

FOOD PREPARATION AND NUTRITION

HOMEWORK BOOK

Aylsham High School



Name:

Group:

Teacher:

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Learning exam skills

SECTION 1

Understand your exam!

This book has a range of exam-style questions that correspond to each main topic of the GCSE Food Preparation and Nutrition exam. If you have copies of the textbook and revision guide – also available from Illuminate Publishing – then you'll see that the chapters here also match the chapters in those.

What I would like to help you understand in this book is how the exam paper is designed and written, so you will be able to approach the paper with more confidence. The key thing to know is that questions are structured into **three different types** – referred to as AO1, AO2 and AO4.

All questions must be clear and straightforward. They can't be confusing in any way.

AO1 Questions

AO1 questions are designed for you to **recall** (remember) **facts** and the answers are one word or a simple sentence. An AO1 question is usually worth 1 mark for each correct answer.

For example:

Q1 State two different types of milk.

Answer: Cow, sheep, almond, soya.

So, you could get 2 marks if you gave any two of those four correct answers.

AO2 Questions

AO2 questions are designed to show you can **apply** your **knowledge** and **understanding** of the question. So, as well as remembering facts, these answers also require a more detailed response and you may need to write several sentences.

For example:

Q2 Describe how the shelf-life of fresh milk can be increased.

Answer: Milk can be dried. The water is removed through evaporation and a fine dry powder is formed. It can then be stored in a kitchen cupboard for a long time.

This is just one possible answer.

AO4 Questions

AO4 questions are designed to get you to **analyse** and **evaluate** different aspects of the topic in the question, which can cause problems for a lot of students. Every year, examiners see that students lose marks on these AO4 questions simply because they don't give enough detail or explanation.

TOP TIP!



There's no such thing as a trick question in the exam, even if you're sure they exist. They're simply not allowed!

TOP TIP!



In AO2 or AO4, questions worth 6 marks don't mean you need to write six points down. The marks awarded depend very much on the detail and the explanation you've given.

For example:

Q3 Evaluate the hygiene and safety of fresh milk during the processing treatment.

Answer: All fresh milk contains pathogenic bacteria and, by law, must be heat-treated to kill the bacteria, making it safe to drink. This is called pasteurisation. At a processing plant, milk is heated to a minimum of 75°C for about 25 seconds and then rapidly chilled to 5°C. The milk is then bottled into sterilised containers, which are then sealed to prevent bacterial contamination.

This answer gives enough detail to gain you 4 marks.

Learning and exam skills

Who likes doing exams? Hands up!

That's not surprising as many of us HATE taking exams. We find them scary and they can make us feel really anxious, stressed and ill. So, how can we improve a situation that causes most of us such stress?

I know that this is easier said than done, but if you can stick to this advice you'll give yourself a massive advantage:



Military Special Forces, such as the SAS or Royal Marine Commandos, have a phrase:

*If you
fail to plan, you
plan to fail.*

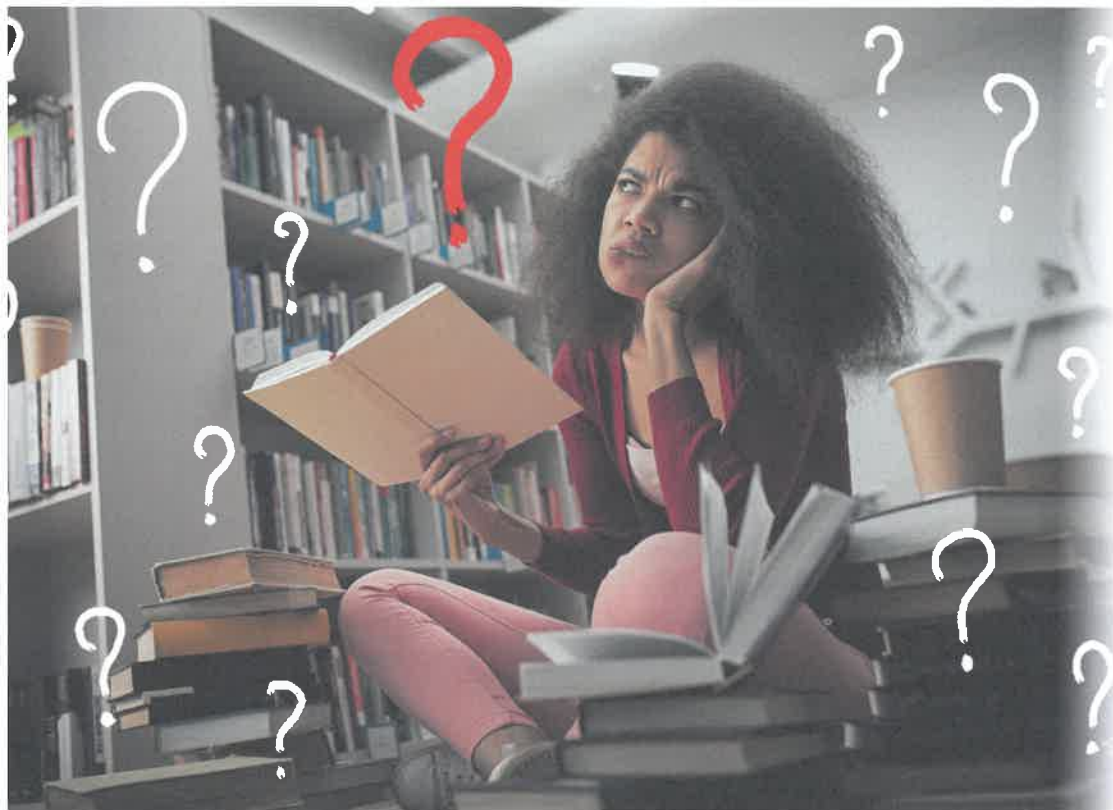
Just think about that for a moment. What does this phrase mean?

It means that if we don't plan things properly, we run a high risk of failing.



Can you apply this to your exams?

Your teachers will have planned and prepared lots of theory work that you need to learn. Then, on exam day, you have to remember and reproduce lots of this 'stuff' for that written exam paper.



TOP TIP!



Learning is a skill that you need to practise and to master. The more you practise learning skills, the easier learning actually becomes!

I can hear you thinking – how on earth can I remember so much information?

Well, as the Special Forces would say: you need to plan your learning strategies and then prepare for the topics that could come up on the exam paper.

Step 1 – PLAN

Every time you complete a topic or unit of work in Years 10 and 11, summarise your learning in a way that suits you. Do it while it is all fairly **fresh** in your mind; DON'T leave it until a few weeks before the exam!

Step 2 – PREPARE

We all learn in different ways but there are three main types of learning. Which one are you?



1. **Visual:** graphs, charts, mind-maps and other visual stimulation help you to retain knowledge.

2. **Auditory:** you learn through hearing, so you will find listening to information successful.



3. **Kinaesthetic:** you need to be actively engaged in your learning. You learn by 'doing'.

Ideally, we should use all three types to develop the best learning skills.

For example: learning about pastry.



I **show** you (visual) by demonstrating how to make it.

I **explain** (auditory) what I'm doing at the same time.



You then **make** (kinaesthetic) the pastry.

