**Assessment test**

**Building a food repertoire**

1. What does the Red Tractor symbol indicate?

(a) Food has been produced locally

(b) Animals have been reared locally

(c) Food has been produced responsibly

(d) Animals have been reared in barns

2. Which colour chopping board do you use for raw fish?

(a) Red

(b) Yellow

(c) Blue

(d) White

3. What method would you choose to maximise nutrients when cooking vegetables?

(a) Boil in lots of salted water

(b) Simmer in a pan full of water

(c) Poach in salted water

(d) Steam over a pan of water

4. Why should you wash salad leaves and vegetables?

(a) To make them shine

(b) To remove soil and insects

(c) To soften them

(d) To sterilise them

5. What is the chemical name for salt?

(a) Sea salt

(b) Sodium chloride

(c) Sodium carbonate

(d) Sodium dioxide

6. What is name given to taste descriptor used on a star diagram?

(a) Profile

(b) Describer

(c) Attribute

(d) Flavour

7. Which is the most appropriate use for cooked leftovers?

(a) Throw away in the dustbin

(b) Give it to a charity

(c) Feed it to the dog

(d) Use to make another meal

8. Which term most accurately describes factory farmed animals?

(a) Rearing livestock using intensive methods

(b) Rearing livestock in barns

(c) Rearing poultry and animals   
in barns

(d) Rearing animals on a farm

9. Which of the following groups would be classified as herbs?

(a) Basil, thyme, oregano

(b) Basil, turmeric, thyme

(c) Thyme, chives, cinnamon

(d) Turmeric, cinnamon, ginger

10. Which of the following can be used for sweetening foods as alternative to refined sugar?

(a) Fresh mint

(b) Molasses

(c) Cinnamon

(d) Nutmeg

[10]

11. Give **four** positive steps towards reducing food waste [4]

12. (a) Suggest **one** reason why it is useful to evaluate your dish after cooking. [1]

(b) Name **two** areas that you would evaluate. [2]

13. Explain **two** reasons why it is important to follow a recipe [4]

1:

2:

14. Suggest **two** uses for the remaining vegetables that is left over after a   
Sunday roast or other family meal. [2]

1:

2:

15. Whilst cooking your savoury dish, you have tasted it and it seems tasteless.

Describe how you may improve and enhance the flavour. [2]

[Total 25 marks]