

Revision Questions



1. Why is it important to know about basic safety rules in the kitchen?
2. List 3 kitchen safety rules.
3. Why is it important not to leave sharp knives in the washing-up water?
4. Name 2 hygiene rules one needs to follow before a practical session.
5. Why does our body need carbohydrates?
6. What is the difference between intrinsic and extrinsic sugar?
7. Name 2 foods that contain intrinsic sugar.
8. Name 2 foods that contain extrinsic sugar.
9. List AND explain one condition that can result if we take too many sugar foods.
10. John is 7 years old. Give 4 suggestions how he can take less sugar in his diet.
11. Give 2 reasons why our body needs fibre-rich foods.
12. Mary suffers from constipation. Give 4 suggestions how she can add more fibre to her diet.
13. Pasta is a very popular food among the Maltese. Name two differences between fresh and dried pasta.
14. Name two nutrients that are present in pasta and rice.
15. Suggest a healthy pasta or rice-based dish that could be prepared for dinner.
16. State 3 functions of fats in the body.
17. What is the difference between saturated and unsaturated fats?
18. Why is it important not to eat too many fatty foods?
19. In your opinion, why do you think Malta has a major problem with obesity?
20. Give 4 ways how the Maltese can eat less fat.
21. Why is it important to show good table manners while having lunch or dinner?
22. Name 2 basic table manners.
23. What does a place setting consist of?
24. What is the basic fat-to-flour ratio used when making shortcrust pastry?
25. Why is it important to use the finger tips when making the rubbing-in method?
26. Paul was making shortcrust pastry but his dough became very soggy. A) What did he do wrong? B) What can he do to overcome this problem?
27. Give one rule to follow when rolling out pastry.
28. Why is it important to knead the pastry?
29. Why do we prick the top of a pie with a fork before baking?
30. Name a savoury AND a sweet pie dish.