

GCSE

Homework Revision Booklet

High protein main meal products from a variety of cultures

- Eat well Plate
- Vegetarian & vegan diets
- Sustainability
- Food Safety
- Food Science
- Religions and Ethics
- Meeting specifications

- ✓ In this booklet you will find a variety of exam style questions for you to practice at home.
- ✓ Each exam question should help you consolidate the knowledge that you have been revising in lesson time.
- ✓ Try to complete the questions firstly without any help or support.
- ✓ If you find that you are unable to complete the questions then try to use your revision guides & workbooks.
- ✓ If you are still unsure about a topic area please come and see one of the food teachers for further support.

Question	Mark	Feedback
1 - Eatwell Plate	/30	
2 - Vegetarians	/24	
3 - Sustainability	/12	
4 - Food Safety	/22	
5 - Food science	/11	
6 - Religion and ethics	/10	
7 – Specification points	/25	

Name:

Question 1 is about the eatwell plate and nutrition

Using the diagram of the eatwell plate below – label the types of foods in each section and the nutrients provided by each section.



(10 marks)

What do we mean by the term 'balanced diet' and why is it important?

.....
.....
.....

(2 marks)

Complete the table below to show the functions of the 5 main nutrients on the body.

An example is given for you

Nutrient	Function of this nutrient in the body
<i>Fat</i>	<i>Source of energy, insulation</i>

(8 marks)

Give **three** functions of protein in the body

1 _____

2 _____

3 _____

(3 marks)

Give **three** examples of protein foods that have a high biological value (HBV)

1 _____

2 _____

3 _____

(3 marks)

Suggest **one** example of how protein foods can be combined to complement each other.

(1 mark)

Why do some people need more protein than others?

(3 marks)

Question 2 is about vegetarian diets

Vegetarians need to ensure they eat a balanced diet including essential vitamins and minerals.

Complete the chart below to describe the diets of different types of vegetarian.

Type of vegetarian	Foods they do not eat	Foods they can eat
Lacto-ovo vegetarian		
Lacto vegetarian		
Ovo vegetarian		
Vegan		

(8 marks)


The information

below shows a

recipe for a batch

of vegetarian

burgers.

<p>Vegetarian burgers</p> 	<p>Ingredients:</p> <p>Sunflower oil for shallow frying 1 small onion, finely chopped 1 garlic clove, crushed 400g can chickpeas 1 tsp ground cumin 1 tsp fresh coriander 1 tsp fresh parsley 1 egg, beaten</p> <p>Method:</p> <ol style="list-style-type: none">1. Shallow fry the onion and garlic.2. Mix all ingredients together in a food processor.3. Shape into 6 balls4. Flatten into burgers5. Brush with a little oil.6. Grill burgers for 4 minutes on each side
<p>Other information:</p> <p>Not suitable for vegans.</p>	

.....

.....

.....

(10 marks)

Question 3 is about sustainability

Look at the following 3 logos, can you explain what they mean







(6 marks)

Can you complete the chart below to explain the positive and negative effects that each production method has on the animal and the consumer.

Eggs	Effect on animal	Effect on consumer
Free range		

Caged		
Barn		

(6 marks)

Question 4 is about meat safety and food hygiene

Explain why the following may be used when cooking and serving a food product:

- colour coded food preparation equipment _____

- a food probe _____

(6 marks)

Give **three** instructions that need to be followed when using a food probe.

