

## OBHS Core Questions:

Subject: Food and Nutrition

Year and Term: Year 10 Autumn term

Topic: Food commodities



Learn these questions to build a strong foundation of knowledge for this half-term. Ask family or friends to test you regularly, or practise on your own using the 'Look, Say, Cover, Write' method.

	Question	Answer
1.	Which two ingredients would be used in bread making?	Yeast and water
2.	Explain why bread must be proved before being baked	To allow the yeast time to work producing carbon dioxide gas, which makes the bread rise.
3.	Suggest a suitable storage method for sliced bread purchased at the supermarket	Kept in its plastic wrapper and stored in a cool, dry place.
4.	Name two long grain rice examples	Basmati, Jasmine, Patna, Carolina
5.	Name the three sections that make up a potato	Skin, Fleshy section, Core/pith
6.	Explain why potatoes should not be stored in plastic bags	They can make the potato sweat which can cause them to go bad/ rot
7.	Name two different vitamins obtained from eating mangos and oranges	Vitamins A,C,E
8.	State two different forms of fruits sold in supermarkets	Canned, dried, fresh, frozen, bottled
9.	Plums are an example of a stone fruit. Name two other examples	Cherries, apricots, nectarines, peaches
10.	Name two different examples of vegetables that are classed as leaves.	Spinach, cabbage
11.	What is the difference between fresh milk and homogenised milk?	Fresh milk has cream on top. Homogenised has the cream dispersed throughout the milk
12.	What does UHT stand for?	Ultra heat treated
13.	A cheese and tomato quiche is being made. Describe two functions of the cheese/	Add colour as it goes golden brown when cooked. Can provide a subtle flavour if mild cheese is used or a sharp flavour if mature cheese is used. Can add texture as it becomes soft and moist when heated and melted.
14.	Name two methods suitable for cooking rump steak.	Grilling, frying
15.	Which fish would you expect to find preserved in a can?	Sardine, tuna
16.	Give one example of an oily fish.	Salmon, sardines, herring, mackerel, tuna, whitebait
17.	Name two different birds that are classed as poultry	Chicken, turkey, duck, goose
18.	Explain what a pulse vegetable is	A pulse vegetable is an edible seed that grown in a pod
19.	Explain the term shorten.	Butter is rubbed into flour for a short, crumbly feel when making pastry.
20.	Explain the term aerate	When making cakes, butter is creamed with sugar to add air and help the cake rise