starch.
B) milk.
C) milo.
D) tea.
9. Child labour is an example of A) childhood independence
B) childhood behaviour
C) training given to children
D) child abuse
10. Conversion of a fibre to a yarn is carried out by a process termed as A) weaving.
B) spinning.
C) ironing.
D) singeing.
11. Cotton is used to mop floors because it is A) strong.
B) cheap.
C) absorbent.
D) attractive.
12. Eating fruits
A) enhances taste.
B) improves breathing.
C) prevents constipation.
D) promotes growth.

13. Fibreglass is an example of
 - A) protein fibre.
 - B) regenerated fibre.
 - C) synthetic fibre.
 - D) mineral fibre.
14. Find the odd one among the underlisted.
 - A) Cotton
 - B) Jute
 - C) Linen
 - D) Nylon
15. Food is preserved in order to A) prevent spoilage.
 - B) improve nutrient quality.
 - C) improve nutrient quantity.
 - D) increase its value.
16. Fruits are useful in the diet because they A)
provide proteins to the body.
 - B) do not rot easily.
 - C) add bulk to our diet.
 - D) are normally cheap to buy.
17. Ghana is a
 - A) High Income Nation
 - B) Middle Income Nation
 - C) Lower Middle Income Nation
 - D) Lower Income Nation
18. Human resources include
 - A) books and knowledge.
 - B) energy and knowledge.
 - C) money and book.
 - D) energy and money.
19. It is necessary to plan the use of time because, it
 - A) helps in developing the attitude of a miser.
 - B) helps in understanding facts of life.
 - C) promotes the achievement of goals.
 - D) contributes to the sharing of ideas.
20. Kwashiorkor is caused by lack of A) minerals.
 - B) protein.
 - C) carbohydrates.
 - D) vitamins.
21. Lack of water in one's diet may lead to A) anaemia.
 - B) vomiting.
 - C) dehydration.
 - D) swellings.
22. Linen is a/an A) chemical fibre.
 - B) plant fibre.
 - C) animal fibre.
 - D) synthetic fibre.
23. Nutrition is A) the food nutrients.
 - B) the same as food.
 - C) nutrients and growth.
 - D) how food is acquired.
24. Nylon and polyester are both _____ fibres.
 - A) natural
 - B) regenerated
 - C) synthetic
 - D) cotton
25. One of the means of reducing the incidence of generation gap is A) communication.
 - B) acceptance.
 - C) affection.
 - D) companionship.
26. One strip is covered with hooks and the other with very fine loops. A) Lace.
 - B) Velcro.
 - C) Zippers.
 - D) Buttons.
27. People who move out of their country are known as A) Asylees.
 - B) Immigrants.
 - C) Emigrants.
 - D) Asylum.
28. Permanent stitches include A) back stitch.
 - B) single tacking.
 - C) tailor's tack.
 - D) basting.

29. Pick the odd answer among the underlisted. A) Filament.
 B) Yarn.
 C) Thread.
 D) Cloth.
30. Protein breaks down in the body into A) fat.
 B) iron.
 C) amino acids.
 D) ascorbic acid.
31. Sisal is an example of a ____ fibre.
 A) solution
 B) 'nsaasaa'
 C) secretion
 D) cellulose
32. Sources of vitamin A include A) sea foods.
 B) carrots.
 C) mushroom.
 D) onions.
33. Taking unprescribed medication is considered as
 A) unauthorized substance use
 B) drug abuse
 C) drug trafficking
 D) improper medication
34. Temporary stitches include stitches.
 A) stem
 B) tacking
 C) hemming
 D) blanket
35. The ability of a fibre to return to shape following compression, bending or similar deformation is termed as A) elastic recovery.
 B) elongation.
 C) good shape.
 D) high strength.
36. The basic unit of every community is the A) peers.
 B) school.
 C) church.
 D) family.
37. The extended family system encourages A) dependency.
 B) monogamy.
 C) acculturation.
 D) litigation.
38. The iodine test is used to confirm the presence of A) starch.
 B) glucose.
 C) carbohydrates.
 D) sugar.
39. The main nutrient(s) used for body building is/are A) protein only.
 B) minerals only.
 C) fats only.
 D) Vitamins.
40. The most important meal of the day is A) breakfast.
 B) lunch.
 C) supper.
 D) snack.
41. The nuclear family does NOT comprise A) Husband and wife.
 B) Husband, wife and offsprings.
 C) Husband, wife, grandparents and children.
 D) Husband, wife and stepchildren.
42. The simplest units of carbohydrates are called
 A) saccharides.
 B) monosaccharides.
 C) disaccharides.
 D) polysaccharides.
43. The thinning of the ozone layer is caused by
 A) carbon dioxide.
 B) hydrocarbons.
 C) chlorofluorocarbons.
 D) acid rain.

44. Vegetables mostly contribute minerals, vitamins and to the diet.
- A) fibre
 - B) flavour
 - C) freshness
 - D) greenish appearance
45. When the content of a storage space is poorly arranged, it makes item location and retrieving A) easy.
- B) difficult.
 - C) daring.
 - D) visible.
46. Which of the following describes needs? They are things we A) can do without.
- B) cherish.
 - C) attain.
 - D) cannot do without.
47. Which of the following fibres has the smell of burning paper when it is burnt?
- A) Polyester
 - B) Nylon
 - C) Cotton
 - D) Acrylic
48. Which of the following fibres is synthetic? A) Polyester.
- B) Rayon.
 - C) Flax.
 - D) Wool.
49. Which of the following is a seed fibre? A) Kapok.
- B) Silk.
 - C) Linen.
 - D) Wool.
50. Which of the following is linked to high blood pressure?
- A) Underweight.
 - B) Kwashiorkor.
 - C) Marasmus.
 - D) Obesity.