

# **Food Studies**

## **Grade 12**

### **Tutorial 1**

1. Define the term convenience food.
2. Explain how a diet of convenience foods could be a healthy option.
3. “Convenience foods are a popular choice for today’s busy households.” Discuss this statement with particular reference to foods that have been processed by:
  - dehydration
  - cook-chill methods.
4. Discuss ways in which a person may make environmentally sustainable food choices.
5. With the aid of diagrams, describe the structures of amylose and amylopectin.
6. Name one disaccharide. State the name of an enzyme which hydrolyses the disaccharide and give the hydrolysis products.
7. Name one oligosaccharide. Outline the benefits to the body of consuming oligosaccharides.
8. Describe the basic structure of non-starch polysaccharide (NSP)
9. The genetic modification of crops could help to end food poverty. Discuss this statement.
10. Using examples, define the term cash crops.
11. Evaluate the impact on less economically developed countries of the increase in the production of cash crops.