Instruction 1 _____

Instruction 2 _____

Instruction 3 _____

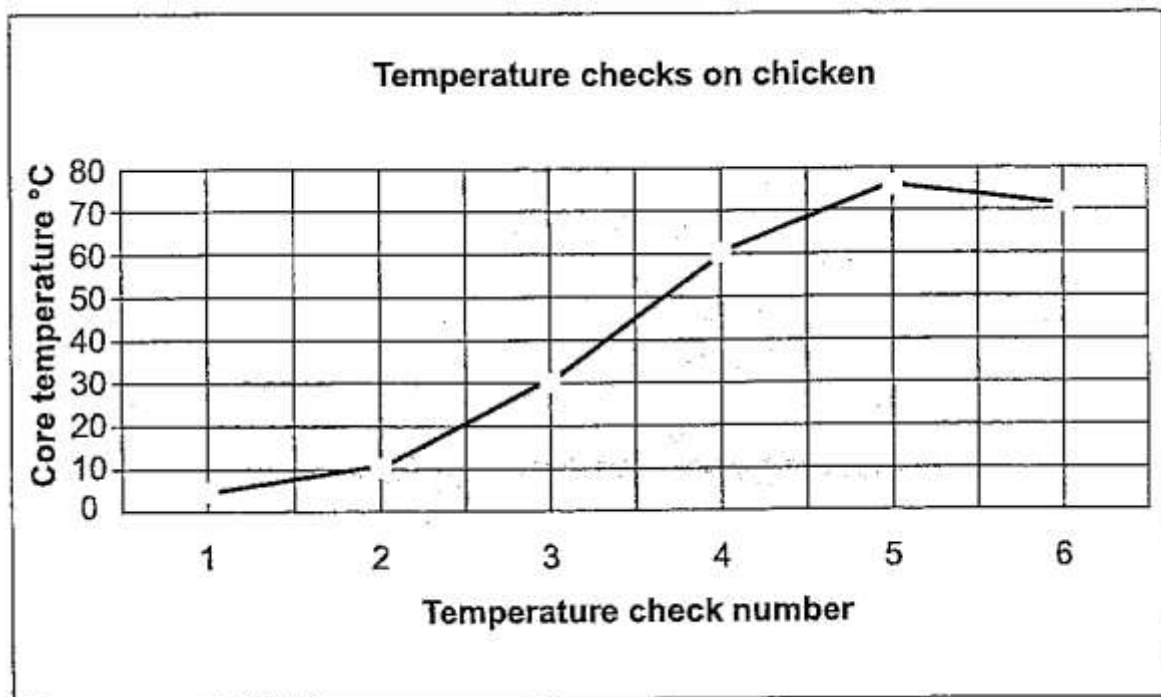
(3 marks)

Explain how refrigerators and chillers are kept at the correct temperature for safe food storage.

(4 marks)

The graph below shows the results of temperature checks on a chicken product.

Use the information from the graph to fill in the missing information in the reports.



REPORT 1

At temperature check one the chicken was taken out of the refrigerator.

The refrigerator was at the correct temperature of

..... °C.

REPORT 2

By temperature check two the core temperature of the chicken had entered the danger zone

..... °C to °C. (This is when bacteria are most active.)

REPORT 3

At temperature check five the cooked chicken was safe to eat because the core temperature was at least

..... °C for 2 minutes.

(4 marks)

Complete the table below to show the key temperatures used by manufacturers to ensure food safety.

Use these temperatures:

72°C

5-63°C

0-5°C

37°C

-18°C

Temperature	
	Bacteria are dormant and not able to produce
	Bacteria are 'sleeping' and able to produce very very slowly
	Bacteria reproduce most actively; this is known as the danger zone
	Optimum temperature for bacteria to reproduce
	Bacteria start to be destroyed and are not able to reproduce

(5 marks)

Question 5 is about food science

What does the term coagulation mean?

(1 mark)

The table below shows some problems seen when food is prepared. Complete the table to show two different causes of each problem.




Problem	Causes
The oil and vinegar separate when making mayonnaise	Cause 1 Cause 2
The egg whites don't increase in volume when being whisked for a meringue	Cause 1 Cause 2

(4 marks)

The table below shows dishes that use eggs as an ingredient.

For each dish name and describe one function of the eggs

Do not repeat the function or the example given.

