



Year 11 GCSE

Food Preparation and Nutrition

Homework booklet

Name:

KEYWORDS - Introduction

KEYWORD	DEFINITION
SENSES	The ability of the body to react to things through sight, taste, hearing, smell (aroma) and touch.
APPETISING	Food prepared cooked and served so well that you want to eat it.
SHELF-LIFE	How long a food product will last before it becomes unsafe/ unpalatable (unpleasant) to eat.
USE-HY DATE	The date by which high-risk/ perishable foods should be eaten. After the use-by date the food may not look or taste different, but it will be unsafe to eat.
BEST BEFORE	After this date, a non-high-risk food will still be safe to eat, but not be at its best quality, e.g. have begun to go stale (changed in appearance, texture and flavour).
AMBIENT	Ordinary room temperature, average between 19c and 21c, but variable according to the season.
TAINTED	When a food picks up the smell or flavour of another food nearby, which spoils its palatability.
H.A.C.C.P.	Hazard analysis critical control point. The point at which contamination can be stopped. Identification of where and what the hazard is.
RIPENING	The process of a fruit or vegetable maturing so that it is ready to eat.
ENZYMIC BROWNING	The discolouration of a fruit or vegetable due to the reaction of enzymes with plant cell substances and oxygen from the air.

KEYWORDS

KEYWORD	DEFINITION
PATHOGENIC	A micro-organism that is harmful to humans and can cause food poisoning.
NON-PATHOGENIC	A micro-organism that is not harmful to humans and does not cause food poisoning.
PASTEURISATION	This means heating fresh milk to 72c for 15 seconds in order to kill pathogenic microorganisms that may be in it.
HOMOGENISED	Forcing milk under high pressure through a fine sieve, in order to break up the fat into tiny droplets. This means that the droplets stay suspended in the milk and do not separate out into a layer of cream.
HEAT TRANSFER	The way in which heat energy is passed into food.
CONDUCTION	Transferring heat through a solid object into food.
CONVECTION	Transferring heat through a liquid or air into food.
RADIATION	Transferring heat by infra-red waves that heat up what they come into contact with.
PALATABILITY	What makes a food acceptable and good to eat.
COOKING METHODS	Categorised into 3 areas, moist methods, oil methods and dry methods.

KEYWORDS - nutrients

KEYWORD	DEFINITION
AMINO ACIDS	The building blocks that join together to make protein molecules.
ESSENTIAL AMINO ACIDS	Amino acids that the body cannot make by itself and must get readymade from food.
BIOLOGICAL VALUE	The number of essential amino acids that a protein food contains.
PROTEIN COMPLEMENTATION	Eating different LBV protein foods together in order to get all the essential amino acids that the body needs.
TRIGLYCERIDE	Made up of a glyceride molecule and 3 fatty acids.
PHOTOSYNTHESIS	The process where green plants trap energy from the sun and rom carbohydrates.
MONOSACCHARIDES	Group of sugars that are made of one sugar molecules.
POLYSACCHARIDES	Group of carbohydrates that are made from many sugar molecules joined together, but do not taste sweet.
WATER SOLUBLE VITAMINS	Vitamins that are found in foods with a high water content.
FAT SOLUBLE VITAMINS	Vitamins that are found in foods containing fats.
HEALTHY BALANCED DIET	A diet that contains the correct proportions of carbohydrates, fats, proteins, vitamins, minerals and water necessary for good health to grow properly, be active and maintain a healthy body.

KEYWORDS - nutrients

ANTIOXIDANTS	Vitamins A,C and E, which protect the cells from harmful substances.
LACTO-VEGETARIAN	Someone who does not eat meat or fish but will eat milk and milk products.
ENERGY BALANCE	the amount of energy we get from food each day is the same as the amount of energy we use each day.
PRODUCT ANALYSIS	involves examining product features, costs, availability, quality, appearance and other aspects.
CALCIUM	Main mineral in the body. Laid down in the teeth and bones. Vitamin D is needed for absorption.
IRON	needed to make haemoglobin in red blood cells to carry oxygen to all body cells. Vitamin C is required to enable iron to be absorbed from food during digestion.
SODIUM	controls the amount of water in the body. It also helps to control nerves and muscles. Helps the body to use energy.
FLUORIDE	strengthens the bones and the enamel in the teeth and help prevent tooth decay.
IODINE	To produce the hormone thyroxin, in the thyroid gland. Controls metabolic rate in the body.
PHOSPHORUS	Along with calcium, phosphorus mineralises the bones and teeth to make them strong. Essential for energy release and other chemical reactions.
ENZYMIC BROWNING	When enzymes in food react with oxygen in the air to cause the food to turn brown.

