

Surname					Other Names				
Centre Number					Candidate Number				
Candidate Signature									

For Examiner's Use
Version 0.2

WJEC

FOOD PREPARATION AND NUTRITION.

Written Paper

Test Paper: Fruit and vegetables

<p>For this paper you must have:</p> <ul style="list-style-type: none"> • a pen, a pencil, a ruler, an eraser, a pencil

Time allowed: 40 Minutes

Instructions

- Use black ink or black ball-point pen. Use pencil and coloured pencils only for drawing.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- Answer the question in the spaces provided.

Information

- The maximum mark for this paper is **50**.
- The marks for questions are shown in brackets.
- You are reminded of the need for good English and clear presentation in your answers. Quality of Written Communication will be assessed in question 6

Advice

- You are advised to answer the questions in the order in which they are written.

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Section A Visual Stimuli.

Making vegetable soup

Use the photos below to remind yourself how vegetable soup is made.



Section A Answer all questions.

1. Tick the box next to each statement to show if it is **true** or **false**.

Vegetable soup	True	False
(i) Stock is used to flavour soup		
(ii) The vegetables need to be stir fried before adding the stock.		
(iii) To simmer means to cook on a low heat.		

(3)

2. Identify two health and safety points when making vegetable soup.

- (i)
- (ii) (2)

3. Name two ways for chopping vegetables.

- (i)
- (ii) (2)

4. Give two reasons why we liquidise the vegetables for the soup.

- (i)
- (ii) (2)

5. Give two ways in which you can garnish the finished soup before serving.

- (i)
- (ii) (2)

6. Name 2 pieces of equipment which can be used to make the soup smooth

- (i)
- (ii) (2)



Section B

1. Explain what is meant by the term food miles?

(2)

2. What does it mean to buy locally?

(2)

3. Give three ways in which you could make a food product more sustainable.

- (i) -----
- (ii) -----
- (iii) -----

(3)

4. According to the eat well plate how much of our diet should be made up of fruit and Vegetables?

(1)

5. What does the term organically grown mean?

(2)

6. Complete the table below by filling in the missing sections:

Groups of fruit	Example of fruit	storage
	Oranges, lemons, grapefruits, limes	
Hard Fruits		Keep out of direct sunlight, at room temperature. Can be refrigerated.
	Strawberries, raspberries, blackberries	
Stone Fruits		Keep refrigerated. Store fruit in fruit bowl at room temperature for faster ripening

(4)

7. Give the names of three types of exotic fruits.

- (i) -----
- (ii) -----
- (iii) ----- (3)

8. Fruits are available in many different forms, Give the names of 3 of these:

- (i) -----
- (ii) -----
- (iii) ----- (3)

9. Explain the changes which occur when fruit ripens

----- (2)

10. Give two examples of root vegetables

- (i) ----- (ii) ----- (1)

11. Give two examples of vegetable tubers

- (i) ----- (ii) ----- (1)

12. It is recommended that we eat at least 5 portions of fruit and vegetables a day.

Give two **detailed** reasons for following this recommendation.

- (i) -----

- (ii) -----
----- (4)

13. Give the names of three nutrients which are present in fruit and vegetables and their function (4)

In the diet:

