

St Philips Christian College

TAS Faculty

Year 9 Food Technology Identification Point 3

2015 Examination

Student Name: Teacher

Result: _____/90

Instructions:

1. You have **1 hour** to complete this examination.
2. Write in black or blue biro.
3. Write your answers on the examination pages. Write in full sentences, using examples to support your answer.
4. If you finish early, you may hand in your exam and read a magazine, do not disturb other students.

Circle the most appropriate response

- 1) Which of the following lists contains only examples of perishable foods? /1.
(A) Bacon, chicken, canned beans
(B) Dried fruit, nuts, seafood
(C) Potatoes, milk, strawberries
(D) Milk, fresh fish, rump steak
- 2) In which of the following temperatures zones do most bacteria grow at the fastest? /1.
(A) 1°C to 40 °C
(B) above 60°C
(C) 20°C to 30°C
(D) 5°C to 60°C
- 3) The rate or speed at which food is absorbed and digested by the body is known as /1.
(A) Absorption
(B) Metabolism
(C) Glycaemic Index
(D) Genetics
- 4) The rate or speed in which the body processes sugars, in the form of carbohydrates is known as /1.
(A) Glycaemic Index
(B) Digestion
(C) Amino Acids
(D) Metabolism

5) Give one example of a food we have made in ^{one of our} our practical lesson that demonstrates caramelisation caramelised onions /1

6) Give one example of a food or recipe that we have done in our practical lesson which demonstrates emulsification mayonaisse / white sauce /1

7) Circle True or False /2

(A) Fibre is mostly found in animal foods. True False

(B) White rice has more fibre than brown rice True False

8) Explain the THREE functions of food in the body. /3

Provision of Energy - Carbs, proteins, fats.
Growth + Development - Proteins, vits, mins.
Repair + maintain

9) List ONE food example of **contemporary** Bush Tucker. /2

wattleseed pavlova

10) The traditional diets of Aboriginal people varied across the country. Provide TWO reasons why was this so. /2

Climate -
Availability of food sources
customs + traditions
lifestyle

11) Explain ONE reason why traditional Aboriginal tribes were nomadic. /2

- * To follow food sources
- * Regeneration of ~~the~~ the land + food sources
- * Seasons

12) Outline THREE different ways European settlement influenced the food habits of many Aboriginal people.

/3 . . .

Introduction of ingredients

methods of cookery

utencils

Destruction of their habitat → access to food ^{native} sources

13) Explain why rationing of foods was necessary during Australia's early settlement.

/4

They arrived → crops failed

the stores they arrived with needed to last until farming production was successful

They had little knowledge of indigenous food sources.

14) Explain why meat was salted, instead of left fresh, during Australia's early settlement.

/2 . . .

preservation - make it last longer

Kill bacteria

15) In the table below, list 5 dietary related diseases and then briefly outline contributing factors.

/10

Dietary Related Disease/s	Contributing Factors
diabetes	pancrease is unable to regulate insulin to process blood sugar levels.
heart disease	Too much fatty foods / Too little exercise / Can be hereditary
osteoporosis	degeneration of bone structure due to insufficient calcium intake
anorexia/bulimia	psychological disorder eating too much/too little vomiting after eating
Celiac	Intolerance to Gluten

16) Explain 3 influences on food selection.

/3

physiological Social Religious
psychological Economical Media/advertising
Geographical Technological
health

17) Outline 3 strategies that adults can use to achieve optimum nutrition (be specific in explaining the strategy by giving examples).

/3

Diet - variety of nutrients
- portion sizes.

exercise

help from dietitian

Plan/monitor your health

18) What is meant by the term 'convalescing'?

/2

injured or recovering from illness

19) When many athletes cease to participate in sports they tend to gain weight. Why do you think this happens?

/2

- They are no longer burning lots of energy
 - Their metabolism slows down
- They need to reduce their food consumption in the form of energy

20) List the 6 food nutrients and provide one GOOD food source for each nutrient.

/6

Nutrient	GOOD food source
Protein	Meat, eggs
Carbs	Wholegrains, cereals, pasta
Vitamins	fruits/veg
Minerals	Calcium in milk, iron in spinach
fats/lipids	Avocado, nuts, olive oil
Water	watermelon, celery

21) Identify TWO factors that you would need to consider when developing food menus for a nursing home. /4

easily digested / chewable
 low energy / high protein
 high fibre

special needs / allergies / health requirements
 high

22) Devise a menu for a person who is going away on a **two-day camping trip**. The menu is to include breakfast, lunch & dinner for each day. Justify your choice of foods. /8

Menu	Justification of food choices
Breakfast /2	. preserved / packaged foods /2 . high energy
Lunch /2	. low + high CI
Dinner /2	

23) Give 3 reasons for cooking food /3

taste
 smell
 appearance
 safety → kill bacteria
 improve shelf life

24) List the life stages, give examples of the nutritional/dietary requirements

/7

Life stage	Dietary requirements
Infant	- Initially milk - Soft food. - easily digested - low allergy risk
childhood	- energy - carbs/proteins for energy/growth development - vit/minerals development
adolescent	Balanced diet - calcium for bone development
adulthood	- watch portion sizes / balanced diet - eat for lifestyle
pregnancy	- iron / calcium
lactation	water
old age	easily digested proteins less carbs. vit/minerals to maintain health

25) What is the difference between a food allergy and a food intolerance?

/2 ..

Allergy - The body gets defensive ^{immune} reaction
Intolerance - the body cannot metabolise the protein

26) Explain 2 reasons why someone would choose to become vegetarian or vegan

/4

- health reasons -
- animal welfare issues - lifestyle choice
- religion / cultural beliefs

27) Explain and give examples of how **lifestyle choices** affect an individuals diet.

/10

Vego/vegans
athletes
Religious/cultural
logistical

TOTAL

/90