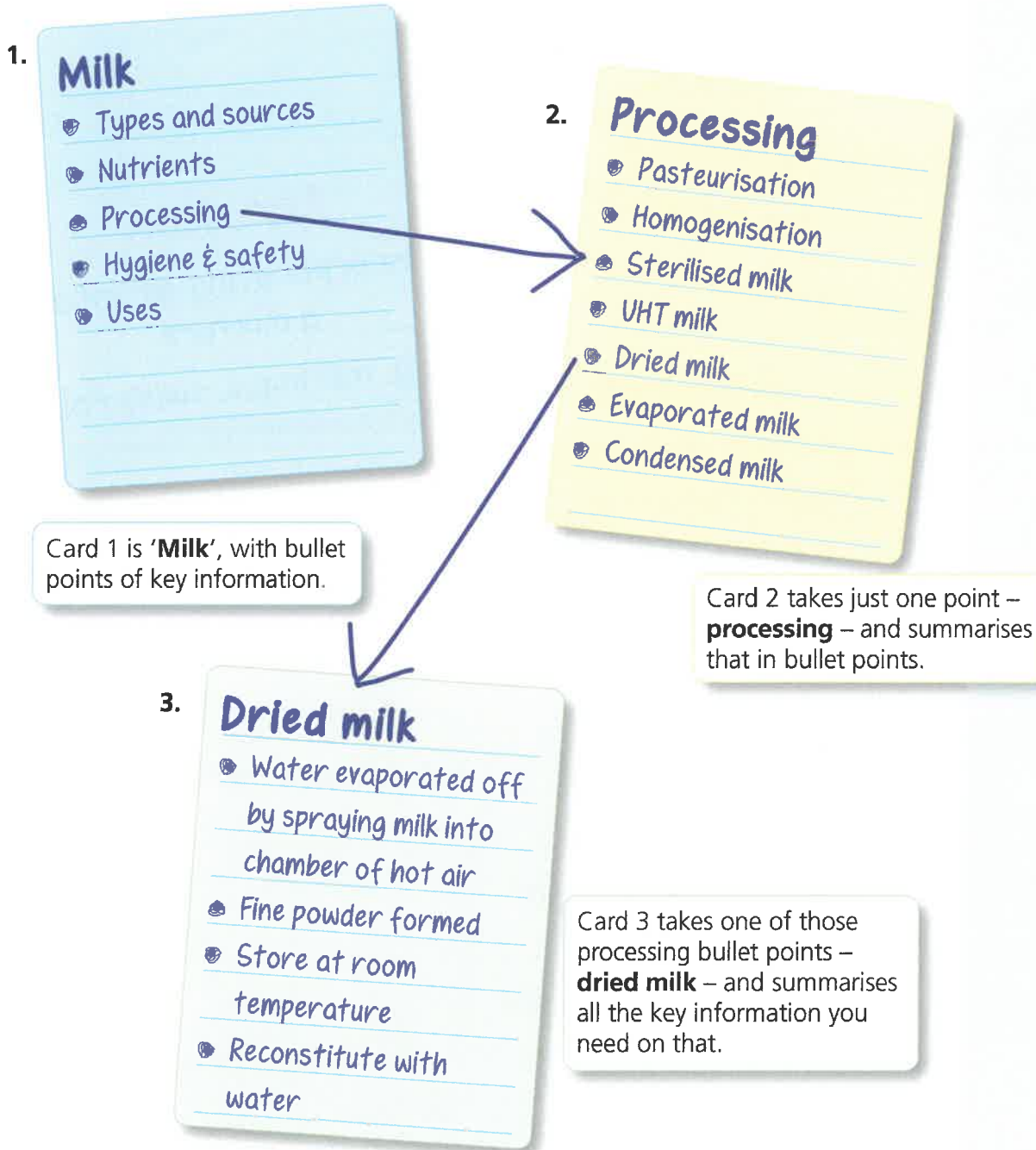
In the exam, if there is a question about pastry you should recall your knowledge of what I showed you, what I explained to you and what you did when you made pastry.

Learning strategies

Which of these different types of learning strategies might help you?

Learning cards (you will need lined postcards)

Each time you complete a unit/topic of work, reduce all the information onto a few cards. The first card will contain just the main points or key words for the whole topic. Each of those key words/phrases will have cards to give further information.



You can use this format for ALL topics in the textbook and from your class notes – that would make a great revision tool!

Flash cards

Write a **key word** and a **definition** on a postcard. You might focus on a topic or commodity. You could work with a friend and use the flash cards to test each other. The example below takes all key words beginning with A and has several on one card, but you don't have to do this. You could put one word and its definition on one card, or have the key word on one side and the definition on the reverse. That would be a great way to test yourself!

Use different colours for the key term and the definition.

Acidic

A pH below 7
E.g. lemons, milk

Aeration

Incorporating air into a mixture
E.g. meringue, swiss roll

Aerobes

Organisms that requires oxygen to reproduce
E.g. some yeasts

Alkaline

A pH above 7
E.g. spinach, almonds

Ambient foods

Foods stored at room temperature
E.g. tea, flour, jam, cake

Anaerobes

Organisms able to survive without oxygen
E.g. Clostridium botulinum

TOP TIP!



Why not write the key word on one side and the definition on the other. You can then test yourself.

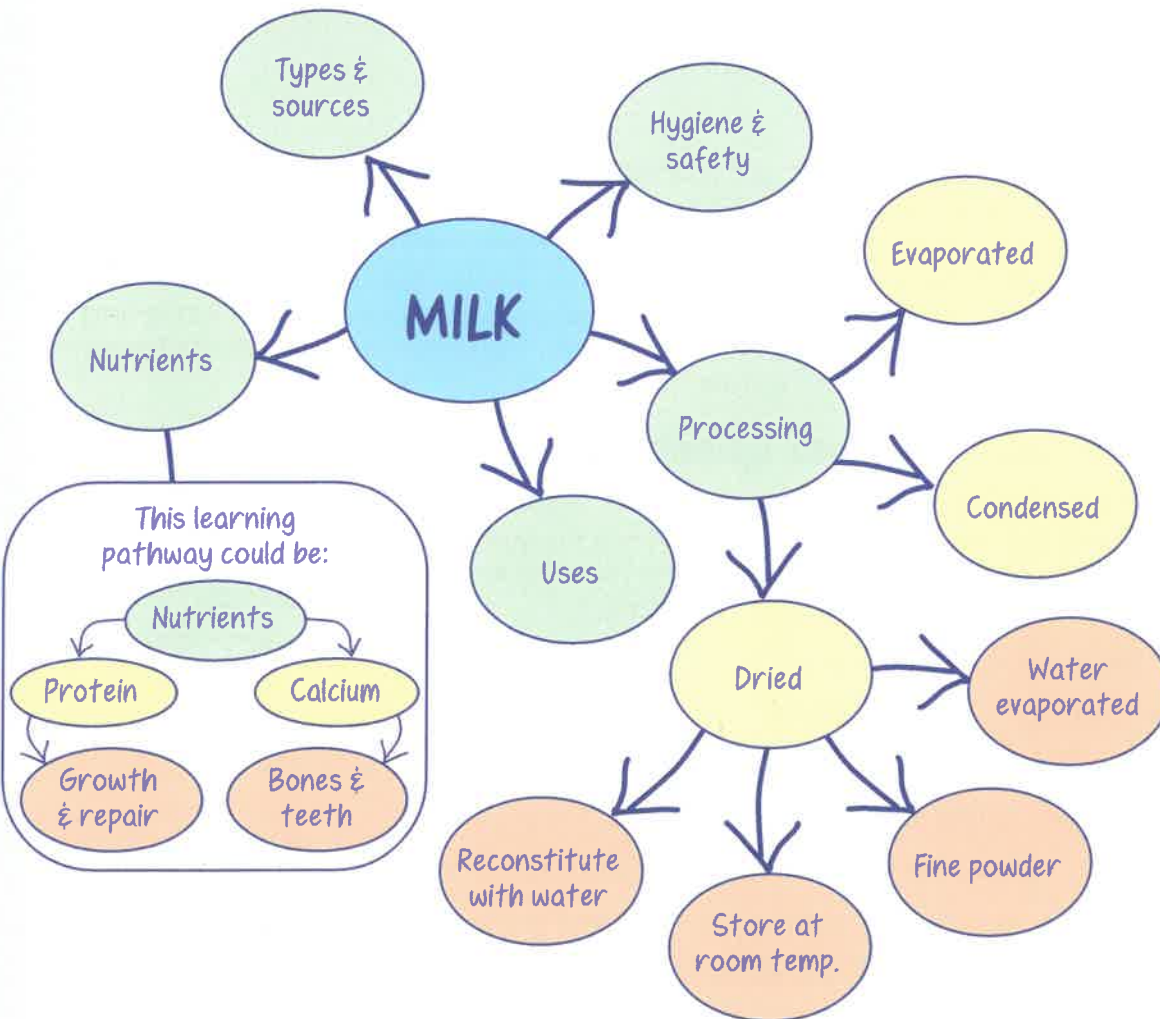
Mind maps

These can also be called spider diagrams, thought showers, chains of thoughts or inner monologues.

How to design a mind map:

1. Write the topic title in the middle of a page, e.g. **MILK**.
2. Then 'hang' the key words or terms off the word MILK. So, in this case, you would use these phrases: types & sources, nutrients, uses, processing, hygiene & safety.
3. Focus on one phrase at a time, e.g. processing. Hang the different types of processed milk off 'processing', i.e. dried, evaporated, condensed.
4. Finally, link important facts with each processed milk.
5. Use colour to help you see the learning paths. Colour often helps visual learners.

The example mind map below illustrates the learning pathway, which may be similar to learning cards pathways. Can you see any similarities?



STOP! THINK!

