

Candidate Name	Centre Number	Candidate Number

WELSH JOINT EDUCATION COMMITTEE
ENTRY LEVEL CERTIFICATE



CYD-BWYLLGOR ADDYSG CYMRU
TYSTYSGRIF LEFEL MYNEDIAD

710/01

Entry Level Certificate

FOOD STUDIES

A.M. MONDAY, 27 March 2006

(1 Hour)

Examiner only

TOTAL MARK	
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INSTRUCTIONS TO CANDIDATES

Write your name, centre number and candidate number in the spaces at the top of this page.

Answer **all** questions in the spaces provided in this booklet.

If you have difficulty in reading a question, put up your hand and the teacher-in-charge will read it to you.

INFORMATION FOR CANDIDATES

The number of marks is given in brackets at the end of each question or part-question.

No certificate will be awarded to a candidate detected in any unfair practice during the examination.

Answer **all** questions in the spaces provided.

1. (a) Name the practical methods shown below, use the words in the box to help you.

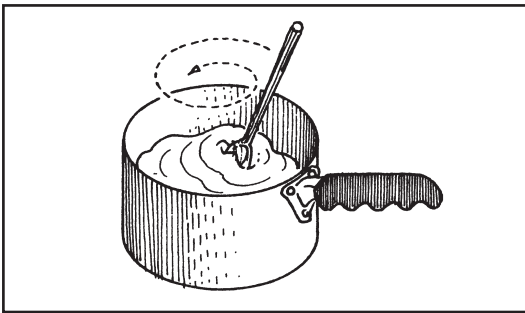
[2]

Mashing

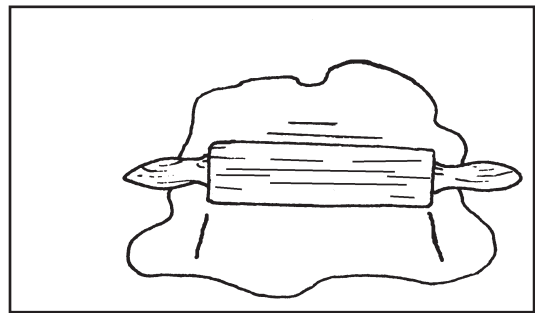
Stirring

Rolling out

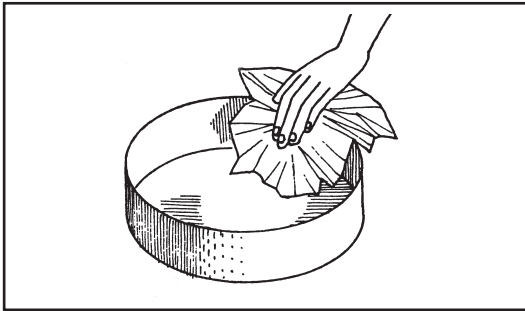
Greasing a tin



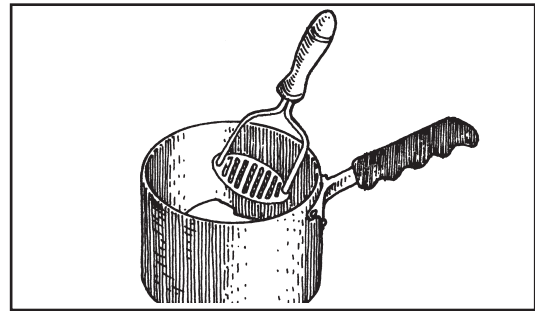
(i)



(ii)



(iii)



(iv)

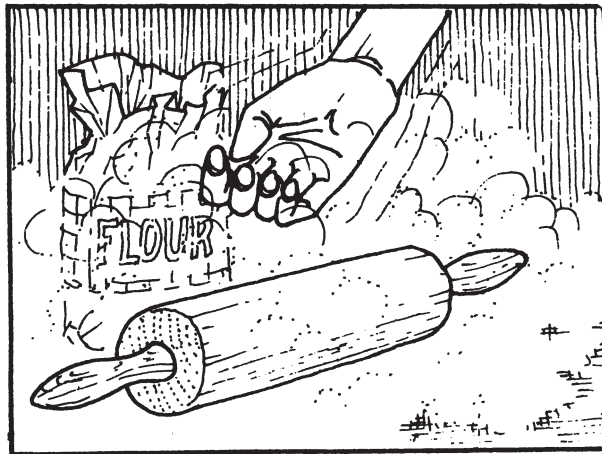
- (b) Name a dish (meal) you have made using these methods. (An example has been done for you.) [1½]

e.g. **Stirring**

Cheese Sauce

- (i) Mashing Potatoes
- (ii) Rolling-out pastry
- (iii) Greasing a tin

- (c) Why should you only use a small amount of flour when rolling out pastry? [1]



