

S.3 Revision questions

- 1 a) Define
i) Conduction
ii) Convection
iii) Radiation as forms of heat transfer.
 - b) Name three good and three poor conductors of heat.
 - c) Explain examples of conduction, convection and radiation in cooking.
- 2 a) How is heat transferred in the following methods?
- i) boiling an egg.
 - ii) baking a biscuit.
 - iii) deep-fat frying fish.
- b) Why is boiling a common method of cooking food?
- c) Give reasons for cooking food.
 - d) What is the difference between boiling and simmering?
 - e) Outline the safety measures needed when steaming food.
 - f) What is the principle behind pressure cooking?
 - h) Give the advantages and disadvantages of steaming.
 - ii) Why is poaching a suitable method of cooking delicate foods such as fish?
 - j) Outline the rules for deep fat frying.

Vegetables

- a) Why are vegetables an important food in the diet?
- b) How are vegetables classified? Give four examples for each main group.
- c) Explain the effect of heat on vegetables.
- d) How can vegetables be used in a meal to add interest and variety?
- e) Explain the nutritive value of vegetables.
- f) What points should you consider when choosing and preparing vegetables?