Dishes	Name and describe one function of the eggs.
<p>Vegetable pasty</p> 	<p>Function: Glazing</p> <p>Description: Brushing beaten egg over the surface of the dish.</p> <p>This will seal the surface and give a brown colour during cooking. Will also give a shiny, golden finish.</p>
<p>Lemon meringue pie</p> 	<p>Function.....</p> <p>Description</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Fishcakes</p> 	<p>Function.....</p> <p>Description.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

(6 marks)

Question 7 is about meeting design specification points

Research context: Protein rich foods

Design theme: Main meal products from a variety of cultures

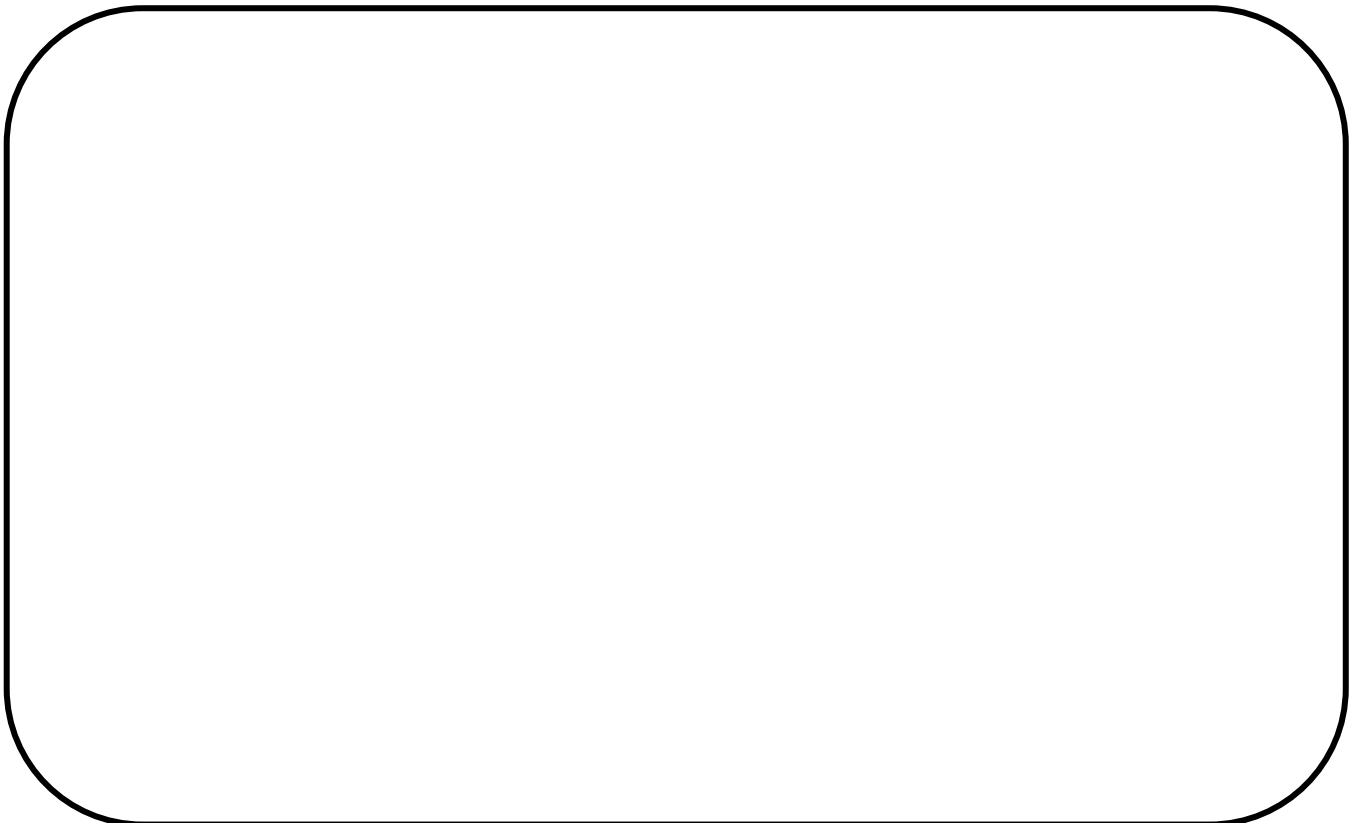
Sketch **two** different ideas for a savoury, main meal product. You **must** annotate your sketches to explain how your ideas meet each of the design criteria below. Do not draw any packaging.

Here are the design criteria for this product.

