

Year 10 BTEC

1. Why is home cooking better value than eating out?
2. How do you know if food is fresh?
3. Explain the following using words and pictures:
 - Boiling
 - Simmering
 - Steaming
 - Stirring
 - Toasting
 - Frying
 - Grilling
 - Using a Griddle
 - Roasting
 - Baking
 - Scrambling
4. How do I know if food is cooked?
5. Explain how to read a food label
6. Write a list of safety rules for using electrical appliances