

## OBHS Core Questions:

Subject: Food preparation and Nutrition

Year and Term: Year 7 Autumn term

Topic: Diet and good health



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.	Can you state 2 rules for good hygiene in the kitchen?	Wash hands, clean work tops, avoid cross contamination, Tie hair back etc
2.	What must you do before cooking and after touching raw meat?	Wash hands
3.	What 4 senses do you use when testing food?	Smell, sight, touch, taste
4.	Can you give 3 appropriate sensory words to describe a green apple?	Sweet, crunchy, juicy
5.	What foods are in the two biggest sections of the Eatwell Guide?	Fruit and veg, Starchy carbohydrates (potatoes, pasta rice etc)
6.	How many portions of fruit and vegetables should you eat each day?	5
7.	What is the function of fibre in the diet?	Helps the digestive system move food through the intestines and push out waste.
8.	Name a fruit or vegetable that has high vitamin C?	Citrus fruit such as oranges
9.	Why is exercise important?	Helps prevent excess weight gain by burning calories.
10.	What could happen if you do not get enough calcium in your diet?	Poor teeth, weakened bones
11.	What colour chopping board do we use for raw meat?	Red
12.	Aanaemia is lack of what in the diet?	Iron
13.	Which colour chopping board do we use to cut fruit and vegetables?	Green
14.	Is vitamin C a micro or macro nutrient?	Micro
15.	What is soluble fibre?	Dissolves in water forming a gel like substance in the intestines. It bulks up stools.
16.	What are the 4C's in the kitchen when referring to food safety?	Cleaning, Cooking, Chilling, Cross contamination
17.	At what temperature should hot food be served above?	63 degrees (Over 75 degrees to make sure its cooked)
18.	What is the minimum core temperature which will ensure most bacteria is destroyed when cooking?	60 degrees
19.	Describe enzymic browning?	An oxidation reaction causing fruit and veg to turn brown
20.	Which 2 methods of holding do we demonstrate when chopping with a knife?	Bridge, claw