

Year 7 Answers

Food

End of Unit Exam

Section 1: Food preparation	/26
Section 2: Food and nutrition	/16
Section 3: Food science	/12
Section 4: Food safety	/21
Section 5: Food choice	/11
TOTAL:	/86

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?

.....**A temperature probe**

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

Raw Meat	Red
Vegetables	Brown
Cooked meat	Yellow
Raw fish	Blue
Salad and fruit	Green
Bakery and dairy	White

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

Grater



Rolling Pin



Fork



Peeler



Wooden Spoon



Chopping Boards



Sieve



Knife

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	Growth and repair
Fat	To insulate the body/ keep us warm/ protect your vital organs
Carbohydrates	For energy
Water	For hydration
Dairy	Healthy bones/ teeth and growth
Fruits and vegetables	Fibre / vitamins and minerals

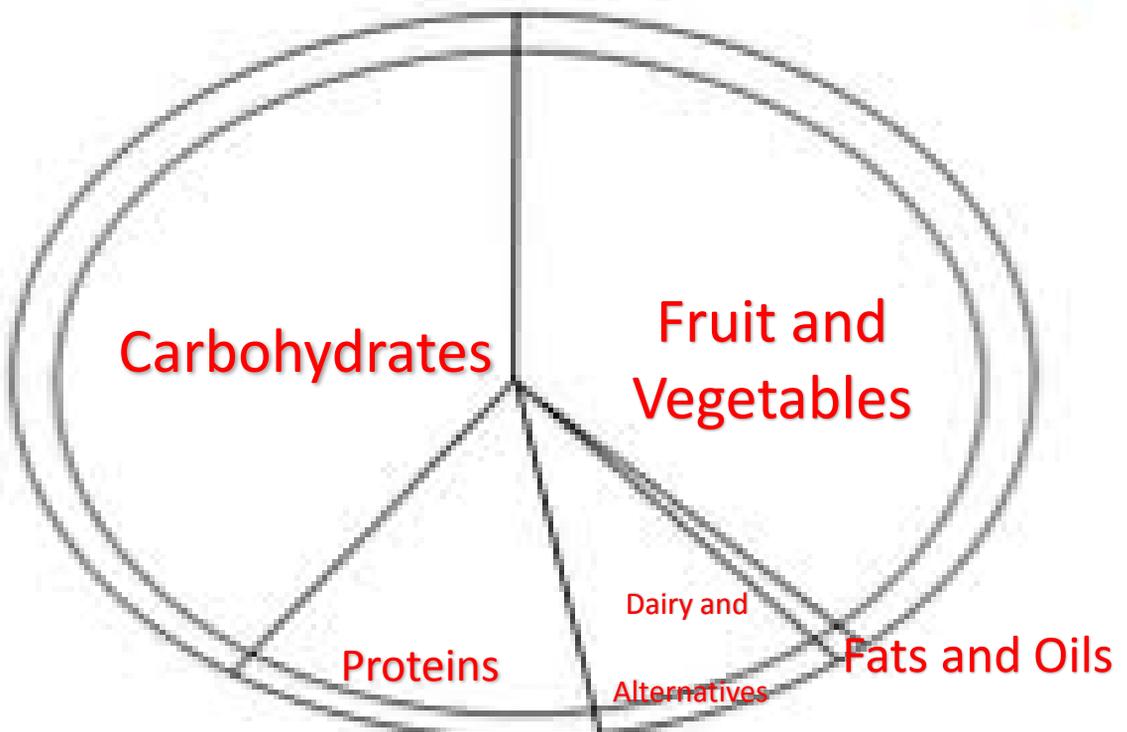
2. Which of the following meals has protein and carbohydrates in in? /3

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... You will become fat/ obese.....

4. What is calcium for? /1Healthy bones and teeth

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



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

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	

Section 4: Food safety

1. Why do we use different coloured chopping boards to prepare food? /1 **To avoid cross contaminating the food we are preparing**

2. List five health and safety **rules** of the kitchen: /5

A Do not run in the class room

B Put all bags under tables

C Tie back hair

D Only use blue plasters if you have a cut

E Wash your hands in designated sinks



3. Identify ten health and safety hazards in the kitchen in the picture /10

Spillage on the floor, pans boiling over

Washing up stacked up, pan handles sticking out

Pans spitting, rubbish bin overflowing,

hair not tied back, using same board for cooked/raw food, carrying with only one hand

Cupboard door open, knives left out

And any others you can see,

4. Name five ways this kitchen could be made safer /5

Wash up the pots and pans, turn the pans to face inwards, clean up spillage on floor

Close cupboard door, tie back hair, use correct boards, carry food with both hands

Put away equipment, turn heat down to stop pans boiling over,

And any others you can see

Wash up the pots and pans, turn the pans to face inwards, clean up spillage on floor

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

The amount of money you have will determined what type of ingredients you are able to buy from the supermarket. It will also influence you ability to have expensive take away food.

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 A mood-board



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)



- **MUST ADD ANNOTATIONS FOR FULL MARKS**
- **Change coke for water or a zero sugar drink to give less sugar and better hydration**
- **Change chips to potatoes that are not fried/ carrot sticks/ sweet potato wedges – less fat**
- **Add more vegetables to the burger to give more fiber/ change the burger to a salad with protein**