

Section A consists of multiple choice questions.
There are 20 marks available.

Answer all questions.

For each question you should shade in **one** box.
An example is shown below.

Which food is high in protein?

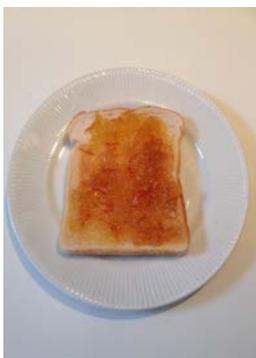
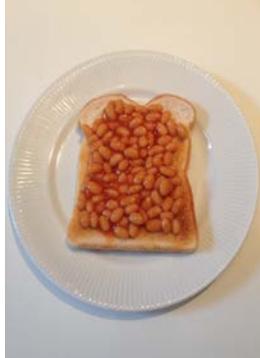
A Cabbage

B Cheese

C Oranges

D Cucumber

Question 1 is about food, nutrition and health and relates to the snacks shown below.

| | | | |
|---|---|--|---|
|  |  |  |  |
| <p>A 50g Cheddar cheese on 25g white toast</p> | <p>B 50g orange marmalade on 25g white toast</p> | <p>C 50g baked beans on 25g white toast</p> | <p>D 50g grilled tomatoes on 25g white toast</p> |

Question 1

1 . 1 Which **one** of the toppings is highest in dietary fibre?

A Cheddar cheese

B Orange marmalade

C Baked beans

D Grilled tomatoes

[1 mark]

1 . 2 Which **one** of the toppings is highest in saturated fat?

A Cheddar cheese

B Orange marmalade

C Baked beans

D Grilled tomatoes

[1 mark]

1 . 3 Which **one** of the toppings contains the most vitamin C?

A Cheddar cheese

B Orange marmalade

C Baked beans

D Grilled tomatoes

[1 mark]

1 . 4 Which **one** of the snacks best demonstrates protein complementation?

A Cheddar cheese on toast

B Orange marmalade on toast

C Baked beans on toast

D Grilled tomatoes on toast

[1 mark]

Question 2 is about food safety.

2 . 1 The correct temperature for a domestic freezer is:

A 0°C

B -5°C

C -10°C

D -18°C

[1 mark]

2 . 2 Which **one** of the following gives the correct storage conditions for uncooked meat in the refrigerator?

A Covered on the top shelf

B Uncovered on the top shelf

C Covered on the bottom shelf

D Uncovered on the bottom shelf

[1 mark]

2 . 3 Which one of the following is a true statement?

A Most bacteria become active when food is defrosted

B Most bacteria are inactive when food is defrosted

C Most bacteria multiply when food is frozen

D Most bacteria are killed when food is frozen

[1 mark]

2 . 4 Which **one** of the following is a true statement?

A Most high risk foods are low in protein and high in moisture

B Most high risk foods are low in protein and dry

C Most high risk foods are high in protein and high in moisture

D Most high risk foods are high in protein and dry

[1 mark]

Question 3 is about food science and bread making.

3 . 1 Which **one** of the following is a true statement?

A Gluten is the starch in flour

B Gluten is the protein in flour

C Gluten is the fibre in flour

D Gluten is the fat in flour

[1 mark]

3 . 2 Which type of flour has the highest gluten content?

A Cornflour

B Rice flour

C Self-raising flour

D Strong plain flour

[1 mark]

3 . 3 Complete this sentence:
The main function of salt in bread making is:

A to improve flavour

B to add colour

C to weaken the gluten

D to feed the yeast

[1 mark]

3 . 4 When making bread, which gas is released when the yeast is activated?

A Oxygen

B Carbon dioxide

C Hydrogen

D Sulphur dioxide

[1 mark]

Question 4 is about food provenance.

4 . 1 Which **one** of the following is a **primary source** of food?

- A Vegetable oil
- B Wheat
- C Jam
- D Butter

[1 mark]

4 . 2 Which **one** of the following is an example of the secondary processing of food?

- A Strawberries
- B Nuts
- C Cheese
- D Carrots

[1 mark]

4 . 3 Fruit and vegetables that are produced without the use of artificial fertilisers are called

- A free range.
- B fortified.
- C genetically modified.
- D organic.

