

Food preparation and nutrition

Revising doesn't have to be sitting for hours looking at a book as Food revision is all around you all of the time and you can revise from any of the following sources:

- Youtube (has lots of science videos re. food),
- Watch TV programmes such as Masterchef, Great British Bake Off, Inside the factory and any one off documentaries.
- You can look in your local supermarket at 'New Foods, Special diet foods and Food Trends'.
- Use your class workbook and revision packs (you will get these in due course)

You need to ensure your knowledge is as in depth and up to date as possible of the following topic areas.

Food and Nutrition

- The 5 main nutrients, their functions and examples of those foods.
- The two essential non – nutrients (water and fibre) and the dietary value of those.
- The recommended healthy eating guidelines,
- DRV's and RDI's of foods and the consequences of malnutrition (over and under).
- Special diets and foods that can be chosen to support people with special dietary needs

Science of foods

- Know the meanings of Coagulation, Dextrinization, Oxidisation, Gelatinisation and examples of foods that provide these scientific changes and the chemical composition and changes that occur during these reactions.
- Food spoilage – how to store foods, Microbiological growth conditions, preservation methods and reasons why we preserve food, causes, symptoms and names of food poisoning.

Where food comes from

- How it is grown
- How it is processed
- Food miles and sustainability and the effects on the environment.
- Food poverty
- Food packaging and the effects on the environment.
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Food manufacturing

Stages of processing and production and examples of foods that are used for different production methods.

Cooking preparation

To be able to work in a logical (timeplan) and neat way to ensure you can independently cook 3 dishes safely.