

Year 7

Food Technology



Section 1: Food Preparation Skills

1. Tick four things you should do before a practical lesson. /4

Run from the classroom to the kitchen

Taste your ingredients to make sure they haven't gone off

Put on an apron

Push in front of everyone else to be first to wash your hands

Wash your hands with washing up liquid

Put on gloves

Tie back long hair

Wash your hands with hot water and soap

Take your blazer off

2. Tick two things that will help keep you organised during a practical lesson? /2

Have your recipe out so it is easy to follow and stick to timings

Walk around and see what other people are doing

Clean up after each stage of prep

Watch your food cooking in the oven

3. What should you use to check that the food you have made is cooked properly?

4. Identify the correct colour chopping boards for the below foods: /6

Raw Meat

Vegetables

Cooked meat

Raw fish

Salad and fruit

Bakery and dairy

5. Highlight two consequences of not washing your hands properly in the kitchen /2

Transfer of flavours between foods

Cross contamination of food may cause those eating the food to get ill

Bacteria could be left on your hands which could make you ill

Stained hands

You might eat something you are allergic to

6. Name the following equipment /8



5. Match the country with the food. /4

Country	Food
Spaghetti Bolognese	England
Chicken Curry	Italy
Apple Crumble	America
Beef Burgers	India

Section 2: Food and Nutrition

1. What is the function of the following food groups in the diet? /6

Protein	
Fat	
Carbohydrates	
Water	
Dairy	
Fruits and vegetables	

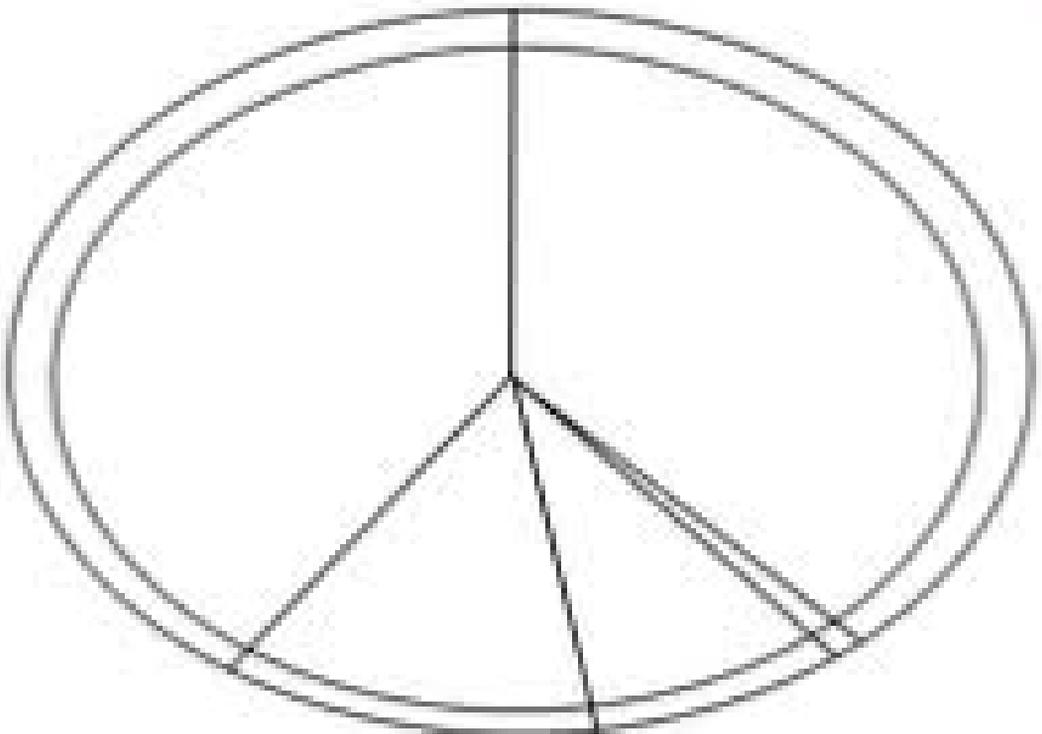
2. Which of the following meals has protein and carbohydrates in in? /3

Mac n cheese	
Roast chicken dinner with potatoes	
Mixed Vegetable soup	
Sausage and mash	
Cheese omelet	
Meat pizza	

3. Name a consequence of having too much fat in the diet? /1... ..

4. What is calcium for? /1

5: label the different sections of the Eatwell Guide below to show the correct food groups. /5



Section 3: Food science

1. Are the following statements true or false about using a temperature probe? Write in true or false for each one /8

Temperature of food must reach 45 degrees C to be safe		
You don't have to clean the probe before using on another food		
An antibacterial cleanser must be used to clean the probe after use to avoid cross contamination		
Temperature of food must reach 75 degrees to kill any harmful bacteria		
Probe must go into the thinnest part of the food		
Probe must go into the thickest part of the food		
Insert the probe quickly into the food then remove quickly to get an accurate temperature reading		
Probe should be left until temperature settles before taking reading		

2. Which four of these are the main reasons why we cook food ? /4

To prolong shelf life of food by destroying the enzymes that cause it to spoil	
To make food look more cooked	
To kill harmful bacteria that might cause food poisoning	
To make sure food is from a sustainable source	
To avoid cross contamination from one food to the next	
To make food taste nicer and more appealing	
To make sure food is prepared on the correct colour boards	
To make food easier to chew and more digestible	
To make sure you eat enough of each type of food	

1. Which of these statements is true? Highlight the true statement /1

Doing more exercise means you burn less calories so need less food	
Doing less exercise burns more calories so you need more food	
Doing more exercise burns more calories so you need less food	
Doing more exercise burns more calories so you need more food	

2. Why might budget influence what food you choose to eat? /1

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3. Tick three reasons why we should eat healthily /3

It' doesn't cost very much	
It helps us to feel good	
It makes life easier	
It helps our body to grow properly	
It helps people around us to eat healthily too	
It stops us from being poorly	

4. A collection of images grouped together with the same theme is called a what? /1



7. Most people make the choice to eat healthily. On the image below there is an unhealthy meal. Thinking about what the Eatwell Guide and how much of each food group you should have per meal, redesign it in the box below to make it a healthy meal. You must sketch an idea in pencil, use detailed annotation and tonal shading on your idea. (5 marks)

