

Name:

Date:

## KS2 Quiz

Unit title: Developing a recipe

**1 Which meat comes from a cow?**

- A Lamb.
- B Beef.
- C Chicken.
- D Pork.

**2 What do we call the cooking instructions to make a dish?**

- A Manual.
- B Plan.
- C Diagram.
- D Recipe.

**3 A balanced diet consists of...**

- A ...eating lots of small portions of any food across 12 hours.
- B ...filling up on high salt and sugar items before main meals.
- C ...large amounts of the same food group.
- D ...measured amounts of different foods from the food groups.

**4 What are the different coloured chopping boards for when cooking?**

- A Decoration.
- B To match the colour of the food.
- C To prevent cross-contamination.
- D To sort by size of the food.

**5 What is cross-contamination?**

- A Food that is ripe and ready-to-eat.
- B More than one ingredient mixed together.
- C Harmful bacteria passing from one food to another.
- D Food that is rotten and no longer edible.

**6 Cross-contamination happens when...**

- A ...foods decompose and rot.
- B ...foods mix with raw meats or unclean objects.
- C ...you eat savoury with sweet food.
- D ...the date expires on food products.

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**7 A farm has land or water used to...**

**A** ...host leisure events such as concerts.

**B** ...produce crops or raise animals for food.

**C** ...provide space for people to camp.

**D** ...process foods into cans and jars.

**8 String is good for measuring a jar because...**

**A** ...it is colourful.

**B** ...you can tie it to your wrist so you do not lose it.

**C** ...it is flexible and can be made to fit the jar.

**D** ...it has centimetres marked on it.

**9 Why would you not recommend a metal spoon for stirring on the hob?**

**A** It will melt.

**B** It is too heavy.

**C** It makes the food taste of metal.

**D** It is a thermal conductor and will get hot.

**10 Explain the farm-to-fork process?**