Nutrient	Function in the diet

14. Explain the benefits of using strawberries when they are in season to make a dessert (3)

15. What is cellulose?

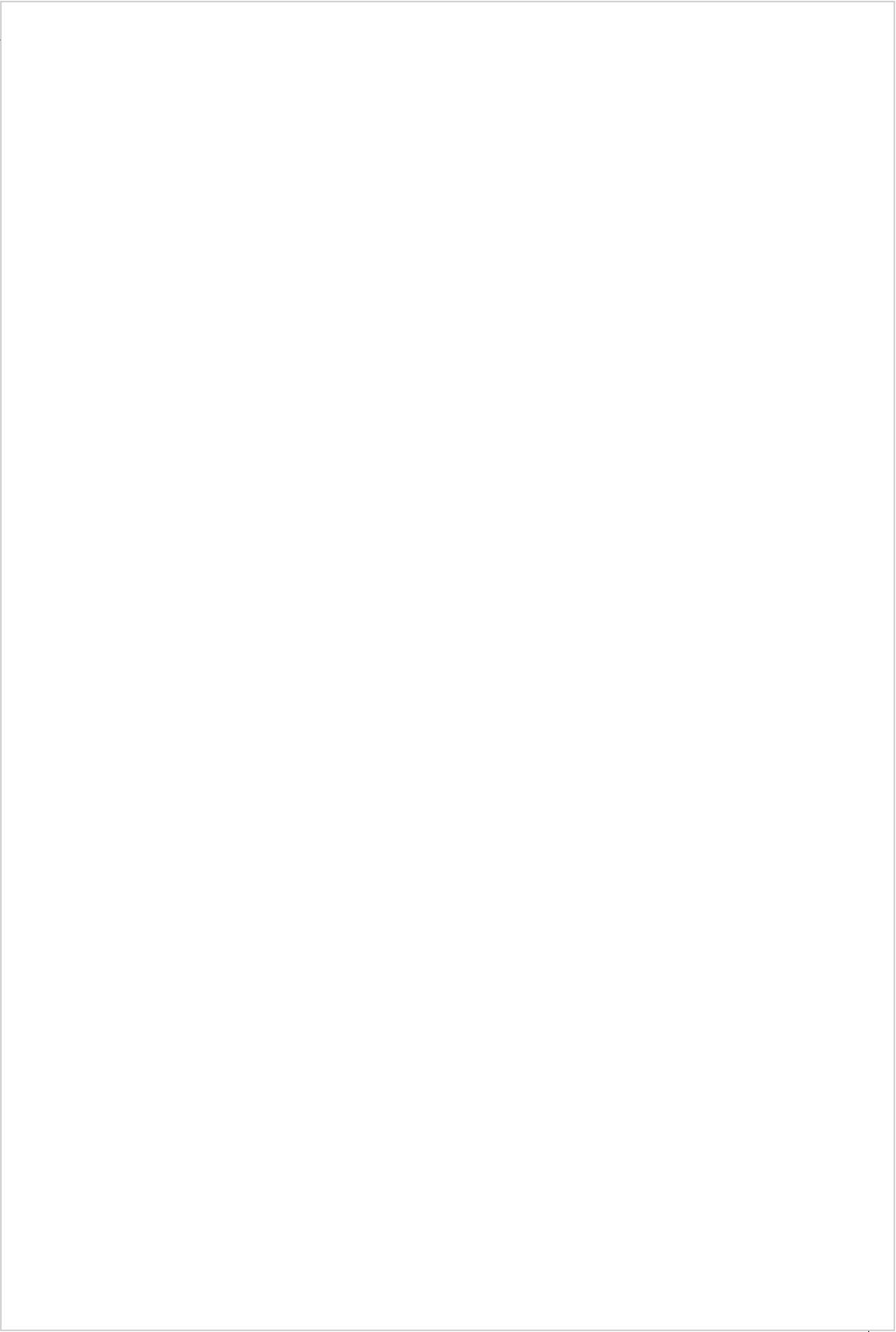
----- (1)

16. Why do some fruits and vegetables turn brown when they are cut or peeled?

----- (2)

17. Describe two ways you can stop enzymic browning happening;

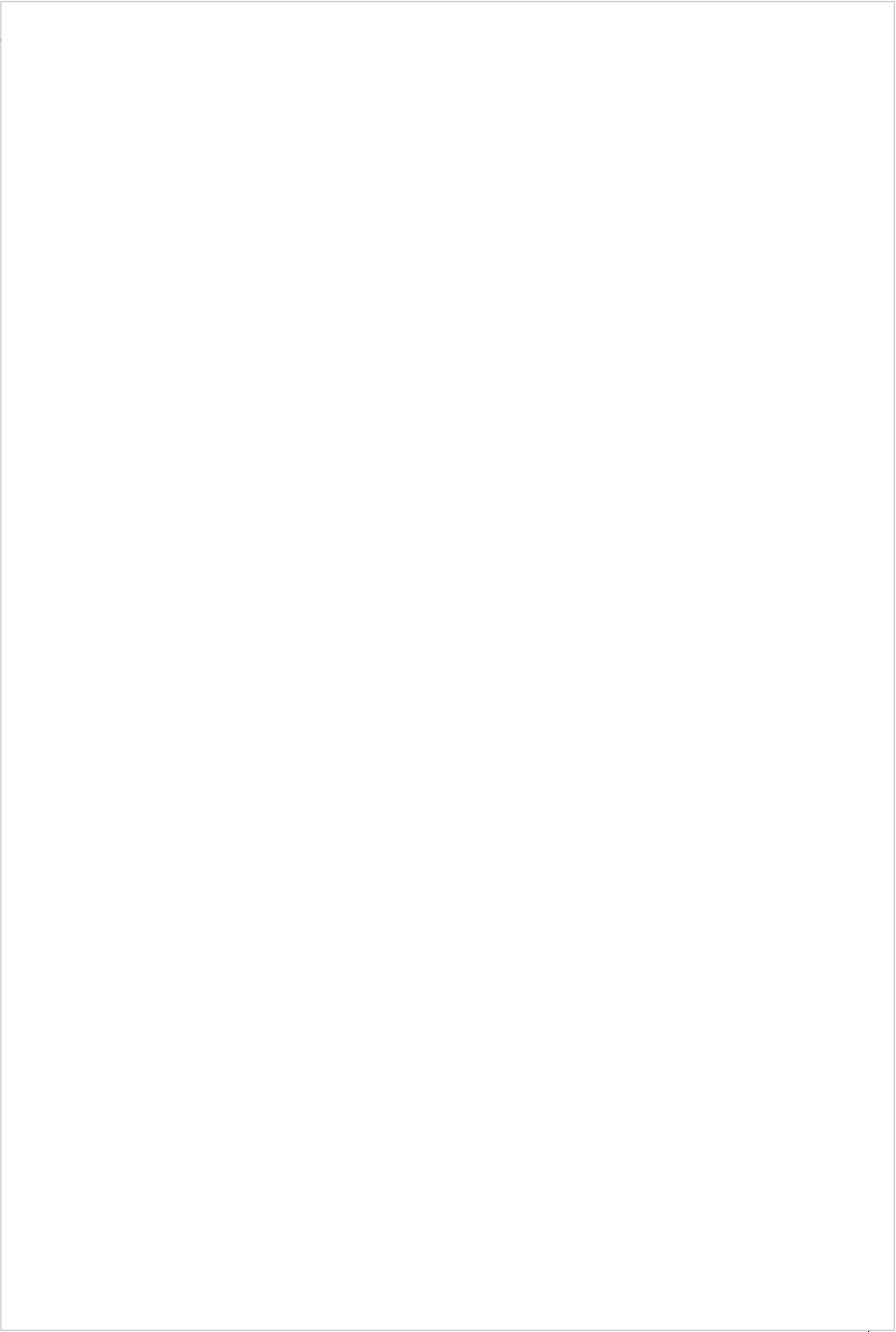
- (i) -----
- (ii) ----- (2)



