

# My Question Paper

1. (c) Explain the benefits of marinading foods prior to grilling. [4]

.....

.....

.....

.....

.....

.....

.....

.....

2. (ii) State two desirable properties of cooked unfilled choux pastry. [1]

Property 1: ..... [1]

Property 2: ..... [1]

3. (a) Identify three staple foods from the list below. [2]

The first one has been completed for you.

- |       |        |       |          |      |         |
|-------|--------|-------|----------|------|---------|
| pasta | cheese | bread | potatoes | rice | carrots |
|-------|--------|-------|----------|------|---------|

(i) rice.....

(ii) .....

(iii) .....

(b) Name two different types of rice and suggest a suitable dish using each type of rice. [4]

(i) Type of rice: .....

Name of dish: .....

(ii) Type of rice: .....

Name of dish: .....

4.

(b) Identify **two** groups of people that are most at risk of food poisoning. [2]

(i) .....

.....

.....

(ii) .....

.....

.....

5.

Match the correct method of cake making to the item below by placing the correct letter in the box. [3]

<b>A</b>	<b>Rubbing-in</b>	<b>B</b>	<b>Creaming</b>	<b>C</b>	<b>Melting</b>	<b>D</b>	<b>Whisking</b>
----------	-------------------	----------	-----------------	----------	----------------	----------	-----------------

For example, if you think the answer for (i) is **A** write **A** in the box.

(i) Gingerbread

(ii) Rock buns

(iii) Swiss roll

6.

(a) Name the **three** methods of heat transfer used when cooking food. [3]

(i) .....

(ii) .....

(iii) .....

(b) Explain how heat is transferred when grilling a lamb chop. [4]

.....

.....

.....

.....

.....

.....

.....

.....

.....

7.

Potatoes are a popular food ingredient.

(a) State the **main** nutrient provided by potatoes. [1]

.....

8.

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

	True	False
(i) A freezer should be kept at $-10^{\circ}\text{C}$ .		
(ii) Frozen chicken legs should be left on a work top to "defrost".		
(iii) A chef must not work in a kitchen if he has an upset stomach.		

9.

(d) Explain the meaning of the term 'food miles'.

[3]

.....

.....

.....

.....

**10.**

(c) Discuss the nutritional benefits of including potatoes in the diet.

[4]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

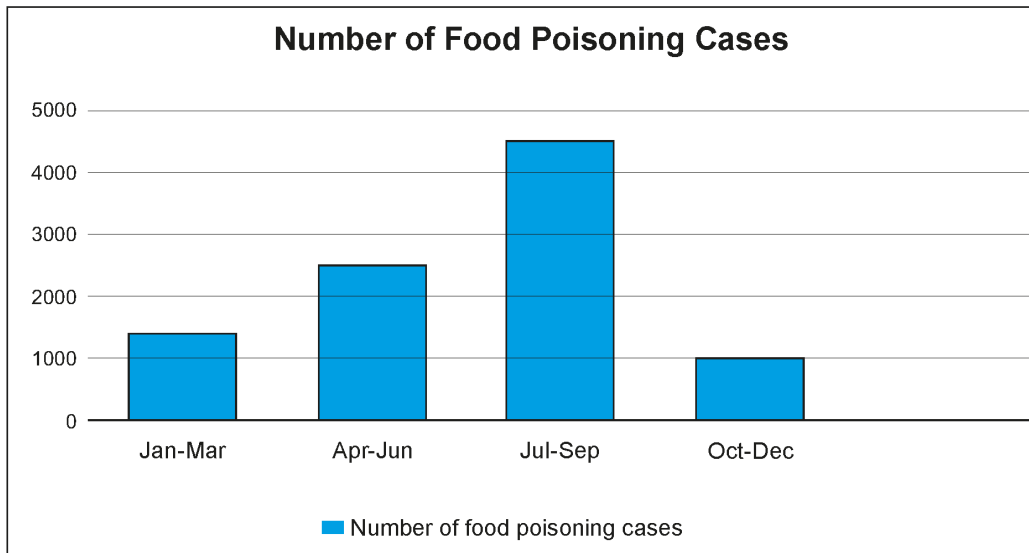
.....

11. (b) Identify **two** types of fat or oil and suggest a different use for each one in food preparation. [4]

(i) Fat/oil .....  
Use .....

(ii) Fat/oil .....  
Use .....

12. (a) Study the following chart and answer the questions below.



(i) Name the months that have the highest number of food poisoning cases. [1]

(ii) Give **one** reason for this increase. [1]

13.

(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]

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

14.

(f) The chart below shows the taste test results for the chicken breast fillets meal.

<i>Product Characteristic</i>	<i>Taster 1</i>	<i>Taster 2</i>	<i>Taster 3</i>
Moist chicken pieces	5	4	4
Strong onion flavoured gravy	2	3	3
Suitable portion size	4	3	3
Creamy mashed potato	3	4	4
Suitable texture of cooked carrots	3	5	4

*Note: the lowest is 1, the highest is 5.*

(i) State which product characteristic achieved the highest marks. [1]

.....



15.

Different types of packaging are used in the food industry.



(b) Explain what is meant by the following: [4]

(i) RDA/RDI

.....

.....

.....

(ii) GI

.....

.....

.....