

**EDUQAS**

**Food Preparation and Nutrition Mock Exam:**

**Mrs Watkins and Mrs De-Gay**

**Name…………………………………………………………..**

**FP&N Group…………………………………………**

**Target Grade…………………..**

**Task:**

Using the Eduqas workbooks, note down the key points for each topic. It is important that your notes are clear and concise so you can use them to revise from and answer the practice mock questions.

**Choux pastry – the making process and health and safety – page 161 (Types of pastry) and 166-167:**

**Practice Questions:**

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| Question: | Answer: |
| 1 | Name the 6 main types of pastry and give an example for each: | 1.2.3.4.5.6. |
| 2 | List 4 important techniques when making pastry: |  |
| 3 | What fat would you use with Choux pastry? |  |
| 4 | What type of flour is used to make choux pastry? |  |
| 5 | How is a smooth glossy paste created with the raw batter for choux pastry? |  |
| 6 | How is a profiterole placed on a tray?  |  |
| 7 | What type of flour is used with choux pastry? (that allows the pastry to stretch and forms layers during cooking) |  |
| 8 | What filling would you use in a profiterole? |  |

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1. **Discuss the making process of Choux pastry (6):**

**Bread – the making process and nutrition – page 168-169 (making) and 185-191 (theory):**

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| Question: | Answer: |
| 1 | What type of flour is used to make bread and why? |  |
| 2 | List 3 ways of glazing bread before cooking: | 1.2.3. |
| 3 | What does the term ‘enriched bread dough’ mean? |  |
| 4 | List the nutritional value of bread: |  |
| 5 | List the key ingredients needed for bread making: | 1.2.3.4. |
| 6 | What are the ideal conditions for yeast growth? |  |
| 7 | When yeast has these ideal growing conditions it…… and produces ….. |  |
| 8 | What does the liquid (water/milk) do for the flour in bread making? |  |

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2.) Analyse the nutritive value of white bread and wholemeal bread (8)

**Fat – functions and the impact on our nation - page 336-347:**

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| Question: | Answer: |
| 1 | There are many different types of fat available to the customer. Name 4: | 1.2.3.4. |
| 2 | Butter is made from churning…. |  |
| 3 | Ghee is heated for a long time and is commonly used in which country? |  |
| 4 | What is lard? |  |
| 5 | What part of the body on sheep and cattle can suet be found? |  |
| 6 | Spreads are a blend of…. |  |
| 7 | Margarine must contain a minimum of 80% fat. It is made from…. |  |
| 8 | A high fat product is more than \_\_\_\_g fat per 100g. |
| 9 | A low fat product is less than \_\_\_\_g fat per 100g. |

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**3.) Discuss the health implications to consuming too much fat – discuss the 3 different types of fat (6):**

**NSP (Fibre) pages 16-17,203:**

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| Question: | Answer: |
| 1 | The scientific name for dietary fibre is… | N S p |
| 2 | What is the difference between INSOLUABLE FIBRE and SOLUABLE FIBRE?INSOLUABLE FIBRE -SOLUABLE FIBRE - |
| 3 | Why are oats often recommended in a cholesterol lowering diet? |  |
| 4 | What is a simple Carbohydrate? |  |
| 5 | What is a complex carbohydrate? |  |
| 6 | How much fibre does an 11-16 year old need? |  |
| 7 | What is Irritable bowel syndrome (IBS)? |  |
| 8 | What are the benefits of a high fibre diet? |  |

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**4.) Discuss the difference between the Simple and a Complex Carbohydrate (4)**

**Dietary needs (Vegetarianism) – Page 62-66:**

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| Question: | Answer: |
| 1 | What is the difference between an allergy and intolerance? |  |
| 2 | What does a vegetarian avoid eating? |  |
| 3 | List 7 reasons why someone might become a vegetarian? | 1.2.3.4.5.6.7. |
| 4 | What are the 3 types of vegetarians?  | 1.2.3. |
| 5 | List the 4 main nutrients Vegetarians need to consider when following a meat free diet: | 1.2.3.4. |
| 6 | Why do we need these 4 nutrients?IRON? |  |
| 7 | SELENIUM? |  |
| 8 | VITAMIN B12? |  |
| 9 | OMEGA-3 FATTY ACIDS? |  |

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**5.) Some Vegetarian’s find their diets contain too much fat. Discuss how this may be the case and how they can maintain a healthy balanced diet (6):**

**Gelatinisation - page 163 (Roux based sauces), 173 (sauce making) and 72-73 (the effects of heat on food):**

|  |  |
| --- | --- |
| Question: | Answer: |
| 1 | What is a ROUX? |  |
| 2 | What are the qualities of a good roux sauce? | 1.2.3.4. |
| 3 | List 4 types of sauces commonly used with examples of each: | 1.2.3.4. |
| 4 | The change that STARCH undergoes during cooking is called… |  |
| 5 | Gelatinisation occurs at what temperature? |  |
| 6 | What absorbs water, allowing the raw sauce mixture to swell and soften? |  |
| 7 | Why must the mixture be stirred when making a sauce? |  |
| 8 | What is the Maillard reaction? |  |

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**6.) What is Gelatinisation? (5)**

**Food hygiene and safety with preserving foods – page 84, 91 and 93:**

|  |  |
| --- | --- |
| Question: | Answer: |
| 1 | What causes food to spoil and where are they found? |  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
| 2 | What does PERISHABLE mean? |  |
| 3 | List 6 ways of identifying the signs of food spoilage? | 1.2.3.4.5.6. |
| 4 | List 6 methods of PRESERVATION. Give a simple explanation for each with examples: |  |  |
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|  |  |
| 5 | What is MAP Packaging? |  |

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**7.) What is a “Convenience” food and how does it prolong food spoilage? Compare other methods in your answer (8):**

**Food Waste – page 90, 100, 102-103:**

|  |  |
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| Question: | Answer: |
| 1 | What are the 4 different materials used for food packaging? Give brief advantages and disadvantages for each: |  |  |
|  |  |
|  |  |
|  |  |
| 2 | What does BIODEGRADABLE mean? |  |
| 3 | List 3 ways why BIODEGRADABLE packaging is better for the environment: | 1.2.3. |
| 4 | Give an example of each of the 3 R’s and say how consumers can reduce, reuse and recycle food packaging waste: | REDUCE: |  |
| REUSE: |  |
| RECYCLE: |  |
| 5 | What is food SUSTAINABILITY? |  |
| 6 | Suggest 4 ways of producing sustainable food? | 1.2.3.4. |
| 7 | Why is food waste a global problem? |  |

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**8.) Discuss the following image:**

**Why is so much food wasted in the UK?**

