

MOCK EXAM INFORMATION FOR PUPILS FOOD PREP & NUTRITION



EMPER SURSUM

Which paper will I sit for the mock ? There are 20 multiple choice questions (20 points) and 80 marks to a mixture of short/long answer questions.

- Food nutrition and health
- Food science
- Food safety
- Food provenance
- Food choice
- Food preparation

How long is the exam? 1 hour 45 minutes

What do I need to revise?

Food Nutrition (function and required % RI required, effects of excess / deficiency in body)

- Macronutrients (protein, carbohydrates (Including fibre), fats)
- Micronutrients (vitamins, minerals) - effect of deficiency in micronutrients
- Water

Food science

- Know these keywords and their meanings- caramelisation, dextrinisation, shortening, fermentation, emulsification, plasticity, oxidation, gelatinisation, aeration, denaturation, coagulation
- Cooking eggs – food science
- Enzymic Browning
- Raising agents (biological - eg. Yeast, chemical - e.g. bicarbonate of soda, Mechanical – e.g. whipping in air)

Food safety

- Food poisoning bacteria and their sources (where they can be found)
- Food spoilage
- Chopping Board colours
- Why food is cooked

Food provenance

- Sustainability - How to prevent food waste
- Food production - using Micro organisms

Food choice

- Comparing nutrition of two dishes based on the needs of an individual (age or special dietary requirements) this has been practised in class and there is a talk through example video on Google classroom revision section.
- Type 2 diabetes - Cause and prevention.
- Factors that influence food choice
- Cooking methods – how this nutritionally affects the food cooked
- Sensory testing
- Nutritional information on food labels
- Fortified foods and health benefits
- Why food is cooked

Food preparation

- Problems during cooking preparing foods – causes of problem and how to prevent problem

Where can I find this information?

In your exercise books / online on Google Classroom / revision cards handed out in lesson (also on Google Drive)

What are top revision tips for this paper?

- Read through questions carefully - highlight or underline the key points / words to ensure you know what it is asking you to do, check back to ensure you have not gone off the point (very possible in long answer questions)
- Check through information in your book in advance - use to revise
- Use the revision posters posted on your Google Classroom to revise.
- Use question cards shared in Google classroom (You should also receive a set in lesson) - use these to check your understanding.

REVISION QUESTIONS

1. What are the 3 Macronutrient?
2. What percentage RI energy should carbohydrate provide?
3. Give 3 functions of fats in the body
4. Name the 2 micronutrient groups
5. Which vitamin is important for helping to prevent night blindness?
6. What are the 3 antioxidant vitamins called?
7. Name 3 effects of eating too much processed carbohydrates / sugars
8. Which food science term is when a liquid and flour are heated to thicken to 100c?
9. Which food science term is used to explain bread being toasted to make a brown colour which sweetens the flavour?
10. List reasons choux pastry might fail to rise
11. How might stir frying affect the nutrient content of a stir fry?

REVISION ANSWERS

1. Fat, Protein and Carbohydrates
2. 50%
3. Provide fat soluble vitamins ADE&K , used for insulation (to keep warm), for protection of internal organs
4. Vitamins and Minerals
5. Vitamin A (retinol and Beta carotene)
6. Vitamins A,C and E (ACE)
7. Type 2 diabetes, obesity, tooth decay
8. Gelatinisation
9. Dextrinisation
10. The temperature of the oven is not hot enough, or because the quantities of ingredients are not accurately weighed, too much egg may have been added so the mixture was too wet, they may have been taken out of the oven too soon (so they deflate)
11. Oil provides 9 Kcal of energy per gram, oil will allow any fat soluble vitamins to be dissolved in it - so those nutrients can be passed onto the person eating the food. Heating the food to a high temperature will damage some vitamins , such as water soluble Vitamin B complex and Vitamin C, however because it is cooked for a short amount of time, vitamin loss will be reduced