

WORKSHEET: EXAM Q1–Q3

1 a The table below compares the nutritional values of both wholemeal bread and white bread.

	Wholemeal bread, medium sliced		White bread, medium sliced	
	Per 100g	Per 40g slice	Per 100g	Per 40g slice
Energy	221kcal	88kcal	223kcal	93kcal
Protein	10g	4g	8.7g	3.5g
Fat	1.8g	0.7g	1.7g	0.7g
Carbohydrate	37.8g	15.1g	44.6g	17.9g
Fibre	6.8g	2.7g	2.4g	1.0g
Salt	0.90g	0.36g	0.90g	0.36g

Using the information given in the table, answer the following questions:

(1) Which bread has the most energy value per slice? [1]

(2) Which bread type has the most protein content per 100g? [1]

(3) State why 100g wholemeal bread has more fibre content than 100g white bread. [1]

b Mass production of bread uses the Chorleywood method.

Give **two** reasons why a large-scale bakery uses the Chorleywood bread making process. [2]

(1) _____

(2) _____

c Explain why kneading bread dough is an important process when making bread. [2]

d A baker has produced a batch of bread rolls which are small and heavy.

Give **two** reasons why this might have happened and suggest ways this can be avoided in the future. [4]

(1) _____

(2) _____

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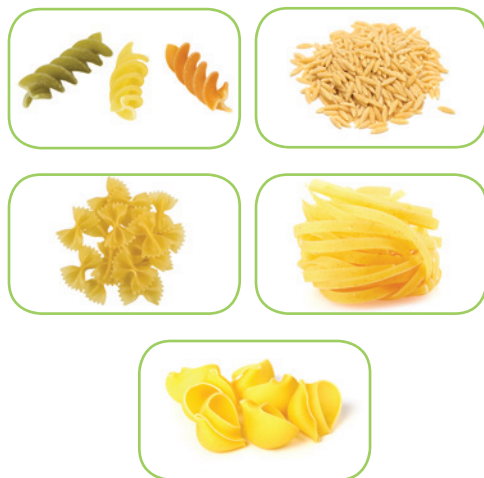
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2 Pasta is a popular staple food and is made from wheat flour.

a Give the name of the wheat type that is recommended when making pasta. [1]

b Match the image with the correct pasta name. [5]

spaghetti papardelle tagliatelle conchiglie fusilli lasagne sheets orzo farfalle



Top left: _____

Top right: _____

Middle left: _____

Middle right: _____

Bottom: _____

c Pasta should be cooked to '*al dente*'. State what the term '*al dente*' means. [1]

d Lasagne is a popular pasta dish and uses béchamel sauce as a component of the dish.

Explain what is happening during the sauce thickening process. [4]

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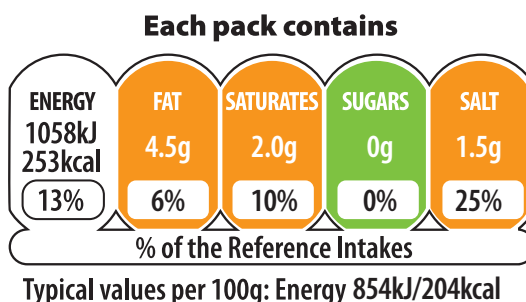
3 a Complete the table below stating the correct flour type used to make each product.

[3]

Food product	Type of flour used
Victoria sandwich	
White bread rolls	
Jam tarts	

b Sandwiches are a popular lunchtime snack.

	Per pack
Energy	253kcal
Protein	10g
Fat	4.5g
Carbohydrate	36.6g
Fibre	2.3g
Salt	1.5g



Use the nutritional information from the ham sandwich packaging above to answer the following questions:

i The energy content for the pack is 253kcal, what is this as a percentage of the Reference Intake? [1]

ii The protein content for the pack is 10g. State the main protein source. [1]

iii The salt content is 25% of the Reference Intake. What is the recommended daily salt intake, in grams, for an adult? [1]

iv The sandwich uses white bread and contains ham only. Suggest how the fibre content for the sandwich can be increased? [2]

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- v** Sandwiches are referred to as ‘high risk foods’.

Give three good hygiene and food safety points to include when making fresh sandwiches.

[3]

(1) _____

(2) _____

(3) _____

- c** Food wastage in the UK is increasing. Suggest two ways in which bread wastage can be reduced.

[2]

(1) _____

(2) _____

TOTAL: 35