Can you see how we started with 'MILK' as a learning point? Then connected to processing and drilled down into dried milk?

TOP TIP!

Don't use *too* many words. If you make the map too 'wordy' you won't read it.

Learning by rote

One way of learning is by writing something out repeatedly. It can be dull and tedious but it can work. This might help kinaesthetic learners – who are active and like doing something. For example, 40 years on from when I was at school, I can still remember some maths facts and formulae, along with dates and events from history. Information I have rarely needed since my Year 11 exams! So, how do I still remember these things? Because I wrote each fact again and again and again – in fact dozens and dozens of times. The information really locked into my memory. I learned it!

Digitally recording facts

Using the technology that many of us have access to daily makes digitally recording facts very easy to do.

On paper, summarise your learning of a topic. When you are happy with what you have written, simply record the summary onto your phone, laptop or tablet. You can then listen to this at any time. Listening for 5 minutes here and there will soon embed the information into your brain. You could support this with learning cards.



Teaching others

Work with your friends to test each other. If someone can't give an answer then you explain it to them – this really makes you think hard about the answer. How much detail is needed to give a great answer? If you don't know the answer either, then go and research it. This will actually increase your subject knowledge. Even better, in the exam you could then visualise explaining the answer to a friend.

Self-testing

Once you have revised a topic, test yourself by answering exam-style questions. Initially, you could answer the questions using your class notes or textbook. This is called 'open book' testing. The benefit is that it stops you struggling with recalling/remembering answers. Once you feel confident about the topic, answer questions under controlled conditions, i.e. no interruptions – put your phone and books away and set a time limit (say 2, 3 or 5 minutes) to complete the questions. The harder the question, the longer it should take you to write your answer.

Extended answer questions

When practising extended answer questions, you MUST read the question a couple of times and decide exactly what information the question requires. Extended answer questions often use command words and you must learn to spot these and know immediately what sort of answer is needed.

Common command words are:

- describe
- evaluate
- assess
- explain
- analyse
- discuss.

Describe: to give a written account of facts. For example:

Question: *Describe what is meant by the term dairy foods.*

Answer: *Dairy foods include milk and any other foods that are processed from milk such as yoghurt, cheese and butter.*

Explain: to describe facts in detail so that they can easily be understood and give reasons for the statements you have made. For example:

Question: *Explain the nutritional attributes of dairy foods.*

Answer: *Dairy foods include milk, cheese, yoghurt, cream and butter. Milk, cheese and yoghurt are widely eaten in the diet. They are very good sources of protein and calcium. Protein is needed for growth and repair of cells. Calcium is needed for bone development and growth. Protein*



When you're self-testing put your phone away – go on, give it a try!

is very important for growing children and teenagers. Elderly people need high levels of calcium to help prevent osteoporosis. Vitamin D, the sunshine vitamin, must be present for calcium absorption. Cream and butter should be eaten sparingly because they have high fat levels, which can negatively affect health, contributing to weight gain/obesity and coronary heart disease (CHD).

Evaluate: to state the facts of a topic, making judgements about their worth, value or quality. For example:

Question: *Evaluate the role dairy foods play in a pre-school child's diet.*

Answer: *Pre-school children's diets should be rich in dairy foods because they contain important nutrients, such as protein, which is needed for their growth, and cell maintenance and repair. Calcium is also an important nutrient in dairy foods because it helps to create bone cells. A pre-school child's bones grow at a fast rate, so lots of calcium is required.*

Dairy foods can be included in the diet by making yoghurt-based smoothies or having yoghurt as a pudding. The children could have milk on breakfast cereals, in rice pudding or custard. Cheese can easily be included in the diet in dishes by serving a cheese sandwich, cheese on toast, cheesy pasta, cauliflower cheese, etc. Care must be taken when using cheese because many have a 25–33% fat content, which long term is not good for our health. It is advised to use low fat dairy foods if possible, so that the pre-school children don't gain weight.

Analyse: to examine, explain and interpret a topic in detail. For example:

Question: *Analyse the role of dairy foods in a lacto-vegetarian diet.*

Answer: *A lacto-vegetarian does not eat any meat or fish, both of which are good HBV (high biological value) proteins. So, dairy foods are advisable because they are also a good source of HBV protein. Including HBV protein foods ensures that an adult is receiving the eight essential amino acids needed, otherwise kwashiorkor may happen. Soya is a plant source of HBV protein but not every vegetarian likes soya products. If the vegetarian does not eat dairy foods they must make sure they eat soya products or plan their meals to use two or more LBV protein foods, for example hummus and pitta bread.*

Including milk, cheese and yoghurt in the diet will ensure that the vegetarian is receiving calcium for their bones and teeth, essential fatty acids (omega 3 and 6)

Can you see how some good key words have been used with some explanation?

A good list of different dairy-rich dishes has been stated.

The explained key words used show clear understanding of the question.

for cell membranes and sodium needed to maintain the water balance in the cells.

However, a lacto-vegetarian diet can become imbalanced if too much cheese is eaten. Cheese, although good for us, is high in fat. Too much fat in the diet can lead to weight gain, obesity and cause blocked arteries leading to CHD. The same applies to including too much butter or cream in the diet.

Assess: to make a judgement or decide the importance of something. For example:

Question: *Assess the importance of dairy foods in an elderly person's diet.*

Answer: Dairy foods provide HBV proteins but most elderly people tend to have sufficient HBV protein intake from meat, fish and eggs. However, meat, fish and eggs do not supply calcium. Elderly people must have a good daily intake of calcium to make sure that their bone strength is maintained so they don't develop brittle bones or osteoporosis, which can cause bones to fracture easily and may lead to severe disabilities. Therefore, milk and yoghurt must be included in their diet along with oily fish for vitamin D (or a vitamin D supplement) to make sure that their bones are kept strong. Cheese is an important dairy food but must not be eaten in large quantities because of its high fat content. Elderly people may not be very active and eating lots of cheese regularly could cause them to become obese and develop heart disease due to the fat blocking their arteries.

Discuss: to write about a topic in detail, including various aspects of the subject. The example opposite illustrates how to break up a discuss question.



Example:

Discuss the choice and use of dairy foods when preparing and cooking meals.

[8]

How do we approach answering this question?

It is worth 8 marks, but this doesn't mean you write eight points.

Use a highlighter pen to highlight important words:

*Discuss the choice and use of dairy foods
when preparing and cooking meals.*

1. It is about dairy foods.
2. Choice of dairy foods for meals; visualise and jot down as many dairy foods as you can.
3. Preparing meals using dairy foods.
4. Cooking meals using dairy foods.

It's a *Discuss* question, so you need to write several sentences on points 2, 3 and 4 above.

Another way of approaching this is PEE:

- P** Make a **P**oint
- E** Explain the point
- E** Give **E**xamples to support your answer

To get the high-banded marks you need, write a balanced answer by discussing all aspects of the question: different types of dairy foods and how they are prepared for use and then made into meals.

The words I would jot down include:

Cheddar Parmesan cream cheeses melting/plasticity
 different flavours and textures cooked/uncooked sauce
 au gratin cheese pastry/pasties cheesecake
 cheese on toast soup fat content mustard
 vegetarian cheese lactose intolerance grilling baking

Using these words, you can build up your answer to the question.

This is what I'd write:

Dairy foods include skimmed/semi-skimmed/whole milk, evaporated milk, condensed milk, yoghurt, cheese, cream, crème fraîche and butter.

These foods are used widely in the home and most fridges will have at least one dairy product in them. During preparation, cheese, depending on its type, can be grated, diced or sliced and added to dishes. For example, grated Cheddar can be added to an omelette or béchamel sauce, while sliced mozzarella cheese can be used in a tomato salad, while mascarpone cheese can be mixed with double cream to make a tiramisu. Cheese is also good in cooking because, when it melts, the texture changes, for example mozzarella become stringy on the top of a pizza, thin slices of Parmesan cheese can be quickly baked in the oven to form cheese crisps, or grated Cheddar will melt into a white sauce or hot mashed potato to add flavour. By adding a small quantity of mustard to a cheesy dish you can reduce the amount of cheese used because mustard brings out the flavour of the cheese – it enhances it. By reducing the cheese used you will be making the dish healthier because there will be less fat in it.

Butter is added to foods for a rich, creamy flavour, e.g. in biscuits and cakes. It is used as a 'waterproof' spread on bread so that sandwiches don't go soggy.

