



GCSE Food Preparation & Nutrition

Revision Helpers

Select the correct response for each of the following question. Explain why you have selected that answer: This could be done by saying why the other responses are not suitable. The first example has been done for you.

EG	Which food is high in protein?	Explanation for answer: Cheese is the protein from milk which has been coagulated by acid to form the curd which clumps together leaving the whey. The others are examples of fruits and vegetables which are high in water and dietary fibre but offer little protein.
A	Cabbage	
B	Cheese	
C	Oranges	
D	Cucumber	
1	Which food is a good source of energy from carbohydrates?	Explanation for answer:
A	Pasta	
B	Fish	
C	Broccoli	
D	Cheese	
2	Amino acids are components of	Explanation for answer:
A	Fats	
B	Vitamins	
C	Carbohydrates	
D	Proteins	
3	Which food is a good source of low biological value protein?	Explanation for answer:
A	Soya	
B	Eggs	
C	Nuts	
D	Fish	
4	Which one of the following sugars is found in cow's milk?	Explanation for answer:
A	Fructose	
B	Sucrose	
C	Maltose	
D	lactose	
5	The body needs dietary fibre for	Explanation for answer:
A	Strong teeth & bones	
B	Growth & repair	
C	Removal of waste	
D	Clear vision	
6	Which one of the following is a quick method of cooking?	Explanation for answer:
A	Stir Frying	
B	Roasting	
C	Braising	
D	Baking	





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7	Providing a reliable supply of safe, nutritious & affordable food is a definition of:	Explanation for answer:
A	Organic food	
B	Fairtrade food	
C	Food miles	
D	Food security	
8	The effect of dry heat on starch is called:	Explanation for answer:
A	Caramelisation	
B	Dextrinisation	
C	Shortening	
D	Fermentation	
9	Which one of the following uses a biological raising agent?	Explanation for answer:
A	Scones	
B	Doughnuts	
C	Gingerbread	
D	Eclairs	
10	The term given to the softening, shaping or spreading of fats is:	Explanation for answer:
A	Emulsification	
B	Plasticity	
C	Shortening	
D	Oxidation	
11	Campylobacter is a type of food poisoning bacteria commonly found in	Explanation for answer:
A	Raw chicken	
B	Cooked vegetables	
C	Boiled pasta	
D	Baked apples	
12	Which one of the following can often show signs of food spoilage by yeasts?	Explanation for answer:
A	Beef	
B	Fish	
C	Biscuits	
D	Tomatoes	
13	Microorganisms are used in the production of	Explanation for answer:
A	Mayonnaise	
B	Jam	
C	Cheese	
D	Pasta	

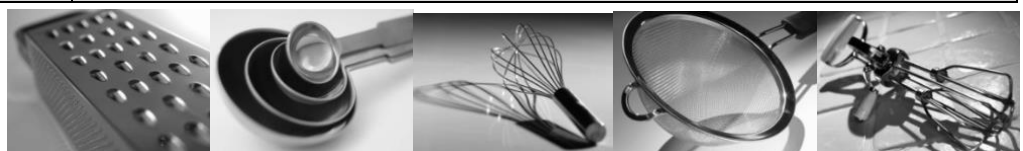




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14	Raw fish should be prepared on a chopping board of which colour?	Explanation for answer:
A	Green	
B	Red	
C	Blue	
D	Yellow	
15	A diet deficient in Vitamin D may lead to	Explanation for answer:
A	Scurvy	
B	Anaemia	
C	Rickets	
D	Night Blindness	
16	Which one of the following is the raising agent in meringues?	Explanation for answer:
A	Yeast	
B	Air	
C	Baking powder	
D	Bicarbonate of soda	
17	An example of an emulsion is	Explanation for answer:
A	Tomato sauce	
B	Hollandaise sauce	
C	Roux sauce	
D	Velouté sauce	
18	The process when starch granules swell and thicken a sauce is	Explanation for answer:
A	Caramelisation	
B	Emulsification	
C	Gelatinisation	
D	Aeration	
19	The function of iodine in the body is to	Explanation for answer:
A	Enable iron to be absorbed	
B	Strengthen bones and teeth	
C	Help blood clots	
D	Control the metabolic rate	
20	Enzyme are biological catalysts made from	Explanation for answer:
A	Proteins	
B	Fats	
C	Carbohydrates	
D	vitamins	
21	Which one of the following is a micronutrient?	Explanation for answer:
A	Carbohydrate	
B	Fat	
C	Protein	
D	vitamin	