KEYWORDS – food science

KEYWORD	DEFINITION
CHEMICAL BONDS	Bonds that hold large protein molecules together in compact, folded bundles.
DENATURATION	The chemical bonds have broken and the protein molecules have unfolded and changed shape.
COAGULATION	The joining together of lots of denatured protein molecules, which changes the appearance and texture of the food.
GLUTEN	A protein that is formed from two separate proteins called glutenin and gliadin, which combine when liquid is added to flour to make a dough.
GELATINISATION	The swelling of starch granules when they are cooked in a liquid to the point where they burst and release starch molecules.
DEXTRINISATION	The breaking up of starch molecules into smaller groups of glucose molecules when they are exposed to dry heat.
CARAMELISATION	The breaking up of sucrose (sugar) molecules when they are heated, which changes the colour, flavour and texture of the sugar as it turns into caramel.
PLASTICITY	The ability of a fat to soften over a range of temperatures and be shaped and spread with light pressure.
SHORTENING	The ability of fats to shorten the length of gluten molecules in pastry.
AERATION	The ability of some fats to trap lots of air bubbles when beaten together with sugar.

KEYWORDS – food science

KEYWORD	DEFINITION
EMULSIFICATION	Either keeping drops of oil or fat suspended in a liquid and preventing them from separating out: or keeping drops of water suspended in an oil or fat and preventing them from separating out.
RAISING AGENTS	An ingredient or process that introduces a gas into a mixture so that it rises when cooked.
HEAT TRANSFER	The way in which heat energy is passed into food.
CONVECTION	Transferring heat through a liquid or air into food.
CONDUCTION	Transferring heat through a solid object into food.
RADIATION	Transferring heat by infra-red waves that heat up what they come into contact with.
HIGH RISK FOODS	Foods that are more likely to cause food poisoning than others.
SENSORY QUALITIES	The characteristics of a food that give it a particular appearance, flavour, texture, mouthfeel, aroma and sound.
PALATABILITY	What makes a food acceptable and good to eat.

KEYWORDS – food choice

KEYWORD	DEFINITION
LIFESTYLE	The way in which people live, their attitudes activities, likes and dislikes, beliefs, etc.
SEASONALITY	The time of the year when a particular food crop is ready to harvest and is at its best for flavour, colour and textures. It is also usually cheaper and fresher because there is a lot of it available to buy.
FOOD MILES	The distance travelled by all the ingredients in a food product until it reaches our plate.
FOOD INTOLERANCE	A long-term condition where after several hours or days, certain foods cause a person to feel unwell and have a range of symptoms, but it is usually not life threatening and does not involve the immune system.
FOOD ALLERGY	This happens to some people when their immune system has a very sensitive reaction to specific foods, which cause severe and potentially life-threatening symptoms.
TARGET GROUP	A specific group of similar people, e.g.g all the same age, with similar jobs, such as students.
NUTRITIONAL PROFILE	The types and amounts of different nutrients a food contains.
MARKETING	Advertising and promoting a food product to encourage people to buy it.
CUISINE	A traditional style of cooking and eating that has developed in a country or region of the world.
SENSES	The ability of the body to react to things through sight, taste, hearing, smell (aroma) and touch.

KEYWORDS – food choice

KEYWORD	DEFINITION
APPETISING	Food prepared, cooked and served so well that you want to eat it.
TASTE BUDS	Special cells on the tongue that pick up flavours
OLFACTORY (SMELL) RECIETORS	Special cells in the nose that pick up aromas (smells).
SENSORY ANALYSIS	A way of measuring the sensory qualities of food.
SENSORY DESCRIPTORS	Words used to describe the characteristics of a food.
PAL	Physical activity level. The amount of energy they need every day. Whether they are physically active or mostly sedentary (inactive).
SOCIAL LIFE	The frequency of eating out and eating at home. The choice of foods for eating out..
INCOME	How much income is available to spend on food. How much it costs to eat healthily. How much it costs to cook your own food.
EATING HABITS	Meal times, eating with others/ eating alone, snacking/grazing, each family member's preferences for different foods, dashboard dining, keyboard dining.
ETHICAL MARKETING	Food manufacturers are aware of a growing concern amongst consumers about where their food comes from and how it is produced. fair trade, organically, locally, low carbon footprint, recyclable.