Milk is used as a drink or in smoothies, tea and coffee. It can be used on breakfast cereals and in soups and sauces. Skimmed milk (0.1–0.5% fat) tends to lack flavour compared to whole milk (4% fat), so a rice pudding made using Channel Island milk (5.1% fat) will have a creamier flavour than one made using skimmed milk.

A lactose-intolerant person is unable to digest the lactose (sugar) found in milk, so they would need to use either lactose-free milk or a plant-based 'milk' such as Alpro soya milk.

Exam day

You've done all your learning and revision. Now it's just the 'real' exam left to do.

Let's think about how to approach this.

**My
Top 10
tips!**

1 Be CALM

It's easier said than done. But if you planned and prepared well you shouldn't get stressed.

2

Don't message friends ...

... the night before or morning of the exam. Why? You will all be messaging negative comments to each other – things such as 'it's all gone from my head' or 'I can't remember anything' or 'I haven't revised enough' and so on. These negative comments will go into the exam hall with you and your subconscious will tell you that you can't do it. This is not the positive start you need.

3

Eat something

Make sure you have had a decent breakfast (or lunch) and are well hydrated. Your brain needs fuel and water to concentrate and work well.

4

Outside the exam hall ...

... chat about things that are not school or exam related, OR just go into your own bubble of space. Focus on lovely thoughts – again, not school related.

5

Positive thinking

Keep telling yourself that you know your 'stuff'. If you have revised well, the information is in your brain somewhere. You just need to bring it out.

6

Breathe

Sit calmly and be aware of your breathing. Take slow, deep breaths in and out. Feeling anxious? Focus on your breathing to help keep you grounded.

7

You may start!

Open the paper and read every question **SLOWLY!** Then read them again. There will be some that seem easy but others that you may think arghhh! That's OK. Keep breathing slowly and pick up your pen.

8

Key words

Use the margins of the exam paper to jot down facts/key words. Highlight the two or three key words in each question. This will help you stay focused on what each question is asking.

9

Easiest first

There is no rule saying you must start with Q1 and work through to Q9. Answer the questions in whatever order you want to, but start with the ones that you think are easy. Then work on the other questions. Be time aware too. Double check that you haven't missed any of them out!

10

Check again

Go back over your answers to check whether you could add more detail or explanation, especially for the extended writing answers. Ask yourself '**because?**' at the end of each sentence. Why? Because you may find that you can add more to your answer. Finally, have you given examples to support your writing? If not, why not?

Now, it is over to YOU.

I am NOT going to wish you luck. Why? Because if you have taken this information on board you will have planned and prepared ahead of the exam, using clear learning strategies that work for you.

RESULT!

Nutrition questions

The questions in this part are all about **recalling** and **testing** your **knowledge** of nutrition. In the actual exam there may be several nutrition-based questions, so do consider the next three points:

1. Do you remember the names of the main nutrients you are expected to know?
2. You need to be able to write about the sources and functions of the three **macronutrients**.
3. There are lots of **micronutrients** that need learning about, so learn these two pairs as a starting point:

Calcium + Vitamin D
Iron + Vitamin C

Questions are structured into three different types:

- AO1** Questions where you need to **recall** or remember facts.
- AO2** Questions designed to demonstrate that you can **apply** your knowledge and understanding of remembered facts.
- AO4** Questions where you need to **analyse** and **evaluate** different aspects of the question topic.

Principles of food and nutrition

To answer the questions in this section you need to show your knowledge and understanding of:

- what macronutrients and micronutrients are, and their role in nutrition
- the specific function and the main sources of macronutrients and micronutrients, along with recommended daily allowances
- the dietary value of dietary fibre (non-starch polysaccharides – NSP) and water.

AO1 Questions

AO1 questions are ones where you need to **recall** or **remember** facts.

Q1 Tick (✓) the correct box next to each statement to show if it is **True** or **False**. [3]

	True	False
(i) Tuna is classified as 'white fish'	<input type="checkbox"/>	<input type="checkbox"/>
(ii) Vitamin C is water soluble	<input type="checkbox"/>	<input type="checkbox"/>
(iii) Cheese has a high fat content	<input type="checkbox"/>	<input type="checkbox"/>

SECTION 2

MACRONUTRIENTS

KEY WORD

MICRONUTRIENTS

STOP! THINK!



Why are these particular nutrients paired together?

TOP TIP!



Don't forget that all you need for AO1 questions are one-word or short sentence answers or ticks.

Q2 Match the food item to the correct nutrient. [3]

If you think the answer to (i) is **A**, write **A** in the box.

Food item	
(i) Dark green, leafy vegetable	
(ii) Baked beans	
(iii) Poached egg	

Nutrient	
A	Dietary fibre / NSP
B	Iron
C	Protein

Q3 State two nutrients found in cheese. [2]

- (i)
- (ii)

Q4 Name two fat-soluble vitamins. [2]

- (i)
- (ii)

Q5 State two functions of sodium in the body. [2]

- (i)
- (ii)

Q6 Which vitamin must be present to help with calcium absorption? [1]

.....

Q7 Name two foods rich in iron. [2]

- (i)
- (ii)

Q8 State one reason why the body needs each of the following macronutrients. [3]

Macronutrient	Why the body needs this macronutrient
(i) Protein	
(ii) Fat	
(iii) Carbohydrate	

The questions on this page are all about nutrients.

TOP TIP!
Learn one food source for each nutrient.

Q9 State one reason why the body needs each of the following micronutrients. [4]

Micronutrient	Why the body needs this micronutrient
(i) Vitamin C	
(ii) Vitamin A	
(iii) Sodium	
(iv) Iron	

Q10 Identify two foods that are **good** sources of vegetable protein. [2]

(i)

(ii)

Q11 All proteins have a biological value. State what is meant by the following terms and give an example of each. [4]

(i) HBV

.....

(ii) LBV

.....

AO2 Questions

AO2 questions are the ones where you need to **apply** your knowledge and understanding of nutrition.

Q1 Identify two ways to prevent vitamin C loss when preparing and cooking fruit and vegetables. [2]

(i)

.....

(ii)

.....

Q2 Describe three disadvantages of having too much fat in the diet. [3]

(i)

.....

TOP TIP! 

The clue to answering this type of question is that you need to write more than one or two words. You need to write in sentences.

- (ii)
-
- (iii)
-

What issues were discussed in class about why we should be eating less sugar?

Q3 We are advised to reduce our sugar intake. What are the risks of a diet high in sugary foods? [4]

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.....

.....

Q4 What is meant by the term 'malnutrition'? [2]

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Q5 Explain what is meant by 'hidden salt' in food. [2]

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Q6 Evaluate the nutritional values found in dairy foods. [4]

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STOP! THINK! 

Do you know what the main dairy foods are?

Q7 Describe how a diet deficient in calcium and vitamin D can affect the body. [4]

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A04 Questions

A04 questions are the ones where you need to **analyse** and **evaluate** different aspects of the question topic. To get the higher marks you must **explain** each fact you give.

Q1 Explain the health issues caused by eating too many high-fat foods and snacks. [6]

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Q2 Discuss why iron should be included in our daily diets and identify the foods rich in iron. [5]

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TOP TIP! 

Using the word 'because' may help you to explain your facts.

Have you learned at least one food source for iron?

Why do we need carbs and where are they found?

Q3 The Eatwell Guide shows that carbohydrates should make up one-third of our daily food intake. Explain, with examples, how carbohydrates support a healthy diet. [8]

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**STOP!
THINK!** 
Remember the Eatwell Guide and the eight top tips?

Q4 Having a balanced diet is vital for good health. Evaluate how current healthy eating guidelines can help a teenager to make good food choices. [9]

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Diet and good health

To answer the questions in this section you need to show your knowledge and understanding of:

- what is meant by a 'healthy' diet
- special dietary needs
- vegetarian diets
- religious dietary needs.

A01 Questions

A01 questions are the ones where you need to **recall** or **remember** facts.

Q1 State the term used to describe a diet that has an incorrect balance of nutrients. [1]

.....

Q2 Which ingredient, used when making pasta, is unsuitable for a coeliac? [1]

.....

Q3 Give three reasons why a person may follow a vegetarian diet: [3]

(i)

(ii)

(iii)

Q4 Define the term energy balance. [1]

.....

Q5

Smoothie Recipe

50g Strawberries

50g Blueberries

150g Strawberry yoghurt

100ml Orange juice

(i) Identify one change to make this recipe suitable for a child who is lactose intolerant. [1]

.....

(ii) Suggest an alternative ingredient that could be used. [1]

.....

