

## OBHS Core Questions:

Subject: Food preparation and Nutrition

Year and Term: Year 8 Autumn term

Topic: Where food comes from



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.	What are the names of the blue, yellow and pink sections of the Eatwell Guide?	Dairy and alternatives, Starchy carbohydrates, Proteins
2.	What is meant by seasonality?	times of year when a given type food is at its peak
3.	What are two methods of transporting food?	Plane, train, lorry, boat
4.	What is gluten responsible for in bread?	Molecules of gluten can stretch and bend giving the dough elasticity.
5.	How do we activate gluten when making bread dough?	Kneading
6.	What is the best temperature for bread to rise?	24-29 degrees
7.	Give an example of the biological raising agent found in bread?	Yeast
8.	Which season do British strawberries grow best?	Summer
9.	Give 3 examples of wild foods	Berries, mushrooms, fish, mussels etc
10.	What does the word organic farming mean?	Farmers have not used chemical fertilisers or pesticides
11.	What is meant by the word proving	To rise
12.	Which symbol do we look for on eggs that let us know the chickens are kept in good conditions	Lionmark
13.	Which 4 things does yeast need to activate	Yeast + sugar + moisture + warmth
14.	What are the 4 types of raising agents?	Physical, Mechanical, Biological, chemical
15.	Name something that is reared	pigs