

# Assessment and Qualifications Alliance (AQA) GCSE Food Technology Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

- 1. Why is shelf life important in food preservation?**
  - A. It determines the market price of food.**
  - B. It indicates the best before date for optimal quality and safety.**
  - C. It affects the flavor profile of food products.**
  - D. It signifies the nutritional value of the product.**
- 2. Which alternative protein food is derived from fungi?**
  - A. TVP**
  - B. Tofu**
  - C. Quorn**
  - D. Nutty protein**
- 3. Which chemical is effective in dissolving grease and assisting in cleaning?**
  - A. Disinfectant**
  - B. Sanitizer**
  - C. Detergent**
  - D. Grease remover**
- 4. What is the ideal temperature range for keeping a refrigerator?**
  - A. 0-5 degrees Celsius**
  - B. -18 to -22 degrees Celsius**
  - C. 5-10 degrees Celsius**
  - D. 0-3 degrees Celsius**
- 5. What would a "biological hazard" primarily include?**
  - A. Presence of chemicals**
  - B. Presence of foreign materials**
  - C. Risk of harmful bacteria**
  - D. Environmental contaminants**

- 6. Which bacteria type is beneficial in food production, such as in yogurt?**
- A. Spoilage bacteria**
  - B. Pathogenic bacteria**
  - C. Helpful bacteria**
  - D. Harmful bacteria**
- 7. Why is HACCP important in food preparation?**
- A. It is a cooking method.**
  - B. It identifies and controls potential hazards.**
  - C. It improves the taste of food.**
  - D. It reduces food waste.**
- 8. Which vitamin is known to assist in energy release from foods?**
- A. Vitamin A**
  - B. Vitamin B complexes**
  - C. Vitamin C**
  - D. Vitamin D**
- 9. What occurs when the body lacks a certain nutrient over an extended period?**
- A. Deficiency**
  - B. Excess**
  - C. Intoxication**
  - D. Allergy**
- 10. What is an example of a fortified food?**
- A. Rice**
  - B. Bread enriched with iron**
  - C. Organic vegetables**
  - D. Canned fruit**



## **Answers**

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- 1. B**
- 2. C**
- 3. C**
- 4. A**
- 5. C**
- 6. C**
- 7. B**
- 8. B**
- 9. A**
- 10. B**

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## **Explanations**

## 1. Why is shelf life important in food preservation?

- A. It determines the market price of food.
- B. It indicates the best before date for optimal quality and safety.**
- C. It affects the flavor profile of food products.
- D. It signifies the nutritional value of the product.

Shelf life is crucial in food preservation because it directly relates to the best before date, which indicates the period during which the food product is expected to maintain its optimal quality and safety for consumption. Understanding shelf life helps manufacturers and consumers identify when a product is at its best, ensuring that it possesses the desired taste, texture, and nutritional value. This knowledge is vital for food safety, as consuming products beyond their recommended shelf life may pose health risks due to spoilage or deterioration. Other options, while relevant to food products, do not encapsulate the primary importance of shelf life in the context of food preservation in the same way. The market price of food can be influenced by many factors beyond shelf life, while flavor profiles and nutritional values are more closely linked to the ingredients and processing rather than their longevity in storage.

## 2. Which alternative protein food is derived from fungi?

- A. TVP
- B. Tofu
- C. Quorn**
- D. Nutty protein

The option that is derived from fungi is Quorn. Quorn is a brand of meat substitute products that primarily use mycoprotein, which is made from a type of fungus known as *Fusarium venenatum*. This mycoprotein is high in protein and provides a meat-like texture, making it a popular choice for vegetarians and those seeking alternative protein sources. To highlight the other alternatives, Textured Vegetable Protein (TVP) is typically made from soybeans, while Tofu is produced from soy milk coagulated into curds. Nutty protein, while potentially derived from nuts or seeds, does not specifically refer to a product made from fungi. Each of these alternatives offers its own nutritional profile, but they do not share the fungal origin that characterizes Quorn.

