



	Question	Answer
1.	Define the term nutrient.	The chemicals found in food which give the body nourishment and are needed to maintain life.
2.	Define the term macronutrient.	A class of nutrients which the body requires in large amounts – measured in g (gram).
3.	What are the three groups of macronutrients?	Carbohydrates, proteins and fats.
4.	Define the term micronutrient.	A class of nutrients which the body requires in small amounts – measured in mg (milligram) or µg (microgram).
5.	Other than nutrients, what else does the body need?	Water and fibre.
6.	What is the function of carbohydrates in our diet?	For energy.
7.	What health conditions can a diet high in sugar cause?	Obesity, type 2 diabetes, heart disease, some cancers and tooth decay.
8.	What are the effects of eating too much carbohydrate?	Excess carbohydrates are stored in the liver and muscle cells and eventually converted into fat cells.
9.	What are the effects of eating too little carbohydrate?	Short term: feeling hungry, weak or tired. Longer term: stored fats and eventually protein is digested to provide energy.
10.	What are the three main functions (other than to provide energy) of proteins.	Growth, repair and maintenance of cells.
11.	What are the main animal sources of protein in our diet?	Meat, dairy, fish, eggs.
12.	What are the main plant sources of protein in our diet?	Cereals, nuts, pulses and seeds.
13.	What are the consequences of not eating enough protein (malnutrition)?	Wasting of muscle tissue, oedema (fluid retention, mainly in feet and ankles), anaemia, slow growth, kwashiorkor
14.	Other than providing energy what functions do fats perform in the body?	1. Insulates the body. 2. Protects the vital organs 3. Carries fat-soluble vitamins (A, D, E & K) into the body.
15.	What are the risks of a diet that is too high in fat?	The body will gain weight, which can lead to an increased risk of heart disease.
16.	What are vitamins?	Vitamins are essential nutrients the body needs in tiny amounts (mg or µg) in order to function properly.
17.	Which vitamins are fat soluble?	Vitamins A, D, E and K.
18.	Which food supply us with fat-soluble vitamins?	Fatty foods and animal products (dairy, eggs, liver, oily fish, vegetable oils)
19.	Which vitamins are water soluble?	B Vitamins and vitamin C.
20.	Which food supply us with water-soluble vitamins?	Fruit, vegetables, dairy and cereals.
21.	What are the Government's 8 guidelines for healthy eating?	1. Base meals on starchy foods 2. Eat lots of fruit and veg 3. Eat more fish 4. Cut down on saturated fats 5. Eat less salt 6. Drink plenty of water 7. Don't skip breakfast 8. Get active and maintain a healthy weight.

22.	What are the three thirds of the Eatwell Guide?	<ol style="list-style-type: none"> 1. Starchy carbohydrates 2. Fruit and veg 3. Dairy and alternatives, meat, fish, eggs, beans and other proteins.
23.	How much water should we drink every day?	6 – 8 glasses.
24.	Why do we need dietary fibre?	<ol style="list-style-type: none"> 1. It makes us feel fuller for longer. 2. It keeps the bowel healthy and makes pooing easier. 3. Prevents constipation, haemorrhoids (piles), diverticulitis, some cancers, type 2 diabetes.
25.	What is the difference between intolerance and an allergy?	Intolerance is a reaction from the gut; an allergy is a reaction from the immune system and can be fatal.
26.	What is a balanced diet?	A diet with a variety of foods, following the Eatwell guide to get a good balance of nutrients.
27.	What happens to proteins when they are cooked, beaten or have acid added to them?	The structure of the protein is irreversibly changed as the molecules denature (unravel) and coagulate.
28.	What happens when protein rich foods, like meat, are cooked in a dry heat?	The Maillard reaction – the food turns brown and the flavour changes.
29.	How is gluten formed?	When flour is mixed with water proteins in it create gluten strands. These strands will get stronger as the dough is kneaded.
30.	What is strong flour, what would you use it for and why?	Strong flour contains more of the proteins which form gluten, which makes the dough elastic. It is used to make breads, pasta and choux pastry, which need a chewy texture.
31.	What is soft flour, what would you use it for and why?	Soft flour contains less protein so less gluten is formed and is used to make cakes, biscuits and scones which need a light texture.
32.	What effect does oxygen have on fruit and vegetables?	Oxygen reacts with the enzymes in cut fruit and vegetables making them brown – enzymic browning.
33.	Whys do we use raising agents?	They produce a risen, light airy texture in food.
34.	What products are used as raising agents?	Bicarbonate of soda, baking powder and self-raising flour.
35.	Why should you beat sauces before they boil and scrape edges and base of the pan?	To combine all the starch to prevent the sauce becoming lumpy and to stop it sticking and burning.
36.	What might make shortcrust pastry tough and shrink from the sides of a tin?	If it was stretched too much or too wet.
37.	What happens if shortcrust pastry is over-kneaded?	It will be tough.
38.	What labelling information is useful in preventing food spoilage?	Use-by date and storage and preparation instructions.
39.	What do microorganisms need to grow?	Warmth, Oxygen, Moisture, A specific Ph, Time
40.	What are the symptoms of food poisoning?	Tummy pain, diarrhoea, nausea, vomiting, fever or chills.
41.	What is the danger zone?	Temperatures in between 8°C and 63°C, at which bacteria will grow rapidly.