**Subject : Food Preparation & Nutrition**

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| Before | | | **Revision topic** | After | | |
| ✗ | ? | ✔ | ✗ | ? | ✔ |
|  |  |  | **Food Nutrition & Health**: Dietary fibre, saturated fat, vitamins, protein complementation. Pg. no: 1, 3, 8, 10. |  |  |  |
|  |  |  | **Food Safety**: Freezer temperatures, fridge shelves (where food is placed), bacteria, high risk foods. Pg. no: 34, 36. |  |  |  |
|  |  |  | **Food Science**: Bread making. Pg. no: 28 (just the gluten bit), 32 |  |  |  |
|  |  |  | **Food provenance**: Primary sources, processing, use by/best before. Pg. no: 37, 55, 64. |  |  |  |
|  |  |  | **Food choices**: Dietary needs, food labels (law), allergens, tasting panel tests. Pg. no: 20, 45, 46, 52, 53 |  |  |  |
|  |  |  | **Diet, Nutrition & Health**: Macronutrients & Micronutrients (good dental health), obesity in Britain, nutritional needs (teenagers/elderly). Pg. no: 1-9, 12-14, 17. |  |  |  |
|  |  |  | **Cooking food**: veganism, heat transference, function of eggs. Pg. no: 20, 23, 28 |  |  |  |
|  |  |  | **Food provenance**: Reducing food wastage when buying, preparing & cooking food, buying local products. Pg. no: 43, 61. |  |  |  |
|  |  |  | **Recipes**: Coronary heart disease. Foods that help or not help CHD. Alternatives & suggestions. Pg. no: 3, 4, 14 (CHD) |  |  |  |
|  |  |  | **Food Preparation & Safety:** Choux pastry causes & problems, mayonnaise causes & problems, temperature probes. Pg. no: 31, 38 (only bit to do with probe) 74-75 (anything to do with choux pastry) |  |  |  |

**The most difficult:** Recipe & obesity in Britain- high mark questions.

**How to get top marks :**

* Ensure you complete the exam question homework tasks. These will really help you understand how to answer these types of questions.
* Try to stick to one mark per minute.
* Focus on topics in grey shaded area first- these worth more marks.