**3. Which chemical is effective in dissolving grease and assisting in cleaning?**

- A. Disinfectant**
- B. Sanitizer**
- C. Detergent**
- D. Grease remover**

The effective chemical for dissolving grease and aiding in cleaning is detergent. Detergents contain surfactants, which reduce the surface tension of water, allowing it to penetrate and lift away grease, oils, and dirt more effectively than water alone. This property makes detergents particularly useful in household cleaning products, laundry detergents, and dishwashing liquids, where cutting through greasy residues is essential for effective cleaning. While disinfectants and sanitizers are important for killing bacteria and viruses, their primary purpose is not to dissolve grease but rather to sanitize surfaces. A grease remover, on the other hand, may also dissolve grease effectively but is often formulated specifically for heavy-duty tasks rather than general cleaning applications. Detergents are commonly found in a wide range of cleaning products, making them versatile for various cleaning needs, including those involving grease.

**4. What is the ideal temperature range for keeping a refrigerator?**

- A. 0-5 degrees Celsius**
- B. -18 to -22 degrees Celsius**
- C. 5-10 degrees Celsius**
- D. 0-3 degrees Celsius**

The ideal temperature range for keeping a refrigerator is between 0 and 5 degrees Celsius. This temperature range is crucial for ensuring that food is stored safely and effectively. Within this range, the growth of harmful bacteria is significantly slowed down, which helps to keep perishable items like dairy, meat, and vegetables fresh and safe to consume. Keeping the refrigerator at 0 to 5 degrees Celsius also helps to maintain the quality of food by preserving its texture and flavor, as well as extending the shelf life. If the temperature is set too high, the food may spoil faster, while temperatures that are too low can cause freezing of items that should remain unfrozen, such as fruits and certain vegetables. In contrast, the ranges presented in the other choices do not serve as appropriate temperatures for a refrigerator. For instance, temperatures between -18 to -22 degrees Celsius are typical for freezers rather than refrigerators, focusing on long-term storage of foods by freezing them. A range of 5-10 degrees Celsius is generally considered too warm for optimal refrigeration, which can lead to increased bacterial growth. Lastly, temperatures of 0-3 degrees Celsius are acceptable but are on the lower end, where some items may begin to freeze, which is not ideal.

**5. What would a "biological hazard" primarily include?**

- A. Presence of chemicals**
- B. Presence of foreign materials**
- C. Risk of harmful bacteria**
- D. Environmental contaminants**

A "biological hazard" primarily refers to the risk of harmful microorganisms, such as bacteria, viruses, molds, and parasites, that can cause illness in humans. These biological agents can contaminate food and pose a significant threat to food safety through improper handling, cooking, or storage. When considering food technology and safety, understanding biological hazards is crucial, as they are a primary concern in the food industry due to their potential impact on health and well-being. In contrast, other types of hazards mentioned do not fall under the definition of biological hazards. Chemical hazards relate to harmful substances like pesticides or additives, foreign materials refer to physical contaminants such as metal fragments, and environmental contaminants concern pollutants that might affect food quality but are not considered biological in nature. Recognizing the specific nature of biological hazards is key for implementing effective food safety measures and ensuring consumer protection.

**6. Which bacteria type is beneficial in food production, such as in yogurt?**

- A. Spoilage bacteria**
- B. Pathogenic bacteria**
- C. Helpful bacteria**
- D. Harmful bacteria**

The beneficial bacteria involved in food production, particularly in yogurt, are referred to as helpful bacteria. These microorganisms play a vital role in fermentation processes, which convert lactose (the sugar found in milk) into lactic acid. This process not only helps in thickening the milk but also imparts the characteristic tangy flavor to yogurt. Helpful bacteria, including species like *Lactobacillus bulgaricus* and *Streptococcus thermophilus*, are used in the production of yogurt and other fermented foods. Their action not only enhances the flavor and texture but also increases the nutritional value and shelf life of the product. Furthermore, these bacteria can provide health benefits, such as improving gut health and boosting the immune system. In contrast, spoilage bacteria are responsible for the deterioration of food, pathogenic bacteria can cause foodborne illnesses, and harmful bacteria also contribute to food spoilage and health risks. Thus, while all these types of bacteria play roles in food contexts, helpful bacteria specifically are prized for their positive contributions to food production and safety.

