

Food Science Test

Name:

Date:

Circle the correct answer.

1. Which of the following statements is true?
 - a. Caramelisation can occur when onions are cooked, making them taste more sour.
 - b. Caramelisation can occur when onions are cooked, making them taste sweeter.
 - c. Caramelisation can occur when onions are cooked, making them taste more salty.
 - d. Caramelisation can occur when onions are cooked, making them softer.

2. Which of the following statements **is not** a reason to cook food?
 - a. To give more variety in the diet
 - b. To improve texture
 - c. To make food look last longer
 - d. To make food more nutritious.

3. Which of these statements give the definition of dextrinisation?
 - a. When sugar is cooked and a chemical reaction takes place
 - b. When food is cooked in water
 - c. When starch is cooked using a dry heat
 - d. When protein turns from liquid to solid.

4. How can a consumer know how far food has travelled?
 - a. Ask an assistant.
 - b. You can tell by its freshness.
 - c. Check the label.
 - d. Go on the supermarket website.

5. Which of these are how convection heat transfer works?
 - a. When a pan is on a hob and the hob causes particles in the pan to vibrate more and gain heat energy.
 - b. When a pan full of water is on a hob and heat travels through gases or liquids.
 - c. When heat travels through waves and does not need direct contact with the heat source.

6. Which of these aren't water based cooking methods?
 - a. Steaming
 - b. Boiling
 - c. Blanching
 - d. Shallow frying

7. What temperature do starch granules burst at causing a sauce to thicken?
 - a. 62-80 degrees
 - b. 55-62 degrees
 - c. 80-95 degrees
 - d. 95 plus degrees

Food Science Test

8. What does kneading work in bread dough?
- a. Yeast
 - b. Salt
 - c. Gluten
 - d. Carbon dioxide
9. What is created when gas is trapped inside a liquid?
- a. A foam
 - b. Coagulation
 - c. A solid
 - d. Gelatinisation
10. Which of these aren't a chemical raising agent?
- a. Yeast
 - b. Baking powder
 - c. Self-raising flour
 - d. Bicarbonate of soda
11. Explain how heat transfers when peas are boiled. (4 marks)

12. How do the properties of gluten add to the texture of bread? (4 marks)

Food Science Test

13. Identify the thickening agent for the sauces below and explain how they work. (2x3 marks)

Dish	Thickening agent	Process
Cheese sauce		
Lemon curd		

14. Indicate two different cooking methods used while making a fish pie and explain why they are used. (6 marks)

28 = 9
26 = 8
22 = 7
19 = 6
16 = 5
14 = 4
11 = 3
7 = 2
4 = 1

How do you feel about your result?

Which areas do you feel least confident in?

- Why food is cooked
- Heat transfer
- Cooking methods
- Changing properties
- Raising agents

Total mark out of 30: _____ **Above On Below**

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