

TT9 Cooking of food and heat transfer: *Selecting appropriate cooking methods*

1. Water-based cooking methods include (multiple answers needed) (1 mark)
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|------------------------------------|--------------------------------------|
| <input type="checkbox"/> Baking | <input type="checkbox"/> Stir-frying |
| <input type="checkbox"/> Simmering | <input type="checkbox"/> Poaching |
| <input type="checkbox"/> Roasting | <input type="checkbox"/> Grilling |
| <input type="checkbox"/> Steaming | <input type="checkbox"/> Dry-frying |



2. i) Dry-frying increases the amount of fat in food. (1 mark)
TRUE/FALSE
- ii) Blanching causes vitamin loss in vegetables. (1 mark)
TRUE/FALSE
- iii) Boiling and draining lead to vitamin loss in foods. (1 mark)
TRUE/FALSE
- iv) Shredding, when preparing vegetables, leads to vitamin loss. (1 mark)
TRUE/FALSE

3. Which of the statements is untrue about blanching? (1 mark)
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|---|--------------------------|
| A. It helps preserve the nutritional value of food. | <input type="checkbox"/> |
| B. It is used to prevent browning of vegetables. | <input type="checkbox"/> |
| C. Vegetables are put into ice-cold water, and then into boiling water. | <input type="checkbox"/> |
| D. Vegetables are put into hot water, and then into ice-cold water. | <input type="checkbox"/> |

4. Name the key ingredient of a marinade which is used to tenderise meat. (1 mark)

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5. List **three** dry methods of cooking. (1 mark)

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6. Describe how cooking will affect:
- i) The colour of red cabbage (1 mark)
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- ii) The appearance of rice (1 mark)
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- iii) The texture of pasta (1 mark)
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7. Describe how the following cooking and preparation methods affect foods' features, such as appearance, colour, flavour, texture, smell or nutritional value.

i) Shredding an apple (1 mark)

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ii) Boiling an egg (1 mark)

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iii) Marinating a steak (1 mark)

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iv) Braising a pork shoulder (1 mark)

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8. Assess how deep-frying may affect the nutritional value of foods. (3 marks)

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9. Discuss three cooking methods which are beneficial for health. (6 marks)

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Total marks _____ /24