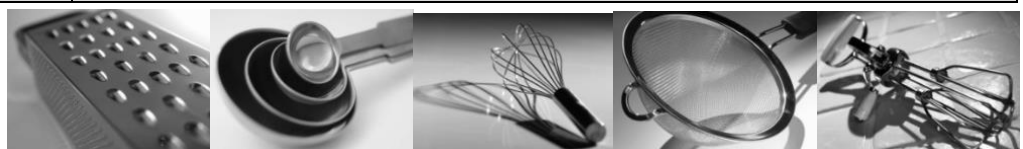




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22	Coeliac disease is an intolerance to	Explanation for answer:
A	Eggs	
B	Meat	
C	Milk	
D	Wheat	
23	Anaemia is caused by a diet deficient in which mineral?	Explanation for answer:
A	Calcium	
B	Iodine	
C	Iron	
D	Sodium	
24	The percentage of recommended energy from carbohydrate per day is	Explanation for answer:
A	15%	
B	35%	
C	50%	
D	75%	
25	Which one of the following shows the danger zone temperatures?	Explanation for answer:
A	0 °C to 35 °C	
B	3 °C to 63 °C	
C	4 °C to 75 °C	
D	5 °C to 63 °C	
26	Which one of the following is the correct storage condition for bananas	Explanation for answer:
A	At room temperature	
B	In the chill cabinet	
C	In the freezer	
D	In the refrigerator	
27	Which of the following methods of cooking are all water based?	Explanation for answer:
A	Steaming, grilling, poaching	
B	Boiling, frying, simmering	
C	Baking, roasting, grilling	
D	Simmering, boiling, poaching	
28	Which one of the following is an example of bacterial contamination?	Explanation for answer:
A	Food worker sneezing when cooking	
B	A fish bone in a fishcake	
C	Cleansing agent left on a work surface	
D	Piece of plastic in a cake mixture	
29	Convection is the transfer of heat:	Explanation for answer:
A	Through direct heat rays	
B	Through liquids	
C	Through metals	
D	Through solids	





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30	Which of the following are water soluble vitamins?	Explanation for answer:
A	Vitamins A and C	
B	Vitamins B and C	
C	Vitamins B and D	
D	Vitamins C and D	
31	When heated, the colour of sugar changes from white to brown:	Explanation for answer:
A	Caramelisation	
B	Enzymic browning	
C	Gelatinisation	
D	Oxidation	
32	Which vitamin helps the body absorb calcium?	Explanation for answer:
A	Vitamin A	
B	Vitamin B	
C	Vitamin C	
D	Vitamin D	
33	Which one of the following is an example of primary processed food?	Explanation for answer:
A	Bananas	
B	Eggs	
C	Flour	
D	tomatoes	
34	Which one of the following can be an example of free range food?	Explanation for answer:
A	Bananas	
B	Eggs	
C	Flour	
D	tomatoes	
35	Identify one food that has an extraction rate during production	Explanation for answer:
A	Bananas	
B	Eggs	
C	Flour	
D	tomatoes	
36	Which fruit is affected by enzymic browning?	Explanation for answer:
A	Apples	
B	Grapes	
C	Oranges	
D	Raspberries	