Can you remember where lactose is found?

Q6 Identify the main difference between a vegan and a lacto-ovo vegetarian. [1]

.....

.....

TOP TIP!



You need to write more than one sentence to achieve higher marks.

AO2 Questions

AO2 questions are the ones where you need to **apply** your knowledge and understanding of remembered facts.

Q1 Describe the difference between a lacto-ovo vegetarian and a vegan. [4]

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STOP! THINK!



What nutrients are key to children's health?

Q2 Discuss the value of milkshakes/smoothies in children's diets. [6]

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Q3 Explain why multicultural foods have become a popular food choice. [6]

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TOP TIP!

Using the phrase 'due to' may help you to explain your facts.

AO4 Questions

AO4 questions are the ones where you need to **analyse** and **evaluate** different aspects of the question topic. To get the higher marks you must **explain** each fact you give.

Q1 Explain how establishing healthy eating patterns in childhood may prevent obesity in later life.

[9]

STOP! THINK!

Can you recall some of the eight top tips for healthy eating? These should help you link healthy eating patterns to preventing obesity.

The science of cooking food

To answer the questions in this section you need to show your knowledge and understanding of:

- how to prevent the loss of nutrients when preparing and cooking food
- the science behind food preparation
- the science behind cooking foods
- heat transference methods.

AO1 Questions

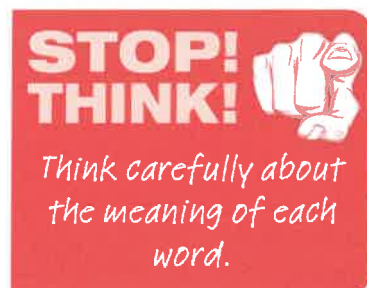
AO1 questions are the ones where you need to **recall** or **remember** facts.

Q1 Tick (✓) the correct box next to each statement to show if it is **True** or **False**. [3]

	True	False
(i) Oxygen makes some food go brown.		
(ii) Cooking food makes food safe to eat.		
(iii) Water boils at 90°C.		

Q2 Identify the correct method of heat transference for each statement. [3]

(i) Food cooked in hot air currents or liquid uses the method.	conduction
(ii) Food cooked under a hot grill uses the method.	convection
(iii) Food cooked with direct contact of hot metal uses the method.	radiation



Q3 Give two reasons why food is cooked. [2]

- (i)
- (ii)

Q4 Foods can be cooked using a range of different cooking methods. Complete the chart below by naming **TWO** methods of cooking and **TWO** examples of food traditionally cooked using that method. [4]

An example has been completed for you.

Method of cooking	Foods suitable for this method	
(i) <i>Frying</i>	(A) <i>Fish</i>	(B) <i>Bacon</i>
(ii)	(A)	(B)
(iii)	(A)	(B)

Jot down a few different methods of cooking and then think, 'What foods can I cook using each method?'

Remember that this applies to ANY choux pastry dish.

Q5 State two reasons why profiteroles may not rise. [2]

- (i)
(ii)

AO2 Questions

AO2 questions are the ones where you need to apply your knowledge and understanding of the remembered facts.

Q1 Describe two changes that happen when cooking a white sauce. [4]

- (i)
(ii)

TOP TIP! The clue to answering this type of question is that you need to write more than one or two words. You need to write in sentences.

Q2 Eggs have the ability to hold lots of air. Outline two reasons why an egg white may fail to create a stiff foam. [4]

- (i)
(ii)

Have you ever had a meringue mix fail? What happened?

Q3 Explain what is meant by dextrinisation. Use examples to support your answer.

[4]

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.....

Which foods show this process? Now, can you explain what is happening in dextrinisation?

Q4 Explain the benefits of marinating meat.

[4]

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.....

AO4 Questions

AO4 questions are the ones where you need to **analyse** and **evaluate** different aspects of the question topic. To get the higher marks you must **explain** each fact you give.

Q1 Evaluate the use of a microwave oven when preparing and cooking food.

[6]

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Ask yourself why microwave ovens are great to use. What are their limitations? By looking at benefits and weaknesses, you will be aiming towards top marks.

Q2 Discuss how vitamin C loss can be minimised during the preparation and cooking process.

[6]

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TOP TIP! 

For top marks you need to write about preparation **AND** cooking.

Food spoilage

To answer the questions in this section you need to show your knowledge and understanding of:

KEY WORD

- PATHOGENIC BACTERIA
- SAFE
- PRESERVING
- HACCP

- the causes of food spoilage
- **pathogenic bacteria** and food poisoning
- **safe** storage of food
- cooking food safely
- **preserving** food safely
- **HACCP**.

A01 Questions

A01 questions are ones where you need to **recall** or **remember** facts.

Q1 Tick (✓) the correct box next to each statement to show if it is **True** or **False**. [3]

	True	False
(i) Nail varnish can be worn when preparing foods.		
(ii) Warm water should be used when washing dishes.		
(iii) Pathogenic bacteria cause illness.		

Q2 Name two micro-organisms that cause food spoilage. [2]

- (i)
- (ii)

Q3 Identify the term used when bacteria are moved from one place to another. [1]

.....

Q4 State three personal hygiene rules that all food handlers must follow. [3]

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

Q5 Name two methods of food preservation: [2]

- (i)
- (ii)

TOP TIP!



Don't forget that all you need for A01 questions are one-word or short sentence answers.

TOP TIP!



Learn the names of some micro-organisms.

STOP! THINK!



The answer to this is a key phrase – you must learn it!

How do you stop food going off?

Q6 Complete the chart below about temperatures.

[4]

	Temperature
(i) The core temperature of cooked food.°C
(ii)	63°C
(iii) The danger zone is between°C and°C.
(iv) Freezers should be at this temperature.°C

**STOP!
THINK!**



*If you learn
the five important
temperatures then
these are easy marks!*

AO2 Questions

AO2 questions are the ones where you need to **apply** your knowledge and understanding of nutrition.

Q1 HACCP is a system used in all commercial kitchens.

Describe how the following HACCP points help to keep the public safe.

(i) Accepting the delivery.

[2]

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(ii) Storing the foods.

[2]

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Do you
know what HACCP
stands for?



**STOP!
THINK!**



*What do you know
about the different
areas foods are
stored in?*

(iii) Preparing and cooking the foods. [2]

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.....

What records **MUST** be kept to prove food has been dealt with safely?

(iv) Record keeping. [2]

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.....

Q2 Outline why microwave oven cooking instructions on foods often state:

'After cooking, stir and leave to stand for two minutes.'

[2]

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You don't believe this? Check out this ready-meal packet!



Q3 Discuss the conditions that micro-organisms need in order to grow. [4]

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Do you remember what a micro-organism is?

TOP TIP! 
Micro-organisms need the same conditions as us to grow.

- Q4** Evaluate the importance of labelling information that must be included on a food package. [5]

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.....

**STOP!
THINK!** 

Only the info that is required by law. Ask yourself, why?

AO4 Questions

AO4 questions are the ones where you need to **analyse** and **evaluate** different aspects of the question topic. To get the higher marks you must **explain** each fact you give.

- Q1** Many students bring their food ingredients needed for use in lessons from home.

Explain how the ingredients and the final practical work can be kept safe and hygienic. [5]

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**TOP
TIP!** 

It is therefore important that you explain each of your facts.

- Q2** As part of a school enrichment project, you have been asked to produce a food hygiene and safety leaflet for the students' parents.

Discuss the important points that must be included in the leaflet. [12]

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TOP TIP!



Always give examples to support your answer.

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Can you identify the different types of plastic packaging used?

Q3 Plastic packaging is widely used in the food industry.

Evaluate the advantages and disadvantages of using plastic as a packaging material.

[9]

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Food provenance and food waste

To answer the questions in this section you need to show your knowledge and understanding of:

- the meaning of food provenance
- food miles
- the problems associated with food waste
- how to prevent food waste
- food packaging and the environment.

AO1 Questions

AO1 questions are ones where you need to **recall** or **remember** facts.

Q1 Tick (✓) the correct box next to each statement to show if it is **True** or **False**. [3]

	True	False
(i) Risotto is made traditionally using Arborio rice.		
(ii) Brie is an English cheese.		
(iii) Planning the week's meals can reduce food waste.		

Q2 Identify three ways of reducing the amount of food waste that goes to landfill. [3]

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

Q3 State two advantages of cardboard as a packaging material. [2]

- (i)
- (ii)

Q4 Give one disadvantage of cardboard as a packaging material. [1]

.....

