

SECTION I

Q1. ROASTING, - A dry heat method of cooking food in an oven.

- A dry heat method of cooking food in an oven especially meat, fish, vegetables

Q2. KINDS OF FOOD THAT ARE OFTEN BAKED:

- Bread
- Cakes
- Irish potato
- Sweet potato
- Beans
- Pizza
- Crocasse
- Yams
- Cassava
- Rice
- Tarts
- Quiches

Q3. DRY INGREDIENTS	LIQUID INGREDIENTS	FAT INGREDIENTS
- Flour	- Milk	- Butter
- salt	- stock	- Margarine
- sugar	- water	- ghee
- yeast	- eggs	- saindoux
- baking powder	- essences	- bacon
- Powders	- oil	- lard
- bread crumbs	- soy sauce	- sweat
- Tartar Cream	- juices	
	- wines	
	- Syrup	
	- Cream	
	- honey	
	- vinegar	

Q4. 4 OBJECTIVES OF BREAD BAKING:

- To make bread edible
- To facilitate digestion
- To improve visual appearance
- To make bread attractive / appetizing
- To improve aroma
- To improve taste
- To improve flavour
- To destroy bacteria
- To increase bread volume
- To improve its shelf-life / preservation
- To make starch soluble
- To kill ferment

Q5. THINGS TO LOOK AT WHEN COLLECTING COOKWARE

- Quality
- Durability
- Cost
- Size
- Spare parts available
- Easy use
- Lids should fit securely
- Means of cleaning
- Means of storage
- Transportation
- user's skills
- Type of energy used / fuel
- Manufacturer's instructions
- Heat resistance

Q6. CONSIDERATIONS WHEN BUYING FOOD PREPARATION TOOLS ARE:

- Quality
- Durability
- Cost
- Size
- Easy use
- Spare parts available
- Means of cleaning
- Means of storage
- user's skills
- Type of energy used (Consumption)
- Heat resistance

Q7. REASONS FOR STORING FOOD PROPERLY:

- Avoid cross-contamination
- Avoid food poisoning
- Avoid vector poisoning
- To keep its nutrients
- To prolong its shelf-life
- To prevent spoilage
- To keep food quality
- To keep food dry or moist
- To protect food from heat, light, moisture

Q8. ROLE OF WIRE WHISK

- To mix liquids
- To mix heterogenous liquids
- To mix liquids in order to get heterogenous mass
- To mix liquids in order to avoid lumps
- To beat liquids in order to make them viscous
- To incorporate air

Q9. - MEAT THERMOMETER = A material used to measure temperature and degrees of cooked meat

- CANDY THERMOMETER = A material used to measure the sweetness level in food.
* IS A material used to measure the temperature of sugar in syrup

Q10. STEPS TO MEASURE THE AMOUNT OF DRY INGREDIENT

- a) Fill the measuring equipment its initial containe
- b) Fill the measuring equipment normally
- c) mix carefully
- d) Do not shake the cup
- e) If the recipe calls for sifted flour, sift it before measuring it.
- f) use the right size measuring cup.

Q11. a) CHOP = A technique of cutting food into very small / fine pieces.

Materials used: - Knife

- Chopping board

- Food Chopper

b) SIFT = A technique of separating flour with its small impurities.

Materials used: - Siever

- sifter

Q12. REASONS TO FOLLOW WHEN CHOOSING A METHOD OF COOKING FOOD:

- Customer choice
- Equipments available
- Time
- skills of staff
- Ingredients available
- Number of staff
- Type of food
- Economy
- Customer health
- culture and society or Group
- Habit
- Knowledge about food

Q13. REASONS TO CONSIDER WHEN BUYING REFRIGERATOR:

- Quality
- Durability
- Cost
- Size
- Easy use
- spare parts available
- means of cleaning
- means of storage
- Transportation
- User's skills
- energy consumption
- Manufacturer's instructions
- Noise level
- Working area
- Colour
- opening direction of the door
- Separation of temperature control (freezer, refrigerator)
- Cost of energy

Q14. METHODS OF COOKING FOOD IN FAT:

- Frying
- Deep frying
- Sauté frying
- Griddle frying
- Still frying
- Roasting
- Grilling
- Baking
- Brown braising
- Brown stewing
- Shallow frying
- Pot-roasting
- Partial deep frying

Q15. ADVANTAGES OF COOKING MEAT WITH DRY HEAT:

- Nutrients are kept
- To facilitate digestion
- To improve visual appearance
- To improve aroma
- To improve taste
- To improve flavour
- To destroy bacteria
- To prolong its shelf-life
- To improve nutritive value
- To make meat tender
- To keep meat juice inside

Q16* STEPS TO CONSIDER WHEN PREPARING MEAL:

- Collecting ingredients
- Collecting materials
- Cleaning ingredients
- Proceed pre-preparation
- Cooking food
- Dressing food
- Garnishing
- Read the recipe before hand
- Figure out the time
- Clean

* STEPS TO CONSIDER WHEN PLANNING MEALS:

- Colour
- Composition
- Nutritive value
- Ingredients available
- Culture
- Gastronomy
- Type of customer
- Number of customer
- Religion
- Method of cooking

