

GCSE Food Preparation and Nutrition

Term 1: Homework Book



Name:

Teacher:

Group:

Homework One:

Protein & Bread Making



Stuck? Try your class notes, Google Classroom or your green revision guide!

Alternatively below is a link to the course textbook:

Eduqas online textbook:

www.illuminate.digital/eduqasfood


User Name: SAYL4

Password: STUDENT4



Food and Nutrition

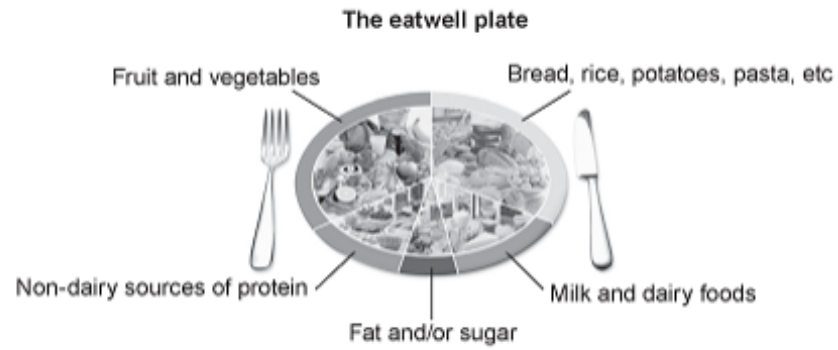
Question	Maximum Mark	Mark Awarded
#1	2	
#2	2	
#3	8	
#4	3	
#5	4	
#6	3	
#7	3	
#8	3	
#9	4	
#10	9	
#11	12	
Total	53	

created with
 **Question Bank**

Disclaimer: The questions in this revision paper have all been taken from actual examinations that have taken place. Whilst the questions are the property of WJEC, this revision paper was created using an online tool and WJEC take no responsibility for the content within it.

#1

- (a) Identify **two** food groups from the eatwell plate that should be eaten in the largest amount. [2]



- (i)
- (ii)

Question taken from WJEC examination paper 430101, June 2015

#2

- (b) There are five main nutrients required by the body. Name **two** of the nutrients. [2]

Nutrient 1:

Nutrient 2:

Question taken from WJEC examination paper 409101, May 2013

#4

- (b) The picture below shows a typical cheese sandwich which may be sold in supermarkets. The nutrition information is shown alongside.



<i>Typical Values Per Pack</i>	
Energy	272 kcal
Protein	15.2g
Carbohydrates	36.5g
Fat	22.2g
Fibre	1.8g

- (i) The sandwich contains 15.2g of protein. State the main protein source. [1]

- (ii) The fibre content of the sandwich is low at 1.8g. Identify **two** changes you could make to the sandwich to increase the fibre content. [2]

Change 1:

Change 2:

Question taken from WJEC examination paper 490101, May 2014

#5

- (d) Eggs are one of the main ingredients used to make many different food products.



- (i) Name the main nutrient found in eggs. [1]

.....

- (ii) Explain in detail what happens to the nutrient when heat is applied during the cooking process. [3]

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Question taken from WJEC examination paper 409101, May 2015

#6

A healthy breakfast is an important part of a balanced diet.

(a) Give **three** reasons why breakfast is said to be the most important meal of the day. [3]

(i)

.....

(ii)

.....

(iii)

.....

.....

Question taken from WJEC examination paper 430101, June 2016

#7

Tick (✓) the box next to each statement to show if it is **True** or **False**.

[3]

	True	False
(i) Hot food must not be placed in a freezer.		
(ii) Boxes of coffee beans must be stored on a shelf.		
(iii) Raw meat should be stored on the top shelf of the fridge.		

Question taken from WJEC examination paper 473201, June 2016

#8

(b) The picture below shows some Chelsea buns made using an enriched yeast mixture.



Name **one** ingredient that is used to enrich the yeast mixture when making the Chelsea buns and explain how the ingredient enriches the mixture.

Ingredient: [1]

Explanation:

..... [2]

#9

- (d) Bread making includes many different stages. Explain the importance of the two bread making stages named below.

Kneading:

.....

.....

[2]

Proving:

.....

.....

[2]

Breadmaking is very popular in many catering establishments.

(a) Complete the following table. [2]

Ingredient	Function of ingredient
(i) flour	Forms the structure of the loaf.
(ii) Yeast	Produces

(b) State two conditions yeast needs to be able to work. [2]

- (i)
- (ii)

(c) State how a chef could increase the fibre (NSP) content of bread. [2]

- (i)
- (ii)

(d) Describe how a chef can achieve accurate portion control when making bread rolls. [3]

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Bread is a staple food in the diet of many families.



