

Candidate Name	Centre Number	Candidate Number
		4



**Entry Level**

710/01

**FOOD STUDIES**

P.M. TUESDAY, 11 March 2008

1 Hour

**Examiner only**

<b>TOTAL MARK</b>	
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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.

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

1. This is a cheese and potato pie.



(a) Draw and name **two (2)** pieces of equipment needed when making a cheese and potato pie. [4 × ½]

(i) Name .....

(ii) Name .....

(b) What can be served with a cheese and potato pie? [1]

.....

(c) Give an example of how to save time when making a cheese and potato pie. [1]

.....

2. Are the statements **true** or **false**? Put a **tick** [✓] in the correct box.

[5 × ½]

- (i) Fats are needed to give the body energy.
- (ii) An oil is solid (hard) at room temperature.
- (iii) Too much fat in the diet can cause obesity.
- (iv) Chocolate contains hidden fat.
- (v) Low fat products are not suitable for someone on a 'slimming diet'.

True	False

3. (a) The recipe for a Victoria sandwich has been muddled up.

Re- arrange the method into the correct order.

[6 × ½]

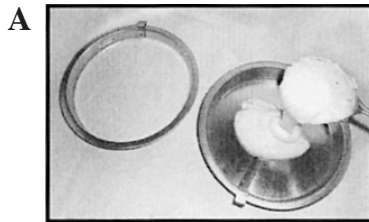
For example. If you think that B comes first write

<i>B</i>
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in box number 1.

**Muddled order**

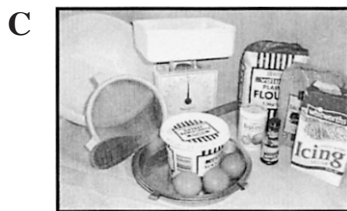
**Correct order**



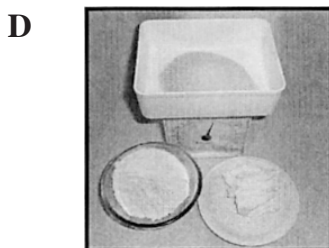
1.



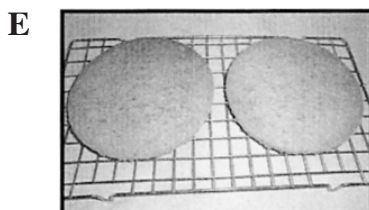
2.



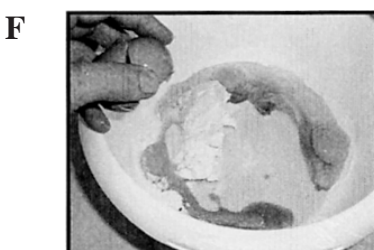
3.



4.



5.



6.

- (b) (i) **Name** the **type** of flour used when making a Victoria sandwich. [½]

Name of flour .....

- (ii) Give a **reason** for your choice of flour. [1]

Reason for choice .....

.....

## 4. Fruit and vegetables.



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

[6 × ½]

C	fibre(NSP)	skin	constipation	5(five)	vegetables
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Fruit is an important part of our diet. We should eat ..... portions  
of fruit or ..... a day. We get Vitamin .....

from fruit which keeps our ..... healthy. Fruit and vegetables are  
also a good source of ..... This prevents .....

(b) Suggest **two (2)** ways of cooking each of the following; [4 × ½]

(i) Potatoes,

1. ....

2. ....

(ii) Broccoli.

1. ....

2. ....

(c) Give **three (3)** points to remember when shopping for fresh fruit. [3]

One has been done for you.

(i) Fruit should feel firm when touched.

(ii) .....

(iii) .....

(iv) .....

5. Complete the following sentences by **underlining** the correct ending. [5 × ½]

- (i) Omega 3 is good for the heart and is found in
- carrots
  - chicken
  - oily fish such as Mackerel
- (ii) Wholemeal bread contains
- the same amount of fibre as white bread
  - more fibre than white bread
  - less fibre than white bread
- (iii) Crisps are
- high in fat and salt
  - a 'healthy' snack for a toddler
  - a good way of eating vegetables
- (iv) To keep healthy people should
- follow the latest celebrity diet
  - eat a balanced diet and take regular exercise
  - run a marathon
- (v) The fruit that contains the most vitamin C is
- oranges
  - apples
  - melon



6. **‘Good Hygiene and safe working is very important in the kitchen.’**  
Produce a poster showing **five (5)** important rules to follow when working in the kitchen. [5]

**Rules to remember**

7. James is making lunch for his friend.

(a) Suggest a suitable meal/dish he could make using **fish**.

[2]



**Lunch menu**



Fish dish .....

Served with .....

.....

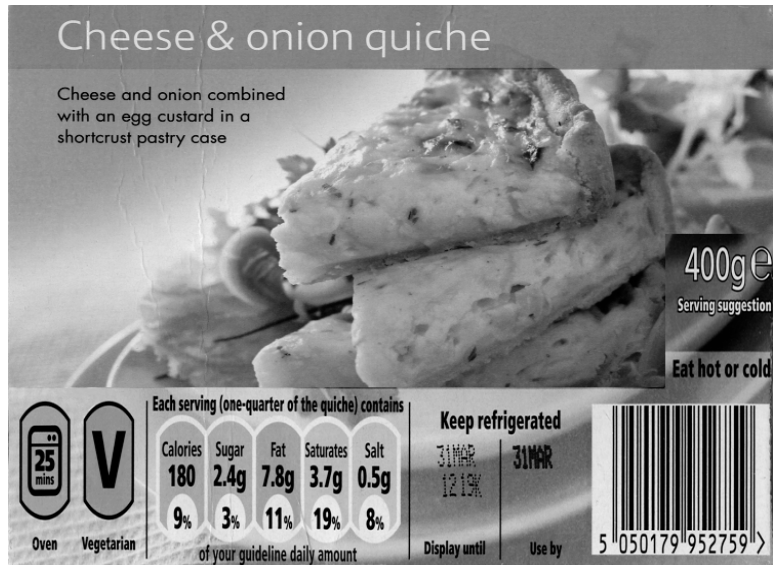
(b) Give **two (2)** reasons for the choice of menu.

[2]

(i) .....

(ii) .....

8. Look at the label shown below.



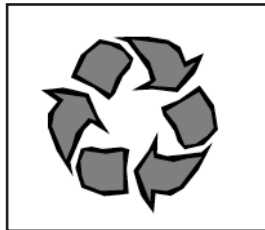
(a) Give **three (3)** items of information that **must** be shown on a label. [3 × ½]

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

(b) Why should food be eaten before the 'use by date'? [1]

.....  
.....

(c) The recycling sign is shown on the label.



Suggest **three (3)** items that are suitable for recycling. [3 × ½]

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

(d) Why are we encouraged to recycle? [½]

.....



The following references have been used in this question paper.

Q 3. Food Technology. Paul Fisher. Classroom Resources.

Q 8. Label Tesco.