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37	Which of the following describes the distance food is transported producer to consumer ?	Explanation for answer:
A	Air miles	
B	Carbon footprint	
C	Fair trade	
D	Food miles	
38	Which of the vitamins listed below is an antioxidant?	Explanation for answer:
A	Vitamin A	
B	Vitamin B	
C	Vitamin D	
D	Vitamin K	
39	Which one of the following is not a legal requirement for food labelling?	Explanation for answer:
A	Cooking instructions	
B	List of ingredients	
C	Serving suggestions	
D	Weight	
40	What is added to foods when fortification takes place?	Explanation for answer:
A	Additives	
B	Emulsifiers	
C	Nutrients	
D	preservatives	
41	Which of the following are both fat soluble vitamins?	Explanation for answer:
A	A and D	
B	A and C	
C	B and C	
D	B and D	
42	What does the abbreviation PAL stand for?	Explanation for answer:
A	Physical Activity Limit	
B	Physical Activity Level	
C	Physical Activity Label	
D	Physical Action Level	
43	Which one of the following vitamins help with iron absorption?	Explanation for answer:
A	Vitamin A	
B	Vitamin B	
C	Vitamin C	
D	Vitamin D	

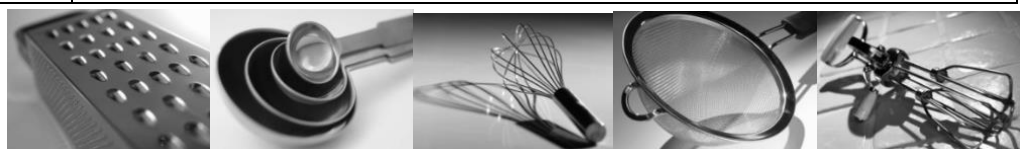




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44	Which of the following is a source of unsaturated fat?	Explanation for answer:
A	Butter	
B	Olive oil	
C	Coconut oil	
D	Lard	
45	Dry heat causes the starch in bread to change colour. This is called	Explanation for answer:
A	Shortening	
B	Dextrinization	
C	Gelatinisation	
D	Caramelisation	
46	High risk foods allow harmful bacteria to multiply because they are:	Explanation for answer:
A	High in protein and acid	
B	High in protein and moist	
C	Low in protein and moist	
D	Low in protein and dry	
47	A 'use0by' date is displayed on which of the following foods	Explanation for answer:
A	Pasteurised milk	
B	Condensed milk	
C	UHT milk	
D	Dried Milk	
48	Which of the following is the temperature for a domestic freezer?	Explanation for answer:
A	-1°C	
B	-5°C	
C	-10°C	
D	-18°C	
49	Raw meat should be prepared on a chopping board of which colour?	Explanation for answer:
A	Yellow	
B	Red	
C	Blue	
D	Green	
50	Which one of the following cooking methods is used to blanch vegetables	Explanation for answer:
A	Boiling	
B	Stewing	
C	Braising	
D	Roasting	
51	Caramelisation occurs when:	Explanation for answer:
A	Starch is broken down when heated	
B	Protein is coagulated when heated	
C	Fat melts when heated	
D	Sugar melts and changes colour when heated	





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52	Which one of the following is a chemical raising agent?	Explanation for answer:
A	Steam	
B	Yeast	
C	Air	
D	Baking powder	
53	What is the process called when yeast produces carbon dioxide?	Explanation for answer:
A	Emulsification	
B	Plasticity	
C	Gelatinisation	
D	Fermentation	
54	What is the process called where an acid denatures meat & adds flavour?	Explanation for answer:
A	Marinating	
B	Stewing	
C	Braising	
D	Poaching	
55	The cooking of food by infra-red heat rays is called:	Explanation for answer:
A	Convection	
B	Radiation	
C	Conduction	
D	Evaporation	
56	The olfactory receptors send messages to the brain about the:	Explanation for answer:
A	Taste of food	
B	Texture of food	
C	Appearance of food	
D	Smell of food	
57	Halal meat is a food choice made by which religion?	Explanation for answer:
A	Sikhism	
B	Buddhism	
C	Islam	
D	Judaism	
58	People with lactose intolerance should avoid consuming:	Explanation for answer:
A	Bread	
B	Milk	
C	Fish	
D	Eggs	





