2.1.1 Why food is cooked and how heat is transferred to food

1. Cooking can tenderise meat. True/False

2. Cooking causes protein in foods to gelatinise and thicken food. True/False

3. Ultra Heat Treatment is a method of extending the shelf-life of milk. True/False

4. Plastic is the best conductor of heat. True/False

5. Which of the following are all examples of high-risk foods and so need cooking thoroughly?
   a) Meat, fish and poultry.
   b) Fish, apples and rice.
   c) Poultry, bread and kidney beans.
   d) Beef burgers, rice and potatoes.

6. Which of the following is not a reason why we cook food?
   a) To destroy food poisoning bacteria.
   b) To improve the flavour of the food.
   c) To add additional nutrients.
   d) To soften the structure of the cells in vegetables.

7. Match the definition of heat transference with the explanation.
   - **Conduction**
     Transferring heat through a solid object.
   - **Convection**
     Transferring heat by infrared waves which heat up whatever they come into contact with.
   - **Radiation**
     Transferring heat through a liquid or air into food.

8. Match the statements related to the cooking of food.
   - **Heat zone**
     Example of a food which can be cooked by radiation.

   - **Cake**
   - **Wood**
     Example of a heat insulator.

   - **Salmon steaks**
     Example of a food which is cooked by convection.
2.1.2 Selecting appropriate cooking methods

1. Cooking causes the fat in the food to gelatinise. True/False
2. Braising is a quick method of cooking suitable for foods such as chicken breasts and fillets of fish. True/False
3. Microwaving food causes less loss of the water soluble vitamins B and C due to the quick cooking time. True/False
4. Which of these terms best describes what happens to protein when it is cooked?
   a) Denaturation and gelatinisation.
   b) Coagulation and radiation.
   c) Convection and aeration.
   d) Denaturation and coagulation.
5. Toasting food is an example of which method of heat transference?
   a) Microwaving
   b) Conduction
   c) Radiation
   d) Convection
6. When cooking food it is important to retain as many of which of the following as possible in order to conserve the nutritional value?
   a) Carbohydrate and water soluble vitamins.
   b) Antioxidants and water soluble vitamins.
   c) Protein and fat soluble vitamins.
   d) Fat and antioxidants.
7. Match the method of cooking with the definition.
   Poaching: Cooking food in water at 100°C.
   Boiling: Cooking food over boiling water.
   Steaming: Cooking food, e.g. fish in small quantities of liquid at just under boiling point.
8. Match the method of cooking with the example.
   Roasting: Example of a dry method of cooking.
   Stewing: Example of a fat-based method of cooking.