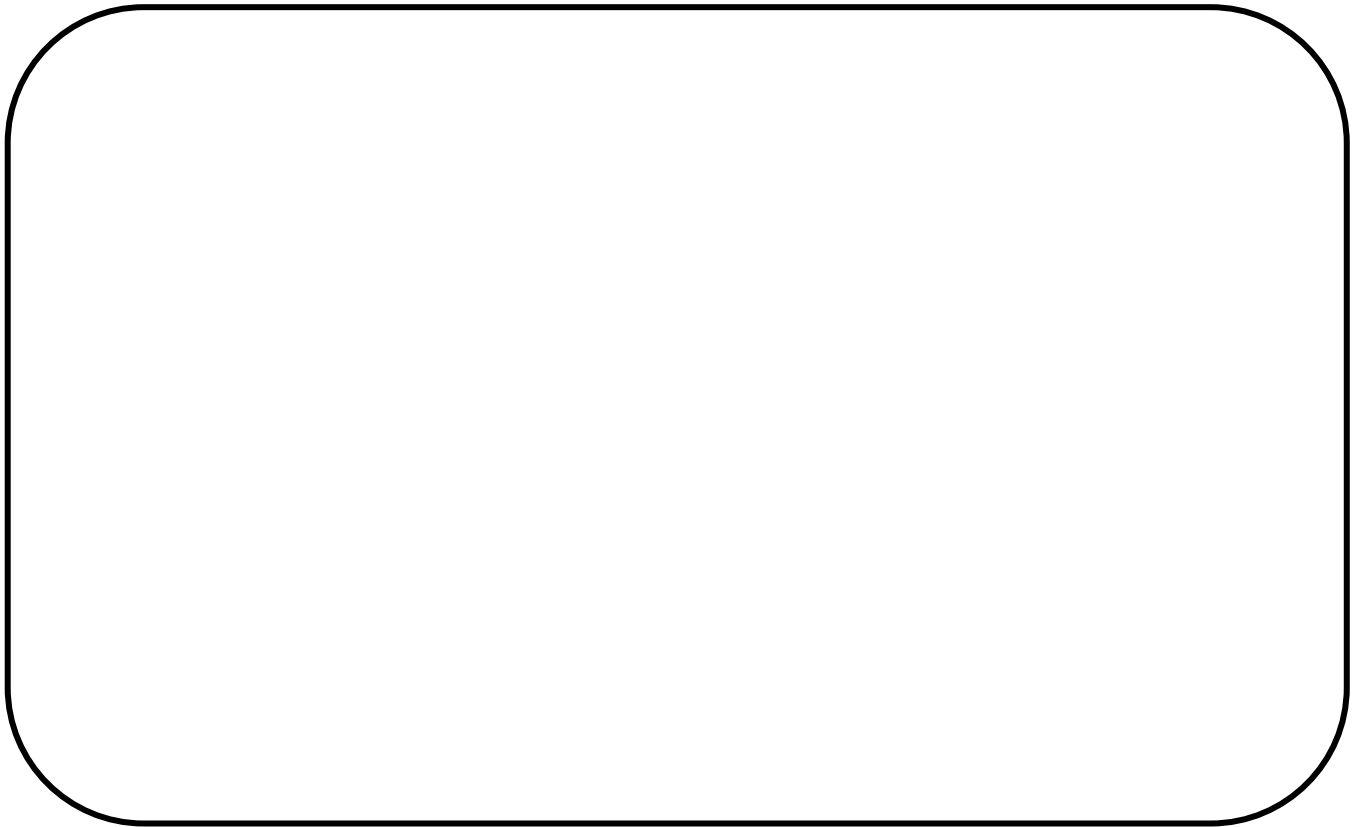
The product **must**

- ✓ Have sensory appeal
- ✓ Help towards the '5 a Day Campaign'
- ✓ Include a main ingredient which is rich in protein from an animal source
- ✓ Celebrate a cultural of your choice

Design idea 1: Product name _____



Design idea 2: Product name _____



(12 marks)

Choose one design idea _____

Which ingredient in your design will provide protein?

_____ (1 mark)

Explain the health problems that may occur when a person eats:

Too little protein

(2 marks)

Complete the table to show the main ingredients used to make the chosen design idea.

Give a different reason why each ingredient is used.

Ingredients	Reasons for use

(6 marks)

Explain how your idea could be developed for consumers who are

a) vegetarian

b) vegan

(4 marks)