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59	Which of the following is the correct definition of a GM Food?	Explanation for answer:
A	Food grown without the use of artificial chemicals	
B	Food grown where farmers get	
C	Food grown in season	
D	Food that has its genes altered to give different characteristics.	
60	The percentage of recommended daily energy from protein is:	Explanation for answer:
A	15%	
B	20%	
C	25%	
D	30%	
61	What of the following has the highest dietary fibre content per 100g?	Explanation for answer:
A	Cheddar cheese	
B	Orange marmalade	
C	Baked beans	
D	Grilled tomatoes	
62	Which one of the following is highest in saturated fat?	Explanation for answer:
A	Cheddar cheese	
B	Orange marmalade	
C	Baked beans	
D	Grilled tomatoes	
63	Which one of the following contains the most vitamin C?	Explanation for answer:
A	Cheddar cheese	
B	Orange marmalade	
C	Baked beans	
D	Grilled tomatoes	
64	Which snack best demonstrates protein complementation	Explanation for answer:
A	Cheddar cheese on toast	
B	Orange marmalade on toast	
C	Baked beans on toast	
D	Grilled tomatoes on toast	
65	The correct temperature for a domestic refrigerator is:	Explanation for answer:
A	0°C	
B	4°C	
C	10°C	
D	-18°C	





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66	Where should uncooked meat be kept in the refrigerator?	Explanation for answer:
A	Covered on the top shelf	
B	Uncovered on the top shelf	
C	Covered on the bottom shelf	
D	Uncovered on the bottom shelf	
67	Which one of the following is a true statement?	Explanation for answer:
A	Most bacteria become active when food is defrosted	
B	Most bacteria are inactive when food is defrosted	
C	Most bacteria multiply when food is frozen	
D	Most bacteria are killed when food is frozen	
68	Which one of the following is a true statement?	Explanation for answer:
A	Most high risk foods are low in protein and high in moisture	
B	Most high risk foods are low in protein and dry.	
C	Most high risk foods are high in protein and high in moisture.	
D	Most high risk foods are high in protein and dry.	
69	Which one of the following is a true statement?	Explanation for answer:
A	Gluten is the starch found in flour	
B	Gluten is the protein found in flour	
C	Gluten is the fibre found in flour	
D	Gluten is the fat found in flour	
70	Which type of flour has the highest gluten content?	Explanation for answer:
A	Cornflour	
B	Rice Flour	
C	Self-raising flour	
D	Strong plain flour	
71	The main function of salt in bread making is:	Explanation for answer:
A	To improve flavour	
B	To add colour	
C	To weaken the gluten	
D	To feed the yeast	





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72	When making bread, which gas is released when the yeast is activated?	Explanation for answer:
A	Oxygen	
B	Carbon dioxide	
C	Hydrogen	
D	Sulphur dioxide	
73	Which one of the following is a primary source of food?	Explanation for answer:
A	Vegetable oil	
B	Wheat	
C	Jam	
D	Butter	
74	Which of the following is an example of secondary processing of food?	Explanation for answer:
A	Strawberries	
B	Nuts	
C	Cheese	
D	Carrots	
75	Fruit that is produced without the use of artificial fertilisers are called	Explanation for answer:
A	Free range	
B	Fortified	
C	Genetically modified	
D	Organic	
76	Identify one food below that would display a 'Use by' date?	Explanation for answer:
A	Carton of UHT milk	
B	Can of sliced peaches	
C	Tub of fresh prawn salad	
D	Bar of chocolate	
77	Which one of the following food groups is linked to lactose intolerance	Explanation for answer:
A	Cereal foods	
B	Vegetables	
C	Dairy foods	
D	Sugary foods	
78	Which one of the following must be included on a food label by law?	Explanation for answer:
A	A picture of the food	
B	Weight	
C	Bar code	
D	Price	
79	Which is a major food allergen?	Explanation for answer:
A	Onions	
B	Chicken	
C	Bananas	
D	Almonds	