Underline the correct answer.

- (i) to stop the pastry being hard and dry.
- (ii) because flour is expensive.
- (iii) because it makes a mess.

2. Read carefully the following **'heads'** and **'tails'**.

Match them up to **complete** the sentences below.

[2½]

Heads
(a) Pork chops are suitable for
(b) Red meat e.g. steak contains
(c) Cheap cuts of meat are suitable for
(d) Cooking meat makes it easier to
(e) All types of fresh meat must be stored in a

Tails
Digest
Grilling
Iron
Stewing
Refrigerator

3. (a) Stephen is making a pizza for tea using the recipe shown.

Basic cheese and tomato pizza

(bread base)

200g strong plain white flour

1 sachet of quick yeast

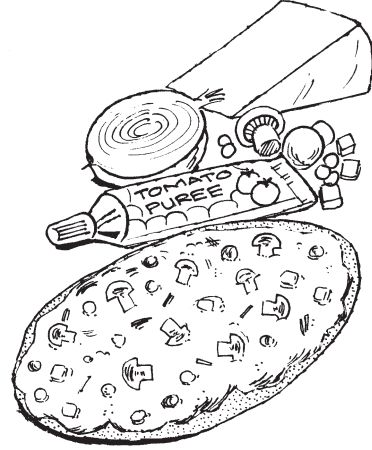
20g margarine

sprinkle of salt

200g cheddar cheese

1 onion

tomato puree.



Name **two (2)** extra toppings he could use.

(i) [½]

(ii) [½]

(b) If Stephen did not have time to make the ‘bread base’, what could he use instead?

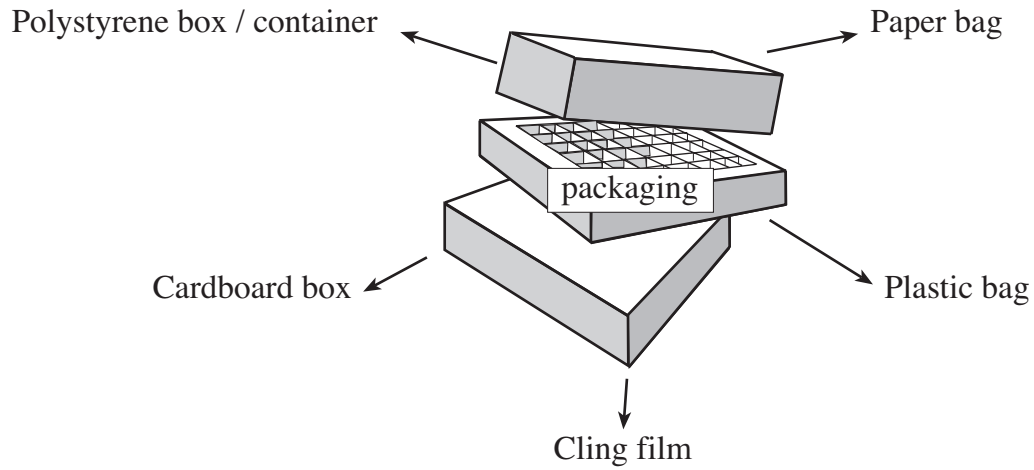
(An example has been given to help you.) [2]

e.g. Use a white pitta bread

(i)

(ii)

(c) Using the diagram below to help you.



(i) Suggest a suitable packaging for a take-away pizza. [1]

.....