* STEPS TO CONSIDER WHEN PLANNING A MEAL:

- Breakfast
- Lunch
- Dinner / supper

* STEPS TO CONSIDER WHEN PLANNING A MEAL:

- Starter
- Main course
- Dessert

Q 17. GUIDELINES HELPING TO CONSERVE NUTRIENTS:

- Avoid overcooking
- Avoid oversoaking
- Avoid over peeling
- Avoid to cut food before washing
- Avoid cutting food into very small pieces
- Avoid use of copper material
- Avoid use of acids and alkalis
- Do not throw out cooking liquor
- use fresh ingredients
- store food properly
- Coat the food
- use little quantity of water

SECTION II

Q18. WAYS IN WHICH A FOOD HANDLER MAY KEEP HIM/HER SELF CLEAN:

- Always wear clean uniform
- Always wash hands before and after handling food
- Keep finger nails short to avoid keeping bacteria
- Keep your hair short, covered, clean
- Take shower before and after service
- Cover any cut with water proof paper
- Avoid unnecessary body touch, if happens, wash hands
- wash hands after sneezing
- wash hands after coughing
- If wearing long sleeves, roll them up before you begin to prepare food.

Q19. IMPORTANCE OF RECIPE:

- * A recipe is a written record that shows the following:
- Name of dish
 - Names of ingredients
 - Ingredients measure
 - equipments to be used
 - preparation method
 - Number of portions
 - preparation time
 - ways of dressing

Q20. DIFFERENCE BETWEEN SIMMERING AND BOILING:

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* SIMMERING = IS a moist heat method of cooking food below/under the boiling point $< 100^{\circ}\text{C}$.
* It helps in saving nutrients

* BOILING = IS a moist heat method of cooking food at boiling point $> 100^{\circ}\text{C}$.
* It affects some nutrients

Q21. CONSIDERATION TO LOOK AT WHEN BUYING:

a) FRESH FISH

- EYES: Full, bright, not sunken without slime
- SCALES: Flat, adherent with sea slime
- SKIN: Firm and not damaged
- FLESH: Firm by pressing
- GILLS: bright, red without cloudiness/slime
- SMELL: pleasant
- Color: without discoloration
- FORM: fresh

b) FROZEN FISH

- well covered by ice
- flesh should be firm
- Should maintain normal colour
- Temperature varies from 0°C to -28°C
- should have pleasant smell
- well wrapped

Q22. PROCEDURE FOR COOKING BASIC FRIED RICE:

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- a) Ingredients: - rice
- oil/butter
- hot water/stock
- chopped onions
- seasoning

- Technique: - Heat oil or melt butter
- Add chopped onions
- Add rice and sweat together
- Add hot water or stock
- season
- simmer until cooked

- b) Ingredients: - Cooked rice
- eggs
- leeks
- soya sauce
- butter/oil
- seasoning

- Technique: - Melt butter or heat oil
- Add chopped white leeks
- Add beaten egg and mix (scrambled egg)
- Add cooked rice
- stir continuously
- season
- Add soya sauce
- garnish with chopped green leeks

SECTION III

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Q23. PROCESS OF BROILING FOOD:

- Prepare the food
- Heat the grill bars
- Grease the grill bars
- Season the food
- Grease the food
- Place it on a pre-heated grease bars
- Brush with fat continuously
- Turn to other side
- Proceed the same as for prior side
- Prick with a fork or skewer to ~~test~~ taste if cooked
- Place on appropriate dish
- Press with hand or other material to taste if cooked
- Be sure the food is dry
- Thick pieces of food should be placed farther from the heat than thin pieces
- Do not pierce food with a fork during cooking

Q24. PROCEDURE FOR COOKING POTATO GNOCCHI WITH TOMATO SAUCE:

- Ingredients:
- Irish potatoes
 - Flour
 - eggs
 - cheese
 - butter
 - seasoning
 - Tomato sauce



TECHNIQUE

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- Wash potatoes
- Bake or boil them with their jackets
- Remove from the heat
- Remove the skin (peel)
- Mash them
- Add flour
- Add eggs
- Add half grated cheese
- Add butter and seasoning
- Mix well
- Place the mixture on buttered tray
- Roll out and cut into rounds
- Arrange well the rounds on buttered trays
- Coat with tomato sauce
- Sprinkle with remainder of grated cheese
- Brown under salamander or oven
- * You can shape it in balls and flatten it with fork
- * You can cook it in hot salted water before coating and browning in salamander/oven.

TECHNIQUE FOR TOMATO SAUCE

- Heat the oil or melt butter
- Add onions, carrots and celery
- Add tomatoes, garlic, tomato paste and seasoning
- Simmer and cook uncovered
- Strain or blend
- Use as required

Q25. EFFECTS OF HEAT ON MEAT ARE:

- Connective tissues soften
- Colour is changed
- Size is changed
- Nutrients are affected
- Visual improvement
- Change of texture
- Change of aroma
- Proteins are coagulated
- Prolong shelf-life of meat

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- shelf-life of meat is prolonged