KEYWORDS – food provenance

KEYWORD	DEFINITION
FOOD PROVENANCE	Where foods and ingredients originally come from.
PESTICIDES	Chemicals sprayed onto plant crops to prevent insect and mould attack and weed growth, and produce strong plants.
GROWN INGREDIENTS	Plants grown for food (herbs, fruits, vegetables, cereals)
REARED INGREDIENTS	Animals, birds and fish specially bred in captivity and brought up to be ready to eat.
GATHERED INGREDIENTS	Plant foods gathered from the wild for eating e.g. herbs, edible fungi, berries, seaweed.
CAUGHT INGREDIENTS	Animals, birds, fish and shellfish hunted and caught from the wild for eating.
INTENSIVE FARMING	Growing or rearing large numbers of the same type of plants or animals in one place.
ORGANIC FARMING	Producing food using manure, compost and natural methods of weed, pest and disease control rather than chemicals.
GENETIC MODIFICATION	A scientific technique that enables a particular characteristic from one plant or animal to be inserted into the genes of another.
CLIMATE CHANGE	Changes in the earth's temperature that can lead to unusual and extreme weather conditions.

KEYWORDS – food provenance

KEYWORD	DEFINITION
GREENHOUSE GASES	Form an insulating layer around the earth's atmosphere, which traps heat and raises the earth's temperature.
NON-RENEWABLE ENERGY	Energy produced from fossil fuels that cannot be renewed once they are used up.
FOSSIL FUELS	Fuels such as coal, oil and gas that were created over millions of years by fossilised plants and animals.
CARBON FOOTPRINT	A measure of the contribution of something (e.g., food production) to the emission of greenhouse gases.
FOOD SECURITY	The ability of people to buy sufficient safe, nutritious and affordable food.
SUSTAINABILITY	Producing food in a way that can be maintained over a long period of time and protects the environment.
FAIRTRADE	A foundation set up to ensure that food producers in developing countries get paid fair prices for their crops and have decent working and living conditions.
PRIMARY FOOD PROCESSING	When foods are processed straight after harvest or slaughter, to get them ready to be eaten or ready to be used in other food products, such as wheat grain (seeds) turned into flour.
SECONDARY FOOD PROCESSING	When primary processed foods are either used on their own or mixed with other foods and turned into other food products, such as wheat flour turned into bread or pasta.
MILLING	Breaking cereal grains (seeds) down and separating the layers, turning the grain into c



Week 1

1 These vitamins are all antioxidants

- a) A,B,C
- b) A,D,B
- c) A,C,E
- d) A,E,B

2. In animal foods, vitamin A is known as

- a) Retina
- b) retinol
- c) Visual purple
- d) Beta carotene

3. A deficiency of Vitamin A causes

- a) Poor growth, infections, night blindness
- b) Poor growth, infections, spina bifida
- c) Poor growth, hallucinations, night blindness
- d) Leaking blood vessels, poor growth, blindness

4) Vitamin D helps the body absorb

- a) calcium
- b) iodine
- c) fluoride
- d) iron

5) A deficiency of calcium leads to

- a) Weak bones, low peak bone mass, low blood pressure
- b) Weak bones, low blood pressure, blood will not clot properly
- c) Weak bones, low peak bone mass, blood will not clot properly.
- d) Muscle cramps, blood will not clot properly, low blood pressure.

6 a Lack of iron leads to

- a) toothache
- b) anaemia
- c) Weak bones
- d) blindness

7 Too much salt in the diet can lead to

- a) Low blood pressure
- b) anaemia
- c) High blood pressure
- d) Weak eyesight

8 Iodine is needed to produce

- a) Growth hormone
- b) Thyroid hormones
- c) Adrenalin
- d) Digestive enzymes

9 Fluoride is needed to

- a) Strengthen tooth enamel
- b) Strengthen muscles
- c) Strengthen nerve cells
- d) Strengthen the gums

10 water helps the body to get rid of

- a) Heat
- b) Urine
- c) Faeces
- d) All of the above

Week 2

1 Protein is needed for

- a) Growth
- b) Repair
- c) Maintenance of the body
- d) All of these

2. How many amino acids are essential for children?

- a) 5
- b) 10
- c) 9
- d) 7

3. Low biological value proteins

- a) Contain all the essential amino acids
- b) Contain no essential amino acids
- c) Are missing one or more essential amino acids
- d) Are missing one or more essential fatty acids.

