



| | Question | Answer |
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| 1. | What type of browning happens when a food goes brown because it has been heated during cooking? | Non-enzymic browning. |
| 2. | How is the heat transferred from the grill to a piece of toast? | Radiation. |
| 3. | Why do we wash our hands before cooking and after going to the toilet? | To prevent the spread of bacteria into our food. |
| 4. | Why do we use blue plasters in the food rooms? | So they could be seen if they fell into food. |
| 5. | What type of browning happens when a food is cut and exposed to oxygen in the air? | Enzymic browning. |
| 6. | Why is it important that we dry equipment before putting it away? | To prevent bacteria from growing on it. |
| 7. | Describe what washing up water should be like. | Soapy and comfortably hot. |
| 8. | What is the name of the way you should hold an apple when you are cutting it in half? | The bridge hold. |
| 9. | What is the name of the way you should hold a carrot when you are slicing it? | The claw grip. |
| 10. | How many directions do you need to cut an onion half in when you are dicing it? | 3 |
| 11. | Why is it important to cut vegetables the same size before you cook them? | So that they cook evenly. |
| 12. | Name 2 vegetable cuts. | Paysanne, mirepoix, jardinière, julienne, macedoine, brunoise, chiffonade. |
| 13. | Why do we sweat off vegetables like onions at the beginning of cooking a soup (and many other dishes)? | To soften them. |
| 14. | What do we want to avoid happening when we sweat off vegetables? | Them going brown and crispy. |
| 15. | What are the main 2 ingredients we use to season savoury food? | Salt and pepper. |
| 16. | What qualities of food change when it is cooked? | Flavour, colour, mouthfeel / texture and aroma / smell |
| 17. | Define the term nutrients. | The chemicals found in food which nourish the body and are needed to maintain life. |
| 18. | Define the term macronutrients. | Nutrients the body needs in large amounts. Measured in grams (g). |
| 19. | Define the term micronutrients. | Nutrients the body needs in small amounts. Measured in milligrams (mg) or micrograms (µg). |
| 20. | Why do we need to eat carbohydrates? | To provide us with energy. |

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| 21. | Why do we need to eat proteins? | They are needed for growth, repair and maintenance. |
| 22. | Why do we need to eat fats? | They are needed to insulate the body, protect our organs and carry fat soluble vitamins. It also provides energy. |
| 23. | Name a mineral and say why it's important in our diet? | Calcium - for the growth and maintenance of healthy teeth and bones. Iron – to make red blood cells, which carry oxygen around the body. |
| 24. | Name a water-soluble vitamin and say why we need it in our diet? | B vitamins - help convert food to energy and keep the nervous system healthy. Vitamin C – to fight infection and heal wounds. |
| 25. | Name a fat-soluble vitamin and say why we need it in our diet? | Vitamin A – for a healthy immune system and night vision. Vitamin D – for healthy bones and teeth |
| 26. | Why do we need water in our diet? | Needed to make all bodily functions work. |
| 27. | Why do we need fibre in our diet? | To keep the gut healthy, prevents some diseases and makes us feel full. |
| 28. | What proportion of our diet should be carbohydrates? | 1 / 3. |
| 29. | List 3 common allergens. | Milk, nuts, wheat, eggs, fish, celery, shellfish, soya, sesame, mustard, sulphites, sesame. |
| 30. | What is the difference between an allergen and an intolerance? | A food intolerance is difficulty digesting a food, an allergy is an immune reaction to the food and can be much more serious. |
| 31. | Why should your hands be cold when rubbing fat into flour to make short products like shortcrust pastry or crumble? | To prevent the fat melting and allowing gluten to form. |
| 32. | What is the name of the process which happens when a sauce is thickened by starch? | Gelatinisation. |
| 33. | What happens to the proteins in eggs when we beat or whip them? | Denaturation. |
| 34. | What happens to the proteins in eggs when we cook them? | Coagulation. |
| 35. | What is the difference between soft and strong plain flour? | Strong flour has a much higher gluten content than soft flour. |
| 36. | Which flour would we use to make bread? | Strong flour. |
| 37. | What is yeast and why do we use it in bread making? | A fungus (living organism); it releases carbon dioxide which makes bread rise. |
| 38. | What is the Italian term we use to describe perfectly cooked pasta and what does it mean? | Al dente; firm to the bite. |
| 39. | What 4 conditions do bacteria need to grow? | Warmth, moisture, food and time. |
| 40. | What is the danger zone? | The range of temperatures at which bacteria can grow – 5 – 65°C. |