.....

Q5 State what is meant by the term 'biodegradable' packaging. [1]

.....

.....

TOP TIP!



Don't forget that all you need for AO1 questions are one-word or short sentence answers.

What is wrong with 'stuff' going to landfill?


TOP TIP!



Imagine holding various foods. Ask yourself if cardboard is a good packaging for that food.

AO2 Questions

AO2 questions are the ones where you need to **apply** your knowledge and understanding of nutrition.

**STOP!
THINK!** 

Now this is a tough one! Read the Food Preparation & Nutrition textbook page 104 and then think about the question.

Q1 Describe what is meant by food security and food insecurity. [4]

(i) Food security

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(ii) Food insecurity

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Q2 Many local food businesses are now aware of environmental issues. Discuss how they can minimise their environmental impact. [4]

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What does environmental impact mean?



Technological developments

To answer the questions in this section you need to show your knowledge and understanding of:

- food ingredients development
- how technological processing affects foods
- factors affecting food technological developments
- technological developments and health.

TOP TIP!



Remember that your answers for A01 questions only need to be one word or short sentences.

A01 Questions

A01 questions are ones where you need to **recall** or **remember** facts.

Q1 Tick (✓) the correct box next to each statement to show if it is **True** or **False**. [3]

	True	False
(i) M.A.P. extends the shelf-life of food.		
(ii) Hydroponic plants are grown without soil.		
(iii) Functional foods have no nutritional benefits.		

Q2 Match the food term to the statement. [3]

If you think the answer to (i) is **A**, write **A** in the box.

Food term	
(i) Probiotic	
(ii) Fortification	
(iii) Mycoprotein	

Statement	
A	Extra nutrients added into foods.
B	Derived from fungi.
C	Live bacteria and yeast added to some foods.

Q3 State the meaning of the following terms: [2]

(i) Textured vegetable protein (TVP)

.....

(ii) Organic food

.....

We use these terms a lot but what do they actually mean?

Factors affecting food choice

To answer the questions in this section you need to show your knowledge and understanding of:

- availability and seasonality
- food-related medical conditions
- costs and food poverty
- ethical choices
- **sensory analysis**
- food labelling.

SENSORY ANALYSIS

KEY WORD

AO1 Questions

AO1 questions are ones where you need to **recall** or **remember** facts.

Q1 Tick (✓) the correct box next to each statement to show if it is **True** or **False**. [3]

	True	False
(i) Traditionally, Christians eat fish on Fridays.		
(ii) Kosher foods are eaten by people of the Jewish faith.		
(iii) The Sikh religion permits eating beef.		

Q2 Match each vegetable with its UK growing season. [3]

If you think the answer to (i) is **A**, write **A** in the box.

Vegetable		UK growing season	
(i) Swede		A	Spring
(ii) New potatoes		B	Winter
(iii) Leeks		C	Summer

Q3 Name the condition caused by a lack of calcium. [1]

.....

Q4 What term is used for a person whose body cannot digest wheat? [1]

.....

Q5 State three items of information that must be included on food packaging. [3]

(i)

(ii)

(iii)

TOP TIP!



Don't forget to only use one-word or short sentence answers.

Do you remember the cultural food considerations?

STOP! THINK!



Questions 3 and 4 are important facts – make sure you know the answers.

AO2 Questions

AO2 questions are the ones where you need to **apply** your knowledge and understanding of nutrition.

Q1 Sensory analysis is a research tool used during food development.

(i) Name one example of a food sensory analysis test. [1]

.....

(ii) Describe how this sensory analysis test is used. [2]

.....

.....

.....

Q2 Describe two marketing methods used to advertise supermarket food products. [4]

(i)

.....

.....

(ii)

.....

.....

AO4 Questions

AO4 questions are the ones where you need to **analyse** and **evaluate** different aspects of the question topic. To get the higher marks you must **explain** each fact you give.

Q1 Evaluate why some supermarket customers make the following product choices:

(i) Free range eggs [3]

.....

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.....

.....

TOP TIP! 
Marketing is about 'selling' products. How do companies persuade you to buy something?

Commodities questions

SECTION 3

The questions in this part are all about **recalling** and **testing** your **knowledge** of commodities. In the actual exam there may be several commodities-based questions, so do consider the three different styles of questions:

- AO1** Questions where you need to **recall** or **remember** facts.
- AO2** Questions designed to demonstrate that you can **apply** your knowledge and understanding of remembered facts.
- AO4** Questions where you need to **analyse** and **evaluate** different aspects of the question topic.

Cereals

To answer the questions in this section you need to show your knowledge and understanding of the:

- different types of cereal and their provenance
- nutritional benefits of cereals
- science of cereals during cooking
- safe storage and food poisoning risks of cereals.

AO1 Questions

AO1 questions are ones where you need to **recall** or **remember** facts.

Q1 Identify three cereal foods from the list below:

(a) Beef (b) Bread (c) Spaghetti (d) Apples (e) Oats. [3]


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

Q2 Rice is widely used in cooking. For example, short grain rice is used when making a rice pudding.

Name two other different types of rice and state a dish made from each. [4]

Type of rice	Dish that uses this type of rice
(i)	
(ii)	

Which foods belong to the cereals group?

STOP! THINK! 

There are lots of different types of rice and you need to name two.

TOP TIP! 

Name a SUITABLE dish that uses that particular rice.

Q3 Name the main macronutrient found in cereals.

[1]



.....

Q4 Fill in the missing word for the physical change that occurs when starch is heated in each of the following sentences:

[2]

(i) Moist heat the starch in a white sauce.

(ii) Dry heat creates when toasting bread.

AO2 Questions


AO2 questions are the ones where you need to **apply** your knowledge and understanding of commodities.

Q1 Explain one change that occurs when starch is heated in a liquid.

[2]

.....




STOP! THINK! 

What happens in the pan when making a white sauce?


Q2 Describe what is happening to bread dough during the kneading process.

[4]

.....

STOP! THINK! 

Why did you have to spend ages kneading your bread dough?



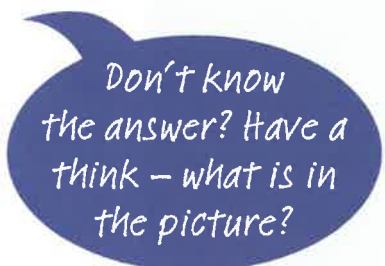
Q3 Some cereals can cause health problems.

(i) Identify this symbol, which can be found on some food packaging.



[1]

.....



How does this symbol help customers?



(ii) Explain the importance of food manufacturers using this symbol on their packaging. [2]

.....

.....

Q4 Pasta is made mainly from flour and eggs.

(i) State the type of flour used in pasta making. [1]

.....

(ii) Describe the steps for making either tagliatelle or lasagne sheets. [4]

1.

2.


3.

4.

(iii) Explain how freshly made ravioli should be cooked. [2]

.....

.....

STOP! THINK! 

This means writing the method for making pasta.

Probably most pasta is cooked this way!

AO4 Questions

AO4 questions are the ones where you need to **analyse** and **evaluate** different aspects of the question topic. To get the higher marks you must **explain** each fact you give.

Q1 Evaluate the **benefits** of dried cereals to both the consumer **and** the supermarkets. Give examples to support your answers. [6]


(i) Consumer benefits:

.....

.....

.....

.....

TOP TIP! 

Using the word 'because' may help you to explain your facts.

TOP TIP! 

First thing to do is write down the name of four or five dried cereal products. This will help you to keep focused.

(ii) Supermarket benefits:

.....

.....

.....

.....

Q2 Rice and pasta salads are popular buffet dishes but can be a cause of food poisoning.

(i) Name the bacterium that is found in cereals: [1]

B..... **c**.....

(ii) Explain how food poisoning risks can be minimised when making and storing a rice salad. [5]

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**STOP!
THINK!** 

Remember to stay focused. The question is just about cold, rice salad.

Q3 The Eatwell Guide advises that cereals and other starchy foods make up approximately one-third of our daily diet.

Evaluate the role **cereals** have in the diet to support good health. [6]

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Why should 1/3 of our diet be made up from cereals and other starchy foods, according to the Eatwell Guide?

Butter, oil, margarine, sugars and syrup

To answer the questions in this section you need to show your knowledge and understanding of:

- the science of fats and sugars
- the nutritional values of fats and sugars
- the effect of heat on fats and sugars
- the health issues around fats and sugars
- the different types of fats and sugars.

AO1 Questions

AO1 questions are ones where you need to **recall** or **remember** facts.

