

**TT8 Cooking of food and heat transfer: *Why food is cooked and how heat is transferred to food***

1. i) Cooking helps to make food safe to eat by deactivating toxins. **(1 mark)**

**TRUE/FALSE**

ii) Cooking makes the colour of green vegetables more vivid. **(1 mark)**

**TRUE/FALSE**

iii) Cooking helps to make the smell of food less pronounced. **(1 mark)**

**TRUE/FALSE**

iv) Cooking improves the texture of food by causing fats to set. **(1 mark)**

**TRUE/FALSE**

2. i) Define shelf life. **(1 mark)**

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ii) Explain how cooking affects the shelf life of food. **(1 mark)**

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3. Cooking helps to increase the variety of the diet. Indicate three dishes that can be made with the following ingredients:

i) Eggs **(1 mark)**

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ii) Beef **(1 mark)**

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4. Describe how cooking helps to develop flavours of food and provide an example of your answer. **(2 marks)**

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5. Identify one way in which cooking would affect the texture of:

i) Meat (1 mark)

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ii) Tomato-based sauce (1 mark)

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iii) Sponge cake (1 mark)

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6. Explain how convection currents work and suggest where or when are they used in cooking. (2 marks)

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7. Describe how heat is transferred in conduction. (2 marks)

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8. Explain how microwaves work to heat up food. (2 marks)

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9. Describe the difference between convection and radiation and provide an example of their use in cooking. (4 marks)

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**Total marks \_\_\_\_\_ /23**