



N4 / 5

# PRACTICAL COOKERY

Unit 2 : Understanding  
Ingredients

## Homework Booklet

**Name** .....

**Class** .....

# Task 1: Nutrition and ingredients

Using the internet and text books to help you, **EXPLAIN** in a full sentence **the effect on health** of the following nutrients (i.e, **WHY** do our bodies need them?) (10 marks)

## Protein

Our bodies need Protein for...

## Fat

## Carbohydrates

## Vitamin A

## The B Vitamins

## Vitamin C

## Vitamin D

## Calcium

## Iron

## Potassium

# Task 2: Egg Production

Hens eggs are produced in 3 main ways in the UK: caged/barn/free range.

EVALUATE each way in a couple of full sentences. Remember "FOC" ...to include a **FACT**, your **OPINION** (is this fact good or bad?) and a **CONSEQUENCE** (why is it good or bad? What happens as a result of the fact you have stated?) (3 Marks)

Caged

Barn

Free Range

STATE the use or function of eggs in each of the following recipes:  
(binding/lightening/coagulation/coating/thickening/emulsifying): (4 marks)

Meringues	
Battered Fish	
Mayonnaise	
Omelette	

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# Task 3: Fruit + Vegetables

Fruit and vegetables play an important part in the diet as they provide vitamins, minerals and fibre and we should aim to eat at least 5-7 portions daily (400g): fresh, frozen, tinned or dried all count. Many also contain cancer fighting anti-oxidants



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DESCRIBE 2 fruits or vegetables of your choice for each colour listed: Think about taste, texture, appearance and possible use in recipes to describe them. One is done for you. (9 marks)

Red	A strawberry is a juicy soft red fruit with small seeds on the outside. It is sharp and sweet in flavour and can be used to decorate desserts.
Orange	
Yellow	
Green	
Purple	

# Task 4: Meat + Alternatives

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Lean meat is muscle from animals. Invisible fat is found between bundles of muscle fibre and gives meat flavour as it cooks. Visible fat is found under the skin and can be left on to meat joints whilst cooking to add flavour and moisture.

NAME 2 different ways you could you reduce the fat content of meat when: (4 marks)

Choosing it ?		
Cooking it ?		

LIST 2 different recipes or ways of preparing each of these red meats: (8 marks)

Pork			
Lamb			
Beef			
Venison			

There are 3 main types of meat alternatives. Use a sentence to DESCRIBE each (think texture/taste/appearance) Use online research and the discussion in class to help you. (3 marks)

Soya beans(textured vegetable protein/ TVP)

Tofu

Mycoprotein "Quorn"

# Task 5: Poultry + Alternatives



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Poultry meat comes from birds such as chicken, turkey, ducks and geese. Quorn mycoprotein pieces and some soya products imitate the taste of chicken but are meat free. Poultry can be reared in 3 different ways: Intensively farmed, free range or organic (fed on organic feed and allowed to roam free). STATE an advantage and disadvantage of each of these ways of farming: (6 marks)

	Advantage	Disadvantage
Intensively farmed		
Free range		
Organic		

Poultry is generally lower in fat than many red meats, but DESCRIBE how can you further reduce saturated fat when: (2 marks)



Preparing it?

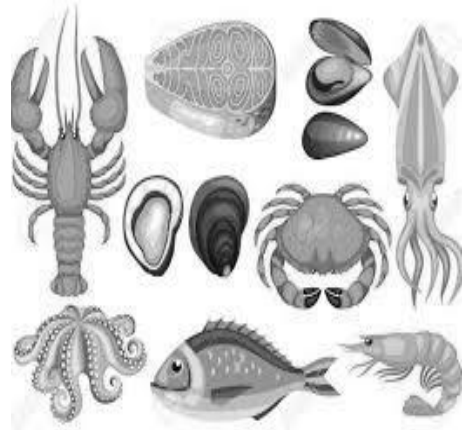
Cooking it?

Why should you not wash raw poultry in a general food preparation area? (1 mark)

# Task 6: Fish and Seafood

fish and seafood can be categorised into 3 main groups, NAME 3 types of each: (6 marks)

White Fish			
Oily Fish			
Shellfish			



EXPLAIN what Omega 3 is and why it is important for good health (2 marks)

Fish and seafood can go off very quickly (It is very perishable) DESCRIBE how to prepare it for storage and whereabouts to store it, to keep it at its best (2 marks)

NAME 3 recipes / ways to prepare & cook salmon, an oily fish, rich in Omega 3 (3 marks)

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- 
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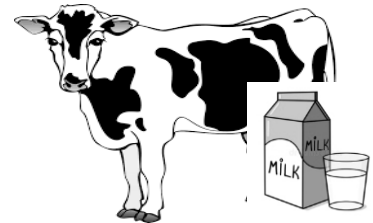


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# Task 7: Dairy and Alternatives

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Dairy foods are milk and products made from milk: yoghurt, cheese, cream etc. Dairy alternatives for people who choose a vegan (animal product free) diet or who are lactose intolerant can be made from plants and come in many varieties:

Research and NAME 6 **plant based** alternatives to cows milk (6 marks)

1.	2.	3.
4.	5.	6.

IDENTIFY 6 different types of cheese (6 marks)

1.	2.	3.
4.	5.	6.

EVALUATE the suitability of whipping cream as a decoration on a hot slice of apple pie (remember Fact- Opinion- Consequence) (1 mark)

Match the correct fat content % to each type of cream with a line: (3 marks)

- |                |         |
|----------------|---------|
| Double cream   | 20% fat |
| Single cream   | 35% fat |
| Whipping cream | 48% fat |

Remember different coloured milk tops relate to fat content: red, purple, green, blue, 'gold'



# Task 8: Dry Ingredients



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LIST 3 functional properties of flour (its purpose / how it 'acts' as an ingredient) (3 marks)

- 
- 
- 

LIST 3 Functional properties of sugar as an ingredient (3 marks)

- 
- 
- 

EXPLAIN why it's important to store dry ingredients in airtight container/sealed packet? (1)

Your customer is Coeliac. NAME 3 gluten free grains you could use in cooking for them (3)













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IDENTIFY which type of breakfast cereal is the best choice for health and EXPLAIN why (1)

EVALUATE the use of wholemeal flour in making fruit scones (1)

# Task 9 : Herbs, Spices + Seasonings

IDENTIFY the following commonly used herbs, spices and seasonings (12 marks)

For health reasons some people are advised to reduce their intake of salt (to avoid high blood pressure and risk of stroke)

The maximum recommended daily intake of salt for an adult is \_\_\_ g and child \_\_\_ g (2marks)

DESCRIBE 4 ways in which to reduce salt when preparing, cooking and serving food (4 marks)

1
2
3
4



Mark

18

# Task 10 : Sustainability + Health



DESCRIBE what is meant by the term *CARBON FOOTPRINT* in terms of food farming, production, processing, transportation and serving ? (1 mark)

EVALUATE the importance of buying foods with low *FOOD MILES* from 'farm to fork' (1 mark)

What is 'Sustainable food' and EXPLAIN how it is important to chefs? (1 mark)

Look at the following list of ingredients and NAME **4 healthy changes** to the sandwich recipe that would help to meet any of the Scottish Dietary Goals of:

LESS FAT, LESS SUGAR, LESS SALT, MORE FIBRE, MORE FRUIT + VEGETABLES, MORE OILY FISH

Chicken Tikka Sandwich (4 marks)

- Crusty white bread*
- Sliced roast chicken breast (skin-on)*
- Tikka spice mix*
- Full fat mayonnaise*
- Pinch of salt*



Mark

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1

2

3

4