

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

P.M. TUESDAY, 20 March 2007

(1 Hour)

Examiner only

TOTAL MARK	
-----------------------	--

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) Answer **true** or **false** to the following. Put a **tick** [✓] in the correct box. [5 × ½]

- (i) Full fat milk should be given to children
1 to 5 years old.
- (ii) Skimmed milk is **not** for people who want to
lose weight.
- (iii) UHT milk will keep for a long time in a cupboard.
- (iv) Soya milk is suitable for vegetarians.
- (v) Calcium enriched milk is good for older people.

True	False

(b) Name **two (2)** of the nutrients found in milk and say why the body needs them.

[4 × ½]

Complete the table.

Nutrient	Needed by the body for.....
(i)
(ii)

(c) Many children need to be encouraged to include milk in their daily diet.

Name **three (3)** dishes or drinks that are made using milk.

[3 × ½]

- (i)
- (ii)
- (iii)

2. You are making a packed lunch to take on a day trip.



- (a) **Name** a suitable packaging for **each** of the following: [2 × ½]

(i) chicken tikka wrap;

.....

(ii) fresh fruit salad.

.....

- (b) Suggest a suitable drink to take with you. Give a reason for your choice. [2 × ½]

Drink

Reason

- (c) How can you make sure your lunch stays cool? [1]

.....

.....

- (d) State **three (3)** points to consider (think about) when planning a packed meal. [3 × 1]

For example: What the weather is like.

(i)

.....

(ii)

.....

(iii)

.....

3. (a) Adam is making an apple crumble, but his recipe has been muddled up.

Re-arrange the method into the correct order.

[5 × ½]

For example. If you think that C comes first, write

C

in box number **1**.

Muddled order

Correct order

A

Wash dishes and put away.

1

B

Weigh out ingredients.
Put oven on 190° C. Gas Mark 5.

2

C

Rub margarine into the flour until it
looks like fine breadcrumbs,
stir in the sugar.

3

D

Cover apples with the crumble mixture.
Place in oven for approximately
20 minutes.

4

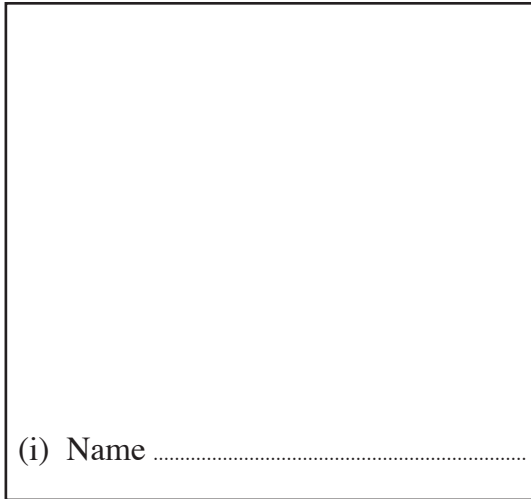
E

Peel and wash apples. Remove core
and cut into thin slices, place in an
ovenproof dish.

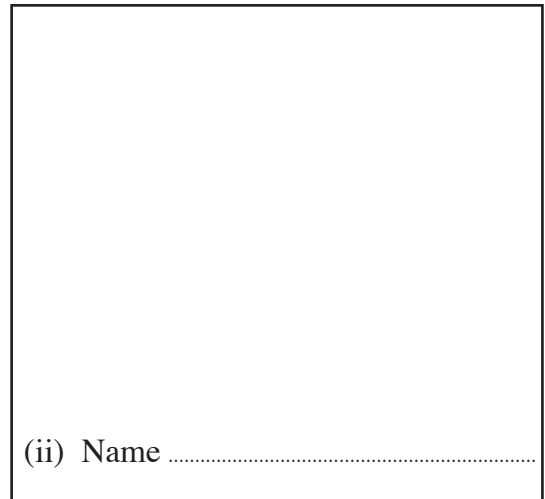
5

(b) Draw and name **two (2)** pieces of equipment used when making a fruit crumble.

[4 × ½]



(i) Name



(ii) Name

(c) **Give** an example of how to save time when making a fruit crumble.

[1]

.....

(d) What is often served with a fruit crumble?

[½]

.....

4. Frying foods.

(a) Fill in the gaps, using the words in the box:

[6 × ½]

falling apart; crisp; taste; coated; sets(coagulates); soft or moist.

Foods that are to be deep fat fried need to be

A coating such as egg and breadcrumbs stops the food and soaking up too much fat. The egg quickly, so that the outside becomes and golden and the inside stays , and has a good

(b) **Underline** the correct word in the following safety rules.

[3]

The first one has been done for you.

- (i) Always use clean/*dirty oil* when deep fat frying.
- (ii) Fill the pan *as full as possible*/half-full with oil for frying.
- (iii) Drop the food into hot oil *gently*/as fast as you can.
- (iv) Turn off the heat *as soon as*/five(5) minutes after the food is cooked.

(c) State **two (2)** actions you would take if a chip pan or frying pan caught fire.

[2]



(i)

(ii)

5.



(a) Give **two (2)** reasons why contact grills are becoming very popular. [2]

(i)

.....

(ii)

.....

(b) Name **four (4)** foods that can be cooked on a contact grill. [4 × ½]

(i)

(ii)

(iii)

(iv)

6. Match the correct description to the food.

[4 × ½]

The first one has been done for you.

Description		Food
1. A type of fruit	E	Tagiatelle A
2. A food suitable for vegetarians		Quorn burgers B
3. A type of pasta		Drinking yoghurts C
4. A type of convenience food		Cook-in-sauce D
5. A good source of calcium		Melon E

This is the last question.

7.

Food poisoning cases are on the increase

(a) State **two (2)** symptoms (signs) that someone may have food poisoning. [2]

(i)

.....

(ii)

.....

(b) Produce a poster showing how to reduce the risk of causing an outbreak of food poisoning when

storing food, preparing food and cooking food.

[6]

Rules to stop food poisoning

Storing food

Preparing food

Cooking food