(ii) Give **two (2)** reasons for your choice. [1]

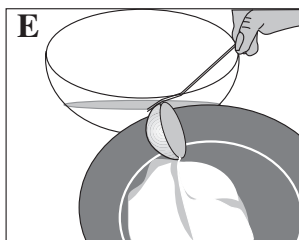
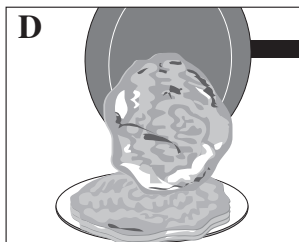
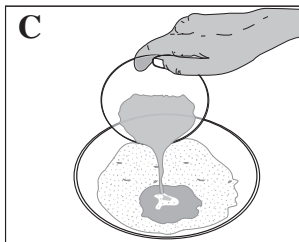
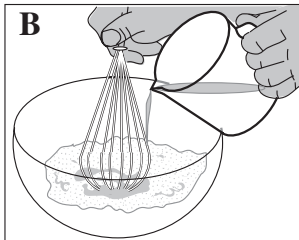
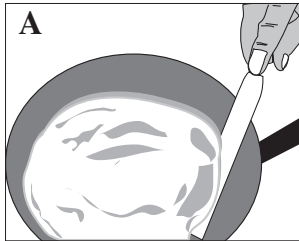
1.

2.

4. (a) The pictures below show how to make pancakes, but they have been muddled up. Re-arrange the pictures below into the correct order. [2½]

For example. If you think that **B** comes first, write **B** in box number **1**.

Making Pancakes



Correct order

①

②

③

④

⑤

- (b) Suggest **one (1)** thing that could go wrong when making pancakes. [1]

.....

- (c) Why could this happen? [1]

.....

5.

Safe practice is
essential in a busy
food preparation area.



Using the picture to help you, write a list of **four (4)** safety rules on a poster for the pupils to follow. [4]

Safety Rules

1.

2.

3.

4.

6. A Victoria sandwich.



(a) Fill in the gaps in the paragraph below, using the words in the box. [3]

rise, flavour, sweet, air, texture, colour.

Margarine adds and to cake mixtures.

Caster sugar makes the mixture and helps produce a soft

Eggs help trap and set the mixture.

Self - raising flour makes the cake

(b) **Underline** which **one (1)** of the following is **not** a method of cake making. [½]

- (i) roux
- (ii) melting
- (iii) rubbing-in

(c) Suggest **two (2)** ways of making Fairy Cakes ‘healthier’.

(An example has been done for you.) [2]

Use or add	Reason (Why)
e.g. Currants	To add fibre
(i)	
(ii)	

7. Answer **true** or **false** to the following. Put a tick (✓) in the correct box.

[2½]

- (i) Fibre is needed for healthy skin.
- (ii) Protein is needed for growth and repair.
- (iii) Fat is needed to prevent constipation.
- (iv) Carbohydrates are needed for warmth and energy.
- (v) Calcium is needed for strong bones and teeth.

True	False

8. A chicken curry has been prepared ready for freezing as an easy mid-week meal for the family.



- (a) How could the curry be packaged for freezing? [1]

.....

.....

- (b) Explain how to defrost the curry before re-heating. [1]

.....

.....

- (c) Name **two (2)** accompaniments you could serve with the chicken curry. [1]

(i)

(ii)

- (d) Give **two (2)** advantages (good points) of owning (having) a freezer at home. [2]

(i)

(ii)

9.



Use the following words to help you.

cauliflower, paté, fruit salad, raw eggs, liver, mayonnaise, soft cheese.

(a) Name **three (3)** foods pregnant women should not eat.

[1½]

(i)

(ii)

(iii)

(b) State a reason why these foods should be avoided.

[1]

.....

.....

This is the last question.

(c)

Pregnant women should not eat for two.

This is stated on a leaflet in the doctors’ surgery.

Explain why is it important for pregnant women to eat a balanced diet.

[4]

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The following references have been used in this paper:

- Q.1 I Can Cook Oxford ISBN 0-19832-786-2
- Q.3 (a) Worksheet British Gas Plc.
- Q.4 Mary Berry Cookbook Publisher unknown
- Q.9 Crockett, Harper and O'Conner, Starting Home Economics Level 1
Macmillan. ISBN 0-333-36254-3.