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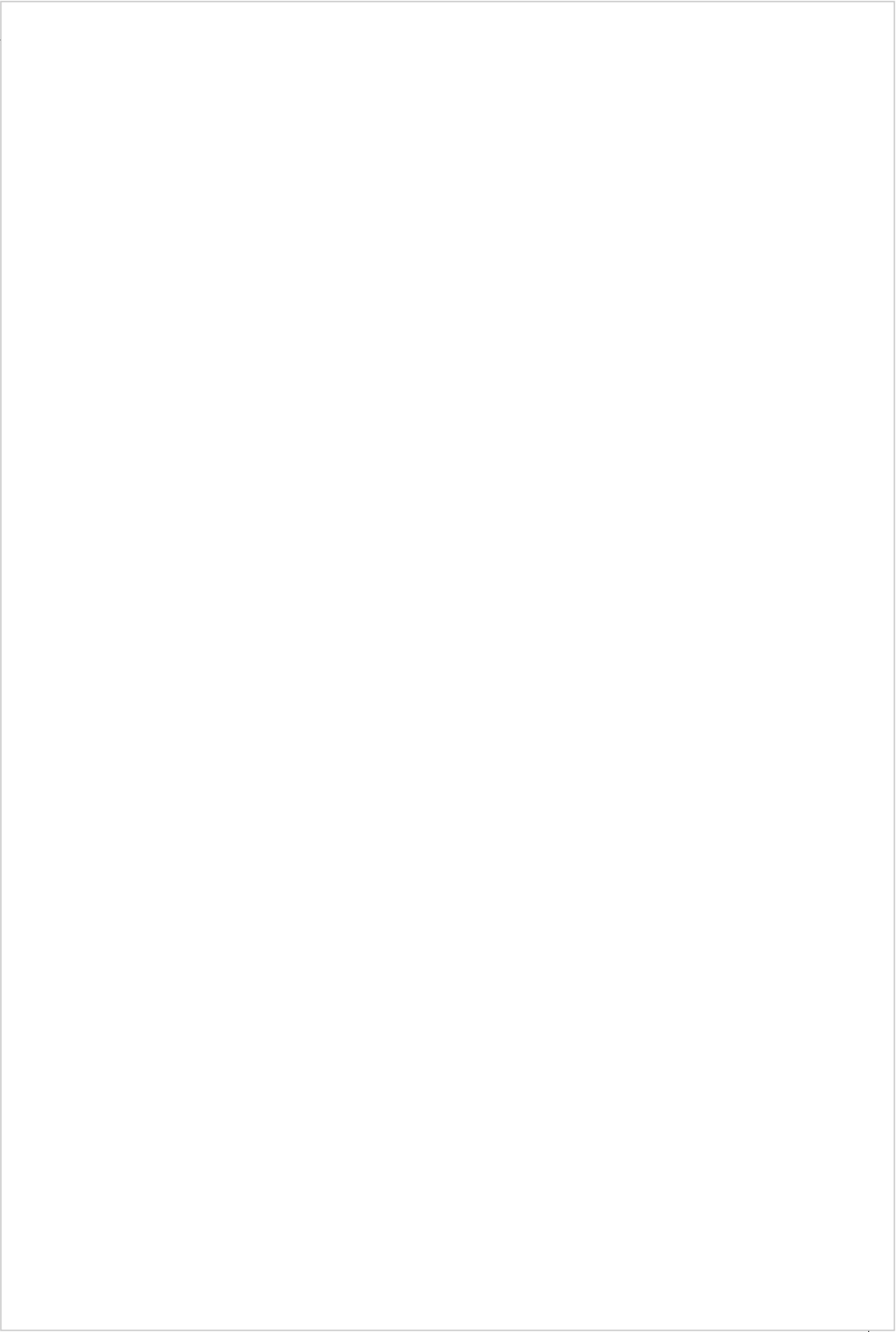
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