4) High biological value proteins are found in:

- a) meat, fish, eggs, milk, cheese, soya beans
- b) cereals, pulses, nuts, seeds, tofu
- c) Meat, fish, eggs, milk, gelatine, nuts
- d) tofu, tempeh, texture vegetable protein, wheat

5) Saturated fatty acids are found mainly in:

- a) lard, ghee, olive oil, butter
- b) butter, avocados, olive oil, coconut oil
- c) lard, ghee, palm oil, butter
- d) Lard, ghee, olive oil, suet.

6 Visible fats are found in:

- a) Fried foods, chocolate, cakes, biscuits
- b) lard, butter, suet, meat
- c) Vegetable fat spread, meat, puff pastry, potato chips.
- d) lard, butter, cakes, meat

7 Fat is stored in the body in:

- a) Blood cells
- b) cartilage
- c) Adipose tissue
- d) Muscle tissue

8 fatty/ oily foods provide the body with

- a) Vitamin B group
- b) Vitamin C
- c) Vitamins A,D,E,K
- d) calcium

9 Fatty foods are known as

- a) Low energy foods
- b) Energy light foods
- c) Energy dense foods
- d) Energy lite foods

10 Eating too much fat can lead to

- a) osteoporosis
- b) Coronary heart disease
- c) Night blindness
- d) scurvy

Week 3

1. Describe what advice you could give someone trying to reduce their sugar intake. (10 marks)

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P = Point (technical term)

E = Explanation

E = examples

Week 4

1 The following are all types of sugar

- a) glucose, galactose, fructose
- b) glycerine, gluten, collagen
- c) lipids, insulin, glycol
- d) glucose, maltose, glycerol

2. The following are all monosaccharide's

- a) lactose, glucose, galactose
- b) glucose, galactose, fructose
- c) fructose, maltose, glucose
- d) glucose, starch, fructose

3. The following are all complex carbohydrates (polysaccharides)

- a) glucose, maltose, starch
- b) glucose, fructose, pectin
- c) glycerol, glycogen, glucose
- d) Dietary fibre, starch, pectin

4) Another name for NSP (non-starch polysaccharide) is:

- a) Dietary fibre
- b) Cholesterol
- c) Glycogen
- d) Lipid

5) Thiamine is used in the body to

- a) Strengthen the skeleton
- b) See in the dark
- c) Release energy from carbohydrate
- d) Help the body to absorb iron

6 A deficiency of thiamine results in:

- a) pellagra
- b) Beri-Beri
- c) anaemia
- d) influenza

7 A deficiency of niacin results in

- a) pellagra
- b) beri-beri
- c) anaemia
- d) influenza

8 vitamin B9 (folate) helps to prevent

- a) scurvy
- b) osteoporosis
- c) Spina bifida
- d) beri-beri

9 Ascorbic acid (vitamin C) is needed by the body to:

- a) Absorb iron, maintain connective tissue, be an antioxidant.
- b) Absorb iron, produce white blood cells, an antioxidant,
- c) Absorb iron, produce digestive juices, be an antioxidant
- d) Absorb calcium, maintain connective tissue, produce red blood cells.

10 A deficiency of vitamin C leads to:

- a) anaemia
- b) Leaking blood vessels
- c) scurvy
- d) All of these

Week 5

Explain how a low income family could make sensible choices when shopping and preparing food. (10 marks)

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P = Point (technical term)

E = Explanation

E = examples

Week 6

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- b) A,D,B
- c) A,C,E
- d) A,E,B

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- c) Strengthen nerve cells
- d) Strengthen the gums

10 water helps the body to get rid of

- a) Headaches
- b) Urine
- c) Faeces
- d) All of the above

Week 7

Everyone requires different amounts of energy.

- Describe the factors that influence an individual's energy requirements.
- Discuss the effects of an energy imbalance.

(10 marks)

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Week 8

1 The definition of the word diet is

- a) The food you should eat to lose weight
- b) The food you eat every day
- c) The food you should eat when you visit another country
- d) The food you should only eat when you are an adult.

2. One of the dietary guidelines recommends

- a) Eat less salt – no more than 2g a day for adults
- b) Eat less salt – no more than 5g a day for adults
- c) Eat less salt – no more than 6g a day for adults
- d) Eat less salt – no more than 8g a day for adults.

