

Year 9

1. Describe the following:

- Sauce
- Roux
- Gelatinisation
- Reduction
- Conduction
- Convection
- Radiation

2. Give examples of foods which can be cooked using: conduction, convection, and radiation

3. When looking at labels and the traffic light system, we should choose foods which are what?

4. Find a picture of a label. Draw arrows to the key information such as date and label each part.

5. How could we reduce fat when cooking foods? Explain giving examples.

6. What are chemical raising agents?

7. What does Lactose intolerance mean?

8. A person with an intolerance to gluten is called?

9. If cooking with nuts what should you do?

10. What is protein needed for in the body?

11. What are carbohydrates needed in the body for?