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80	Which food is high in the nutrient fat?	Explanation for answer:
A	Bread	
B	Cheese	
C	Broccoli	
D	Apple	
81	A person who lacks iron in their diet can suffer from this condition	Explanation for answer:
A	Vegan	
B	Coeliac	
C	Diabetic	
D	Anaemic	
82	Citrus fruits are a good source of	Explanation for answer:
A	Iron	
B	Calcium	
C	Vitamin D	
D	Vitamin C	
83	Which part of the following contains a vegetable source of fat?	Explanation for answer:
A	Rapeseed oil	
B	Cream	
C	Butter	
D	Lard	
84	Which food poisoning bacteria are commonly found on human skin?	Explanation for answer:
A	Clostridium botulinum	
B	Salmonella enteritidis	
C	Staphylococcus aureus	
D	Clostridium perfringens	
85	Which of the following does bacteria need in order to multiply?	Explanation for answer:
A	Light	
B	Moisture	
C	Sugar	
D	Salt	
86	What is the required temperature for fridge storage?	Explanation for answer:
A	1-4°C	
B	5-15°C	
C	0-63°C	
D	-15°C	
87	Which type of cooking method uses the most water?	Explanation for answer:
A	Stir-frying	
B	Braising	
C	Steaming	
D	Boiling	





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88	Why are use-by dates put on high-risk foods?	Explanation for answer:
A	This is the date that the food will be at its best to eat.	
B	The food is perishable and may be unsafe to eat after that date.	
C	So that the food is not eaten by high-risk groups	
D	So that you know when to put the item in the freezer.	
89	Food is cooked to:	Explanation for answer:
A	Make it safe to eat and give variety in the diet.	
B	Incorporate carbohydrates, fats and proteins	
C	Soften food and prevent lumps from forming	
D	Make it suitable to eat immediately after cooking	
90	The main function of grilling sliced bread is:	Explanation for answer:
A	Caramelisation of the surface	
B	Dextrinisation of the starch	
C	Coagulation of the gluten	
D	Gelatinisation of the starch	
91	When cooking in an oven, which main heat transfer is used?	Explanation for answer:
A	Radiation	
B	Microwave	
C	Conduction	
D	Convection	
92	What does MAP stand for?	Explanation for answer:
A	Made Abroad Product	
B	Modified Atmospheric Packaging	
C	Microwavable Appetising Product	
D	Modified Additive Product	
93	What does 'from sustainable sources' mean?	Explanation for answer:
A	The fish have been caught whilst young so they are more tender.	
B	The holes in the fishing nets are small to ensure that no fish get away.	
C	Fish are caught by fisherman observing fish quotas	
D	The fish have been processed and chilled on the ship after being caught.	





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94	Which of the following does not contribute to global warming?	Explanation for answer:
A	Most households owning and using refrigerators.	
B	Recycling of packaging	
C	Food production and transporting products	
D	Home-grown fruits and vegetables.	
95	Which of the following is not a consequence of flooding?	Explanation for answer:
A	Livestock drowned	
B	Land polluted by sewage and debris	
C	Pests invading crops & destroying them	
D	Soil and nutrients are washed away	
96	Which sensory test finds out how much someone likes the taste of food	Explanation for answer:
A	Triangle	
B	Ranking	
C	Rating	
D	Paired preference	
97	Which food is traditionally eaten at Jewish Passover?	Explanation for answer:
A	Unleavened bread	
B	Baklava	
C	Hot cross buns	
D	Pumpkin pie	
98	Which of the following foods is not one of the 14 allergen foods?	Explanation for answer:
A	Soybeans	
B	Crustaceans	
C	Beetroot	
D	Cow's milk	
99	Which of these ingredients is likely to be the least expensive when shopping for food on a budget?	Explanation for answer:
A	Fish	
B	Strawberries	
C	Asparagus	
D	Potatoes	

