

Year 11 test

Name: _____

1. Name a type of carbohydrate.
2. What does carbohydrate provide your body with?
3. What can't someone who is celiac eat?
4. What does someone who is lactose intolerant have to cut out of their diet?
5. What type of meat do Muslims eat?
6. What should you eat less of to maintain a healthy diet?
7. What type of food might you marinate?
8. What might eating uncooked chicken cause?
9. How might a hot, hand held pastry be held?

10. Why is wholemeal flour healthier than white flour?

11. Give an example of a control check when making a product.

12. Give one reason why additives might be added to a food product.

13. What is meant by organic?

14. Give one advantage of using a locally sourced food ingredient.

15. What is meant by food contamination?

16. Give one way that this can be avoided in a kitchen?

17. What safety precautions should be taken when using electrical equipment?

Marks out of 17: