

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>.....</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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