

## BBC Teach Food Preparation Videos on YouTube

Watch each video in turn and answer the questions. You can pause the videos if you need to.

Watch the video again and mark your answers – write down the correct answer for any you get wrong.

This is the main link to all the videos on YouTube. Make sure you select the correct video!

[https://www.youtube.com/playlist?list=PLcvEcrsF\\_9zInjxnoPbjRXHScwzEKTuGr](https://www.youtube.com/playlist?list=PLcvEcrsF_9zInjxnoPbjRXHScwzEKTuGr)

### Eight Guidelines for Healthy Eating

1. What is a balanced diet?

.....  
.....

List all the 8 healthy eating guidelines. Include **examples** for each one.

1. ....

2. ....

3. ....

4. ....

5. ....

6. ....

7. ....

8. ....

### Hydration

1. How long can we survive without water?

2. What is often added to water and why?

3. What body functions is water needed for?

4. How is water lost from the body?

5. What are signs of dehydration?

6. How much water should the average man have each day?

7. Why do you need more water if you are exercising?

## Healthier Cooking

1. What are the advantages of steaming?
2. Why should you avoid stirring foods when poaching?
3. How can you make grilled chicken even healthier?
4. What is dry frying?
5. What are the advantages of using a microwave?
6. What can we use to flavour foods instead of salt?
7. How can you add flavour, colour and texture to foods like fish and chicken?

## Food Safety

1. What is a contaminant?
2. What is a pathogen?
3. Give two examples of food pathogens
4. What four conditions does bacteria need to grow and multiply?
5. How long do you have to chill the food and store below 5° C after cooking?
6. What are the 4C's?
7. What temperature should the core of cooked foods reach?
8. What is an example of cross-contamination?

### **Food production and processing**

1. What are the three types of farming?

A .....

P .....

M .....

2. What is an example of primary processing?

3. What is an example of secondary processing?

4. What does brown flour have more of than white flour?

5. What gas does yeast produce?

6. What is the scientific name for the browning of bread?

### **Food Labelling**

1. What are labelling laws for?

2. List five things that must be included on a label by law.

3. Find out the difference between use by and best before dates – you will have to research this yourself.

4. What is bold in the ingredients list?

5. What are saturates?

6. What are Reference Intakes?

7. What does the colour coding mean?

Red =

Amber =

Green =

## Sensory Perceptions

1. What are our five senses?
2. What is mouthfeel?
3. Which are the two most important senses that work together?
4. What are the five tastes the tongue detects?