

Year 9 Food Exam Revision

Check that you can do the following as part of your Food exam revision.

- 1) List starchy foods are pasta, bread, potatoes, cereals, rice
- 2) Explain how sauces and bread is made
- 3) Explain Gelatinisation – This is when starch absorbs water over heat and the starch granules burst thickening a liquid
- 4) Explain Fermentation – this is when yeast produces carbon dioxide due to warmth, moisture, time and food
- 5) Explain QA - Quality assurance are checks in place to ensure the product is a high quality – time i.e. temperature. Size, colour, shape, taste, texture checks.
- 6) Explain HACCP-Hazard Analysis Critical Control Point is a risk assessment procedure. Hazards are identified and controls put in place to protect the consumer i.e. pests, uncooked foods, no metal, no jewellery on food etc
- 7) Identify SMART foods. Remember that SMART foods are not natural and have special properties.
- 8) Explain a vegetarian diet

Type	Food they will not eat	Food they will eat
Vegan	Meat, dairy, eggs, gelatine, (no wear leather clothes, shoes)	Plant based
Demi-vegetarians	Meat(except poultry and fish)	Plant based, dairy, eggs
Lacto-vegetarian	Meat, eggs	Plant based, dairy
Ovo-Vegetarian	Meat, dairy	Plant based, eggs
Lacto- ovo vegetarian	meat	Plant based, dairy, eggs

- 9) Describe and explain a standard component, Angel Delight, sauce flour, jelly beans, tofu etc
- 10) Explain the functions of ingredients in bread
 Strong plain flour – has a high protein content and adds bulk
 Fat – adds flavour Salt – adds flavour
 Water – makes long gluten strands which creates a network and traps the gas so the bread is chewy
 Yeast – reacts with water and warmth to make carbon dioxide which makes the bread rise

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