(a) Name the **type of flour** used when making bread rolls. [1]

.....

(b) By law commercial white bread is **fortified**. Explain the meaning of this term. [2]

.....

.....

(c) Explain the action of **yeast** in bread making. [3]

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Homework Two:

Fats, Vegetables and Food Safety



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Food and Nutrition

Question	Maximum Mark	Mark Awarded
#1	4	
#2	10	
#3	10	
#4	4	
#5	3	
#6	5	
#7	15	
Total	51	

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#1

Children's menus are often boring and high in fat, sugar and salt.

(a) Explain the health implications of eating too much fat. [4]

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Question taken from WJEC examination paper 473201, May 2012

#2

Study the following recipe for a Savoury Flan.

Pastry case	Filling
200 g plain flour pinch of salt 50 g butter 50 g lard	150 g cheddar cheese 1 onion fried 100 g streaky bacon, chopped and fried 2 eggs 100 ml whole milk 100 ml double cream

(a) Suggest **three** ways in which the recipe could be adapted to reduce the fat content. [3]

(i)

.....

(ii)

.....

(iii)

.....

(b) State why this recipe is unsuitable for a **coeliac**. [1]

.....

.....

#5

(c) Strict hygiene procedures need to be followed in order to prevent food poisoning. [3]

Give **three** food hygiene rules:

- (i)
-
- (ii)
-
- (iii)
-

Question taken from WJEC examination paper 474201, May 2012

#6

One way of preventing cross contamination is to use colour coded chopping boards. [3]

(a) Complete the chart below.

Colour of chopping board	Food to be prepared
(i) Red
(ii)	Raw fish
(iii) Green

(b) State **two other** ways of preventing cross contamination. [2]

- (i)
-
- (ii)
-

Question taken from WJEC examination paper 473201, January 2013

Homework Three:

Nutrition Round Up & Lemon Meringue Pie



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Food and Nutrition

Question	Maximum Mark	Mark Awarded
#1	3	
#2	3	
#3	4	
#4	6	
#5	3	
#6	8	
#7	5	
#8	4	
#9	12	
Total	48	

created with
 Question Bank

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#1

Complete the following statements.

[3]

- (i) Carbohydrates are needed for
- (ii) A lack of in the diet can cause anaemia.
- (iii) Government guidelines suggest we should eat less

Question taken from WJEC examination paper 473201, January 2014

#2

(b) Match the correct nutrient to the food item.

[3]

If you think the answer to (i) is A write A in the box.
An example has been completed for you.

milk	A
(i) oranges	
(ii) wholemeal bread	
(iii) margarine	

A	calcium
B	carbohydrate
C	fat
D	vitamin C

Question taken from WJEC examination paper 430101, June 2015

#3

(a) Tick (✓) the box to show two foods that are high in sugar.

[2]

(i)



(ii)



(iii)



(b) Give one reason why sugar should be reduced in the diet.

[1]

(c) Suggest an alternative to sugar to sweeten foods.

[1]

Question taken from WJEC examination paper 430101, June 2014

#4

(a) Complete the method for making a savoury flan using the words below. [4]

set	fat	fold	dough	beat	flavour
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Make the short crust pastry by rubbing into flour to form fine crumbs.



Add water and stir to form a soft,



Line the dish with rolled out pastry, add filling.



..... the eggs and milk together.



Season with salt and pepper.



Pour the mixture into the pastry case and bake until the filling has

(b) Name **two other** types of pastry. [2]

(i)

(ii)

Question taken from WJEC examination paper 473201, May 2015

#5

(d) A luxury lemon meringue pie uses eggs to make each component part.
Name **one** component part of the lemon meringue pie and explain the function of the eggs. [3]

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Question taken from WJEC examination paper 409101, May 2012

#7

(a) Complete the chart using the words from the box.

[3]

To fight infection	Pasta	Strong teeth and bones	Liver
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Micro-nutrient	Function	Rich Food Source
(i) Vitamin B1 (Thiamin)	To help the body use energy.
(ii) Vitamin C	Kiwi fruit
(iii) Iron	To help make red blood cells.

(b) State two functions of protein in the body.

[2]

- (i)
-
- (ii)
-

Question taken from WJEC examination paper 430101, June 2014

#8

Children's menus are often boring and high in fat, sugar and salt.

(a) Explain the health implications of eating too much fat.

