

EXAM QUESTIONS

1 Match the name of the fruit with the photograph.

[5]

peach



cherry



melon



lemon



pineapple



kiwi fruit



2 a Name two examples for each of the following:

i citrus fruits

[2]

(1) _____

(2) _____

ii root vegetables

[2]

(1) _____

(2) _____

iii fruit rich in vitamin A

[2]

(1) _____

(2) _____

iv leafy green vegetables:

[2]

(1) _____

(2) _____

b Explain why it is important to include a variety of fruit and vegetables in the diet.

[4]

EXAM QUESTIONS CONTD

3 Explain how to prepare and cook broccoli in order to conserve the vitamin C content.

[6]

4 Green vegetables can be cooked using a variety of cooking methods.

a Suggest suitable methods of cooking for green vegetables.

[2]

b Evaluate the effect of each method of cooking on:

i appearance

[2]

ii texture

[2]

iii nutritive value

[2]

5 a Describe steaming as a method of cooking.

[3]

b Discuss the benefits of steaming as a method of cooking vegetables.

[4]

EXAM QUESTIONS CONTD

6 a Explain why it is important to include a variety of fruit and vegetables in the diet. [6]

b Suggest ways of encouraging young people to eat more fruit and vegetables. [4]

7 Describe the following cooking methods and give an example of a vegetable that can be cooked that way. [12]

Cooking method	Description	Example
Boiling		
Steaming		
Braising		
Roasting		

8 Fruit can be preserved in many ways. Discuss how a family can preserve fruit to save money and minimise waste. [8]

EXAM QUESTIONS CONTD

9 Study the following table showing vitamin C content of 100g quantities of fresh, frozen and dried blueberries, and blueberry juice.

	Vitamin C content
Fresh blueberries	14.4mg
Frozen blueberries	3.9mg
Blueberry juice	4mg
Dried blueberries	1.2mg

Answer the following questions about the blueberries shown in the table:

a i Identify the blueberries which have the highest vitamin C content per 100g. [1]

ii Identify the blueberries which have the lowest vitamin C content per 100g. [1]

iii State the Recommended Daily Allowance (RDA) for vitamin C. [1]

iv State two functions of vitamin C. [2]

(1) _____

(2) _____

b Give an explanation for the difference in vitamin C content of the blueberries shown in the table. [5]

10 Correct storage, preparation techniques and cooking methods are important in maintaining the nutritional value of fruit and vegetables. Discuss this statement, giving examples to support your answer. [10]

TOTAL: 88