8/ 03/ 2015

HOLY FAITH CONVENT

FOOD &NUTRITION

FORM 2

Pop Quiz

1. Give three reasons why we cook food .
2. Name for nutrients that are found in food and state what happens to those nutrients when heat is added to it
3. What are the THREE modes of Heat transfer?
4. Explain in detail one heat transfer mode
5. Name the three categories of cooking methods and give TWO examples of each
6. State what methods of cooking you would use to prepare this meal :

Cream of Pumpkin Soup

Fried Chicken Drummets / Sorrel ginger sauce

Mashed potatoes and carrot sticks

Sauted Vegetable medley

Orange and cherry cake /chocolate syrup