

Name:

Date:

KS2 Quiz

Unit title: Come dine with me

1 What is cross-contamination?

- A Food that is ripe and ready-to-eat.
- B More than one ingredient mixed together.
- C When bacteria and germs are passed onto ready-to eat foods.
- D Food that is rotten and no longer edible.

2 Cross-contamination happens when...

- A ...foods decompose and rot.
- B ...raw meat or unclean objects touch ready-to-eat food.
- C ...you eat savoury with sweet food.
- D ...the best-by-date expires on food products.

3 What does flavour mean?

- A How food or drink tastes.
- B How hot or cold something is.
- C How food or drink feels.
- D How much of something you can consume.

4 What does the word reared mean?

- A To move backwards.
- B To plant crops.
- C To place food into the barn.
- D To raise and care for farm animals.

5 In a recipe, what is the method?

- A How to a dish so it does not rot.
- B Food that can be turned into compost.
- C The instructions to make a dish.
- D Ingredients needed to make a dish.

6 What is a national dish?

- A A dish only associated with Britain.
- B A recipe that is associated with a particular country.
- C Crops that only grow in a certain country.
- D A recipe that includes an ingredient from each food group.

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7 A processed food has been...

- A** ...changed from its natural state, often in a factory.
- B** ...placed into cardboard boxes and labelled.
- C** ...combined with other ingredients to make a dough.
- D** ...sent to another country.

8 It is important to wash fruit and vegetables to...

- A** ...make them shiny.
- B** ...store them in the refrigerator.
- C** ...make them easier to slice.
- D** ...remove any dirt and insecticides.

9 When slicing fruit and vegetables, remember to...

- A** ...secure them in the palm of your hand.
- B** ...place them on their flattest or most stable side.
- C** ...ask a friend to hold them for you.
- D** ...hold it in the air by the stem.

10 Explain what contributes to a healthy diet.