Answer all the questions.

1. a) Tick (√) THREE foods that help keep you healthy.

\[
\begin{array}{|c|c|c|}
\hline
\text{Donut} & \text{Carrots} & \text{Fries} \\
\hline
\end{array}
\]

(3 marks)

b) Food is essential to life. Fill in the boxes below.

\[
\begin{aligned}
\text{Why does our body need food?} \\
\text{Why does our body need food?} \\
\text{Why does our body need food?}
\end{aligned}
\]

(3 marks)
2. The following are the food and drinks that Paul, a thirteen-year-old boy, had for breakfast on two different days of the week.

<table>
<thead>
<tr>
<th>Breakfast 1- Monday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh orange juice</td>
</tr>
<tr>
<td>1 cup chocolate sugar-coated cereal</td>
</tr>
<tr>
<td>1 cup fresh milk</td>
</tr>
<tr>
<td>Kiwi</td>
</tr>
<tr>
<td>Nuts</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Breakfast 2- Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 slice wholemeal bread</td>
</tr>
<tr>
<td>Bacon</td>
</tr>
<tr>
<td>Baked beans</td>
</tr>
<tr>
<td>Tomato</td>
</tr>
<tr>
<td>Doughnut</td>
</tr>
<tr>
<td>Peach nectar</td>
</tr>
</tbody>
</table>

a) List **FOUR** healthy food items that Paul had for breakfast.

- ________________________________
- ________________________________
- ________________________________
- ________________________________
- ________________________________

(2 marks)
b) Place the food and drink items that Paul had for both breakfasts in the appropriate section in the Food Pyramid. *An example has been done for you.*

![Food Pyramid Diagram](image)

- Fresh Orange Juice

(5 marks)

c) Mark with an arrow (➡️) the part of the Food Pyramid which we should eat least from.

(1 mark)

d) Why is Breakfast an important meal?

- ____________________________________________________________
- ____________________________________________________________
- ____________________________________________________________

(3 marks)

e) List TWO important points to consider when choosing a breakfast cereal.

- ____________________________________________________________
- ____________________________________________________________

(2 marks)
f) Suggest ONE modification/change that Paul could make to Breakfast 1 and TWO changes he could make to the Breakfast 2 in order to improve his eating habits and follow the CINDI Dietary Guidelines.

i. Breakfast 1:
   Suggested change:

   • __________________________________________

   Breakfast 2:
   Suggested changes:

   • __________________________________________

   • __________________________________________

   (2 marks)

ii. Choose ONE of the changes that you have suggested and give ONE reason for your answer.

   Suggested change: __________________________________________

   Reason: _______________________________________________________

   (2 marks)

3. Choose ONE of the CINDI dietary guidelines and write a clear message in the space below to help people follow this guideline.

   Dietary Guideline: ______________________________________________

   (2 marks)

   Clear Message:

   (3 marks)
4. a) A **snack** is a small meal which involves little preparation.

List **THREE** different situations when snacks are usually taken.

i. ____________________________________________________________________

ii. ____________________________________________________________________

iii. ____________________________________________________________________

(3 marks)

b) Complete the tables below by listing **TWO** examples of the following:

i. **Healthy snacks**
   
   ii. **Less healthy snacks**
   
   iii. **Traditional healthy desserts using milk and fruit.**
   
       Give **ONE** reason for each of your choices.

<table>
<thead>
<tr>
<th>Healthy Snacks</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Less healthy Snacks</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Traditional Healthy Desserts</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
</tr>
</tbody>
</table>

(3, 6 marks)
c) Write down the **name** and **use** of **THREE** basic kitchen equipment that you would need to use to prepare **ONE** of the healthy snacks that you have suggested in (b).

**Name of healthy snack:** ________________________________

i. **Name of equipment:** ________________________________
   **Use:** ________________________________

ii. **Name of equipment:** ________________________________
   **Use:** ________________________________

iii. **Name of equipment:** ________________________________
    **Use:** ________________________________
    (6 marks)

**d)** Petra used the following equipment when preparing a snack at school. Name the following equipment. Number them according to how you would sort them out for washing up. Start with the one you would wash first.

