

## YEAR 10 EXAM REVISION QUESTIONS

**Knowing the answers to these questions will greatly help you in the exam!**

1. What are the 4 conditions yeast needs to ferment?

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2. What does fermentation mean?

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3. What is meant by the term standard food component?

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4. Give 3 examples of a standard food component.

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5. What are the advantages and disadvantages of using each?

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6. Why are the following ingredients needed in pastry?: flour, fat, water, salt.

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7. What are the components of a healthy diet? (clue... less....., more.....)

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8. What does the term 'vegetarian' mean?

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9. What types of food do vegetarians eat and avoid?

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10. Why do people need fibre in their diets?

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11. What types of foods are high in fibre?

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12. What are the advantages and disadvantages of freezing foods?

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13. Why does freezing preserve food?

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14. What do the following mean on a frozen food product?: \* \*\* \*\*\*

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15. What happens at the following temperatures?

-18 to -23c   0-5c   5-63c   75-100c

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16. What is meant by the term high risk?

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17. How can we make sure and check that fridges are kept at a constant temperature?

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