[1 mark]

4 . 4 Identify **one** food below that would display a 'Use by' date?

- A Carton of UHT milk
- B Can of sliced peaches
- C Tub of fresh prawn salad
- D Bar of chocolate

[1 mark]

Question 5 is about food choices.

5 . 1 Which **one** of the following food groups is linked to lactose intolerance?

A Cereal foods

B Vegetables

C Dairy foods

D Sugary foods

[1 mark]

5 . 2 Which **one** of the following must be included on a food label by law?

A A picture of the food

B Weight

C Bar code

D Price

[1 mark]

5 . 3 Which **one** of the following foods is classed as a major food allergen?

A Onions

B Chicken

C Bananas

D Almonds

[1 mark]

5 . 4 When carrying out a tasting panel which **one** of these tests will find 'the odd one out'?

A Ranking test

B Rating test

C Difference test

D Profiling test

[1 mark]

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6 . 4

All life stages have different nutritional needs.

Describe the different nutritional needs to be considered when planning meals for:

[2 x 4 marks]

Teenagers

The Elderly

Question 7 is about cooking food.

The information below shows a recipe for a batch of vegetarian burgers.

Vegetarian burgers



Ingredients:

Sunflower oil for shallow frying
 1 small onion, finely chopped
 1 garlic clove, crushed
 400g can chickpeas
 1 tsp ground cumin
 1 tsp fresh coriander
 1 tsp fresh parsley
 1 egg, beaten

Other information:

Not suitable for vegans.

Method:

1. Shallow fry the onion and garlic.
2. Mix all ingredients together in a food processor.
3. Shape into 6 balls
4. Flatten into burgers
5. Brush with a little oil.
6. Grill burgers for 4 minutes on each side

Using the information above, answer the following questions.

7 . 1 Which herbs and spices are used in this recipe? Give **one** example of each.

[2 marks]

Herb _____

Spice _____

7 . 2

Explain why this dish is not suitable for vegans.

[2 marks]

7 . 3

Explain how heat is transferred in:

[2 x3 marks]

Step 1: Shallow fry the onion and garlic.

Step 6: Grill the burgers for 4 minutes on each side.

7 . 4

The table below shows dishes that use eggs as an ingredient. For each dish name and describe **one** function of the eggs.

Do not repeat the function or the example given.

[2 x 3 marks]

| Dishes | Name and describe one function of the eggs. |
|---|---|
| <p>Vegetable pasty</p>  | <p>Function: Glazing</p> <p>Description: Brushing beaten egg over the surface of the dish.</p> <p>This will seal the surface and give a brown colour during cooking. Will also give a shiny, golden finish.</p> |
| <p>Lemon meringue pie</p>  | <p>Function.....</p> <p>Description</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> |
| <p>Fishcakes</p>  | <p>Function.....</p> <p>Description.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> |

Question 9 is about understanding recipes.

Information about two soups is given below.

You should use this information when answering the question that follows.

| Ingredients in quantity order | | Nutrients per 200ml serving | | | | | | | |
|-------------------------------|---|-----------------------------|-----------|-----------------|-------------------|-----------------|-----------------|---------|--------|
| | | Energy kcal | Protein g | Carbohydrates g | Unsaturated fat g | Saturated fat g | Dietary fibre g | Sugar g | Salt g |
| Soup A | leeks potatoes bacon onion stock cube double cream butter | 541 | 14.4 | 58.0 | 29.5 | 15.3 | 8.8 | 3.43 | 2.46 |
| Soup B | peas potatoes (skin left on) fresh vegetable stock mint sunflower oil | 461 | 19.9 | 72.0 | 12.3 | 1.4 | 10.8 | 5.2 | 0.86 |

Question 10 is about food preparation and food safety.

1 0 . 1 The table below shows some problems seen when food is prepared.
Complete the table to show two different causes of each problem.

[2 x 2 marks]

| Problem | Causes |
|---|--|
| <p>Choux pastry éclairs are flat after baking</p> | <p>Cause 1.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>Cause 2</p> <p>.....</p> <p>.....</p> <p>.....</p> |
| <p>The oil and vinegar separate when making mayonnaise.</p> | <p>Cause 1.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>Cause 2</p> <p>.....</p> <p>.....</p> <p>.....</p> |

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