

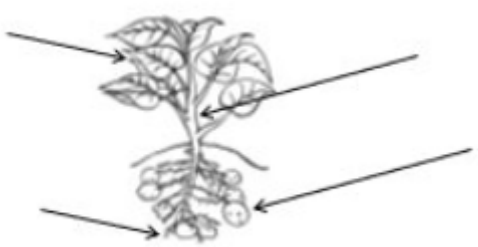
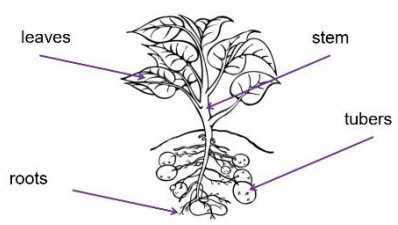
OBHS Core Questions:

Subject: Food preparation and Nutrition

Year and Term: Year 9 Autumn term

Topic: Cooking

Learn these questions to build a strong foundation of knowledge for this half-term. Ask family or friends to test you regularly, or practise on your own using the 'Look, Say, Cover, Write' method.

| | Question | Answer |
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| 1. | With regards to food hygiene, what are 'the 4 C's'? | Cleaning, Cooking, Cross contamination, Chilling |
| 2. | Why is cleaning the kitchen important? | To keep food safe and prevent bacteria from spreading |
| 3. | At what temperature should hot food be served above? | 63°C |
| 4. | What is the minimum core temperature which will ensure most bacteria is destroyed when cooking? | 75°C |
| 5. | True or false? Aluminium pans should be used to cook highly acidic food. | false |
| 6. | Between which temperatures is known as the bacterial 'danger zone'? | 5°C – 63°C |
| 7. | Name a function of cheese | To add colour, to add subtle flavour, to add texture |
| 8. | What is a gel? | A gel is a semi-solid mixture of a solid and a liquid |
| 9. | What is the difference between gelation and gelatinisation? | A key difference between gelation and gelatinisation is that gelation involves solidifying on cooling , whereas gelatinisation involves thickening on heating . |
| 10. | What are the two methods of making a roux sauce ? | 1) On the hob - convection 2) In the microwave – radiation and convection |
| 11. | What are the three thicknesses of sauce ? | 1) Pouring 2) Coating 3) Binding |
| 12. | What is shortening? | Flour is made of of tiny little starch particles . When solid fat like butter or margarine is rubbed into flour (rubbing-in), the flour particles are coated with grease. The grease prevents the particles from expanding and creates a short, non-stretchy dough which cooks to a short and crumbly texture. |
| 13. | What's the difference between shortening and rubbing-in? | <i>Rubbing-in is the process used to create a short and crumbly texture. Shortening is the result of rubbing-in when the texture changes to short and crumbly.</i> |
| 14. | Describe laminated dough | Laminated dough is a culinary preparation consisting of many thin layers of <u>dough</u> separated by <u>butter</u> or other solid fat, produced by repeated folding and <u>rolling</u> . |
| 15. | What is an allergy? | An allergy is when the body's immune system reacts unusually to specific food or ingredient. Although allergic reactions are often mild, they can be very serious. |
| 16. | What is an intolerance? | Intolerance to food is called food sensitivity and is much more common than food allergy and is not caused by the immune system. |
| 17. | Label the 4 parts of a potato plant  |  |