Q1 Tick (✓) the correct box next to each statement to show if it is **True** or **False**. [3]

	True	False
(i) Vegetable oil turns solid when stored in the fridge.		
(ii) Margarine is another name for butter.		
(iii) Suet is an animal fat.		

Q2 Identify three animal fats from the list below: [3]

(a) Olive oil (b) Butter (c) Lard (d) Margarine (e) Ghee.

(i)


(ii)

(iii)

Q3 Sugar is used widely in baking.

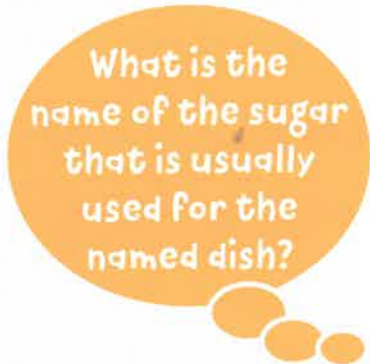
Name the sugar used to make each of the dishes stated. [2]

Dish that uses sugar	Type of sugar used
(i) Victoria sandwich cake	
(ii) Rich fruit cake	

STOP! THINK! 

Read each statement really carefully and think about it before you answer.

What is the name of the sugar that is usually used for the named dish?



Q4 Fats are classified depending on how the atoms in them are structured.

Complete the chart below by naming THREE different fat classifications and a source of that type of fat. [6]

Fat classification	A source of the fat
(i) fat	
(ii) fat	
(iii) fat	

Q5 Give the number of kcals in 1 gram of fat or oil. [1]

.....

Q6 Identify the term used to describe a fat that has 'gone off'. [1]

.....

AO2 Questions

AO2 questions are the ones where you need to **apply** your knowledge and understanding of fats and sugars.

Q1 State three reasons why sugar is used in cooking. [3]

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

Q2 Identify what cholesterol is. [2]

.....

TOP TIP! 

Woah – now this is tricky! Fat classification – what does this mean? All fats belong to one of three groups, so the question is asking what are those three groups?

I think the answer is one of those pesky key words!

Why do we use sugar when we cook?

Have you learned these important terms?

Q3 Describe, with examples, the two following different compositions of sugar:

(i) Monosaccharides

[2]

.....
.....
.....
.....

(ii) Disaccharides

[2]

.....
.....
.....
.....

AO4 Questions

AO4 questions are the ones where you need to **analyse** and **evaluate** different aspects of the question topic. To get the higher marks you must **explain** each fact you give.

Q1 We are encouraged to reduce our sugar intake.

Evaluate the benefits of using sugar substitutes.

[4]

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.....

Q2 Explain the role of emulsifiers in food production.

[4]

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.....
.....

Why would someone use alternatives to sugar in their diet?

TOP TIP!



What is the question asking? It is asking **WHAT** is an emulsifier and **WHY** is it used in food production.

Q3 Analyse the benefits of fats and oils in our diets.

[5]

Fats and oils have a negative press, but they are vital to good health. Why?

Fruit and vegetables

To answer the questions in this section you need to show your knowledge and understanding of:

- the classification of fruit and vegetables
- provenance and seasonality
- the nutritional values and health benefits of fruit and vegetables
- how to prepare and cook fruit and vegetables
- fruit and vegetable preservation.

TOP TIP!



Don't forget that all you need for A01 questions are one-word or short sentence answers.

A01 Questions

A01 questions are ones where you need to **recall** or **remember** facts.

Q1 Give one example for each fruit classification. [3]

Fruit classification	Example fruit
(i) Citrus	
(ii) Stoned	
(iii) Soft	

Q2 Identify the classification for each example vegetable. [3]

Example vegetable	Vegetable classification
(i) Pumpkin	
(ii) Carrot	
(iii) Celery	

Q3 Identify the vitamin associated with mainly red/yellow/orange fruits. [1]

.....

Q4 State one condition caused by this vitamin deficiency. [1]

.....

Q5 In which UK season are strawberries and tomatoes mainly grown? [1]

.....



AO2 Questions

AO2 questions are the ones where you need to **apply** your knowledge and understanding of fats and sugars.

Q1 Food preservation helps prevent waste.

Describe a different method of preservation for each of the following:

(i) Raspberries

[2]

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.....

(ii) Runner beans

[2]

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Q2 Explain how the loss of water-soluble vitamins can be minimised when preparing and cooking cabbage.

[4]

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Q3 Describe how a cook can prevent apples from going brown during preparation.

[2]

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.....

Can you write several sentences about two or three different preservation methods?

Which vitamins are water soluble?

TOP TIP! 

Use the appropriate key word in your answer.

Q2 The sale of organic vegetables has risen in recent years. Evaluate why people are choosing to buy organic produce.

[5]

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The important part of the question is the word 'organic'. Do you properly understand what it means?

Milk, cheese and yoghurt

To answer the questions in this section you need to show your knowledge and understanding of:

- nutritional values of dairy foods
- dairy food processing
- safe storage of dairy foods
- uses of dairy foods
- milk alternatives.

AO1 Questions

AO1 questions are ones where you need to **recall** or **remember** facts.

Q1 Match the correct fat content percentage to the different types of milk. [3]

If you think the answer to (i) is **A**, write **A** in the box.

Milk type	Fat percentage
(i) Whole milk	
(ii) Skimmed milk	
(iii) Semi-skimmed milk	

A	0.5%
B	50%
C	4%
D	10%
E	1.5%–2%

Q2 Tick (✓) the correct box next to each statement to show if it is **True** or **False**. [3]

	True	False
(i) Milk should be stored in the kitchen.		
(ii) Cheese tastes better served at room temperature.		
(iii) Cream is the fat found in milk.		

Q3 State two nutrients found in yoghurt: [2]

- (i)
- (ii)

Q4 Identify the name given to milk sugar. [1]

.....

TOP TIP!



You need a basic knowledge of the different types of milk – make sure you have it!

Sugar?

In milk – really?

Well yes – stop

and think about

it.

Q5 Name the country associated with each of the following cheeses: [3]

Cheese	Country
(i) Brie	
(ii) Parmesan	
(iii) Blue Stilton	

Q6 Name one milk alternative. [1]

.....

AO2 Questions

AO2 questions are the ones where you need to **apply** your knowledge and understanding of the remembered facts.

Q1 Describe how milk processing makes it safe to drink. [3]

.....

TOP TIP!



In order to get the highest marks you're going to need to write more than one sentence.

Can you remember the name of the process?

Q2 Cheese is widely used in cooking. Describe the effects of heat on cheese. [3]

.....

What happens to cheese under a hot grill?

Different cheeses melt at different temperatures.

Different cheeses have different flavours and textures.

Q3 Explain the points to consider when choosing a suitable cheese to make:

(i) Hawaiian pizza

(A) Name of suitable cheese: [1]

.....

(B) Why this cheese is suitable for the pizza: [2]

.....

.....

.....

(ii) Vanilla cheesecake

(A) Name of suitable cheese: [1]

.....

(B) Why this cheese is suitable for the cheesecake: [2]

.....

.....

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Q4 Yoghurt is a popular food item.

Evaluate the use of yoghurt in our diets. [4]

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Besides the obvious, how else is yoghurt used in preparing food?

Beans, nuts, seeds, soya, tofu and mycoprotein

In the 'real' exam paper, any questions on this topic may form part of another question, for example within questions on nutrition, meal planning or environmental issues.

To answer the questions in this section you need to show your knowledge and understanding of:

- the different types available
- the uses of these foods
- the nutritional values
- allergens linked to some of these foods.

AO1 Questions

AO1 questions are ones where you need to **recall** or **remember** facts.

Q1 Tick (✓) the correct box next to each statement to show if it is **True** or **False**. [3]

	True	False
(i) Most nuts are fruits.		
(ii) Tofu is made from seeds.		
(iii) Beans are pulses.		

Q2 Match the food to the correct category. [3]

If you think the answer to (i) is **A**, write **A** in the box.

Food		Category	
(i) Lentils		A	Beans
(ii) Chickpeas		B	Nuts
(iii) Pecan		C	Legumes

Q3 State three nutrients found in legumes. [3]

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

Q4 Identify the main ingredient found in each of the following foods. [3]

- (i) Hummus:
- (ii) Marzipan:
- (iii) Pesto:

TOP TIP!



Don't forget that all you need for AO1 questions are one-word or short sentence answers.

TOP TIP!



Learn all the categories and be able to name a few examples in each.

