


You can answer on this paper if you have printed this worksheet and paste it in your exercise book or answer in your exercise book or activity book by writing down both questions and answers.

**Short Answer Questions****(10 marks)****Food Planning and Product Development**

- (a) (i) Explain why fried foods are **not** to be included in a Convalescent's diet. **(2 marks)**
- (ii) Explain the importance of **comparative shopping** in managing a family food budget. **(2 marks)**
- (b) Study the recipe given below and answer the questions that follow.

<b>STEAMED VEGETABLES</b>	
Ingredients	No. of Serves: 3
<ul style="list-style-type: none"><li>• 1 cup sliced beans</li><li>• 1 cup chopped carrots</li><li>• 1 cup cauliflower</li><li>• 1 cup red and green capsicum (combined)</li><li>• Seasoning</li><li>• 1 tbsp. butter</li></ul>	
Method:	
<ol style="list-style-type: none"><li>1. Fill a large pot with 1 cup of water and bring to a boil over medium heat.</li><li>2. Arrange the carrots, beans, cauliflower and capsicum in a metal steamer basket; place in the pot and cover.</li><li>3. Steam the vegetables until slightly tender but still with a little crunch, 5 to 6 minutes.</li><li>4. Serve on a plate and add butter and seasoning on top of the vegetables for flavour.</li></ol>	

- (i) Identify and define the cooking method used above. **(2 marks)**
- (ii) Using the table in your **Answer Booklet**, prepare a time and work plan for **two** activities on the Steamed Vegetables recipe given. **(4 marks)**

*THE END*