

Question 1

5. Suggest **two** foods suitable for **each** of the following cooking methods.

| COOKING METHOD | FOOD |
|-----------------|----------------------|
| (i) Stir frying | (i) _____ (ii) _____ |
| (ii) Poaching | (i) _____ (ii) _____ |

Question 2

6. Give **two** effects of cooking on fish.

(i) _____


(ii) _____

Question 3

1.

FARM-FRESH STEAM VEGETABLES

A delicious variety of fresh vegetables frozen.
Gently steam to perfection...and enjoy!



NUTRITION INFORMATION

Typical Values per Serving


| | |
|--------------|---------|
| Energy | 45 kcal |
| Protein | 4.6 g |
| Carbohydrate | 5.4 g |
| Fat | 0.6 g |
| Fibre | 3.4 g |
| Sodium | Trace |
| Vitamin C | 34 mg |
| Folic Acid | 99 µg |

INGREDIENTS

Carrots, green beans,
baby sweetcorn, peas.

A serving of 'Farm-Fresh Steam Vegetables' provides 1 of your recommended 5 daily portions of fruit and vegetables.

For best results STEAM for 5 minutes.

- (a) Using the information given on the product label above, evaluate the nutritive value of 'Farm-Fresh Steam Vegetables'.
- (b) Design a **three** course dinner menu, to include this product, suitable for a family meal.
- (c)
 - (i) Give **two** reasons why steaming is the recommended method of cooking for these vegetables.
 - (ii) Name **two** other cooking methods suitable for vegetables.
- (d) How can teenagers include more vegetables in their daily diet?
- (e) What does the symbol  mean?

Question 4

5. Suggest **two** ways to reduce the loss of nutrients when preparing fruit and vegetables.

(i) _____

(ii) _____

Question 5

5. Outline **two** ways of reducing the risk of food poisoning.

(i)

(ii)