[4]

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Question taken from WJEC examination paper 473201, May 2012

Core Knowledge

Principles of Nutrition



Week One: Protein	Questions 11-20
Week Two: Carbohydrates	Questions 1 - 10
Week Three: Fats	Questions 21-31

Area	Question Numbers
Carbohydrates	1 - 10
Proteins	11- 20
Fats	21-31

Q No.	Question	Answer
1.	What process in plants produces energy from water and carbon dioxide?	Photosynthesis.
2.	What type of carbohydrate are the simple sugars glucose and fructose?	Monosaccharide.
3.	Sucrose is an example of what type of carbohydrate, made from two sugar molecules joined together?	Disaccharide.
4.	What other nutrients do starchy carbohydrates provide the body with?	Protein, calcium, iron, B vitamins and fibre.
5.	Why is sugar sometimes referred to as "empty calories"?	It has no nutritional value other than providing energy.
6.	What health conditions can a diet high in sugar cause?	Obesity, type 2 diabetes, heart disease, some cancers and tooth decay.
7.	What are the effects of eating too much carbohydrate?	Excess carbohydrates are stored as glucose in the liver and muscle cells and eventually converted into fat cells.
8.	What are the effects of eating too little carbohydrate?	Short term: feeling hungry, weak or tired. Longer term: stored fats and eventually protein is digested to provide energy.
9.	Why do starchy foods make a better energy source than sugar?	Energy is released more slowly and steadily from starch foods as they contain slow release carbohydrate, whereas sugars are fast release carbohydrates.
10.	What are intrinsic and extrinsic sugars.	Intrinsic sugars are found naturally in foods, such as fruit. Extrinsic sugars are added to food.
11.	What are the three main functions (other than to provide energy) of proteins.	Growth, repair and maintenance of cells.
12.	What are the main plant sources of protein in our diet?	Cereals, nuts, pulses and seeds.
13.	What are proteins made of?	Amino acids.
14.	What are essential amino acids.	Amino acids which our bodies cannot manufacture, so we must get them through our diet.
15.	What are non-essential amino acids.	Amino acids we can make inside our bodies.
16.	What are HBV proteins? Which foods contain HBV proteins?	High Biological Value proteins – they contain all the essential amino acids.

		Animal sources of protein as well as meat substitutes (tofu, Quorn and TVP) and the cereal quinoa.	
17.	What are LBV proteins? Which foods contain LBV proteins?	Low Biological Value proteins – they contain some, but not all the essential amino acids. Seeds, nuts, beans, legumes and cereals.	
18.	What are the dietary reference values for proteins for the following ages of people?	1-3 year olds	15g
		4-6 year olds	20g
		7-10 year olds	28g
		11-14 year olds	42g
		15-50 year olds	55g
	Over 50s	53g	
19.	What are the consequences of not eating enough protein (malnutrition)?	Wasting of muscle tissue, oedema (fluid retention, mainly in feet and ankles), anaemia, slow growth, kwashiorkor	
20.	What does the term complementary proteins mean? Give an example.	When we combine two or more LBV protein foods, so that all the essential amino acids are consumed. Examples: beans on toast, pitta and hummus, dhal and rice.	
21.	Other than providing energy what functions do fats perform in the body?	<ol style="list-style-type: none"> 1. Insulates the body. 2. Protects the vital organs 3. Carries fat-soluble vitamins (A, D, E & K) into the body. 4. Used in producing hormones. 5. Contains essential fatty acids which the body needs to grow and function. 	
22.	What are the two main types of fats?	Saturated and unsaturated.	
23.	What are the health risks associated with saturated fats?	Can raise blood cholesterol leading to coronary heart disease.	
24.	What foods contain saturated fats?	Lard, butter, full fat dairy foods, the visible fat on meat, processed foods, including sausages, burgers, pastries, cakes and biscuits. Also block margarine, palm oil and coconut oil.	
25.	Why are unsaturated fats healthier for us?	They promote the healthier type of cholesterol (HDL)	
26.	What foods are monounsaturated fats found in?	Olive and rapeseed oils, almonds, hazelnuts, peanuts and avocados.	
27.	What foods are polyunsaturated fats found in?	Sunflower, corn, soya and sesame oils, whole grains and seeds, nuts, fruit and vegetables.	
28.	Name two essential fatty acids.	<ol style="list-style-type: none"> 1. Omega-3 2. Omega-6 	

29.	What are the health benefits of Omega-3.	Omega-3 – prevents blood from clotting, keeps the heart rhythm regular and improves our chances of survival after a heart attack.
30.	What are the consequences of a diet too low in fat?	May develop vitamin deficiency of the fat-soluble vitamins A, D E and K.
31.	What are the risks of a diet that is too high in fat?	The body will gain weight. Extra fat is stored in fat cells and if it is saturated fat it can lead to an increased risk of heart disease.