Question 1

5. Give an example of a different vegetable under **each** of the following classifications:

CLASSIFICATION OF VEGETABLES			
GREENS	ROOTS	FRUIT	PULSES

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 3

1. The following is the nutritional value of blackcurrants and apples.

Fruit	Energy Per 100g	Protein	Fat	Carbohydrate	Water	Vitamin C
Blackcurrants	28kcal	0.9g	0	6.6 g	77g	200 mg
Apples	46 kcal	0.3g	0	12 g	84g	5 mg

(a) Using the information given on the table, compare the nutritive value of blackcurrants with the nutritive value of apples.

(b) (i) Explain the importance of including fruit in the diet.

(ii) Suggest some interesting ways of including fruit in the diet of teenagers.

(c) Give **two** advantages of preserving fruit.

(d) (i) Outline **two** methods of preserving fruit.

(ii) Suggest a **_different_** fruit suitable for **each** method.