3. The eatwell guide applies to

- a) everyone
- b) 6 month old babies
- c) Children from 1-2 years
- d) Children over the age of 5 years and adults

4) The eatwell guide recommends tht the consumption of fruit juice / smoothies should be limited to

- a) 1.5ml a day
- b) 150mls a day
- c) 1 litre a day
- d) 1.5 litres a day

5) Young children and teenagers should be encouraged to

- a) Eat regular meals especially breakfast
- b) Drink unsweetened drinks
- c) Eat fresh and raw foods
- d) All of these

6 A coeliac diet must be free from

- a) glucose
- b) glycerine
- c) gluten
- d) guava

7 lacto-vegetarians can eat

- a) Dairy products, all plant foods and eggs
- b) Dairy products, all plant foods, eggs and fish
- c) Dairy products, all plant foods, and chicken
- d) Dairy products, all plant foods

8 energy-dense foods usually contain a lot of

- a) Fat and / or sugar
- b) water
- c) Water and protein
- d) Fat and/ or salt

9 energy balance means that

- a) The amount of energy eaten in food is less than the amount of energy used.
- b) The amount of energy eaten in food is the same as the amount of energy used.
- c) The amount of energy eaten in food is more than the amount of energy used.
- d) The amount of energy eaten in food is twice the amount of energy used.

10 Dietary guidelines recommended that the percentage of energy from different nutrients should be:

- a) Carbohydrate 60%, fat 25% or less, protein 15% per day
- b) Sugar 50%, fat 35% or less, protein 15% per day.
- c) Carbohydrate 50%, fat 35% or more, protein 15% per day
- d) Carbohydrate 50%, fat 35% or less, protein 15% per day.

Week 9

1 The risk factors for coronary heart disease are

- a) Being active, obese, eating too much salt and saturated fats.
- b) Being inactive, obese, eating too much salt and saturated fats
- c) Being inactive, obese, eating too much salt and fruits and vegetables
- d) Being inactive, lacking vitamin D, eating too much salt and saturated fats.

2. Tooth decay is caused by:

- a) Acids produced by Bacteria breaking down proteins in the mouth
- b) Acids produced by bacteria breaking down sugars and starches in the mouth
- c) Acids produced by bacteria breaking down saliva in the mouth
- d) Alkalis produced by bacteria breaking down sugars and starches in the mouth

3. The name given to the natural ageing process where the bones become porous and weaken is:-

- a) anaemia
- b) rickets
- c) osteoporosis
- d) Peak bone mass

4) Anaemia is the name given to a deficiency of

- a) Iodine
- b) Iron
- c) fluoride
- d) Lactose intolerant

5) Some people cannot drink milk because they are

- a) Lipid intolerant
- b) Gluten intolerant
- c) Glucose intolerant
- d) Lactose intolerant

6 the following foods all have a high salt content

- a) cheese, fresh vegetables, milk and yeast extract
- b) cheese, chutney, smoked bacon and yeast extract
- c) cheese, honey, smoked bacon and yeast extract
- d) cheese, soy sauce, fresh vegetables and yeast extract

7 BMR stands for

- a) Basic metabolic reaction
- b) Basal movement rate
- c) Basal metabolic rate
- d) Best metabolic rate

8 some people cannot eat bread made from wheat because they are

- a) Lipid intolerant
- b) Gluten intolerant
- c) Glucose intolerant
- d) Lactose intolerant

9 The following foods all have a high free sugar content

- a) cheese, fresh vegetables, milk and jam
- b) honey, chutney, chocolate spread and yeast extract
- c) chocolate spread, honey, jam and ice cream.
- d) Chocolate spread, honey, soy sauce and tomato ketchup

10 PAL stands for

- a) Physical action level
- b) Physical activity level
- c) Physical activity label
- d) Partial activity level



Week 10

Explain good hygiene practices in the kitchen (10 marks)

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Week 11

1 The dietary laws in Hinduism do not allow the following meat to be eaten.

- a) pork
- b) beef
- c) chicken
- d) lamb

2. The dietary laws in Islam do not allow the following meat to be eaten:

- a) pork
- b) beef
- c) chicken
- d) lamb

3. The dietary laws in Judaism do not allow the following meat to be eaten.

- a) chicken
- b) beef
- c) pork
- d) lamb

4) The dietary laws in Rastafarianism do not allow the following meat to be eaten:

- a) pork
- b) beef
- c) chicken
- d) lamb

5) people with lactose intolerance should avoid eating:

- a) eggs
- b) shellfish
- c) milk products
- d) bread

6 a person who has gluten intolerance is called a

- a) coeliac
- b) vegan
- d) diabetic

7 In gluten intolerance, nutrients cannot be properly absorbed in the.

- a) large intestine
- b) liver
- c) small intestine
- d) bowl

8 A severe allergic reaction to nuts can cause

- a) lactose intolerance
- b) diarrhoea
- c) anaphylactic shock
- d) beri beri

9 These foods are common food allergens:

- a) peanuts, eggs, shellfish, sesame seeds,
- b/ peanuts, beef, shellfish, sesame seeds
- c) peanuts, eggs, pork, sesame seeds
- d) peanuts, lettuce, shellfish, sesame seeds

10 PAL stands for

- a)Physical action level
- b)Physical activity level
- c)Physical activity label
- d)Partial activity level

Week 12

- Describe the major dietary health issues facing people today.
- Explain the current dietary guidelines.

(10 marks)





Week 13

1 The name of the process when fat is able to be spread and shaped is:

- a) plasticity
- b) creaming
- c) emulsification
- d) shortening

2. The name of the emulsifier found in egg yolk is:

- a) mayonnaise
- b) Vitamin D
- c) Iron
- d) Lecithin

3. Air can be trapped in a mixture by:

- a) Whisking eggs
- b) Sieving flour
- c) Creaming fat and sugar
- d) All of these

4) Which is the main raising agent used when making bread?

- a) Bicarbonate of soda
- b) yeast
- c) steam
- d) air

5) Which is the main raising agent used when making choux pastry:

- a) Bicarbonate of soda
- b) yeast
- c) steam
- d) air

6 Which is the main raising agent used when making scones?

- a) Bicarbonate of soda
- b) yeast
- c) steam
- d) air

7 Which is the main raising agent used when making a Swiss roll?

- a) Bicarbonate of soda
- b) yeast
- c) steam
- d) air

8 Which conditions does yeast need to make it work?

- a) warmth, moisture, salt and time
- b) warmth, moisture, sugar, or starch and time
- c) warmth, moisture, sugar or starch and time
- d) cold, moisture, sugar or starch and time

9 The process where yeast makes CO₂ gas to make bread rise is called:

- a) gelatinisation
- b) Foam formation
- c) fermentation
- d) denaturation

10 What is the name of the gas produced by yeast and bicarbonate of soda?

- a) Carbon monoxide
- b) Carbon dioxide
- c) oxygen
- d) nitrogen

Week 15



1 For bacteria to grow and multiply rapidly they need the following conditions.

- a) warmth, moisture, air, PH and food
- b) Food moisture, warmth, time and light
- c) moisture, warmth, PH, food and time
- d) time, moisture, PH, light and warmth

2. There are three groups of micro-organisms

- a) bacteria, moulds and algae
- b) yeasts, bacteria and spores
- c) spores, bacteria and moulds
- d) bacteria, yeasts and moulds

3. Micro-organisms that cause food poisoning are known as:

- a) homogenised
- b) pathogenic
- c) emulsified
- d) pathetic

4) Cooling food to a very low temperature will make the growth of microbes slow right down until they are

- a) destroyed
- b) dehydrated
- c) denatured
- d) dormant

5) high-risk foods allow harmful micro-organisms to grow and multiply because they

- a) Contain a lot of moisture and protein
- b) Contain a lot of sugar
- c) Contain a lot of preservatives
- d) Contain a lot of air

6 when micro-organisms come into contact with food and make it unsafe to eat, the food is said to be

- a) conserved
- b) contaminated
- c) concentrated
- d) condensed

7 Green bananas gradually become yellow in colour, softer in texture and sweeter in flavour. This is due to

- a) Ripening caused by bacteria
- b) Mould growth
- c) The action of enzymes
- d) The action of sunlight

8 cut fruits and vegetables can be prevented from discolouring by

- a) Cooking them
- b) Adding lemon juice to them
- c) Covering them in water until ready to be served
- d) All of these.

9 These are produced by moulds to enable them to multiply:

- a) spores
- b) stalks
- c) sprouts
- d) shells

10 How should cheddar cheese be stored to prevent it from becoming mouldy?

- a) In an air tight box in a kitchen cupboard
- b) In an air tight box on the kitchen worktop
- c) Wrapped in plastic cling film in a kitchen cupboard.
- d) In an air tight box in a refrigerator