**National 5**

**Hospitality**

**Question booklet**

**![C:\Users\WalkerJ3\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2WWICHOG\chef-hat-md[1].png]()**

1. State three dietary targets we need to increase.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(3)

1. Explain what is meant by a balanced diet.

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(2)

1. Your friend is making sandwiches for lunch. She has asked your opinion about which one would be the healthiest choice.
* Cheddar cheese with pickle on a white roll
* Tuna, sweetcorn with low fat mayonnaise on granary bread.
* Crispy bacon, tomato, hardboiled egg on wholegrain roll.
1. Chose 1 and give 3 explanations for your choice.

Choice

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Explanation 1:

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Explanation 2:

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Explanation 3:

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(3)

1. Identify 3 other additions to the packed lunch to make it balanced and explain 3 of your choices

Choice 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Choice 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Choice 2:

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Explanation 2:

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Choice 3:

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Explanation 3:

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(6)

1. Explain why raw meat should be stored at the bottom of the fridge.

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(2)

1. Describe how you would store a fillet of haddock until it is eaten the next day

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(2)

1. State 2 dishes that use eggs for the following functions:
* Coating:

Dish 1:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dish 2:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Binding:
* Dish 1:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Dish 2:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Colour:

Dish 1:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dish 2:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(6)

1. Explain how the following factors can lead to spoilage during the production of a breakfast cereal.
2. Moisture

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1. Time

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1. State two ways of reducing sugar intake at breakfast.

1:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Explain what sustainable food is and why it is important to chefs.

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1. Describe the characteristics of the following:
* Granny Smith Apple
* Appearance: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Taste:
 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Origin:
 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Dishes it is used in: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Mature Cheddar Cheese
* Appearance: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Taste:
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* Origin:
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* Dishes it is used in: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Wholegrain Mustard
* Appearance: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Taste:
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* Origin:
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* Dishes it is used in: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
1. A beach café wishes to adapt the following best-selling dish to help meet current dietary advice.

Cheesy Ham Pasta

75g Pasta

2 rashers Streaky Bacon

50g Butter

50g Plain Flour

250ml Whole Milk

60g Cheddar Cheese

5g Salt

Identify three different pieces of current dietary advice. For each one identified describe one way to adapt the recipe to help meet the advice given.

CDA 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Description 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CDA 2:

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Description 1:

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CDA 3:

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Description 3:

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(6)

1. Explain why you should adopt a Clean As You Go (CAYG) approach during cooking.

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**(2)**

1. Describe the following cookery processes.
2. Creaming

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1. Poaching

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1. Sauté

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1. Explain the importance of using different coloured chopping boards in the kitchen.

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**(2)**

1. Evaluate the effect on the colour, texture or flavour of the following ingredients used in a macaroni and cheese recipe.

N.B – Think Fact – Opinion – Consequence/ result.

N.B – Link back to question – use because, so, as a result etc..

1. Wholemeal flour

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1. Mature cheddar cheese

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1. Dried Mustard

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1. State the temperature range of the dangerzone.

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1. Evaluate the effect on the temperature of the fridge and the foods within the fridge if you were to put hot food into it.
N.B – Think Fact – Opinion – Consequence/ result.
N.B – Link back to question – use because, so, as a result etc..

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1. Evaluate possible effects on health of the menu below which is a typical lunch of a third year pupil.

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| --- |
| Student A – Lunch  |
| 1 can Coca cola  |
| Buttered white roll and bacon  |
| Bag of crisps  |

**Evaluation 1:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (3)

**Evaluation 2:**

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**Evaluation 3:**

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(3)

1. Tooth decay is increasingly common amongst young children. **Explain** two ways where you can reduce the sugar intake of a young child.

**Method 1:**

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**Method 2**:

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(1)

1. State how many times you should reheat food.

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**Chicken and Bacon Lasagne**

Onion ½

Carrot ½

Chicken 100g - diced

Bacon 2 rashers - diced

Tomato puree 15ml

Tinned Tomatoes 150ml

Garlic 1 clove - crushed

Mixed herbs ½ teaspoon

Lasagne 2 sheets

Vegetable oil 15ml

**Béchamel**

Margarine 15g

Flour 15g

Milk 100ml

Cheese 25g

Seasoning

1. **(a).** List 4 high risk ingredients from the recipe above:

(4)

21 (a) Give two practical ways to increase consumption of fruit and vegetables. 2

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(b)

(i) Identify one method of cooking which helps to meet current dietary advice. 1

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(ii) Explain how this method of cooking helps to meet current dietary advice. 1

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(c) Explain why consumers may choose to buy fruits and vegetables when in season. 2

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22 (a) A school cafe has created the following dish to add to their “Healthy Choices” menu.

 *Pasta with a tomato, leek and nut sauce*

Explain how this dish would be a suitable addition to the cafe menu 2

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 (b) Identify two ways to change the diet to help prevent coronary heart disease. 2 1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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23 (a) A coffee shop carried out sensory testing with their customers and received the following comments about a new cake.

Explain why these faults could have happened when making the cake. 4

*“Fruit has sunk to the bottom”*

*“Cake has not risen and is dense”*

*“Cake is crisp on the outside*

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4.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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(b) State two ways of reducing sugar intake at breakfast. 2

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2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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