

Exam Preparation

Section A - Multiple Choice Questions (5 marks)

Question 1

While on holiday with friends in Thailand, Emma tried barbequed cockroaches, which showed people how adventurous she was! This is an example of:

- a. Food being used to express connectedness.
- b. Food being used to express individual identity.
- c. Sharing food with others.
- d. Food being used to make others feel emotional.

The answer is not A. Food needs to be shared with others to enable connectedness.

The answer is D. Emma is using food to express how adventurous she is.

The answer is not C. The food is not being shared with others.

The answer is not D. The question does not mention how this makes other people feel.

Question 2

Which personal and social behaviour is most likely to promote connectedness?

- a. Donating money to a food relief organisation.
- b. Delivering meals to elderly people.
- c. Meeting up with a friend at a café and having lunch.
- d. Making a meal for a neighbour and leaving it at their front doorstep.

The answer is not A. Donating money may indirectly provide a sense of connectedness when people receive food from the relief organisation. It is not the most likely option that promotes connectedness.

The answer is not B. Delivering meals to elderly people may involve little interaction and, therefore it does not promote connectedness that much.

The answer is C. Spending time with someone while having a meal is a way to connect with them as it involves interaction.

The answer is not D. A neighbour may feel cared for when someone leaves a meal at their doorstep; they may not feel an overwhelming sense of connectedness as minimal social interaction occurs.

Question 3

“It’s fun to get together and have something good to eat at least once a day. That’s what human life is all about – enjoying things.” Julia Child

This quote refers to:

- a. The nutritional role of food.
- b. The social role of food.
- c. The spiritual role of food.
- d. The physical role of food.

The answer is not A. There is no mention of nutrition in the quote.

The answer is B. The quote refers to getting together with others to eat, which relates to the social role of food in our lives.

The answer is not C. The spiritual role of food is not discussed in Food Studies.

The answer is not D. The physical benefits of food in terms of nutrition are not discussed in the quote.

Question 4

Which of the following skills do children learn when sharing food with others?

- a. Taking turns.
- b. Communication.
- c. Patience.
- d. All of the above.

The answer is D, all of the above.

e.

Question 5

In Australia, the term “bring a plate” means to bring along a dish to share with people at a social gathering.

Bringing along a plate of food to social gatherings enables people to share their _____ with family, peers, and the community.

- a. individual identity
- b. thoughts
- c. life-skills
- d. good fortune

The answer is A. This is the most appropriate answer. This act enables gives people an opportunity to share the kind of food they prefer and eat it with others. It gives them some insight into the type of people they are.

The remaining answers are not related to the question.

Section B – Short Answer Responses (10 marks)

Question 1 (2 marks)

During the COVID-19 lockdowns in 2020 and 2021, some people who lived alone ate their meals via zoom with family members and friends.

Outline the emotional role that food had during these "virtual meals." 2 marks

For 2 marks, the student needed to provide their point-of-view on how eating meals via zoom played an emotional role during the 2020 and 2021 lockdowns. Reference to connectedness and emotions was required.

Eating meals via zoom during lockdowns enabled people to connect with family and/or friends. This might have given people living on their own something to look forward to during the day.

Or

Virtual meals where people could connect during lockdown may have given people self-esteem because they may have felt important to others. It was a way for people to develop connectedness.

Question 2 (2 marks)

Food often plays a celebratory role within families.

Explain the social role of food at celebrations with family and/or friends. 2 marks

For 2 marks, the student needed to explain why food is often served at family and/or friend's celebrations.

Food can be used to bring people together. It gives people something to talk about and can help them relax. This is why it is often served at social celebrations.

Or

Food is often served at celebrations to show people they are cared about and worth spending time or money preparing food for. It is a way to show people they are appreciated.

Question 3 (6 marks)

The image below shows a group of teenagers eating



Source: https://www.freepik.com/free-photo/vegetable-salad-delivery-box-isolated-white-background_20922725.htm#query=salad%20package&position=10&from_view=search

a. Discuss how cultural norms influence the type of food teenagers choose to eat. 3 marks

For 1 mark, the student needed to define the term cultural norm.

Cultural norms are often unspoken rules or types of behaviours that are considered acceptable in a social group. In order to go along with a cultural norm within a peer group, teenagers may choose to eat foods their peers are eating. It may help them fit in with them.

For 2 marks, the student needed to explain how cultural norms influence the type of food teenagers choose to eat.

Note: It is advised to define key terms used in the question that are part of key knowledge. A question like this may be worth 3 marks in an exam. In this instance, it is best to briefly define the key term, cultural norm.

b. Discuss how food can enable the expression of individual identity within a peer group. 3 marks

For 1 mark, the student needed to define the term individual identity.

Groups of people often like to portray a particular image or individual identity. Food can be used to portray this image.

For 2 marks, the student needed to explain how food can be used to express individual identity within a peer group.

In the photograph, the teenagers are eating corn and milkshakes with their hands. They are relaxed and not eating with cutlery. Perhaps they are trying to let people know how flexible and easygoing they are.

Note: When presented with a stimulus, it is advised to refer to it in a response regardless of whether a question stated to do so or not.