Name the type of knife you would use for icing cakes, and moulding and smoothing food. 

You would use a palette knife for icing cakes, and moulding and smoothing food.

What are the two main classifications of shellfish?

The two main classifications of shellfish are crustaceans and molluscs.

Between what temperatures should chilled meat be stored?

Chilled meat should be stored between 1°C and 5°C.

What would you use to give a golden-brown glaze to pastry, scones and biscuits?

You would use milk to give a golden-brown glaze to pastry, scones and biscuits.

What is blanching?

Blanching is placing food into boiling water for a few minutes to quickly cook, soften and inhibit enzymic activity.
Why is strong flour traditionally used to make bread?

Strong flour is traditionally used to make bread because it has a high gluten content.

What is meant by ‘biological value of protein’?

Biological value of protein means the quality of essential amino acids present.

Fat is a source of which four vitamins?

Fat is a source of vitamins A, D, E and K.

Name two conditions that can be caused by lack of dietary fibre.

Constipation and diverticular disease can be caused by lack of dietary fibre.

Beri-beri can be caused by a deficiency in which vitamin?

Beri-beri can be caused by a deficiency in Vitamin B1 (thiamin).
Which vitamins contain antioxidants?

Vitamins A, C and E contain antioxidants, which work together to protect cells against damage from free radicals.

Name five minerals.

Calcium, fluoride, sodium, iron, iodine, phosphorus, magnesium and potassium are all minerals.

What proportion of the body is made up of water?

Nearly two-thirds of the body is made up of water.

What is the maximum amount of salt that an adult should eat in a day?

6g of salt is the maximum that an adult should eat in a day.

Why is folate (folic acid) needed before and during early pregnancy?

Folate (folic acid) helps the healthy development of the neural tube of the foetus.
What does BMR stand for, and what does it mean?

BMR stands for **Basal Metabolic Rate**. It is the energy needed to power the internal organs when the body is completely at rest.

What range is a healthy BMI?

A healthy BMI is between **18.5 and 25**.

Name five water-based methods of cooking.

Boiling, simmering, poaching, braising and steaming are water-based methods of cooking.

What are the three ways in which heat can be transferred through food?

Heat can be transferred through food by **conduction**, **convection** or **radiation**.

Which is more acidic – a pH of 3 or a pH of 12?

A pH of 3 is more acidic than a pH of 12.
Caramelisation is the browning of sugars, caused by dry heat.

Two types of food emulsions are an oil-in-water emulsion (milk) or a water-in-oil emulsion (butter).

Yeast is a biological raising agent.

Moulds can survive in the fridge but not in the freezer. True or false?

Microbes are used in the production of cheese, yoghurt and bread. (They are also used in the production of mycoprotein, fermented meats, e.g. Salami, chorizo) and fermented vegetables.
What foods are common sources of salmonella?

Common sources of salmonella include raw poultry and meat, eggs, seafood and dairy products.

What temperature should a fridge be kept at?

A fridge should be kept at a temperature between 1°C and 4°C.

Name the three types of contamination that can cause food poisoning.

Microbiological contamination, physical contamination and chemical contamination can cause food poisoning.

Many people choose to eat or avoid certain foods according to their religious beliefs. Name two which choose vegetarian or vegan diets?

Religions that have vegetarian or vegan diets are Buddhism and Rastafarianism.

What is lactose?

Lactose is a sugar found in milk and dairy products.
Name some popular foods in Japanese cuisine.

Triangle testing is when three samples are tested but two are the same, to see if the tester can pick out which one is different.

What is triangle testing?

Traffic light labelling is nutritional information given in a visual way, using colour to show high (red), medium (amber) and low (green) levels.

What is traffic light labelling?

Government guidelines recommend at least 60 minutes of physical activity per day.

How many minutes of daily physical activity are recommended by the government?

Sustainable food is food that will continue to be available for a long time to come.

What is meant by ‘sustainable food’?
Organic foods are grown naturally, without any help from chemical or synthetic treatments.

True. Genetically modified/Intensive farming produces large scale, low cost products.

Methane gas is produced by livestock.

Cream, butter, cheese and yoghurt can be made from the secondary processing of milk.

Vacuum packaging and MAP (modified atmosphere packaging) both result in long shelf life, and a fresh appearance and taste.