## 7. Why is HACCP important in food preparation?

- A. It is a cooking method.
- B. It identifies and controls potential hazards.**
- C. It improves the taste of food.
- D. It reduces food waste.

HACCP, which stands for Hazard Analysis and Critical Control Points, is crucial in food preparation because it systematically identifies and evaluates potential hazards that can affect food safety. By implementing HACCP principles, food businesses can recognize where hazards may occur in the food production process, whether they are biological, chemical, or physical in nature. This understanding allows them to put controls in place at critical points to prevent, eliminate, or reduce these hazards to an acceptable level, ensuring that the food produced is safe for consumption. The other options do not encapsulate the main purpose of HACCP. It is not a cooking method, so it does not pertain to culinary techniques. While it can contribute to improved food quality, its primary focus isn't on enhancing taste. Additionally, while proper implementation of HACCP can lead to better management of resources, reducing food waste is not its primary goal; instead, it is about safeguarding food safety throughout the preparation process.

## 8. Which vitamin is known to assist in energy release from foods?

- A. Vitamin A
- B. Vitamin B complexes**
- C. Vitamin C
- D. Vitamin D

Vitamin B complexes play a crucial role in energy metabolism by aiding in the conversion of carbohydrates, fats, and proteins into usable energy. The B vitamins, such as B1 (thiamine), B2 (riboflavin), B3 (niacin), B6 (pyridoxine), and B12 (cobalamin), are essential for various enzymatic reactions that facilitate energy production within the cells. For example, B1 is important for glucose metabolism, while B2 and B3 are integral to the electron transport chain, which is a key step in producing ATP, the energy currency of the cell. In contrast, other vitamins like A, C, and D have different primary functions. Vitamin A is essential for vision and immune function, Vitamin C primarily supports the immune system and acts as an antioxidant, and Vitamin D is vital for bone health and calcium absorption. While all vitamins have important roles in maintaining overall health, it is the B complexes that specifically assist in the energy release from foods, ensuring the body can effectively utilize the nutrients consumed.

**9. What occurs when the body lacks a certain nutrient over an extended period?**

**A. Deficiency**

**B. Excess**

**C. Intoxication**

**D. Allergy**

When the body lacks a certain nutrient over an extended period, this condition is referred to as a deficiency. A deficiency occurs when the intake of a specific nutrient falls short of what the body needs for optimal functioning. This can lead to various health issues depending on the nutrient that is lacking. For instance, a deficiency in vitamin C can result in scurvy, while a lack of iron may lead to anemia. The body relies on a balanced diet to obtain essential nutrients, and prolonged deficiencies can negatively impact growth, immune function, and overall health. The other terms provide different contexts: excess refers to an overabundance of nutrients, which can also cause health issues but does not pertain to the lack of nutrients. Intoxication implies harmful effects from consuming toxins or substances in excessive amounts. An allergy is an immune response to a specific food or substance, which is not related to nutrient deficiency.

**10. What is an example of a fortified food?**

**A. Rice**

**B. Bread enriched with iron**

**C. Organic vegetables**

**D. Canned fruit**

A fortified food is one that has had nutrients added to it to enhance its nutritional value. Bread enriched with iron serves as a prime example of this concept. In the case of bread, iron is added intentionally to help prevent deficiencies in the population, particularly among individuals who may not get enough iron from their regular diet. This practice aims to reduce the prevalence of iron deficiency anemia, which is a common nutritional issue. By adding this nutrient, the bread becomes a valuable source of iron, contributing to better overall health for consumers. Other food options like rice, organic vegetables, and canned fruit do not typically qualify as fortified foods, as they either do not have additional nutrients added or are consumed in their natural state without enhancement. Hence, while they may be nutritious, they don't serve the specific purpose of fortification like iron-enriched bread does.



## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://aqa-gcse-foodtechnology.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**