

Food and Nutrition  
Form TWO  
Topic: Cake

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Instructions: Circle the answer that best represents the correct answer.

1. What are the four main ingredients in cake making?
  - A. Flour, fat, eggs and milk
  - B. Flour, fat, milk and jam
  - C. Flour, fat, sugar and eggs
  - D. Flour, sugar, milk and baking powder
2. Which cake making method beats the fat and sugar together until the mixture is smooth and creamy.
  - A. Creaming Method
  - B. One-Stage method
  - C. Whisking Method
  - D. Melted Method

3. What may cause a cake to have a dry texture?
  - A. Too much liquid
  - B. Not enough Raising agent
  - C. The cake was not baked long enough
  - D. None of the above

4. What is the function of flour in cake making?
  - A. Provides the cake's structure
  - B. Adds flavour
  - C. Helps the cake to rise
  - D. Adds nutritional value



5. What can cause the cake fault shown in this picture?
  - A. Mixture too thick
  - B. Fruits are wet when added to the mixture
  - C. The cake was not baked long enough
  - D. The fruits were too sweet

6. When making cakes, you often add egg to creamed butter and sugar. However, if the egg is added too quickly the mixture can .....

- A. Spoil
  - B. Curdle
  - C. Reduce
  - D. Thicken

7. Which cake making method involves combining the fat into the flour until the mixture looks like breadcrumbs.

- A. Creaming
  - B. Rubbing in
  - C. All-In-One
  - D. Whisking

8. What causes a cake to have a cracked peak on top?

- A. Not enough raising agent
  - B. The oven temperature is not hot enough
  - C. Baking tin too small
  - D. Too much liquid



9. When making cake, it is best that all ingredients be at room temperature.

- A. True                      B. False

10. It is not necessary to preheat the oven when baking cakes.

- A. True                      B. False

11. The oven door should not be opened or cakes moved until they have finished rising and partially browned.

- A. True                      B. False

12. A reliable way to check a cake for doneness is to stick the middle with a toothpick or skewer.

- A. True                      B. False

### **Section B. Short Answer Questions**

1. Define the following terms: Cake. (1mk)

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2. State TWO events that cake can be used. (1mk)

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### **Read the short story below and then answer the questions below.**

3. Sandia decided to make a cake for her mother's birthday on Saturday. After whisking egg whites together she adds other ingredients. Sandia then pours the batter into the ungreased cake pan. After, using her cell phone she put on a timer for 30 minutes to bake the cake. She checks on the cake every 10 minutes. When the timer went off Sandia removed the cake from the oven. Using a knife, she placed it in the centre of the cake, and it had no batter on it after removing it. However, she notices that the cake has sunk in the middle. After allowing the cake to cool she tried to remove the cake from the pan but it didn't come out! The cake Now her cake is ruined!

A. What method did Sandia use to make the cake? (1 mark)

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B. How did Sandia know that her cake finished baking, explain in your own words? (2 marks)

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C. Explain why Sandia's cake did not come out of the pan after baking? (2 marks)

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D. What caused her cake to sink in the middle? (2 marks)

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