*An example has been done for you.*

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Bowl" /></td>
<td><img src="image2" alt="Muffin Pan" /></td>
<td><img src="image3" alt="Glass" /></td>
<td><img src="image4" alt="Peeler" /></td>
<td></td>
</tr>
</tbody>
</table>

3 |   |   |   |

**Glass**

(6 marks)
5. You have been asked to give a talk about personal hygiene during food preparation.
   a. Describe FOUR important personal hygiene points that you would include in your talk.
   b. Give ONE reason why each point is important.

<table>
<thead>
<tr>
<th>Personal Hygiene Points</th>
<th>Reason why it is important</th>
</tr>
</thead>
<tbody>
<tr>
<td>i.</td>
<td></td>
</tr>
<tr>
<td>ii.</td>
<td></td>
</tr>
<tr>
<td>iii.</td>
<td></td>
</tr>
<tr>
<td>iv.</td>
<td></td>
</tr>
</tbody>
</table>

(4, 8 marks)

6. The following is the modified recipe used to make Rock Buns using the rubbing-in method.
   a) TWO ingredients are missing in the recipe. Fill in the box below to complete the recipe.

<table>
<thead>
<tr>
<th>Modified Recipe - Rock Buns</th>
</tr>
</thead>
<tbody>
<tr>
<td>100g wholemeal flour, 100g self-raising flour</td>
</tr>
<tr>
<td>1 egg</td>
</tr>
<tr>
<td>75g ________________</td>
</tr>
<tr>
<td>50g sugar</td>
</tr>
<tr>
<td>75g ________________</td>
</tr>
<tr>
<td>1-2 tablespoons milk</td>
</tr>
</tbody>
</table>

(2 marks)
b) Fill-in the flow chart below and list the SEVEN main steps that you have followed to prepare the cakes using the rubbing-in method during your practical session at school.

**Flow Chart: Preparing Cakes using the rubbing-in method**

i. Remove all ____________ and wash your ____________.

Put on ____________ and ____________.

Take out all ____________ and ____________.

ii. (3 marks)

Step 1: _____________________________________________________________

Step 2: __________________________________________________________________

Step 3: __________________________________________________________________

Step 4: __________________________________________________________________

Step 5: __________________________________________________________________

Step 6: __________________________________________________________________

Step 7: __________________________________________________________________

(7 marks)
7. The following is the packed lunch that eleven-year old Mia, prepared to take to school.

![Packed Lunch Diagram]

- Wholemeal bread
- Butter
- Salami
- Lettuce
- Salted Nuts
- Fresh Fruit smoothie

a) Put the food and drink that Mia had in her packed lunch in the correct column

<table>
<thead>
<tr>
<th>Healthy food and drink</th>
<th>Less healthy food and drink</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(3 marks)

b) Plan a healthy packed lunch (different from the above) that Mia could take with her to school.

![Packed Lunch Diagram]

(1, 1 marks)

c) Give TWO reasons for your choice of packed lunch.

- __________________________________________________________________________
- __________________________________________________________________________

(2, 2 marks)

d) List TWO important points that Mia should consider when preparing a packed snack to take with her to school.

- __________________________________________________________________________
- __________________________________________________________________________

(2 marks)
8. Many accidents in the kitchen/Food Lab can be avoided if hazards/dangers are detected and precautions taken.

a) List TWO hazards/dangers in the following picture.

Hazard/Danger 1:

Hazard/Danger 2:

(1, 1 marks)

b) Choose ONE of the hazards/dangers listed in (a) and suggest ONE safety precaution that can be taken in order to avoid a possible accident.

Hazard/Danger: ______________________________________________________

Safety Precaution: ____________________________________________________

(2 marks)

c) Suggest THREE safety rules that should be followed in the Food Lab.

i. ______________________________________________________

ii. ______________________________________________________

iii. ______________________________________________________

(3 marks)

d) Explain the correct order which you should follow when making an emergency call.

• ______________________________________________________

• ______________________________________________________

• ______________________________________________________

• ______________________________________________________

• ______________________________________________________

(5 marks)