Here's a clue: for one nutrient – think vegetarians!

AO2 Questions

AO2 questions are the ones where you need to **apply** your knowledge and understanding of the remembered facts.

TOP TIP!



To demonstrate that you can apply your knowledge and understanding of the remembered facts and achieve the higher marks, you'll need to write more than one sentence.

TOP TIP!



What is the difference between an HBV protein and an LBV protein? Include examples and there's your answers for parts (i) and (ii)!

Q1 Explain what is meant by the following:

(i) High biological protein

[2]

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(ii) Low biological protein

[2]

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Q2 Describe what is meant by 'protein complementation'.

[3]

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A04 Questions

A04 questions are the ones where you need to **analyse** and **evaluate** different aspects of the question topic. To get the higher marks you must **explain** each fact you give.

Q1 More people nowadays are following a vegan diet. Evaluate the alternative sources of protein to ensure the vegan diet is healthy. [4]

TOP TIP!



List a few alternative proteins. Now write a short paragraph about how each one can be used and the health benefit of each to a vegan.

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Meat, poultry, fish and eggs

To answer the questions in this section you need to learn the key information points for meat, poultry, fish and eggs, including:

- the different categories and types
- food processes
- nutritional values
- what to look for when buying meat, fish and eggs
- safe storage
- cooking and uses
- science.

AO1 Questions

AO1 questions are ones where you need to **recall** or **remember** facts.

Q1 Tick (✓) the correct box next to each statement to show if it is **True** or **False**. [3]

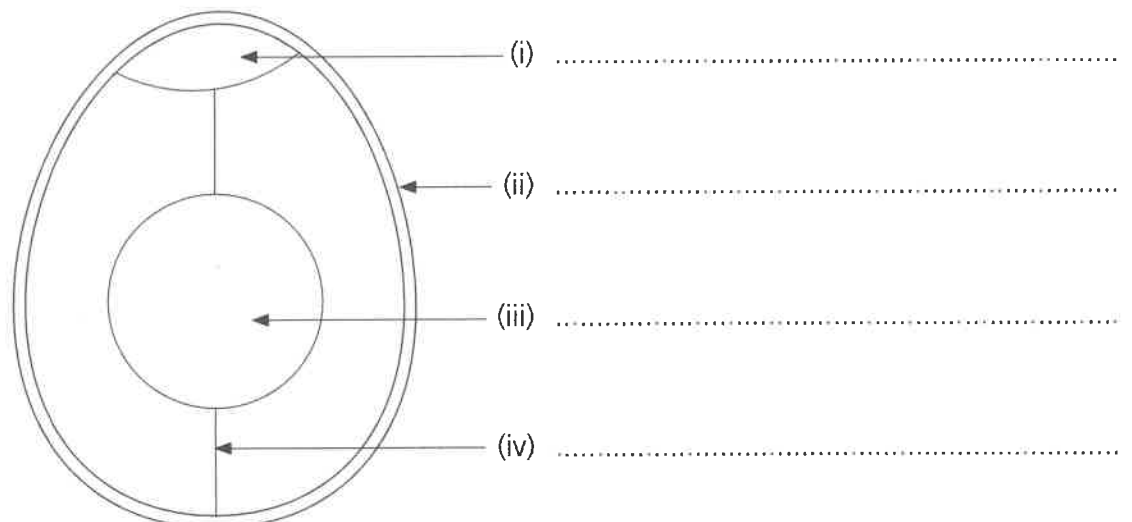
	True	False
(i) Poussin is a type of fish.		
(ii) Sirloin is a cut of beef.		
(iii) Goose is a type of poultry.		

Q2 Match the fish to the correct category. [3]

If you think the answer to (i) is **A**, write **A** in the box.

Fish	Category
(i) Crab	A White fish
(ii) Plaice	B Oily fish
(iii) Mackerel	C Shellfish

Q3 Identify the four different parts of an egg. [4]



TOP TIP!



It will really help if you learn some different cuts of meat and types of poultry and fish, and how each is cooked.

You need to recall or remember facts for AO1 questions.

What are you looking for when buying fresh fish? How can you tell if a fish is fresh?

Q2 Discuss the quality points you would consider when buying fresh fish and shellfish. [5]

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TOP TIP! 
This question test your 'science of eggs' knowledge. What's happening at the molecular level?

Q3 Describe the scientific properties of eggs when making the following: [3]

(i) Mayonnaise

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(ii) Meringues [3]

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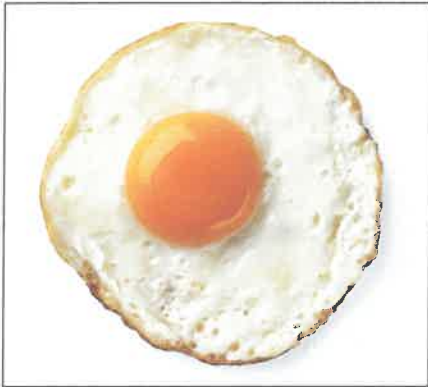
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Can you think of any key words you can use in your answers?

SECTION A VISUAL STIMULI



SECTION A

Answer all questions.

1. (a) Tick (✓) the correct box next to each statement to show if it is **True** or **False**. [3]

	True	False
(i) Eggs come from hens.		
(ii) Egg yolk and white set at the same temperature.		
(iii) Vegetarians can eat eggs.		

(b) Name three different parts of an egg. [3]

(i)

(ii)

(iii)

(c) The texture of eggs changes during cooking.

(i) What term is given to this change? [1]

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(ii) Describe how heat affects the texture of eggs. [2]

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(d) Explain why whisked egg white sometimes doesn't hold its shape when making meringues. [3]

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(e) Assess the nutritional role of eggs in a teenager's diet. [3]

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SECTION B

Answer all questions.

2. Many food commodities need processing before they can be used in the kitchen.

(a) Cereals must be primary and secondary processed before we can eat them.

Complete the chart below.

[4]

Cereal E.g. Rice	Primary processing E.g. White rice	Secondary processing E.g. Rice salad
Wheat	(i)	(ii)
Oat grains	(iii)	(iv)

(b) State two reasons for processing food.

[2]

(i)

(ii)

(c) More than 50% of the foods eaten in the UK come from abroad.

What is the term used for the distance food travels from its origin to our kitchens?

[1]

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(d) Many people buy produce at local farmers' markets.

Suggest why these markets have become so popular.

[4]

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(e) Evaluate the environmental benefits of buying local produce.

[4]

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3. (a) Many foods are cooked to make them safe to eat.

Give two *other* reasons for cooking food.

[2]

(i)

(ii)

(b) Name two methods of cooking vegetables that minimise the loss of water-soluble vitamins.

[2]

(i)

(ii)

(c) Describe the process of braising foods.

[2]

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(d) Explain how heat is transferred when poaching white fish.

[2]

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4. We are advised to reduce our daily salt intake.

(a) State the RDA/RNI salt intake for an average adult. [1]

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(b) State one health benefit for including salt in the diet. [1]

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(c) Many processed foods contain 'hidden' salt.

Identify three food sources of hidden salt. [3]

Food source 1
Food source 2
Food source 3

(d) Too much salt in the diet can cause serious health problems.

Describe the health issues associated with a high salt diet. [3]

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(e) Foods cooked without salt can taste bland.

Explain how the flavour of foods can be improved without using salt. [3]

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5. Anti-oxidants are used during food manufacturing.

(a) Name one anti-oxidant used during food manufacture. [1]

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(b) State why anti-oxidants are used in food manufacture. [2]

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(c) M.A.P. is widely used in food manufacture.

(i) Identify what M.A.P. stands for. [1]

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(ii) Describe the benefits to food manufacturers of using M.A.P. [3]

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(d) Identify three reasons for packaging foods. [3]

(i)

(ii)

(iii)

6. Foods stored incorrectly become unsafe to eat.

(a) Name two pathogenic food-poisoning bacteria. [2]

(i)

(ii)

(b) Give two conditions bacteria need in order to reproduce. [2]

(i)

(ii)

(c) Identify three high risk foods. [3]

(i)

(ii)

(iii)

(d) Describe how food poisoning can be prevented when preparing, cooking and serving buffet food for a summer BBQ birthday party. [6]

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8. Cheese is a widely used food commodity.

(a) Name one hard cheese and one soft cheese. [2]

(i) Hard cheese:

(ii) Soft cheese:

(b) Describe the cheese-making process. [5]

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(c) Assess the versatility of cheeses used in food preparation and cooking. [5]

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